



The Bow Times

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TRAVEL COLUMN NOW ONLY IN THE BOW TIMES



Trusted Traveler Programs
By Chase Binder

kiosk? All you need is to be enrolled in Global Entry, one of the US Customs and Border Protection's Trusted Traveler Programs. There are several, each one providing expedited travel for pre-approved, low-risk travelers with specific travel needs. Some are designed for commercial land traffic, but others are designed for the international leisure or business traveler. The most valuable for speedy re-entry at major airports is called Global Entry, and is available for \$100 per person.

For those of us in the Northeast who anticipate travel to/from Canada via land, air or even private boat, the NEXUS program is available for \$50 per person. Strangely, NEXUS includes Global Entry at half the price, though the Global Entry doesn't include NEXUS. It does take a bit longer, since your information is processed through Canadian officials as well as US officials—but what a bargain!

Explore your options and begin the application process at the Customs and Border Patrol website, cbp.gov. (cont. on p. 8)

Editor's Note: After eight years anchoring the *Concord Monitor's* Sunday Travel Section Chase Binder's column will now only appear in this paper. We are proud to have Bow resident Binder's Travel Talk as a regular feature.

If it's planned well and you're a bit lucky, traveling abroad is the stuff of dreams. The Eiffel Tower, a pride of lions in Kruger National Park, the Pyramids, fjords in Norway or New Zealand—the world awaits! All too often, though, returning home begins with interminable and frustrating lines at Passport Control, especially if your plane arrives in a tangle of five or six other international flights.

So how about whizzing right through the mess, celebrity-style, via a dedicated lane or

PRESIDENTIAL CANDIDATE INTERVIEW

of Democrat
**Martin O'Malley, former
Governor of Maryland, on
page 3**



\$600,000 TO FIX THE BIRCHDALE ROAD BRIDGE?



The legislature passed a law in 2014 providing that the State will no longer be liable for meeting its obligation for red-listed bridges in order to prevent lawsuits. Town options are to use funds that are left in our budget or petition the State Department of Revenue Administration to exceed our bottom line budget and specify how we will cover that difference between a fund balance and a future tax bill.

The State DOT has offered to swap the Birchdale Bridge with Dunklee Road's bridge budget for 2025 funding. \$600,000 is what the State says is needed to fix the Birchdale Road Bridge.

Town engineers Dubois and King are preparing a proposal for a study which would need to be

approved by the State. \$273,000 is currently in our bridge fund. The town may be able to go to town meeting and use funds from the Capital Reserve fund because there is \$442,000 in the highway construction fund.

Long-range planning for these bridges is contained in the Capital Improvement Plan. Dubois and King will have the scope of work and fee for the next Selectmen's meeting. Town Manager David Stack is to determine how the State DOT calculated its \$600,000 estimate for the Birchdale Road Bridge.

At the Selectmen's meeting on August 18 our Senator and State Representatives will attend to discuss the State's role in funding repairs.

BOW GIRL CHaD AMBASSADOR

Ivey Crisp of Bow was born December 26, 2008, weighing only 2lbs 11oz.

She was airlifted from Concord Hospital and brought to Dartmouth Hitchcock Hospital where she was there for the entire month of January, 2008.

Since Ivey's experience in the Children at Dartmouth unit she has been invited to be a

CHaD ambassador and spirit squad mascot for the last 4 years in the East vs. West football games.

The picture is from this year's game at St. Anselm College where the event raised close to \$270,000.

Ivey is the daughter of Emma Crisp and the granddaughter of Jack and Sheri Crisp of Bow.

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

\$117,000 TAX POSSIBLE ON TOWN HEALTH POLICIES

The Selectmen on July 14 began to wrestle with a new Obamacare tax that could cost the town up to \$117,000 according to Town Manager David Stack. The "Cadillac Tax" is the informal name for the "Excise Tax on High-Cost Employer-Sponsored Health Coverage," a provision of the Patient Protection and Affordable Care Act (ACA), which takes effect January 1, 2018. The Cadillac Tax is intended to encourage employers, health insurance

providers and consumers to control health costs. Beginning in 2018, a 40 % excise tax will be imposed on the "excess benefit" of employer group health plan coverage over and above certain threshold amounts. According to the N.H. Municipal Association, the estimated 2018 threshold amounts are \$10,200 for individual coverage and \$27,500 for 2-person or family coverage. Higher thresholds will apply for early retirees (age 55-65) and plans with a majority of employees in high-risk occupations (police and fire). The 2018 thresholds also may be increased depending on actual medical inflation between 2010 and 2018 and pursuant to an age and gender adjustment. Starting in 2019, the thresholds will be indexed for CPI rate of inflation. The insurer is responsible to pay the tax for fully insured group health plans; but for self-insured plans (like Bow that are part of a risk pool) it is still unclear who will be treated as the plan administrator responsible for paying this tax.

A meeting was held in July with Health Trust, the town's risk pool. The selectmen are exploring ways in which to save money on health insurance by using something like an HRA (health reimbursement account). Additional meetings will be set up with other companies. The Benefits Committee is exploring incentives for employees to participate in wellness and preventative activities to help reduce costs.



Randy Barnes of Bow reads *The Bow Times* in Memphis, Tennessee. Send us your picture when you travel with the Times.

The Bow Times

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HEROIN EPIDEMIC WAS ADDRESSED BY VETOED BUDGET

A report by State Senator David Boutin



With the end of the 2015 Senate session it's a good time to look back on the progress we've made and on what challenges still lie ahead for us.

Our most pressing problem is the epidemic of drug overdoses plaguing our state. Last year alone, 321 New Hampshire residents died of drug overdoses. The wave of heroin and other drugs on our streets is a public safety and public health crisis like nothing we've ever seen.

Manchester Police Chief Nick Willard pleads "We need the leaders of this state to step forward and help us with this heroin epidemic, because it's not going away.»

The Legislature responded. We passed a Good Samaritan Law to encourage people to report overdoses without fear of arrest. We removed Narcan, a drug that saves lives by counteracting the deadly effects of a heroin overdose, from the state's list of controlled substances making it widely available. We approved a change in state rules allowing police officers to administer Narcan without having to wait for an ambulance.

But the state's largest and most important response to the drug problem was a massive commitment to our state's drug treatment programs. The budget we passed increased state funding for these programs by 75%

totaling \$42 million over the next two years. We added a Substance Abuse Disorder Benefit under Medicaid, and dedicated profits from state liquor stores to alcohol and drug programs for the first time in over a decade. The budget also contained funding to ensure that the 10-bed crisis unit at NH Hospital opens on time, which has been a top priority for me this year.

Unfortunately, Governor Hassan chose to veto this budget, which delays our state's response to the heroin crisis. I'm confident these important programs will remain in the final budget we adopt, but I'm disappointed that we will have to wait because of her veto.

As a member of the Senate Capital Budget Committee, I'm also proud of the work we did to meet the state's infrastructure needs. The Capital Budget we crafted passed with bipartisan support in the House and Senate.

It funded vital projects including a new Merrimack County Courthouse in Concord, construction of the new Women's Prison, renovation of the Community Technical Education Centers in Dover and Somersworth, and repairs to the State House Dome.

The Senate will come back later this summer to resume budget negotiations. Meanwhile, Senators and Representatives will work formally and informally on the many bills retained for consideration in January. 2015 has been a productive year so far, and I look forward to accomplishing even more over the next few months.

Sen. David Boutin (R-Hooksett) Chairs the Senate Ways and Means Committee and is a Member of the Executive Departments and Administration and Capital Budget Committees. His Senate District includes Bow.

QUESTIONS & ANSWERS

WITH FORMER MARYLAND GOV. MARTIN O'MALLEY

Chuck Douglas: How do your experiences as Mayor of Baltimore and Governor of Maryland help prepare you to be president?

O'Malley: The most important job of the President of the United States is to protect the people of the United States and every day of my 15 years of executive service, I've woken every morning with that understanding as a mayor of a big and very challenged city. As governor, I went to sleep every night knowing that was my first responsibility.

I am the only candidate in this race with 15 years of executive experience, not only holding progressive goals and values for myself and the people I served, but being able to bring people together to achieve those goals. The executive discipline is very different from being a legislator, because it requires an understanding of how to get people to communicate, collaborate and cooperate in order to solve problems and achieve better results.

Chuck: You want better college education tuition funding and I understand you had a recent announcement on that. Can you tell the folks a little bit about that program?

