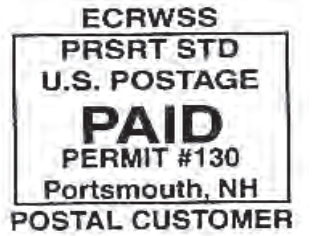




# The Bow Times

“Of the People, By the People, For the People”



BOW, NH

VOL 23, NO. 5

May 2016

FREE

## ARSENIC LEVELS HIGH IN BOW WATER

Bow’s Drinking Water Protection Committee is finishing a two year study of water samples from the Brown Hill Road area. A survey was sent to 159 residents and half gave permission to test their wells.

The Committee members briefed the Board of Selectmen on the findings at a recent meeting. The tests showed two different results depending on the age of the well.

Wells installed before 1984 had high concentrations of salt and low pH levels which lead to corrosive water. On the other hand, wells installed in 1985 and later had arsenic levels 30% above the standard and uranium 18% above the standard.

The difference apparently is

that the standards for wells changed so the older wells were not required to be sealed in bedrock which leaves them more vulnerable to road salt drainage and acid rain.

Because the newer wells have ten feet of casing sealed into the bedrock, the arsenic and uranium can seep in and have potential health effects.

The Drinking Water Protection Committee Chair, Cindy Klevens, said that the way to solve the problem is to treat your water and know what it is you are treating. The Committee will hold an informational session on June 8 at the Town Hall at 7:00 p.m. to discuss the results and possible treatment options for wells in Bow.

## FOUR WAY SPEECH CONTESTANTS SPEAK AT BOW ROTARY



L-R PRESIDENT MIKE GRIFFIN, SAM SELLECK, KAILEY ANDREW, EMMA ROBERGE, SPEECH CONTEST CHAIR KAREN WADSWORTH

The Bow Rotary Club last month heard the winning speeches from the 4-way speech contest that Rotary International sponsors every year. Third place winner, Sam Selleck, went first and described his view that rather than engaging in a single sport year round it is better for students to be engaged in multiple sports. Sam explained how it helps to work with a variety of different students on different teams and that you build good will and better friendships that way which obviously is beneficial to all concerned.

Emma Roberge, the second place winner, talked about her 12-year-old brother and the fact that pressure for perfection comes with a cost to a child today. Emma told about classmates who are trying to get a merit scholarship and under so

much pressure they can’t even enjoy their childhood. She cautioned parents not to overburden their kids with constant sports and lessons. She backed this up with statistics that 85% of students 13-17 years of age are stressed out.

Finally, first prize winner, Kailey Andrew, an 11<sup>th</sup> grader, discussed as her speech contest topic Caring for the Elderly. She asked where the joy of old age is when so many of them are in nursing homes or other facilities without sufficient staffing or training for the staff. She described 8 million people receiving support in facilities for the elderly that are essentially given very little government regulation or oversight. Caring for the elderly reflects the values and the future of our society said Kailey.

## MAY REPORT FROM THE TOWN

### TOWN PROJECTS STATUS REPORT

**Public Safety Building Project**  
Town Manager David Stack is the Town’s project manager for completion of the new Public Safety Building. Any questions about the project should be directed to him. The building will be constructed on Town land on Knox Road, on the hill above the gazebo. The building site was logged under the direction of Town Forester Ron Klemarczyk, which ensured that the 100 foot buffer between the building site and neighbors was preserved. The Town received over \$3,000 for the wood removed from the land. Construction will begin at the end of May.

### Community Building & Police Station

Once the Public Safety Building is operational, the space currently used by the Police and Fire Departments will be vacant. The Selectmen and Town Manager are studying what the best uses will be for those buildings. The Board has established two committees to study potential uses, prepare reports and present options. These committees are to be made up of Bow residents with experience in construction, building design, and real estate. If you are interested in assisting in this effort, please fill out a Volunteer Application or call 228-1187 x1.

### Birchdale Road Bridge Project

The Town’s engineers have been working with the NH Department of Transportation to develop both temporary and permanent solutions for the closed bridge on Birchdale Road. Due to the volume of water that flows through the area, any option chosen must meet the design standards of the NH Department of Environmental Services. We expect decisions will be made on the design within a few months. In response to concerns of neighbors living on Birchdale Road, the Town’s engineers are working with the Town Public Works Department to include ways to reduce speed on the road when the bridge is reopened.

### TOWN DEPARTMENTS

#### Department of Public Works (DPW)

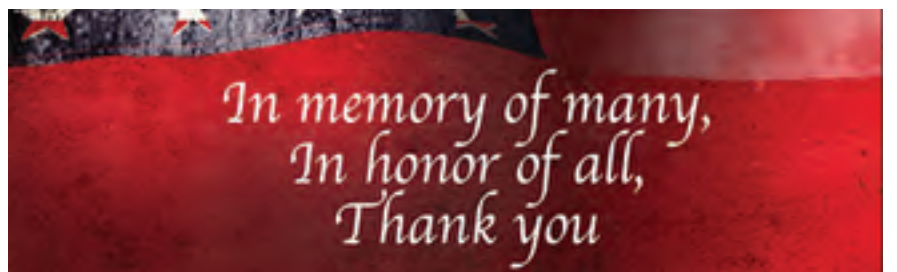
Department personnel recently installed a new water faucet at the Alexander Cemetery on River Road. The Town is now able to provide visitors with a reliable source of water for flowers and shrubs. The faucet was tied into the Town water system.

#### Bow Police Department

The Department is organizing a speed enforcement initiative as a result of a grant that was received from the NH Highway Safety Agency. The funds will be used to conduct specific patrols for the purpose of reducing speeding motorists and increasing travel safety in neighborhoods. The Department is also utilizing the new speed trailer as part of its efforts. The public will see it positioned at various locations in Town over the coming months.

#### 2016 Assessing Update Inspections

In order to maintain accurate and up-to-date property assessments, the Town is currently conducting a review and inspection of 1/5 of the properties in town. All properties in town are inspected on a 5 year rotating basis. This year’s inspections are being conducted in the Southeast section of the town. Appraisal representatives will be measuring the exterior of buildings upon their arrival, and if an adult is home, they will request to inspect the interior. If the homeowner is not home or not available at the time of our visit, a follow up letter will be sent in June asking the property owner to call the Assessing Office to schedule a more convenient time. We would very much appreciate your assistance in this process, which should only take about 15 minutes of your time. This is important for the accuracy of your assessment and the overall success of this review process. Please visit the Assessment Department’s webpage at [www.bow-nh.gov](http://www.bow-nh.gov) for more information. Do not hesitate to call them if you have any questions or concerns at 228-1187 x 114 or 115.



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

**LOW TAXES  
ARE THE  
RESULT  
OF LOW  
SPENDING**

**TAKE PRIDE -  
PICK IT UP**

Drive along any road in Bow and you will see bottles, cans, cups and bags along the side. Are these all from people who don't live here? No, most of it is from our own careless or clueless who throw the stuff from their cars or trucks. Unfortunately we don't have a trash fairy who picks these up in the middle of the night. Nor does our Department of Public Works have road trash pickup.

Luckily the Men's Club and the Boy Scouts pitched in last month and filled 40 bags with roadside litter. In June Rotary will do Route 3-A.