O'Malley: I believe that one of the key pieces of our success as a nation has been our willingness generation after generation to educate our children at higher and better levels. That's what has made the American dream real in our country. We have now veered far away from the course of beliefs and actions that we had as a people. My dad, for example, came home from WWII and went to college only because of the GI Bill. Now we are saddling our kids with a mountain of debt the likeness of which no industrial nation on the planet does. That is a choice. Progress is a choice. So too



is whether or not we make college affordable for all or whether we make it so expensive that it's only available to the few. I'm the only candidate in this race who's actually been successful as an executive in holding down the cost of tuition. We went four years in a row in Maryland without a penny's increase in college tuition and only one other state, Montana, did a better job than we did over an eight year period of holding down the costs of college education.

I know as an executive that the difference between a dream and a goal is a deadline. The first goal is within five years time we make debt free college an option that is available to every family. The second goal is to improve degree completion by 25%. Right now we have a lot of families suffering with the worst of both worlds of a mountain of debt, and yet, they don't have the ability to continue to borrow for a child to complete their degree. I believe there are a number of leading actions that we have to take in order to reach both of those goals. Congress sets the rates for student loans so Congress should reduce the rates and make it easier for people who've been caught in the switches to go back and re-negotiate. It's outrageous that you can buy a home for a lesser interest payment than you can send a kid to college, and the money goes to our Federal Government.

I also believe that every student should go into an in-

come based re-payment plan. That is to say that they don't pay more than 10% of their salary to service their loan with a loan forgiveness at the end of that 20 - 30 years period, whatever it might be. Also, by doing things like redesigning the fourth year of high school so that all kids can earn a year of college credits before high school graduation and the courses are recognized in the articulation agreements when they go on to community college or a four year program. The Federal Government needs to step up on its Pell Grants because those have been greatly reduced and not kept pace with demand or inflation. But all of this, at the end of the day, has to be a collaborative approach.



Chuck: The Los Angeles Times reported recently that heroin use has increased 63% in America since 2004, and I know you had to deal with that as Mayor of Baltimore, as well as Governor. Are there things we can we do nationally to help reduce this kind of growth in heroin addiction?

O'Malley: There are always things we can do. One of the most debilitating diseases that affect public policy is the belief that there is nothing we can do about it. It nearly killed my home city of Baltimore, the belief that we can't do anything about crime or addiction. We achieved the biggest reductions in crime

after my election in any major city in America, and we did a lot more on drug treatment and continued to do more when I was elected Governor with a lot of neighbors who suffered from addictions in our State. We greatly expanded drug treatment, but this is a complex problem. Out of my 15 years of executive service, for 13 of them we really felt we had this figured out namely by expansion of treatment that brought down overdose deaths and saved lives. The arrival of powerful pain pills and the broader prescribing of these pain pills has changed things though.

Unfortunately, what we saw for the last two years of my time as Governor was the hockey stick sort of spike in heroin overdose deaths in our State and great numbers of them were turning from their pain pills to heroin, which was cheaper and more widely available. Now we are figuring out that the place for intervention begins at the emergency rooms, when a person first comes in with a near death episode. And talking to a gentleman involved in this in Providence, Rhode Island, they have learned that by having recovered addicts work with emergency rooms they can intervene in a much more effective way than somebody who has never suffered from addiction. We also need better information sharing and the FDA, on a national level, needs to reign in the over prescribing of addictive pain pills.

Chuck: Should tax rates on one million dollars of earned or unearned income be increased? In other words, no loop holes. It's one million whether it's from income or capital gains or dividends.

O'Malley: Yes, probably. That's what we did in my State. Actually, we had a very flat income tax in our State. (cont. on p. 6)

Bow Garden Club

By Joyce Kimball

"Progressive Dinner" Enjoyed by All!

Three Bow Garden Club members opened their homes—and gardens—to twenty-five members and guests on the evening of July 13th to provide venues for the club's annual "Progressive Dinner".



Sue Smith loves to share her extensive gardens with friends

The group gathered first at the home of Sue and Dick Smith on Red Pine Drive for appetizers and liquid refreshments, moving on to Beverly and Ted Gamlin's Brown Hill Road home for the main course, finishing at Lorraine and Bob Dacko's Putney Road (Dunbarton) home for scrumptious desserts.

Garden club members contributed food items and beverages for the extensive 3-course dinner and the home owners graciously invited their guests to enjoy all their gardens and container plantings while they were at their homes.

For information on joining the Bow Garden Club, please visit www.bowgardenclubv.org.



Bow Garden members enjoying appetizers at the Smiths



Enjoying desserts at the Dacko's in Dunbarton

BOW PRIDE UPDATE

Location: Community Building	DONE
Project: Clean out garden on south side of building and add new plants	
Bow Garden Club	
Location: Gazebo	DONE
Project: Paint/Stain Town Information kiosk	
Town/David Stack; Charlie Smith	
Location: Municipal Building	CLEANED, NEED TO PAINT
Project: Clean and paint break room walls and cabinets	
Materials/Tools needed: Paint, brushes, drop cloths	
Organizations/Individuals: 2 people, 4 hours	
Town/Nicole Gage, Joyce Mooers, Mridula Naik, Janette Schuman	
Location: South Street and Logging Hill Road – Bow Mobil to Grandview Road	DONE
Project: Trim/prune, sweep, general cleanup	
Town/Nicole Gage; Eliot Berman; Mitch Harrington; Colleen Hunter, David Stack	
Location: Triangle at Grandview Road and Short Street	
Project: Rake, trim, create garden and plant plants/flowers	DESIGNED
Materials/Tools needed: Rakes, brooms, spades, gloves, waste bags, soil, mulch, plants/flowers	
Organizations/Individuals: 4 people, 4 hours	
Town/Nicole Gage, Joyce Mooers, Janette Shuman, Mridula Naik	
Location: Green Cemetery	STARTED
Project: Paint fence	
Organizations/Individuals: 4 persons, 3 hours	
Town/Colleen Hunter; Cindy Greenwood-Young; Harry Judd; Mary Beth Walz; Jack Crisp	



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WHO WILL PAY MY BILLS IF I'M INCAPACITATED?

By Ben Kiniry

Elder Care Attorney

I hear it all the time "I don't need a power of attorney, my son is on my bank account." What is my response to this? First things first, what is a power of attorney?

A power of attorney is the grant of legal rights and powers by a person, the "principal" (this means you) to another, the "agent" or "attorney-in-fact" (this means someone you trust). Or in more simplistic terms, it is someone you name to stand in your shoes to make all the same types of decisions that you normally would make on your own behalf (except medical decisions: remember, in my July article you learned that you can nominate an agent to make health care decisions under your Durable Power of Attorney for Health Care).

Generally this means your agent can withdraw funds from bank accounts, trade stock, pay bills, cash checks, file a tax return with the Internal Revenue Service, file for your Social Security Retirement benefit or even Medicare, along with many other authorities. This can of course be limited by you. For example, you may choose not to give your Agent authority to modify beneficiaries on your retirement accounts. Naming an agent with such broad authority certainly involves some trust, but then again, you should not name someone you don't trust in this fiduciary position anyway.

A "durable" power of attorney takes effect when signed and continues through

incapacity and up to the time of death (note that when you die, the power dies with you, so nothing done by your agent after your death is valid). A "springing" power of attorney, springs into action in the future upon a particular event decided by you. Generally, the event is incapacity.

Many people assume that they are giving up their rights when they execute a power of attorney but they are incorrect in this assumption. Only a court can take away a person's rights through a conservatorship, guardianship or commitment proceeding. An agent simply has the power to act along with you, or on their own and on your behalf if you should become incapacitated.

You will also take comfort in the fact that you may revoke a power of attorney at any time (think about Donald Trump saying "you're fired!"). All you need to do is send a letter to your agent informing them that their appointment has been revoked. From the moment the agent receives your letter (called "notice"), he or she can no longer act under the power of attorney. If you are concerned about your agent's willingness to follow the revocation, then it is wise to send a copy of the letter to key institutions, the bank being the best example. If you have created a new power of attorney, then send it along with the revocation.

Another common misconception is that the agent can just take your money and run to the Bahamas, ("thanks for the great trip mom"). The reality is that the agent is legally obligated to make decisions in your best interest, for your own benefit. Although a trip to the Bahamas might be more fun than taking care of your affairs for the agent, the agent would eventually end up in hot water or jail. So a rogue agent can be held liable, but only if he or she acts with what is referenced as "willful misconduct" (Bahamas) or gross negligence (something the average person would not even consider doing).

An area of possible contention is compensation. In

general, the attorney-in-fact is entitled to "reasonable" compensation for his or her services. However, in most cases, the agent is a family member and does not expect to be paid. If an agent would like to be paid, it's best that he or she discuss this with the principal (you), agree on a reasonable rate of payment, and put that agreement in writing. Agreeing ahead of time will give less ammunition to those family members who are likely to have an idea that your agent is "stealing" and simply can't believe the agent is paying himself for helping you (mom/dad).

So back to the opening statement "I don't need a power of attorney, my son is on my bank account." What is my response to this?

There are numerous tasks that must be accomplished in our lives that go beyond the paying of bills. These tasks can be as simple as cancelling the cable service or as complicated as filing for the Medicaid long-term-care benefit (I assure you that is no easy task). The point is that we have to think beyond paying the bills to these other aspects of our lives.



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(cont. from p. 3) As Governor, I made that income tax more progressive, so we asked the highest earning 15% of us to pay a little more and we increased the earned income tax credit twice in order to lower rates for people at the lowest level. We had a better rate of job creation than our neighbors in Pennsylvania and Virginia who were trying to cut their way to prosperity.

We instead made the investments, made our public schools the best in America for five years in a row and went four years in a row without a penny's increase in college tuition. We also made investments in infrastructure, waste water processing, broadband and transportation in order to put our people back to work. And we found that our balanced approach, even though it called upon some of us to pay more than we used to, was best for our common good as a State.

Chuck: As a Democrat are there any changes at all to Obamacare that you think you would want to consider if you are elected President?

O'Malley: Let me say this, whether it's Social Security, Medicaid or Medicare, no human program was ever

introduced perfectly. It was never without the need for improvement and adjustment as times changed and experience gave us lessons to learn from. And the same is true for the Affordable Care Act. The way that the law punishes union health plans was an unanticipated consequence and it would be good to find a way to re-visit that. There were some requirements setting thresholds on how many employees you could have before certain aspects of the law kicked in and that probably needs to be re-visited as well.

But, I think the bigger opportunity is improving well-being and outcomes while reducing costs. In our state that is what we were able to do. We were able to get a Medicare waiver and we've moved all 46 of our acute care hospitals out of fee for service payments. Last year alone, our hospitals saved \$100M in unnecessary costs from avoidable hospital readmissions. They have now become more profitable by the greater numbers of citizens that they keep out of hospital beds.

Chuck: Governor, thank you for sharing your views with us.

RUNNING FOR HEROES 5K RACE TO BENEFIT WOUNDED WARRIOR PROJECT

By Alex Hoeker

On behalf of the Running for Heroes 5k, I would like to invite you to participate in the Running for Heroes 5k event. This event is the senior project of Bow High School student Alex Hoeker, and is benefiting the Wounded Warrior Project.

Funds resulting from this 5k will go directly to the Wounded Warrior Project to be used for:

- Assisting wounded warriors and their families in health and wellness.
- Helping find employment for returning warriors.
- Creating backpacks given to wounded service members as they arrive at trauma sites to help make the hospital stay more comfortable.
- Assisting returned service members as they seek jobs back home.

The 2015 event has been scheduled for Saturday, Au-

gust 22th, at Bow High School in Bow, New Hampshire, at 8:30 am.


I have been hard at work reaching out to local business and community members for what we hope is an outstanding contribution to an incredible cause.

Registration is \$30 per individual, and teams are always great to see. Registration is available on <http://www.lightboxreg.com/running-for-heroes> - Running for Heroes 5K!

Prizes will be awarded to 1st, 2nd, and 3rd place finishers, and complimentary refreshments will be available for everyone.

Anyone who does not want to register is welcome to walk the day of the event after the main race is finished. Donations will be accepted the day of the event as well.

For more information contact Alex at 545-4343.

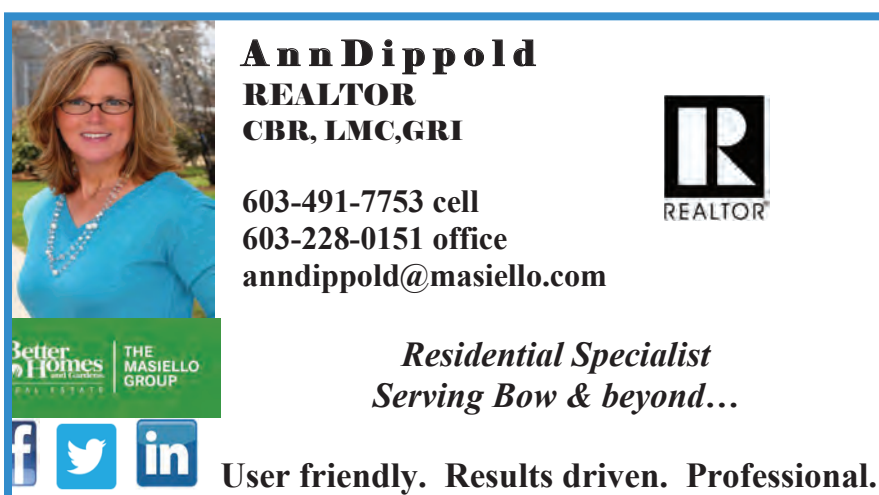


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MAXIMIZE TIME AND EFFORT



By Jim Olson

For those of us that have busy schedules and limited free time finding ways to maximize our time spent in the gym is a huge benefit. Circuit training is one of the best ways to get the most out of your workout in the least amount of time. Circuit training combines resistance training with high intensity aerobics to improve strength, cardiovascular fitness and muscular endurance, all while

burning calories to reduce body fat in a time-saving 30 minutes or less.

The premise is taking a weight training session that may take 45 minutes or longer and condensing it to 20-30 minutes. Instead of doing 3 or 4 consecutive sets of one exercise with rest in between each set, perform one set of several different exercises in a row with no rest in between exercises, resting only briefly at the end of each circuit.

Example: Perform 5 circuits of:

- 15 Box Jumps
- 15 Lat Pull Down
- 15 Weighted Squats
- 20 Push Ups
- 20 Sit Ups

At the end of this workout you will have worked every major muscle group while having kept your heart rate high enough to shed some body fat, and instead of being only halfway done with your workout you will be out the door and on your way to the next item on your to do list!

If you would like to learn more about circuit training please give me a call or email and I would be more than happy to help you. If you are an active client, we can discuss the next time you come in for your workout. If you are not an active client, you can come in for a free consultation and free workout to help you get started on your path towards achieving your greater fitness success. Thank you very much for your support and have a healthy day.

Would You Like Some Help with Your Fitness?

Would you like to improve your body and/or overall fitness?

Are you ready to look better, feel better, increase your self confidence and improve your overall quality of life? Please feel free to call or email me now and I would be happy to help you with anything that you need.

Do you have a friend or friends that may enjoy the information in this paper? Please feel free to forward it to any of your friends that may like this. Referrals are always appreciated and always rewarded. Thank you and have a fantastic day!



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A Testimonial

By

Katrina Giuda



After

My Husband, Brandon gave me the most valuable Christmas gift this past year that he will ever give me. And...he did not realize it at the time. The gift was my 2 week trial ay Individual Fitness. It has changed my life. Twenty-one pounds lighter, thirteen inches lost, smarter food choices, and without saying, the gifts that Jim gives me every Tuesday and Thursday. We have a saying, "Every session is like Christmas. He gives so I can lose". I first met Jim at the end of January and because of vacations and conventions already planned, I didn't really buckle down until the first of April.

I have to admit I was very nervous about having one on one training when I first received my gift. But now I would not work out any other way. I so enjoy coming to Individual Fitness and enjoy meeting other clients and seeing their results!

To sum up my experience thus far: **21 pounds lost 13 inches gone!! Merry Christmas to me!!!**

~Katrina Giuda

Please Visit our website (individualfitnessllc.com) to read the rest of Katrina's Story

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Offer Expires 9/15/15

(cont. from p. 1) Be warned, though. The website form is lengthy and not particularly user-friendly. Sit down at your computer with a cup of coffee or a glass of wine and start slogging through it. You'll need your current passport, your driver's license and a good memory—you're asked to list all the countries you've visited in the past 5 years. The good news is that once you begin (you'll need a user ID and password—write them down and don't lose them!), you can back out and return to finish later and all your info is saved. Once you hit the submit button, you are in the initial application process. This takes 2-3 weeks. If CBP doesn't find anything of concern, you move to the Conditional Approval status (you'll get an email, or you can check your application every few days—ours took 3 weeks). This allows you to make an appointment for a personal interview at one of the approved CBP stations across the country. Most are in major airports.