But that leaves a lot for you, the

reader to do! As you get your mail please scan left and right in front of your house to snag that bottle or cup. If you are out for a walk, take a plastic bag and do the obvious can or bottle pickup once a week on your way home.

The schools could also play a part by having their Scout classmates tell about the 40 bags they picked up along with two TV sets.

If the new generation is as concerned about the environment as they say they are, then ask them to each take a half hour in the spring and fall to bag up their own neighborhood trash.

Finally, the Selectmen may want to ask Tim Sweeney to do a trash sweep one day a year by the Department of Public Works' crew.

If you have pride in Bow, start to do your part to show it.



**SUPERINTENDENT CASCADDEN GETS  
ANOTHER PAY RAISE**

Not content with the 2% raise he was scheduled for earlier in the year our local school superintendent was able to tack another 2.04% on top to bring his salary up another \$5,114. The Meredith resident got the raise on April 11 from his lapdogs on the Bow and Dunbarton school boards (whose members comprise the SAU board).

The total package of increases for the six SAU #67 employees, over and above the regularly scheduled package, came to \$12,080 that was not returned to the taxpayers.

This insulated little group of SAU employees now have 3 earning over \$100,000 a year and not a class is taught. Dean Cascadden

now makes \$131,694.00.

This is the same Cascadden who told the Bow school board not to try and negotiate any teacher performance metrics in the new 3 year contract with teachers. While Social Security recipients got 0% increase this year the package of pay and benefits for the man from Meredith inches ever closer to \$200,000.

NOTE: The official numbers are now posted on the Concerned Taxpayers of Bow website under Hot News.

**Chuck Douglas  
For a free press, Je Suis  
Charlie**

**OBITUARY**



Melba M. Terrell, 92, of Bow, died peacefully on Sunday May 8, 2016, at Concord Hospital surrounded by her family. She was born in Concord on May 10, 1923, the daughter of James and Kate (Shine) Clattenberg. She attended and graduated from local schools.

She was a longtime resident of East Concord before moving to Bow in 1969. She was employed for the Town of Bow as secretary for the Building Department.

Mrs. Terrell was predeceased by her husband, Earl W. Terrell in 2009 after 67 years of marriage; her sisters, Jean Hamblett and Madeline Williams; a brother, Warren Clattenburg and a daughter in law Elizabeth Terrell. Melba's family includes her 3 sons, Daniel J. Terrell and his wife Marilyn of Dunbarton, Richard E. Terrell of Bow and David H. Terrell and his wife Christine of E. Concord; 8 grandchildren, Jennifer Charron of Goffstown, Nathan Terrell of Dunbarton, Matthew Terrell of Concord, Rebekah Ward of Londonderry, Megan Roy of Concord, Shawn Terrell of Manchester, Joseph Terrell and Adam Terrell both of Concord; 8 great grandchildren and several nieces and nephews.

In lieu of flowers memorial contributions may be made to the CRVNA, the Dunbarton Fire Dept. or the Bow Fire Dept.



**The Bow Times**

Publisher - The Bow Times, LLC  
Editor - Chuck Douglas 224-1988  
Co-Editor - Debra Douglas  
496-0265

Sales Manager - Gary Nylén  
496-5239

gary42bow@comcast.net

Technical Editor - Denise Ehmling  
724-7853

dehmling@thebowtimes.com

Travel Talk Editor - Chase Binder  
Contributing Writers - Joyce Kimball  
and Faye Johnson

Photographs - Eric Anderson  
Printer - Seacoast Media Group

Mailing address for news or  
notices: 40 Stone Sled Lane, Bow  
Email: info@thebowtimes.com

DEADLINES: 1st of the month;  
classifieds must be prepaid --  
cash, check or pay online at www.  
thebowtimes.com

ADVERTISEMENT ERRORS: We  
will be responsible for errors in ad-  
vertisements only to the extent of  
correcting the same in the next issue  
using space equal to the items in er-  
ror.

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

PHOTO SUBMISSIONS: We en-  
courage individuals and groups to  
submit photos of their events or ac-  
tivities, by email or call the Technical  
Editor.

CORRECTIONS POLICY: We  
strive to present accurate news re-  
ports. We will correct factual inaccur-  
acies in our coverage. We encour-  
age readers to tell us if we have made  
a mistake.

Postal Information: Bulk rate post-  
age paid at Portsmouth, N.H. Post-  
master. Send address changes to the  
Bow Times Permit #130.

A proud member of the New  
Hampshire Press Association

**CRAFTERS  
WANTED**

**White Rock Annual Craft  
Fair**

**Saturday, November 12, 2016  
9 am to 2 pm**

**For further information or to  
reserve a table, please contact  
Marie Bruns at 230-2012 or  
Phyllis Parker at 724-6271**



Operated by George Georgopoulos & Family

**30 Manchester St.**

**Concord, NH.**

**Sun-Thur. 7 AM-9 PM**

**Fri-Sat. 7 AM-10PM**

**(603) 715-1695**

**Breakfast at a Reasonable  
Price!!**

**2-eggs, bacon or sausage and  
toast \$ 5.99 \***

**2-eggs, bacon or sausage, home  
fries toast \$ 5.99 \***

**3-Pancakes, with bacon or  
sausage \$ 4.99 \***

**\* Plus Rooms and Meals Tax**

**M-F 7A-11A - Sat & Sun 7A-2PM**

### NEW POLICE OFFICER IN BOW



Chief Erin Comerford swore in Officer Michael Murray at the Selectmen's Meeting on April 12. Photo by Eric Anderson

### BOW SCHOOLS FOUNDATION STAR AWARD

By Adam Osburn and John House-Myers

The Bow Schools Foundation is a volunteer organization that seeks to support our local schools by raising money and then distributing that money in ways which help improve the Bow School District. The Bow Schools Foundation (BSF) has been a driving force behind one of the many projects which you may be familiar with, namely the trail project at BHS which the entire Bow community has access to and can enjoy.

With the end of the school year approaching, the BSF is looking to recommend the STAR award to parents who may have a teacher that they wish to recognize and thank. The building Principals at all three Bow schools take time out to recognize the recipients of the Bow STAR awards during the school's June faculty meeting. The certificate itself is printed and given to the teacher and does contain the name of the recognizing family / student.

Our feeling is that this really provides a very nice way to say

thank you to a teacher or staff member who has made a difference in your life or the life of your child.

Additionally it provides a lasting degree of thanks as every time that teacher looks at the award they will remember who presented it to them. Our hope is that if your family is looking for a way to say thank you, that you would consider this as a gift option.

The approximate cost of running this program account for less than 10 percent of the cost of the purchase of an award, this means that nearly all of your purchase / donation goes to furthering the mission of the Bow Schools Foundation. This is a tremendous way to honor a teacher, assistant, secretary, bus driver, school nurse or anyone who works in the Bow School District and has made your child's life a bit better.

For more information on the STAR Award or the Bow Schools Foundation in general please visit our website, <https://sites.google.com/a/bownet.org/bow-schools-foundation/home>.

## Never Forget, Forever Honor

The Bow Community Mens Club Invites You to Join Us For Our Annual Memorial Day Ceremony/Remembrance and Cookout

May 30, 2016

A Wreath Ceremony will be Held at the Town Pond at 4:15 to Honor all Maritime Branches.