And there's the rub—scheduling the interview. Bud and I got conditional approval in mid-July, but the first available interviews at Boston's Logan Airport (the closest facility) weren't until the end of October. A good 3 ½ months! I called to see if we might have access to last-minute cancellations. The agent said no—the scheduling system is a closed system, accessible only to the individual applicants. If people with upcoming appointments *do* cancel and reschedule (which does happen), their slots will indeed show up on the website as "first available", but you have to keep checking several times a day—and get really, really lucky.

Nonetheless, I tried. Happily, as I was perusing the drop-down list of interview locations, I noticed one at Derby Line, VT—right

up 93 and 91 on the Canadian border. One click and I was able to get appointments the very next week! Bud and I made the 2 ½ hour trip for our morning appointments and were home by early afternoon. We got our Global Entry cards in the mail 5 days later. As it turns out, people fly in from Florida, California and all over the country and drive to Derby Line—just to be able to complete the process in a timely fashion. Who knew?

The interview itself was a snap. The handsome young agent just pulled up our applications on his computer and read the questions right off his screen. He took our pictures and fingerprinted us (digitally—no ink!), pushed a button and within a few minutes the word came back. We were approved and could start using our numbers (these are assigned when you get your Conditional Approval letter) immediately. I now have our Global Entry numbers entered into all our online airline frequent flyer accounts—sometimes the numbers are called Known Traveler Number or Trusted Traveler Number. This means we will frequently (though it's not guaranteed) get TSA Pre-check when we print out boarding passes even for domestic flights. The whole process took some time and a bit of gasoline, but I am certain it will be one the best things we've ever done to make travel a bit (heck...a lot!) easier.

Bow residents Chase Binder and her husband, Bud, have traveled to 94 countries around the globe—Vietnam, Cambodia, Egypt, Kenya, Australia and New Zealand, Argentina and Chile as well as many European and Scandinavian countries, just to name a few. Since 1986 her travel features and photographs have appeared in the Boston Globe, US Airways In-flight Magazine, Concord Monitor and other publications.

Meet Bow Resident Cedric Dustin, Jr.

By Mark Leven, Baker Free Library Foundation Director



Mark Levin's Interview with Cedric Dustin Jr., Video Recorded for Posterity by Eric Anderson

This is the first in a series of short interviews with donors to the Library's Lower Level Renovation project, illustrating the diverse reasons why individuals, families, and businesses have decided to support the project with a private donation as well as their tax dollars. We had the opportunity to sit down with Mr. Cedric Dustin Jr., the first donor to the Baker Free Library Lower Level Renovation project, in July:

ML: "Do you remember the Library when you were a kid?"

CD: "Oh yes, I became acquainted with it fairly early when I was in town, my wife Elinor in particular became acquainted with it, but it was only what I call the 'front part' of the building. Of course they put on the addition around 2000. But we became acquainted with the library because I used it and she used it."

ML: "I believe you were the first donor to donate to the Lower Level project – is that correct?"

CD: "Well, it just so happens that I was. I didn't mean to be, I just thought it was something that was necessary. So I came into the library and made the donation. Just pure happenstance."

ML: "Do you still use the Baker Free Library today?"

CD: "Yes, but not too much. But it sure is nice and cool in here today. It was my wife Elinor who used the library a lot. She passed away recently, but loved to pick up a book or two at the library. I found a small booklet of hers maybe 3x5, the other day and in it she had a list of over 60 books she had read of the books she had read from the (Baker Free) library. Mostly fiction and she had a couple of authors that she particularly liked. I do know many an evening at home she would be sitting and reading a book while I was around doing something else."

ML: "What was the neighborhood around the library like when you were a kid?"

CD: "Oh, it was a lot different! Of course back then, they had the old Grange hall over by the hill. That was always a great place for entertainment. Most of the area around here was residential – Mr. Baker's big white house was right across the street. When I moved here originally, it was a town of about 1,000 people, now I believe it's over 7,500. Back then we used to know everyone in town and people frequently visited their neighbors to say 'Hello'; nowadays that doesn't happen anymore. But now there are so many people in town it would probably take two years to make the route to see everyone. It was a lot different and there were a lot of farms here in town."

ML: "How did you get your love of reading?"

CD: "When I got back home from the service I started to read any magazine (cont. on p. 9)

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School Time is Coming Drive Safely

Back To School Safety Reminders
By Chief Erin Commerford

As summer ends and back to school season begins, the Bow Police Department asks you to share the road with school buses, pedestrians, bicyclists, and extra motorists..

As a reminder:

RSA 265:54 Overtaking and Passing School Bus.—It is illegal to pass a school bus from either direction if its red lights are flashing and it is stopped to load or unload children. All motorists shall stop their vehicles at least 25 feet away from a school bus that is picking up or dropping off students. Drivers shall not proceed until such school bus resumes motion, or until flashing red lights cease to operate.



Some additional safety tips are:

- If you're driving behind a bus, allow a greater following distance than if you were driving behind a car. It will give you more time to stop once the yellow lights start flashing.
- Be alert; children often are unpredictable and sometimes forget to pay attention to hazards.
- Slow down and obey all traffic laws, being mindful that children will be near roadways while buses are picking up and dropping off.

RSA: 265:60 Speed Basic Rule and Maximum Limits.- in a posted school zone, the speed limit is 10 miles per hour below the usual posted speed limit from 45 minutes prior to each school opening until each and from each school closing until 45 minutes after each school closing. Both school zones, on Bow Center Road and White Rock Hill Road from the High School to the tennis court area as well as the crosswalk on Bow Center Road, particularly from Bow Youth Center to the entrance of BES and BMS.

RSA 265:35 Pedestrians Right of Way in Crosswalks.- All motorists shall yield the right of way, slowing down or stopping, to all pedestrians crossing the road in a crosswalk. Please expect increased use of the crosswalk on White Rock Road from the High School tennis court area as well as the crosswalk from the Bow Youth Center to the entrance of BES and BMS.

Lastly, please remember to slow down and pay attention while driving. Drivers need their heads-up, phones down, and refrain from distracted driving. In school zones, be cautious of bicyclists, walkers, and children being picked up and dropped off. Working together, we can make this another safe back to school season.

Drive Safely  **Drive Safely** 

(cont. from p. 8) I could get my hands on. And at that time, my grandfather, who at that point was well into his 80's, everyday spent some time reading the Bible. My grandmother was very talented and she read a lot of books as well. My mother and father liked reading magazines.

I learned that if you want to read, you can learn and that is what I did. I used the local library to do just that. Back when I was in the grade school, perhaps 4th and 5th grade, they used to make us do book reports. The teachers then were wonderful and did a great job.

The library was about one mile away from my home and I had

to walk there to select a book for the book report and then walk back. I learned a lot by just reading and learning to use the library and it has followed me all of my life. People who read, tend to be people that succeed."

ML: "How long have you lived in Bow?"

CD: "Since 1951 on Logging Hill Road."

ML: Did you get a chance to take a look at the Phase I renovated space in the Lower Level?

CD: "Oh its great down there! I couldn't believe the space you have down there. I think it's a

terrific addition. I will say that when they were building the (2000) addition, I went to the Building committee and said, 'When you build the foundation and pour the concrete, you should make it strong enough to accept a second story on the addition.' The Building committee asked 'Why?' and I said, 'Well, we started with a small building that Mr. Baker contributed and then we build the small addition and I told them that this town isn't finished growing and we may need more space in the future.'

But they've now built *down* rather than up."

The Baker Free Library Foundation has raised \$200,000 of the \$300,000 they committed to raise privately for the Renovation project, and the Town taxpayers have allocated \$250,000 of the \$300,000 needed for half of the project. Please consider becoming a donor...all donations are tax deductible, and any donation over \$500 will be recognized with an engraved leaf on the new Donor Tree just inside the entrance to the Library.

For more information or a downloadable donor card, please visit www.bakerfreerenovation.org, or contact Mark Leven at 490-8217 or [mlieven@cisco.com](mailto:mleven@cisco.com).

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The Mini Page

Issue 32, 2015

Founded by Betty Debnam

School Safety Quiz



Mini Fact:
Hundreds of thousands of school kids serve on their schools' safety patrols.

photo courtesy AAA Mid-Atlantic Foundation for Safety and Education

As we head back to school, The Mini Page reviews some safety basics to remember for a successful start to the year. Fill in each face to show how well you obey safety rules.



Always



Sometimes



Never

As a bus rider, do you:

• Get off and on one at a time and use handrails?



• Arrive at the bus stop at least five minutes early?

• Wait until the bus comes to a complete stop before standing up?

• Cross at least five giant steps in front of the bus so the driver can see you?

As a car rider, do you:

• Get into and out of the car on the curb side?

• Help the driver by speaking softly?

• Always wear a seat belt and sit in the back seat?

As a bike rider, do you:

• Always wear a helmet?



• Walk your bike across busy intersections?

• Obey traffic signals?

• Obey school rules about riding bikes?

As a walker, do you:

• Walk with a friend or adult?



• Cross the street at corners or crosswalks?

• Walk, not run, across the street?

• Look left, right, then left again before crossing the street?

• Never cross the street from between parked cars?

At recess, do you:

• Look for stones, holes and broken glass before playing in a field?

• Make sure you don't run with anything, especially sharp objects, in your mouth?

Resources



On the Web:

- bit.ly/1HUtrJc
- bit.ly/1PQpufL
- bit.ly/1FcWYtp

At the library:

- "Back to School Safety" by Lisa M. Herrington
- "Staying Safe on the School Bus" by Joanne Mattern

The Mini Page © 2015 Universal Uclick

Try 'n' Find

Words that remind us of safety are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

ADULT, BACK, BICYCLE, BUS, CAR, CROSSWALK, CURB, HELMET, INTERSECTION, PATROL, RECESS, RULES, SAFETY, SCHOOL, SEAT BELT, SIGNALS, STOP, TRAFFIC, WALK, YEAR.

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



Mini Jokes



Carl: Why do you keep doing the backstroke?

Candy: I just had lunch and don't want to swim on a full stomach!

Frank: Where do swimmers sit to eat dinner?

Fiona: At pool tables!

Eco Note



We use aluminum for airplanes, cars, bicycles and many household items — not just for soda. But it won't be a buried treasure forever if we keep using it up. There's no limit to the number of times aluminum can be melted down and reused. So recycle that can!

adapted with permission from "The New 50 Simple Things Kids Can Do to Save the Earth" by The Earthworks Group, Andrews McMeel Publishing (andrewsmcmeel.com)

For Later:

Work with your family or classmates on those safety rules you can improve on.

Teachers:

For standards-based activities to accompany this feature, visit: bbs.amuniversal.com/teaching_guides.html

The Mini Page © 2015 Universal Uclick

Cook's Corner

Fruitful Chicken Salad

You'll need:

- 3 cups diced cooked chicken
- 1 cup diced celery
- juice from 1 small lemon
- 1 tablespoon minced red onion
- 1 teaspoon salt
- 1 cup seedless green grapes, quartered

- (11-ounce) can mandarin oranges, drained
- 1/3 cup sliced almonds
- 1/3 cup reduced-fat mayonnaise
- 1 tablespoon Dijon mustard



*You'll need an adult's help with this recipe.

What to do:

1. Combine chicken, celery, lemon juice, onion and salt in a large bowl. Chill.
2. Gently stir in remaining ingredients.
3. Serve on bread as sandwiches or on lettuce leaves as a salad. Serves 6 to 8.

Puzzling

Unscramble the words below that remind us of back-to-school safety.

estfay _____

ceylibc _____

ohlsoc _____

eibtetlas _____



Answers: safety, bicycle, school, seat belt

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The Bow Times Congratulates Our Bow High School 2015 Graduates

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William Logan Kelso	Vice-President
*Emma Megan Stewart	Secretary
*Sean Patrick Killion	Treasurer
*Leeanna Suh Mee Helen Cmar	Historian
*Lillian Elizabeth Naimie	Senate
*Nicole Marie Sardella	Senate
*Lauren Scarpetti	Senate
*John Trexler Sheffer	Senate

*Samantha Marie Lulka
Madison Elizabeth Lust
John Lucas Malvey
Austin Gardner Martin
James Armand Martin
Eileen Elizabeth McCarte
*Michael James McCarthy
Joshua Cody Mercier
Kyle Charles Milne
Andrew David Moffett
Brendan Richard Mooney
*Lily Kathryn Mooney
*Anna Louise Morrison
Taylor Emily Allison Morrison
Hunter Keifher Deion Murray
Harrison Lane Mylod
Jordan Elizabeth Mylod
Kristin Oldenburg
Madison Paige Palisi
*Stephen Patrick Panella
*Haley Mariah Parker
Christopher James Percy
Hannah Kathleen Perna

*Kathleen Marie Perry
Madeline Therese Preston
Maegan Marie Raboin
*Audrey Dianne Reed
*Anthony Jacob Roberts
*Rebecca Leigh Rotman
Logan Alexandra Sanborn
Joseph Paul Sarette
*Andrew Joseph Schwartz
Eric Glenn Scott
Matthew William Smethurst
*Jason Robert Smick
Charles Daniel Smith
*Sean Phillip Stewart
Erik Michael Boy Swenson
Hannah Tanner
Alec Richard Telifson
Amanda Maria Thompson
*Jordan Cooper Vachon
*Avery Laurel Zuzubelle
Van De Water
Storm Brianne Virgin
Alexander Lowes Woody
Ian Francis Zaczyk

Brienna Achorn
Olivia Afshar
*David Anderson-Nelson
Michael Angelo Angarella
John Louis Anoli
Thomas Pond Backus
Sarah Elizabeth Bailey
Kyle Barrington
Sydney Rose Bator
Diana Constance Beulac
Brianna Ashley Belair
*Nicholas Paul Benoit
Emily Rose Bernard
*Caroline Christine Bibbo
*Lily Elizabeth Blau
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Paige Marie Bourassa
Jonathan Alexander Chern
Mitch Clark
Tyler Dean Cole
Janna Jacqueline Corsetti
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Rylee Ruth Desmarais
Alexandra Rose DesRuisseaux
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Mackenzie Lynn Evans
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Jazmyn Ciara Floyd
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Sean William Fraser
*Haleigh Summers Garrett
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This year's scholarship auction will be held on November 7th. Admission is only \$20, which includes a home cooked all you can eat international buffet dinner, music, and the chance to bid on exceptional items from Around the Corner and Around the World.

This year's sponsorship opportunities are as follows:

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nent recognition in advertising and promotional materials, company logo linked to Rotary website, special event signage on site).

\$1,000 Major Sponsor

(recognition at event, recognition in advertising and promotional materials, company logo linked to Rotary website, special event signage on site).

\$500 Sponsor

(recognition at event, company logo linked to Rotary website, special event signage on site).

For sponsorships at any level to be included in promotional materials, donations must be in hand no later than September 30, 2015. Visit www.bowrotary.org for more details.

SELECTMEN MAKE APPOINTMENTS

On June 30 the Board of Selectmen appointed the following residents to Boards, Committees and Commissions:

- George Lagos to the Benefits Committee.
- Lori Fisher to the Benefits Committee.
- Don Berube, Jr. and Richard Kraybill to the Business Development Commission for a term to 2018.
- Michael Hansen to the NHDES for the Upper Merrimack River Local Man-

agement Advisory Committee.

- Don Berube, Jr. to the Planning Board for a term until 2018.
- Betsey Patten as an Alternate member of the Planning Board with a term until 2018.
- Adam Sandahl as an Alternate member of the Planning Board.
- Tony Reynolds as a full member of the Planning Board with a term until 2018, moving him from an Alternate Position.

STAMP COLLECTING ANYONE?

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow on

August 18th at 1 p.m. All who are interested in stamp collecting are welcome to attend. Meet other collectors and learn more about their hobby and varied interests in Philetelic resources and issues.