Bring your chairs and blankets.

Memorial Day Ceremony at the Gazebo

4:30-5:15

Food and Beverages 5:00-7:00, Sausage and Peppers, Cheeseburgers and Hotdogs. All meals include Potato Salad, Beans and beverage.

Music/Entertainment 5:15-7:00

Shuttle Bus service will be provided

to and from Memorial School

starting at 3:30.

Coupon



**\$5.00 OFF**  
**Propane Tank Refill**

REDEEMABLE ONLY AT:  
BLUE SEAL FEEDS  
520 HALL STREET  
BOW, NH 03304  
(603) 225-0323

(1) PER CUSTOMER



Expires 6/15/16





**W P Alexander Dairy Farm LLC**  
38 Robinson Rd. Bow, N.H.  
Rick Nylén 603/496-5351

**Fresh Eggs \* Honey \* Maple Syrup**  
**Jams & Jellies,**  
**Cabot Cheese Products**




**Mon-Fri 3PM-7PM Sat & Sun 9AM-6PM**

# BMS NOISY NARWHALS ADVANCE TO DESTINATION IMAGINATION'S GLOBAL FINALS

By Lisa Cohen

After achieving 1st place honors for creativity, teamwork and innovation in both the regional and state academic tournaments, the Noisy Narwhals, a team of 5th graders from Bow Middle School, have earned the right to compete in Destination Imagination's Global Finals, the world's largest celebration of student creativity, to be held May 25-28 in Knoxville, Tennessee. Team members include Madison Kiniry, Jacob McDaniel, Grace Neff, Emily Vincent, and Meaghan Wray.

They will compete with other teams in the Improvisational Challenge, one of seven, open-ended challenges that blend STEM (science, technology, engineering and mathematics) education with the arts and social entrepreneurship. These academic challenges are designed to teach kids how to think, not what to think, and then present their solutions at regional and state tournaments. The Challenges are solved strictly by the student participants without interference from

parents, teachers, or friends.

Noisy Narwhals team members had competed in the Fine Arts and Technical Challenges in previous years and chose to challenge themselves with a whole new category that required totally different skills.

"The team worked hard all season learning improv techniques, how to think on their feet, and support each other in the process," said first-time Team Manager Mark Vincent. "We're all so proud of how the team came together and truly shined when it counted," added co-manager Lisa Cohen.

"I learned a lot about helping my quieter teammates have a say in what we were going to do," said Emily, a third-year DI competitor.

Parent Ben Kiniry said, "My daughter and a few friends have been working many hours for many months and, like we tell our kids, hard work pays off."

To help the team raise the funds needed to travel to Knoxville to compete, they have set up a GoFundMe site: <https://www.gofundme.com/8xxh7mzw>



Front row: Jacob McDaniel, Grace Neff, Meghan Wray, Emily Vincent, Madison Kiniry  
Back row: Lisa Cohen and Mark Vincent, Team Managers

[gofundme.com/8xxh7mzw](https://www.gofundme.com/8xxh7mzw) (Noisy Narwhals - Global Finals 2016) to collect donations to cover travel, registration, food and lodging expenses. The Narwhals are also holding a bake sale at the Bow Mobil each Friday 5-7pm and Saturday and Sunday 9am-1pm until they leave for TN. They are also selling raffle tickets to win a drone (\$499 value) and other prizes (including a \$50 gift certificate donated by Moritomo's). Raffle tickets are \$10 each or 3 for \$20, available at the

bake sale.

This year, 150,000 students participated in tournaments throughout the U.S. and 30 countries in hopes of earning a spot at the Global Finals competition in May.

The Noisy Narwhals is one of two teams from Bow that will advance to Global Finals to be among more than 8,000 students representing more than 1,400 teams.

For more information about Global Finals, visit <http://globalfinals.org/>.

## Concord's Choice for Dental Care at 2 convenient locations

**New Patient Offer**

**\$57** Includes:

- Cleaning
- Exam
- X-rays
- Treatment Plan

Additional treatment may be needed. Paid at 1st visit.



**Ultimate Dental Care**  
410 S. Main Street, Concord, NH 03301

**Call Today: 603-224-1851**

**UltimateDentalCareNH.com**

Dr. Mostafa El-Sherif, Dr. Jacqueline Cash & Dr. Stephen Rosenberg



**El-Sherif Dentistry**  
246 Pleasant St. Memorial Building  
Concord Hospital Suite 225, Concord, NH

**Call Today: 603-224-5424**

**DrEl-Sherif.com**

Dr. Mostafa El-Sherif & Dr. Jacqueline Cash



### Now Accepting New Patients!

- Emergencies seen same day
- Most insurance accepted
- Care Credit available

### All Phases of Dental Care

- Cleanings
- Root Canals
- Fillings
- Whitening
- Extractions
- Implants
- Crowns
- Veneers
- Bridges
- Nitrous Oxide

# Stock Market Got You Down?



At The Abbott Bennett Group, we understand that retirees face many important decisions that can affect their long-term financial success; some of which revolve around making decisions that will help create a hedge against outliving their income, impact of inflation, taxation, and rising healthcare costs.

Because over 90% of our clients are retirees with similar concerns, we are in an advantageous position to approach such challenges with experience and skill.

**Annuities • Retirement • Insurance • Trust Planning**  
**Protected Growth Strategies • Superior Fixed Interest Rates**  
**5-Year Fixed Rate Interest, 2.85%!**

**GUARANTEED LIFETIME INCOME, NEVER TO BE OUTLIVED!**

Call for a  
**FREE**  
**CONSULTATION**  
 or to attend one  
 of our dinner  
 workshops!

## AbbottBennett

MICHAEL D. ABBOTT • CHRISTOPHER M. BENNETT

*3 Convenient Locations:*

CONCORD, NH • BEDFORD, NH • W. STEWARTSTOWN, NH

**603-224-6969**



Support your LOCAL  
 Financial Professionals!

GREATER CONCORD CHAMBER OF COMMERCE  
 GREATER MANCHESTER CHAMBER OF COMMERCE  
 CHAMBER OF THE NORTH COUNTRY



ESTATE PLANNING SOURCE  
*Your source for everything estate planning*

Visit us online: **www.TheAbbottBennettGroup.com**

### SUGAR RIVER BANK HOLDS ANNUAL MEETING

By Mark Pitkin, President and CEO

Sugar River Bank is pleased to announce the recent election of its Corporators, Board Members and employee promotions.

At its 121<sup>st</sup> annual meeting held on April 20<sup>th</sup> the Bank said good-bye to two retiring board members: The Honorable Brackett Scheffy, a retired judge at the Henniker District Court and The Chairman of the Board of Trustees, Lynn Perkins, of Perkins Hardware (retired).

Mr. Perkins, a resident of Warner, owned his own store, Perkins Hardware from 1983 until his retirement in 2003. During that time, he joined the Board of Directors in 1990 and became Chairman of the Board of Director's and Trustees in 2013. Both he and Mr. Scheffy will be missed from the Bank.