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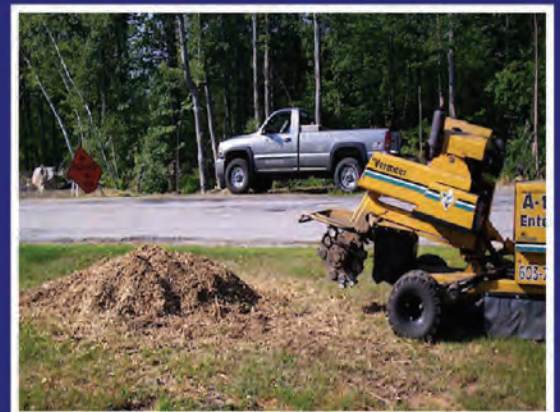
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YOUR ANNUAL PLAN: THREE STEPS TOWARD YOUR FINANCIAL SUCCESS

By Dominic Lucente, CFP

As the days get shorter and cooler, it's a good time to conduct a comprehensive annual financial review. And while there is no such thing as a one-size-fits-all financial plan, the three-step review process outlined below can help you do a better job of keeping your financial house in order from one year to the next.

Step 1: The Year's Not Over Yet -- Make Time for a Progress Check

The main reason for creating an annual financial plan is to plot out the most efficient route to follow as you pursue essential short- and long-term goals for the upcoming year. However, it's difficult to get a clear vision of the future without first reviewing any existing plans to gauge whether you've managed to stay on the right track this year -- and to make sure you're not overlooking any opportunities that might present themselves between now and the end of the year.

It's still not too late to make significant progress before putting a new calendar on the wall. For example, ask yourself the following questions:

- Have you taken full advantage of gifting strategies as part of your overall estate plan this year? This can be an effective way of supporting loved ones (or a charity) while simultaneously reducing your future estate tax burden.
- Have you considered selling "losing" investments in order to offset taxes on gains elsewhere in your portfolio?
- Are you certain that all of your beneficiary designations and other information on important legal documents remain up to date?
- Have you maximized your IRA contributions yet? Technically speaking, the contribution deadline isn't until the April tax-filing deadline, but you probably

shouldn't wait until the last minute to fund your IRA.

Step 2: Plan for Next Year Before Next Year

In all likelihood, you probably already know about some of the financial goals you'd like to chip away at in the coming year. The key to success, however, is to begin working on next year's priorities before next year actually arrives. For example, you may want to make sure you're in a position to:


- Set aside enough money in an employer-sponsored retirement account. If you're not yet contributing to one, find out when your employer allows new participants to enroll for next year, and then make plans to do so. If you're already participating, but not yet contributing the maximum, start looking for ways to afford bigger contributions in the year ahead.
- Accumulate enough money for other major financial priorities. If you're still working, for example, what more could you do to reach your goal of buying a home, funding an education, or paying off debt, etc.?
- You need to confirm the effectiveness of income-stream strategies. If you're already retired, what income sources have you been relying on, and do they provide enough money to meet your planned and unplanned expenses? Also, are you maintaining a sustainable withdrawal rate from your retirement accounts? Taking out too much money this year could leave you shortchanged later in life.
- You need to rebalance your portfolio. This could be necessary if market performance has altered your asset allocation since the last time you adjusted it, or if your personal outlook has changed at all since then. Keep in mind,

Think LOCAL


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rebalancing may trigger a taxable event.

Step 3: Give Your Plan a Long-Term Vision

There's an old adage that "The only constant in life is change." Whoever coined that phrase probably wasn't talking about financial planning, but the words certainly apply to the task of conducting an annual review.

With that in mind, try to maintain a flexible outlook regarding your strategies for the future and make a point of considering priorities that will still be need to be addressed well beyond next year, including:

- Estate planning: Many people have done nothing to prepare financially for the post-death management of their assets. Have you? Failure to do so could leave your heirs shortchanged.
- Insurance coverage: Generally speaking, it's better to have insurance and not need

it than to need it and not have it. Conducting an insurance needs analysis and reviewing your existing coverage should be on your financial "to do" list regardless of what year it is.

- Meeting with your investment professional. A lot can change in 12 months. Be sure to touch base at least once year, if not more often, in order to make sure all your bases are covered.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual. To determine which investment(s) may be appropriate for you, consult your financial advisor prior to investing. This information is not intended to be a substitute for specific individualized tax or legal advice. We suggest that you discuss your specific situation with a qualified tax or legal advisor.

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BAKER FREE LIBRARY NEWS

BY LORI FISHER

Library Announces Forum to Learn About Town Government

The Bow Library will host a series of nightly forums for town departments to explain what they do and answer questions from citizens. Proposed for the 2nd Thursday of each month from 6:30 to 8 p.m., various departments/boards would be available to present issues, plans, goals, challenges and address resident concerns. The format includes a short (5-10 minute) presentation by each panelist, then the floor is open for questions and mingling. The Library will provide food and drink.

Proposed schedule for this year:

September 10

Bow Heritage Commission & Baker Free Library

Learn what role the Heritage Commission plays in our Town, and how the Commission and the Library are collaborating to protect and preserve valuable artifacts and documents related to Town history.

October 8

Emergency Management, Fire, Police, & DPW:

Planning for fall and winter emergencies, and things homeowners in Town should be thinking about when preparing their home for winter weather.

November 12

Budget, CIP, and Finance:

It's budget time! Educate yourself on the process the Town of Bow uses to arrive at a budget to present at Town meeting, and meet the people that put in countless hours to make the most of your tax dollars.

December 10

Parks & Recreation and the Recreation Needs Committee:

The Parks & Rec department offers a lot more than children's activities...find out what else they can offer your family, and how the Recreation Needs Committee is trying to determine the future resources necessary to keep those activities going. Questions about the Community Forum series? Contact Lori Fisher, Library Director, at 224-7113 or bfldirector@comcast.net.

CONSIDER A DONOR TREE LEAF FOR YOUR FAMILY



Donor Tree just inside the Library's entrance. Photo by Eric Anderson.

We're trying to meet the \$200,000 private fundraising donation level of the \$300,000 needed for the Lower Level project by the end of August! Please consider helping us continue to raise funds for Phase 2

of the Lower Level Renovation. Currently we've raised \$250,000 through town taxation, and almost \$200,000 in private donations. We still need to raise \$100,000 privately, and will ask for the last \$50,000 from the Town at the 2016 Town meeting.

Donations of \$500 or more will be recognized on the new Donor Tree on the first floor of the Library. Donor cards can be picked up at the Library and dropped off or mailed with a check. Donations may also be made online through our [PayPal link](#). For more information, contact Mark Leven, Baker Free Library Foundation Director, at 490-8217 or mleven@cisco.com, or Lori Fisher, Library Director, at 224-7113 or bfldirector@comcast.net.

you know texting is something people do, but what is the deal with Chat-snap or Snack-chips or whatever your millennial's been talking about lately? What does it mean when someone texts "omw" to you?

Enter the mysterious world of smartphones and learn how to stay hip and cool in the digital age with Snapchat, Instagram, and Trivia Crack. Reservations required -- call 224-7113 or email bowbakerfreelibrary@comcast.net

library's Upstairs Meeting Room. Interspersing inspiring, thought-provoking music, lecture, and group discussion in a new and exciting way, Jeff will explain how to lessen the scrapes and bruises involved with parenting teens. You will leave far more prepared to guide your kids to safety, fulfillment, and prosperity (giving you some sanity too). Topics to be covered include: responding skillfully to being tested by your teen(s); learning when and how to seek outside help; self-care for parents; managing blended families; recognizing signs of substance abuse; dealing effectively with frustration and anger; smoothing out communication; and understanding the single-parent household. Reservations are required; call 224-7113 or email bowbakerfreelibrary@comcast.net.

Workshop for Parents of Teens in September

Join Jeff Levin, teacher, psychotherapist, and life coach, for a workshop titled "Riding the Adolescent Skateboard" on Thursday 9/17 at 6:30 p.m. in the Li-



Smartphone Workshops in September

Join us at the Library on Wednesday 9/16 from 6:30 p.m. to 7:30 p.m. or at White Rock Senior

Living on Monday 9/21 from 9 a.m. to 10 a.m. for a workshop on how to use your smartphone to communicate with your children or grandchildren! So your millennial convinced you to buy a smartphone. Sometimes you make a call on it, and

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BOW REAL ESTATE SALES FOR JULY

By Chris Evans



Chris is a NH Licensed Real Estate Broker with Berkshire Hathaway HomeService Verani Realty at 143 N. Main St., Concord, NH 603-224-0700 with over 33 years of expert real estate services and a Bow resident. Contact Chris at 603-759-9777 for any real estate questions or a complimentary market evaluation on your home.

4 Old Woodhill Rd., a ranch built in 1950 with 816 sq. ft., 6 rooms, 2 bedrooms, on .32 acres sold for \$162,700 on 7-14-15.