The Bank is very pleased to announce the naming of Dr. Richard Holmes as the new Chairman of the Board. Dr. Holmes was elected to the Board of Corporators in 1982 and then to the Board of Directors in 1985. He established a successful dental practice in Newport and retired after 31 years. Dr. Holmes

has served as the Past President of the Newport Rotary Club, was a member of the Grafton-Sullivan Dental Society, served on the board for the Newport Chamber of Commerce and active with the South Congregational Church in Newport.

The Bank welcomed John H. Bates Jr., Manager of 603 Technology Services, LLC, Susan B. Dunton, President of New Hampshire Technical Institute's Concord Community College and Newton H. Kershaw III, CEO of Elm Grove Companies to the Board of Corporators and Rob Daley, President of IBS, to the Board of Trustees.

Mark Pitkin, President and CEO, said that "Sugar River Bank is saddened by the retirement of Judge Scheffy and the Chairman of the Board, Mr. Perkins, but very honored to welcome Dr. Holmes as the new Chairman as well as other distinguished members to our Board of Trustees and Board of Corporators. Congratulations to our valuable employees on their well-deserved promotions."

### COUCH NAMED ROTARY TREASURE



Bow Rotarian Bob Couch received the Rotary Treasure Award for the N.H. District recently. Sandra McGonagle, the District Governor, and Club President Mike Griffin appear beside Bob.

Photo by Eric Anderson

### ARNIE ARNESEN, THE QUR'AN AND POTATO BATTERIES?

By Dan Fogarty

Bow seniors, what are you missing? Some of your over-50 neighbors have already listened to Arnie Arnesen deliver a political review, learned how to be more savvy on Craig's List, explored celebration of Jewish holidays AND reading the Qur'an, reviewed how music helps/harms the transition of books to movies, made a battery from a potato and toured the NH Statehouse.

Bow has even hosted an OLLI hike of Nottingcook Forest, led by Bow's own Box Lux.

OLLI, known for its "Learning for the fun of it," is in the midst of its Spring term with new classes still available into mid-June. Summer term begins July 6. A modest annual membership fee of \$40 and reasonable and varied classes ranging from \$15 open a world of exam-free, homework-free, fun education for adult learners.

Lunch groups, day and overnight trips, game days and other fun events round out a full menu of entertaining activities for seniors.

Too young to participate? Gift certificates make great Mother's Day and Father's Day gifts. Gift memberships are also wonderful retirement gifts! You can check out OLLI at Granite State College at [olli.granite.edu](http://olli.granite.edu) or call the OLLI office at 513-1377.

### The Armed Citizen

Police in Decatur, Ill, have determined that an 82-year-old woman's armed response to a break-in was proper. The woman heard a knock at her door one morning. She looked out and saw a man she didn't know, so she declined to open the door, reports said. She telephoned for help because the person continued knocking, but she also grabbed her registered handgun. A little while later, the outsider kicked in her back door and entered the house. The resident shot at him, causing him to flee. There was no indication that the bullet hit the suspect. (Herald & Review, Decatur, Ill, 10/31/15).

### BOW SELECTMEN SEEK VOLUNTEERS

The Bow Selectmen are in search of Bow residents willing to serve the community by volunteering to participate on a Town board, committee or commission. There are currently openings on the Community Building Committee, Conservation Commission, Drinking Water Protection Committee, Police Department Office Review Committee, Recycling / Solid Waste Committee and the Zoning Board.

Help make a difference in the Bow community. Time commitments vary by group, from once a week to once a month. You can learn more about each group's goals and accomplishments at [www.bow-nh.gov](http://www.bow-nh.gov). Please contact Nicole (228-1187 x110 or [admin@bow-nh.gov](mailto:admin@bow-nh.gov)) with any questions or for a volunteer application. Volunteer applications are also available online and at the Municipal Building on Grandview Road.

### WHITE ROCK NEWS



### White Rock Senior Living

Community Presents

"Annmarie's" Fitness Class  
Tuesday's  
10 AM.- 11 AM.  
All are Welcome

"Happy Hookers" Knitting Club  
Meets on Tuesdays  
At 9:00 AM  
At White Rock  
All are Welcome

"Boosting Happiness Through Emotional Wellness"  
Offered by  
Concord VNA  
Wed. May 25th at 1:00 PM  
Call Elizabeth at  
603/724-6251 to sign up  
All are Welcome

### GARAGE SPACE WANTED

Looking for a garage stall to store an automobile for up to 2 years. Call Chuck at 224-7865.



No one wants to find themselves in a position where they NEED their home or auto insurance. However, accidents do happen.



Allied Insurance Agency understands how complicated the claims process can be. We use our experience and knowledge to help you navigate the claims process quickly and easily.

500 South Street  
Bow, NH. 03304

[alliedia.com](http://alliedia.com)  
224-5394

# WHAT DO I EAT AFTER I EXERCISE?

By Jim Olson

You have just finished your workout. What do you eat to help yourself recover? How much protein? How many carbs? What about those sports drinks? We know what to do prior to exercise but what about after? Finally, we get into the timing of your post workout eating, the types of foods that work the best, and some of the guiding principles to keep in mind. Let's go!

## Why Eat After Exercise?

Basically its two things: recovery and storage. You need to *recover* the losses you undertook during the exercise, and your body is simply better at *storing* that recovery fuel right after your workout. Sure, you can eat later-but the benefits won't be as good. We need to replace; carbohydrate and fluid to replace glycogen and water losses during the exercise. The muscles store more glycogen immediately after exercise than they do later." Simple, no? You really want to stick to carbs and protein. Why, exactly? Well [about.com](http://about.com) "protein «provides the amino acids necessary to rebuild muscle tissue that is damaged during intense, prolonged exercise. It can also increase the absorption



Jim Olson

of water from the intestines and improve muscle hydration. The amino acids in protein can also stimulate the immune system, making you more resistant to colds and other infections.»

You may even find advice that suggests carbs will serve you fine on their own. We noticed "one study found that athletes who refueled with carbohydrate *and* protein had 100 percent greater muscle glycogen stores than those who only ate carbohydrates. Insulin was also highest in those who consumed

a carbohydrate and protein drink.» The magic ratio seems to be 4:1- for every four grams of carbs, you should have one gram of protein.

## Rehydrating yourself

There isn't a ton of information on drinking water after exercise, and for good reason-it's simply *obligatory*. This should always be your number #1 priority, especially if you've gone for a run and haven't had access to any water during it. If you really want to be scientific and take the time to be exact, you can weigh yourself prior to and post workout do replace fluids according to weight lost. For example, drink 20-24 fl oz of water for every 1 lb lost.

## WHEN TO EAT

Do we need to eat right away? You might say no, not exactly-you probably want to get some fluids into you, towel off, get changed, take a quick shower-whatever your normal post-workout routine is. If you can't get to some proper food within those first 15 minutes, make sure you get something in your stomach within an hour, maximum, post-workout. You won't get much increased storage *at all* if you wait

longer than that.

## I AM HUNGRY! I WANT TO EAT- HERE ARE SOME SUGGESTIONS

Now the crucial question, what can I scarf down after my workout! Some suggest that sports drinks are better *during* a workout, but juices are better afterwards, when our body needs those carbs. Butcrucial though is digestion: if our bodies aren't used to processing food after a workout, it might be difficult to digest solid foods right away, especially after some long, serious endurance work. About.com suggests the "4:1 combo of carbohydrate and protein [but] a drink may be easier to digest and make it easier to get the right ratio." Columbia University comes at us with some other food suggestions: "eat a few slices of turkey on a wheat bagel, or have a large glass of protein fortified milk. The most important nutritional strategy post workout, though is fluid replacement. Drink water, juice, or carbohydrate rich sports drinks to replace what you sweat out." All good advice, although be

(FITNESS CONT. P. 13)

# the INDIVIDUAL FITNESS LIFESTYLE MAKEOVER

90 DAY MONEY BACK GUARANTEE!

Join now and commit to three months of one on one personal training and not only receive 10% off your first month but we will also provide you with a months worth of supplements (at a \$150 value)!



**INDIVIDUAL FITNESS**  
PERSONAL TRAINING STUDIO

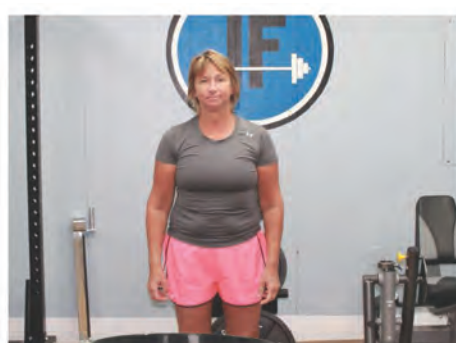
BEFORE



AFTER



BEFORE



AFTER



GET ALL OF THIS free!

**Call Now!**  
YOU HAVE NOTHING TO LOSE BUT THE WEIGHT!  
80 South Main Street  
Concord, NH 03301  
603-224-8096  
[individualfitnessllc.com](http://individualfitnessllc.com)

## BOW POLICE LOG - APRIL

Arrests-19  
Motor vehicle stops-192  
Warnings 165  
Citations 27  
Parking Tickets 7  
Restraining Orders 0  
Incident/Investigations Reports 43

### April 2016 Arrest Log

**04/03**

January M. Leighton, 35, 147 Eastgate Way, Manchester, was arrested for driving while intoxicated; Kathleen M. Connor, 57, 82 Stone Sled Ln, was arrested on a warrant.

**04/07**

Amanda Woods, 33, 2 Stark North Hwy, Dunbarton, was arrested for conduct after an accident, driving after revocation/suspension, and negligent driving.

**04/08**

Kourtney O'Connor, 24, 75 Knox Rd, was arrested on a warrant; Gavin R. Guay, 24, 63 Pleasant St, Concord, was arrested for driving after revocation/suspension and operating a motor vehicle with a suspended registration, and unlawful dealing in prescription drugs.

**04/10**

Dana M. Riggie, 59, 76 N. Water St, Boscawen, was arrested on a warrant.

**04/14**

A juvenile was arrested for possession of controlled/narcotic drugs.

**04/16**

Allyson Graham, 22, 9 Sargents Pl, Apt #12, Gilford, was arrested on a bench warrant; January M. Leighton, 35, 147 Eastgate Way, Manchester, was arrested for simple assault, criminal trespass,

and criminal threatening/intimidation.

**04/17**

Brittany J. Grant, 26, 18 ½ Forest St, Concord, was arrested for driving after revocation/suspension, possession of drugs in a motor vehicle, and operating with a motor vehicle with a suspended registration.

**04/19**

Myles Tonkin, 33, 136 West Parish Rd, Concord, was arrested for driving after revocation/suspension and operating a motor vehicle with a suspended registration.

**04/23**

Cre E. Clay, 20, 2 Spaulding St, Nashua, was arrested for possession of controlled/narcotic drugs and operating a motor vehicle with a suspended registration; Robert Chestnut, 18, 442 Fourth Range Rd, Pembroke, was arrested for possession of controlled/narcotic drugs (x2), and arrest on a warrant (x2); Thomas Pillsbury, 26, 261 Mount Delight Rd, Epsum, was arrested for possession for controlled/narcotic drugs.

**04/24**

Tyler M. Corey, 22, 7 Dakin St, Concord, was arrested on a bench warrant; Robert Chestnut, 18, 442 Fourth Range Rd, Pembroke, was arrested for possession of controlled/narcotic drugs.

**04/27**

Nathan Reyes, 27, 47 Knox Rd, was arrested for driving while intoxicated.

**04/28**

Hino M. Brazil, 38, 276 Main St, Apt#6, Tilton, was arrested on a warrant (x2) and operating without a valid license.

There was one protective custody for drunkenness in the month of April.

## Local Bank. Local Lenders. Local Loans.

Sugar River Bank's Lending Team is looking forward to underwriting and servicing all of your local loan needs. We're your full-service Hometown Bank. How can we help you?



Newport | Concord | Grantham | New London | Sunapee  
Warner | 800-562-3145 | sugarriverbank.com | Member FDIC | EQUAL HOUSING LENDER

Christine Heath  
Mortgage Origination Officer  
New London, Sunapee,  
Grantham & Warner  
603.477.3865  
NMLS #613744

Travis Craig  
Loan Officer  
Newport, Claremont  
& Surrounding Areas  
603.843.6221  
NMLS #751779

Terri Crate  
VP & Senior Retail Loan Officer,  
Upper Valley  
603.381.3096  
NMLS #419840

Mary Sullivan  
Mortgage Loan  
Originator,  
Greater  
Concord  
Area,  
603.843.6221  
NMLS #751779



## 8 BANKING TIPS MILLENNIALS NEED TO KNOW

By Colette Garside-Conway

"Millennials are digital natives who understand the importance of staying connected socially, but staying connected to their bank can help their finances as they encounter life's many milestones," said Rob Nichols, ABA president and CEO. "From enhanced mobile resources to free budgeting tools, banks offer a variety of products and services to complement millennials' unique lifestyles and ease their worries as they prepare to make some of life's biggest financial decisions."

With a recent report finding that more than 4 in 10 U.S. millennials say they are "chronically stressed" about money, here are eight tips to help them secure a strong financial footing:

**Go cyber shopping for a bank that fits your style.** There are lots of options out there with different advantages. Be selective and get the best prices, services, convenient locations and lowest fees for credit cards, bank accounts and loans.

**Use bank tech to save without thinking about it.** Consider automatic payroll deductions or automatic transfer from checking to savings. Arrange to have a specific amount transferred to your savings account every pay period.

**Download your bank's mobile app and make some smooth moves.** Manage your finances from the palm of your hand. With the click of a button, you can easily make a deposit or access a record of all your recent transactions. Be sure to download the latest updates when they are available.

**Sign up for email or text alerts.** Get up-to-date info, on the go, the way you want it. Ask for an automatic alert when your balance falls below a certain level, or to confirm when certain types of transactions occur, such as online purchases or transactions of more than \$500.

**Use the personal finance tools your bank may offer.** Banks offer an array of budgeting tools and resources to help you keep your finances in check. Access these via



Colette Garside-Conway  
[cgarside@sugarriverbank.com](mailto:cgarside@sugarriverbank.com)  
Member FDIC

EQUAL HOUSING LENDER

your bank's mobile app and website.

**Expect the unexpected – set up a rainy day fund.** The last thing you want to be is stressed when life's unexpected expenditures come knocking on your door. Set up a secondary checking or savings account for emergencies or link an existing account to your main account as an added layer of protection.