145 Page Rd. a cape built in 1978 with 2078 sq. ft., 6 rooms, 3 bedrooms, on 5.69 acres sold for \$252,000 on 7-16-15.

8 Dean Rd. a gambrel built in 1977 with 1872 sq. ft., 7 rooms, 3 bedrooms, on 1.3 acres sold for \$259,900 on 7-30-15.

28 Albin Rd., a cape built in 1985 with 2537 sq. ft., 7 rooms, 3 bedrooms, on 5.08 acres sold for \$283,750 on 7-29-15.

4 Laurel Dr., a cape built in 1986 with 1890 sq. ft., 9 rooms, 3 bedrooms, on 2.87 acres sold for \$282,500 on 7-30-15.

18 Briarwood Dr. a cape built in 1986 with 1832 sq. ft., 7 rooms, 4 bedrooms, on 2.13 acres sold for \$297,000 on 7-10-15.

10 Cob Rd., a colonial built in 1954 with 1765 sq. ft., 6 rooms, 3 bedrooms, on 1 acre sold for \$300,000 on 7-01-15.

11 Erin Dr., a colonial built in 1996 with 1940 sq. ft., 7 rooms, 3 bedrooms, on 2.5 acres sold for \$310,000 on 7-15-15.

12 Saltmarsh Cir., a cape built in 1998 with 1864 sq. ft., 6 rooms, 3 bedrooms, on 2.5 acres sold for \$320,000 on 7-7-15.

3 Saltmarsh Cir., a colonial built in 1997 with 2404 sq. ft., 7 rooms, 3 bedrooms, on 2.49 acres sold for \$342,000 on 7-30-15.

21 Dow Rd., a colonial built in 1988 with 3067 sq. ft., 12 rooms, 3 bedrooms, on 5.3 acres sold for \$362,000 on 7-16-15.

6 Surrey Coach Ln., a cape built in 1987 with 2258 sq. ft., 7 rooms, 3 bedrooms on 2.5 acres sold for \$380,000 on 7-31-15.

13 Putney Rd., a contemp/ranch built in 1995 with 2629 sq. ft., 10 rooms, 4 bedrooms, on 1 acre sold for \$415,000 on 7-30-15.

25 Heidi Ln., a colonial built in 1997 with 2903 sq. ft., 10 rooms, 4 bedrooms, on 2.97 acres sold for \$449,000 on 7-09-15.

9 Fieldstone Dr., a colonial built in 2004 with 3132 sq. ft. 7 rooms, 3 bedrooms, on 2.62 acres sold for \$489,000 on 7-31-15.

2 Whittier Dr., a home built in 2001 with 2779 sq. ft., 10 rooms, 4 bedrooms, on 1.1 acres sold for \$499,000 on 7-23-15.

7 Cardinal Dr., a contemp. cape built in 1999 with 2452 sq. ft., 11 rooms, 4 bedrooms, on 2.02 acres sold for \$480,000 on 7-03-15.

66 Stone Sled Ln., a ranch/condo built in 2014 with 1550 sq. ft., 5 rooms, 2 bedrooms, on 57 acres sold for \$282,000 on 7-18-15.

50 Evangelyn Dr., a contemp./condo built in 2006 with 1737 sq. ft. 7 rooms, 2 bedrooms, 0 acres sold for \$290,000 on 7-24-15.

ANNOUNCEMENTS

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

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



Erin Milligan of Bow and Andrew McNeely of Lincoln, Nebraska were wed at Sacred Heart church in Concord on 25 July. They joined family and friends afterwards to celebrate at the Milligan home on Windsor Dr. Erin, 4th oldest of 14 children, and Andrew, 4th youngest of 12 children, met at College in Wyoming. The couple will reside in Nebraska. Thank you to all our gracious neighbors who helped us make it a reception to be remembered!

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**Bow Public Safety Building Committee Announces
Timeline for Action**

The Committee generally agreed on the following dates:

Advertise for RFPs from Design Build Contractors	August 14, 2015
RFPs due from Contractors	October 1, 2015
Review proposals received with consultant	October 15, 2015
Interview contractors	October 22, 2015
Choose contractor	November 2, 2015
Final Project Cost determination	December 15, 2015
Conduct public meetings and listening sessions	January 4, 2015

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IMMIGRATION: ANSWERING THE MYTHS (PART I)

By Kendall Johnson, Esq.



The American immigration system is very complex and confusing and, unfortunately, this is not helped by the myths that surround it. The best way to tackle this is to clear up some of the most common misconceptions and to educate people on the truth regarding the immigration process.

Myth: Immigrants are Criminals

Unfortunately the myth that immigrants are criminals has been circulating in the media lately. The actual statistics tell a very different story. According to the U.S. Department of Justice, only 5% of the prison population are non U.S. Citizens, which is far below the percentage of American born criminals.

Another important thing to remember is that having a criminal conviction is often what leads an immigrant to go before the Immigration Court and eventually be removed from the U.S. The vast majority of immigrants are law-abiding, moral, and hard-working individuals with so much to contribute to society.

Myth: Anyone Can Come to the U.S. at Any Time

Although it would certainly be much easier for anyone that wanted to come to the U.S. to just up and move, that's simply not how the immigration process works. A person that desires to live in the United States must receive a green card which gives them Legal Permanent Resident Status. They can get a green card through: asylum, family based immigration, business based immigration or, very rarely, the

green card lottery. In order to receive a green card through family or business based immigration (the most common ways to become an LPR) you must be sponsored. For business based this means an employer must sponsor you to come live and work in the United States. For family based, a qualifying family member (immediate family only!) must apply for you.

If the immigrant is fortunate enough to have someone that can sponsor them and go through the process with them, they first need to see when they will be eligible for the green card based on the Visa Bulletin. The Visa Bulletin is updated monthly and has different wait times provided for different immigrant categories as well as country of origin. Depending on who is sponsoring the immigrant, the process can move very quickly or it can take years. The longest wait right now is for qualifying Filipino siblings of U.S. Citizens. Under this category it will take 23 years to receive a green card!

Myth: Anchor Babies

The myth of "anchor babies" is extremely prevalent. Because ours is a country that grants citizenship to any child born on its soil, some people mistakenly believe that parents strive to give birth to children in America so that they can get a green card through their child.

The main piece of evidence that shows this myth is untrue is that a child cannot petition for their parent to receive a green card until the child is 21 years of age. This means that any baby born in the United States to foreign parents will be unable to sponsor their parents (and siblings) for at least 21 years.

Kendell is a founding partner and immigration attorney at Johnson & Fyten Law Offices, LLP in Boston, Massachusetts. You can reach her at 617-848-4563 or kjohnson@johnsonandfytenlaw.com. She is a 2007 graduate of Bow High School and is a Bow resident.

BOW POLICE LOG

JULY 2015

Arrests- 17
Motor Vehicle Stops- 248
Warnings- 209
Citations- 39
Accidents- 9
Parking Tickets- 1
Restraining Orders- 4
Incident/Investigation Reports- 55

Arrest Log

07/02

Christopher Zavala, 31, 44 Fieldstone Dr, Londonderry, was arrested for disorderly conduct and willful interference with a police dog.

07/06

Janna Corsetti, 18, 23 Heidi Lane, was arrested possession of drugs in a motor vehicle, unlawful possession of alcohol, and transporting alcoholic beverage.

Alexis M. Faulhaber, 19, 2 Dunmoore Dr, was arrested for possession of controlled/narcotic drugs and unlawful possession of alcohol.

Thomas Backus, 18, 177 Page Rd, was arrested for possession of controlled/narcotic drugs and unlawful possession of alcohol.

07/09

Geoffrey Connolly, 24, 100 Pearl St, Apt 1, Claremont, was arrested for possession of controlled/narcotic drugs.

Kyle Watkins, 24, 91 Wellington Terr Dr, Manchester, was arrested for possession of a controlled/narcotic drugs.

07/12

Robert Lemieux, 50, 1235 Rte3A, was arrested on a war-

rant (x4).

07/17

Douglas Bernard, 47, 14 Berry Hill Rd, Hooksett, was arrested for driving while intoxicated (subsequent offense).

Travis Baker, 30, 37 Parkhurst, Lebanon, was arrested for prowling.

Joshua Guptel, 42, 17 Melrose Dr, Rochester, was arrested for driving after revocation/suspension, drivers license prohibitions, and misuse/failure to display plates.