**Get a head start.** Banks play a major role in helping customers prepare for major life events such as buying a house and planning for retirement. Ask your banker how you can get a head start on your first major purchase by establishing credit or about starting a retirement account with a 401(k) from a previous employer.

**Stay connected with social media.** Interact with your bank via social media to get the latest news on products and services, ask bank-related questions, join in on conversations and find links to exclusive bank content.

Live Free and Sweet  
Pure Maple Syrup



Treat's Sugarhouse  
3 Hop Kiln Road  
Bow, N.H. 03304  
[brucectreat@gmail.com](mailto:brucectreat@gmail.com)  
12 fl. oz.



PLUMBING  
and  
HEATING Corp.

603-225-6929

MBE0000478





# The Mini Page

Founded by Betty Debnam

## Recycling for Earth



### Mini Fact:

Today, Americans recycle about 34 percent of our waste.

Earth Day was Friday, April 22. For 46 years, this special day has reminded people about environmental issues and helped them make changes to protect our planet.

In the 1960s, people became more concerned about the environment. They started to realize we were using up the Earth's resources. People learned how important it is not to waste resources. It became clear that recycling was necessary.

### Sorting out recycling

You, your family and your school probably recycle some waste: paper, aluminum cans, plastics and glass. Have you ever wondered what happens after you put the items in the recycling bin?



Each community has different ways to sort its recyclables. Different materials might need to be kept separate. For example, aluminum cans might go in one bin and tin cans in another. Colored glass might need to be separated from clear glass.

This type of recycling is called **multistream**. There are many streams of different materials.

Other communities don't require that people sort goods at all. They can mix different materials, such as glass and newspapers, in the same bin.

This type of recycling is called **single-stream**. The recycled goods are all dumped in one single stream onto sorting machinery.



Paper comes down a conveyor belt at a recycling facility near Chicago.

### Sorting through the stream

In single-stream recycling, everything is dumped all together onto a large moving belt, or conveyor belt. Then:

- Rubber rollers shaped like stars knock off the cardboard onto its own moving belt.
- Blasts of air blow paper onto another belt.
- Glass is pushed down into big bins under the moving belt, where it is smashed.
- **Optical\*** machinery sorts glass by color. Another optical sorter separates plastic by color.
- Electromagnets grab metal items such as steel.
- Magnets can't pick up aluminum. Instead, a swirling electrical flow, or **current**, flips the lightweight aluminum off the main belt.

\*Optical (AHP-ti-kul) means something relating to seeing. Optical machinery uses light to "see" what it's looking for.

### A recycling tradition

People have always recycled. Before machines and big factories, most things were made by hand. Materials were so hard to get and items took so long to make that everyone recycled.

For centuries, people have:

- melted down metal goods to make new tools or jewelry;
- torn down old buildings and reused the bricks or wood to build something new;
- cut up old clothes and other cloth goods to make other clothes, quilts and rugs;
- recycled paper to make new paper.

### War recycling

During World War II, America needed metal and other materials to fight the war. The government started a campaign to convince people to recycle.



Signs urged people to pile up their scrap metal for collection. This could include things such as pots and pans, rakes, irons or birdcages. Kids pulled wagons from door to door gathering the metal.

After the war was over, materials remained scarce, and people continued to recycle for many years.

### Resources



#### On the Web:

- [epa.gov/recyclecity](http://epa.gov/recyclecity)

#### At the library:

- "Recycling Day" by Edward Miller
- "One Plastic Bag: Isatou Ceesay and the Recycling Women of the Gambia" by Miranda Paul
- "Reduce, Reuse, Recycle" by Helen Lanz

## Try 'n' Find

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



- ALUMINUM, BIN,
- CONVEYOR, CURRENT,
- DAY, EARTH,
- ENVIRONMENT, GLASS,
- MAGNET, OPTICAL,
- PAPER, PLANET, PLASTIC,
- PROTECT, RECYCLING,
- RESOURCES, SEPARATE,
- SORT, STREAM,
- TRADITION, WAR.

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

## Puzzling

Unscramble the words below that remind us of Earth Day.



- lpari \_\_\_\_\_
- itcalem \_\_\_\_\_
- Inulotoip \_\_\_\_\_
- tarwe \_\_\_\_\_

Answers: April, climate, pollution, water.

### Mini Jokes



**Wesley:** What animal falls from the clouds?

**Winton:** A raindeer!

**Wendy:** If you're broke, why should you look up at the sky?

**William:** To see if there is any change in the weather!

### Eco Note



A team of scientists says remote cameras have shown some West African chimps throwing rocks at trees, piling the stones as they make loud, panting hoots. One scientist said that through the ages humans in West Africa have gathered stones at "sacred" trees, which look "eerily similar" to what was just found in the chimp population. adapted with permission from Earthweek.com

### For later:

Check with local recycling centers to see if tours are available.

## REVERSE MORTGAGES, THE GOOD, THE BAD AND THE UGLY!

By Ben Kiniry

A reverse mortgage is a type of loan, and also a retirement planning tool, that may be utilized by seniors to tap into the equity of their homes. In a nutshell, a homeowner, over the age of 62, may utilize a reverse mortgage to borrow against their home's equity. Under the terms of this type of mortgage, the owner continues to hold title to their home. A reverse mortgage can be a valuable retirement resource as many seniors' largest asset is their home. Imagine if you could open up a line of credit, like a checking account, and be able to utilize the value of your home to pay for your cost of living, all while still residing in your home. It is like a two for one sale, and who doesn't like getting a bargain?

We all know how a conventional mortgage works. Money is borrowed from a lender in order to purchase our homes. Then most of us make payments for anywhere from fifteen to thirty years. With each payment made, the borrower's amount of ownership increases, and then one day the home is paid off. I have a vague childhood memory of my mother burning her discharge of mortgage as a way of celebrating this major life event.

**So, how does a reverse mortgage work?** It is kind of the reverse of the conventional mortgage. Instead of making payments and increasing your principal, you receive payments (can be lump sum, monthly amount, or line of credit) and as you

receive the payments the equity in your home decreases. You don't make a payment on the funds you receive, you just receive payments from the lender. During the course of a reverse mortgage, you may sell the home at any time, subject to the reverse mortgage, of course.

**Since I don't make payments, what am I responsible for?** You will need to continue to keep your home in good repair, maintain homeowner's insurance and pay your property taxes. You also need to keep your home as your primary residence.

**When does a reverse mortgage need to be paid back?** The reverse mortgage lender is repaid when the you die, no longer utilize the home as your residence, or your home is sold. Upon your death, the lender would sell your home, repay the debt you owe and the remainder would become part of your estate. What if you become ill and need to leave the home and cannot return, such as in the case of needing nursing home care? Same result more or less, the home is sold, the debt is paid and, in this case, the remainder would go to you.

**What does this mean for you?** Unfortunately, many seniors who are living on a fixed income don't have enough income to fully enjoy retirement, and may even fall short of being able to pay for necessities, like food and medication. **If utilized wisely** (this is not Vegas money), a reverse mortgage can be a powerful tool for those who need to increase their incomes on a monthly basis or whom incur an expense they could not otherwise afford (like a new roof, furnace or automobile). Tapping into their biggest resource may alleviate the shortfall and improve quality of life significantly, perhaps allowing the senior to stay in their home, which may be their strong preference.

**How do I qualify for a reverse mortgage?** First off, as stated previously, you need to be at least 62 years old. Second, you will need to have equity in your home. Beyond that, a formula is done in regards to the amount of equity you own in your home, interest rates, your age, etcetera. Note: if you have a conventional mortgage in place, the reverse mortgage may be utilized to pay off your traditional mortgage.

**Hold on, it is not all fun and games.** Reverse mortgage lenders are taking on significant risk. How is that you ask? When they make a loan to you based on your life expectancy, then every year you live is another year they don't get paid. For example, what if you borrowed at age 62 in an up market, then live to be 105 years of age and at the time of your passing the markets are



down. The lender may likely lose financially speaking, as their lien is only on the property itself. Well, the reality of this risk is not lost on lenders, and therefore the cost of setting up the reverse mortgage can be rather expensive as compared to a conventional mortgage. It is true that all mortgages have costs, which can include the interest rate, loan origination fee, mortgage insurance fee, appraisal fee, title insurance fees, and various other closing costs, but reverse mortgage fees are extremely high when compared with the traditional mortgage. I'm sure costs are all over the map, but the last two reverse mortgages I aided client's in acquiring cost those clients between \$10,000 and \$12,000 (I have heard of costs between \$20,000 and \$30,000). If the fee scares you, it should. If you still need to utilize this tool, however, then you will want to know that the fees can be added into the loan. An obvious downside of utilizing a reverse mortgage is the impact it has on the size of your estate when you are gone. As I'm sure you surmise on your own, every dollar you take out of the equity of your home through a reverse mortgage will not only decrease the remaining value of your estate dollar for dollar, but it will also incur interest and don't forget those start up fees.

In my practice, I see a reverse mortgage as a tool for my clients. That being said, I typically see this as a tool of last resort.

The information provided in this article does not constitute legal advice, not that you thought it did.

## NATIONAL PRESERVATION MONTH

By Kathy Northrup  
Hooksett Heritage Commission

"This. Place. Matters." is the theme for National Preservation Month 2016 sponsored by the National Trust for Historic Preservation. The Town Council recently declared May as National Preservation Month in Hooksett. They cited the importance of recognizing the role of history in our lives and the contributions made by dedicated individuals in helping to preserve the tangible aspects of the heritage that have shaped us as a people.

**In celebration of Preservation Month, the Heritage Commission, Robie's Country Store Historic Preservation Corp., Town Hall Preservation Committee, and Robie's Country Store will co-sponsor the 12th Annual Hooksett Heritage Day on Saturday, May 21, 2016, with activities from 9 a.m. to 3 p.m.**

Amber and Josh Enright, new operators of Robie's Country Store, will be offering samplings of menu items and other food products from 9 a.m. to 3 p.m. in addition to a luncheon special to celebrate the day. Their full menu will also be available. If you haven't yet checked out the new old Robie's, stop in for breakfast, lunch, takeout, or a sweet treat. Don't miss the great new selection of unique gifts.

From 10 a.m. to 1 p.m. members of the Town Hall Preservation Committee and Heritage Commission will be available at the old Hooksett town hall to talk about the history and future of this treasured building. Visitors will be really surprised by what's been done in the past year.

The Robie's Country Store Historic Preservation Corp. will be hosting a program at the store at 2 p.m. Jim Donison, Town Engineer, will talk about our Lilac Bridge-its past and future. Come and hear about the plans to memorialize this piece of Hooksett history and how the replacement bridge will open new opportunities for the Village to our south.



Elder Law  
Estate Planning  
Probate Law  
Veterans Pension  
Special Needs Trust/  
Disability Planning  
Conservatorships/  
Guardianships  
Asset Protection/  
Medicaid Planning  
Retirement Account  
"Stretch" Trust  
Providing Peace of Mind  
One Family at a Time!  
9 Van Ger Drive  
Bow, NH 03304  
Tel: (888)471-2903  
www.kinirylawfirm.com

### Roots at Robie's Country Store

Robie's has reopened!  
Stop by for Breakfast & Lunch

Farm-fresh Café and Catering

Featuring Robie's famous pancakes, daily baked goods, full espresso bar, and NH-Made Market

Located in Historic Robie's Country Store  
9 Riverside St, Hooksett NH - 603.485.7761



## TRAVEL TALK BY CHASE BINDER - FOXWOODS



EXTERIOR OF ENTIRE FOXWOOD RESORT  
PHOTOS COURTESY OF FOXWOOD RESORT CASINO

### If You Go

This article is just a teaser.

There is SO much more to see and do—no way could I talk about everything. Some tips:

- Begin exploring options at foxwoods.com.
- Sign up for a Foxwoods Rewards Card online before you go. You'll get offers, info and even the chance to win \$5-5000 instantly on machines at Grand Pequot or Fox Tower via the new FoxPerx.
- If you're new at gaming, set a daily limit of money you can afford to lose. Don't put money into any game you don't know how to play!
- There are ATMs everywhere, but if you want to avoid fees and don't like carrying cash, consider applying for casino credit and get cash via a "marker" at the casino cage.

I'll just say it. Bud and I go to Foxwoods to gamble. Sure... the pools, spas, exercise facilities are top-notch. The shopping and golf are world-class. The entertainment is some of the best in the Northeast. But for us there is nothing, absolutely nothing, like winning a big jackpot at one of our favorite video keno or video poker machines. Bells go off, lights flash, people gather 'round, and soon a casino employee is counting out hundred dollar bills in a brisk rhythm that marks each succeeding \$1000 with a bit of drama. Fun!

We do understand, though, that not everyone is in heaven sitting at a machine or a table for 8-10 hours straight. Nor is it an especially good business model for Foxwoods management to

plan on people like us. A typical casino pulls in about 70% in gaming (that's the money you put into the machines or play on a table that *doesn't* make it back into your pocket). The remaining 30% comes from non-gaming sources - restaurants, hotels, services like spas, etc. If your patrons don't have enough disposable income to gamble (think back to the Great Recession of 2008), not only will your primary source of revenue suffer but all of your non-gaming revenue will suffer as well. Fewer gamblers



CONCOURSE AT FOXWOODS

= decreased need for rooms, food, etc. Luckily for the future of Foxwoods, management has really "gotten" the idea of diversifying revenue streams. At a recent sit-down with Jason Guyot, Foxwoods VP for Resort Operations and Development, it became clear that Foxwoods is evolving towards a purposeful, thoughtful, well-planned goal. "We are going to be a one-of-a-kind, full-service resort destination—and soon, very soon!" said Guyot.

Guyot, a snappy dresser with a bright smile and a wealth of

knowledge, explained that Foxwoods wants to morph the 70-30 revenue split to 50-50. They've pulled in focus groups, analyzed the demographics, looked at sales figures and come up with a new business plan. Much of the plan is designed to woo the so-called Millennials—the younger crowd that has grown up in the digital age and looks at the world much differently than us Baby Boomers.