07/24

Matthew Nudd, 36, 9 Summer St, Apt#5, Concord, was arrested driving after revocation/suspension and a bench warrant (x2).

Jason Smith, 40, 65 Jonathan Lane, Manchester, was arrested for stalking.

07/26

Kevin Cullinane, 30, 188 Gabrielle St, Manchester, was arrested on a bench warrant.

Lorra Lynn Buntun, 43, 277 South St, Concord, was arrested on a bench warrant.

07/27

Evan N. Dejoie, 20, 481 Shaker Rd, Concord, was arrested for possession of a controlled/narcotic drug.

07/31

Robert Lemieux, 50, 1235 Rte 3A, was arrested for theft by unauthorized taking or transfer(x3).

One person was taken into protective custody during the month of July.

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THE ART AND SCIENCE OF A SMILE MAKE OVER

By Dr. Mostafa El-Sherif



Are your teeth making you self conscious when you smile? I have seen in my practice how a smile make over improves self confidence and the social life of patients.

A smile make over is not a new technology as it has always existed as a treatment option. I have been improving people's smiles since 1980. But with the new technology in ceramics, computer generated crowns and improved adhesive materials, I was able to invent a new prepa-

ration design to improve a smile called "The anterior reverse ¾ ceramic crown". It has been published in scientific journals in several languages and a lot of dentists are now using it daily to improve people's smiles.

When a patient contemplates a smile make over, some of the issues are:

- 1- Whether your teeth are getting short and hidden under your lips.
- 2- Crowding of your anterior teeth.
- 3- Misalignment of teeth
- 4- Severe discoloration and large composite fillings.
- 5- Large spaces between your teeth.

If you would like to have a smile make over consultation call our office for an appointment. **Dr. El-Sherif**

Dr. El-Sherif is a professor in restorative dentistry at Tufts and Oklahoma University with a PhD in addition to being a doctor of dentistry. He speaks at national and international conferences around the world on implants, crowns, bridges, and cosmetic surgery.

First Ever Stone Sled Farm Community Garage Sale and Extravaganza

Date: September 19, 2015

Stone Sled Farm is off Woodhill Hooksett Road

BOW PUBLIC SAFETY DAY SATURDAY, AUGUST 22ND

The second annual Bow Safety Day will be held at the Bow Police/DPW Department. Lunch includes hot dogs, cheeseburgers and sausage, peppers and onion grinders.

Parade starts at 10:00 a.m. Activities include swimming pool safety, fire extinguisher practice, children's fire muster, fingerprinting, child passenger safety, K9 demonstration, children's pedal car race track and more. Breakfast, lunch and snack items

for sale by the Bow Fire Department Ladies Auxiliary and Bow Community Men's Club.

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EXTREEM Cheer gym has a second location at 7 Tallwood Drive, Bow NH. They are the only gym in the State that has a Special Olympics Team and are hoping to develop a team at their Bow locations. Evaluations at both locations August 15th. Contact us at 715-1386, or extreem-cheer@gmail.com.

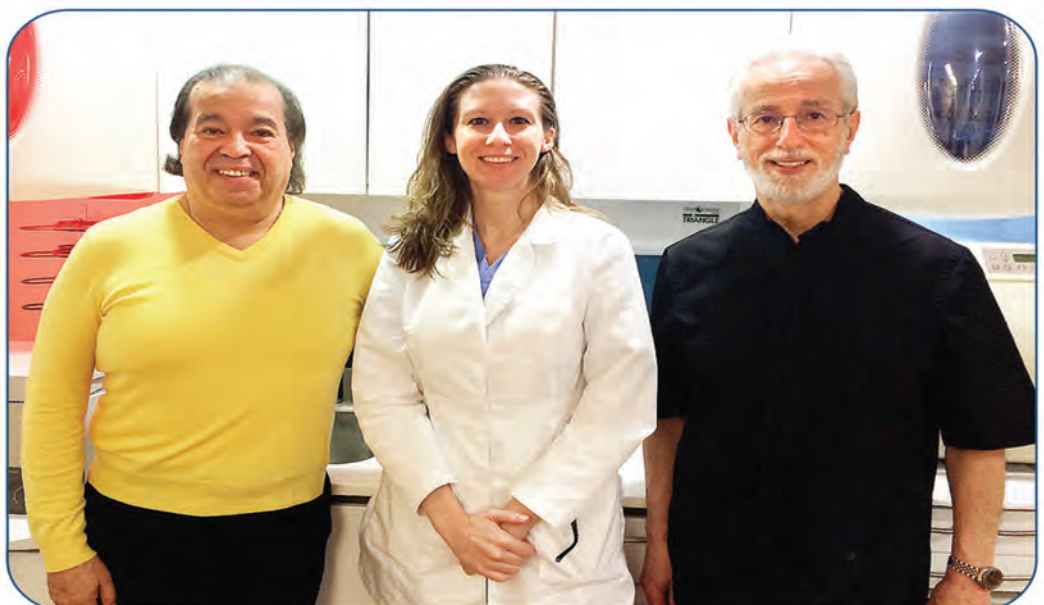
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HELP WANTED

After School Teachers/Teacher Assistants: Bow Youth Center Afterschool Program is now hiring afterschool teachers (Monday thru Fri 2:00 to 5:30 p.m.) & teacher assistants (great part time employment for high school & college students if your schedule allows. Contact Donna at bowyouthcenter@comcast.net for more information.

Afternoon Teacher Needed: Aftercare position from 2:00 pm- 5:30 pm -- Monday- Friday. Position starts on Aug 31, 2015. Perfect hours for Teachers, College or High School Student. \$12.00 per hour.

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DUNBARTON NEWS

EDITOR'S NOTE:

Bow shares our State House of Representatives District 23 with Dunbarton and their high school students attend Bow High. We will run news from our neighbor, on a space available basis.

Dunbarton Old Home Day Scheduled for September

Dunbarton will be celebrating Old Home Day and the Town's 250th Anniversary over the weekend of September 12 & 13. Festivities will kick-off on Saturday with a Parade at 11am. Town Organizations with informational booths will join Vendors offering locally made

items around the Town Common, open 10-5 on Saturday and 10-4 on Sunday.

Crafts and Games for children will be available Saturday afternoon 12-5, along with the popular bounce houses. Music in the Band Stand is scheduled for 12-5 Saturday and 12-4 on Sunday, along with Food Concessions and the famous Beer Tasting Tent. The Library will be exhibiting the original artwork and writing that has gone into our 250th Celebration Book. Saturday evening will feature a Ham and Bean Supper in the Community Center serving from 5 to 7, followed by a Contra Dance on the Common. Fireworks will follow the dance at 9 pm. This year's fireworks

should be extra special, as they were rained out last year but those funds added to this year's budget. Sunday morning will begin with a Pancake Breakfast 8-10:30 at the Fire Station, prepared by Fire Explorers Post 663. A Community Church Service will be held at 10:30. Music, Old Fashioned Games, and more will round out Sunday afternoon. There is still time to enter a float in the parade or request a display space for your organization. Contact Tom Cusano for the Parade or George Maskiell for Space. the Old Home Day Committee is also looking for volunteers to help with various activities. If you would like to volunteer for an hour or two, please contact Nancy Lang, John Stevens, or Ken Keorber. More

details and a final schedule will be posted at www.facebook.com/DunbartonOldHomeDay.

LIBRARY NEWS

By Andrea Douglas, Director

AUGUST 14 - 5th annual cook-off at 6:00 p.m.

AUGUST 18 - 6:30 p.m. Historian Adair Mulligan will present "Walk Through Time."

SEPTEMBER 12-13 - Original artwork and poems created by children, teens and adults grace the pages of *Dunbarton's 250th: A Literary and Visual Celebration*. All entries will be displayed in the library during Old Home Days. Now taking pre-orders for this unique book at www.dunbartonlibrary.org

Brian Johnson johnsongoldenharvest.com
 Karen Johnson karen@johnsongoldenharvest.com

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“ A Testimonial About The Bow Times”

Chris Marston
 Store Manager
 Blue Seal Feeds & Needs
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The Bow Blue Seal store has been advertising in the Bow Times for the past five months with coupon ads. The paper has grown from (8) pages to (20) pages during this time period. We are very pleased with the coupon ads that we have placed during this time period. Customer response to our coupon ads has been great. Customers can even pick-up an issue here and utilize our coupon. Advertising in the Bow Times makes good marketing sense.

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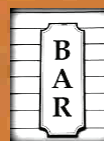
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