How so? At the risk of oversimplifying, young people are looking for experiences. They want action, adventure. A nice quiet dinner out? Nope! They want "eater-tainment" (great word, huh?)—renowned celebrity chefs with cutting-edge menus. A casino logo store? Nope—they want world-class shopping including name-brand outlets. A sedate round of golf? No way! They want eco-tourism—things like zip-lines, elevated obstacle courses, outdoor activities that challenge the mind and body and make use of the vast wooded area surrounding the resort.

As for gaming areas, they want more fun and more noise. They



Chase Binder

the Las Vegas Mario Barth) tattoo parlor? But management is also wise to segment the 9 million square foot resort. While anybody can game anywhere, The Fox Tower is being ramped up for the younger set. (Though I DO have to admit that I won an extremely plump jackpot there a couple of weeks ago.) The Grand Pequot Casino is for the higher-end gamers. (Though they do have 25 cent machines that have paid me a lot of money over the years!). Cedar, Festival and Rainmaker Casinos are designed to make the mid-range gamer comfortable. (Hint—try the bank of progressive nickel video poker machines at Cedar—often they are hot and can pay up to \$1800 for a Royal Flush).

If you've noticed I've come 'round to gaming again, well... that's me. Bud and I have loved the many, many concerts we've seen, the headliner comedians, the great food, the Norwich Spa at Grand Pequot—and I understand Gretta Monahan's 21,000 s.f. G Spa and Salon at Fox Tower is even more amazing. We're excited to see all the new things happening down at Foxwoods, truly. We're quite sure that the business model will succeed—which means that Foxwoods will be there for a long, long time. This is great because this gives us plenty of time to give more of the 4,800 slot machines a whirl, not to mention the 256 tables (Let It Ride and High Five are my favorite games, but there's lots more). Bud will be able to work the Poker Room's 95 tables—always chasing the Bad Beat Jackpot, which can run up to \$350,000 or so.

This gives us plenty of time to give more of the 4,800 slot machines a whirl, not to mention the 256 tables. I'll say it again, we go to Foxwoods to gamble.

want skill-based gaming you can do with friends, prove how good you are, and win some money. They want clubs and party pits. They want the sexy look of go-go girls. They want bands they can relate to right on the gaming floor and they want headliner concerts, comedians and entertainers just a few steps away.

Much of the above is already there. The new Tanger Outlets are open and running at full steam. More is on the way over the next few months—and it's exceptional. How about getting a tattoo at a Mario Barth (yes,

# BOW GARDEN CLUB

By Joyce Kimball

## BOW GARDEN CLUB & BOW ROTARY "CLEAN UP!"



Bow Rotarian Chuck Rheinhardt and Bow Garden Club member Janis Kuch model their organizations' "At Work" tee shirts. Photos by Joyce Kimball

Members of the Bow Rotary teamed up with members of the Bow Garden Club to tackle the garden club's annual "Spring Clean Up" project on Saturday, April 16<sup>th</sup>. The community park known as Rotary Park located at the corner of White Rock and Bow Center Road was the primary site, however some of the workers crossed the road to clip and rake around the perimeter of the Town Gazebo as well. Several Rotarians showed up to work prior to the 8 a.m. start time even before the garden club's Civic Beautification Chairman, Sue Smith could arrange the coffee, juice and donuts to fuel them! About a dozen members of the Rotary Club came to help and

a similar number of Bow Garden Club ladies were on hand to lop dead branches, clip back shrubs and rake up lots of leaves and other winter debris. The whole project was completed in less than three hours with a few garden club members staying behind to do a little weeding among the flowering daffodils and hyacinths.



BGC Civic Beautification Chairman Sue Smith pitches in to rake around the hyacinths at Rotary Park during the garden club's annual "Spring Clean Up."

The garden club fully appreciates the Rotarians stepping up yet once again to help them with their annual Spring Clean Up.

## BOW GARDEN CLUB SPRING PLANT SALE

The Bow Garden Club will hold their annual Spring Plant Sale on Saturday, May 28<sup>th</sup> at the Bow Community Building, 3 Bow Center Road from 8:00 a.m. to 12 noon.

Annuals, Perennials, Vegetable Starters, Herbs and gorgeous hanging plants will be available for purchase with proceeds to benefit the Bow High School Scholarship Program, the Club's ongoing civic beautification efforts and the various community projects they participate in year to year. Experienced garden club members will be on hand to provide personal assistance to patrons in regard to plant selection and planting advice. A silent auction of a fairy/mini garden will also take place.

Members divide perennials from their own gardens to sell in addition to the perennials they purchase from a local grower for resale. The members' perennials are all donated, and sold at very low prices

club would like to extend their appreciation to all the townspeople that faithfully patronize their Spring Plant Sale year to year and to encourage newcomers to "shop them first" on Saturday, May 28<sup>th</sup>.

For more information please contact BGC President Susan Johnson at 224-9808 or [Schiltgen6@comcast.net](mailto:Schiltgen6@comcast.net).



Shoppers and Bow Garden Club members at last year's plant sale.

## JUNE 13<sup>th</sup> MEETING

The Bow Garden Club's next meeting will be held on Monday evening, June 13<sup>th</sup> at the Old Town Hall, 91 Bow Center Road. The meeting will feature an educational program titled "Plants: What's New and Special" presented by Nancy Toole from the Black Forest Nursery in Boscawen. Nancy will talk about what's new in perennials and will be bringing some of the new varieties with her for "show and tell". Have some plant questions? Nancy will allow time to answer them. The program will start at 6:30 p.m. followed by a brief business meeting. Social time and light refreshments begin at 6:00 p.m. Guests and prospective members are always welcome at Bow Garden Club meetings!. For more information about the garden club please visit [www.bowgardenclub.org](http://www.bowgardenclub.org) or contact BGC President Susan Johnson at 224-9808 or [Schiltgen6@comcast.net](mailto:Schiltgen6@comcast.net).



Tables full of colorful accent and bedding plants will be offered for sale again this year.

and their sales are clear profit for the club. The garden club's annual Spring Plant Sale is their primary fundraiser, followed only by their annual Poinsettia Pre-Sale that takes place in October. The garden



## A 5 WOMAN PLAY

The Pittsfield Players will present **THE DIXIE SWIM CLUB** at the Pittsfield Scenic Theatre on May 19<sup>th</sup>-21<sup>st</sup> at 7:30pm. and May 22 at 2pm. Tickets are \$15.00 and will go on sale on May 1, through Ticketleap or by calling the theatre for reservations 435-8852. The play, directed by Carole Neveux, is about five southern women, whose friendship began when they were on the college swim team, and continues even now after thirty-three years. They recharge their relationships each August at the same beach cottage on the North Carolina's Outer Banks.

Sheree, the team captain, continues to organize and be the group's leader. Dinah, the wisecracking overachiever is a

career dynamo. Lexie, pampered, and determined to hold on to her youthful looks as long as she is able, even after numerous divorces. Bow's Debra Douglas is Lexie. Vernadette, self-deprecating, is acutely aware of chaos in her life and embraces it. Rounding out the group is their very own little "ray of sunshine," Sister Mary Esther.

The four weekends that make up the play are a glimpse of the years they have been together, shows us how they deal with life's challenges, and even through the raucous repartee, when fate throws a wrench in their lives, their teamwork and spirit prove to be strong and vibrant. This hilarious comedy is best described as a cross between "Steel Magnolias and The Golden Girls."

Student Discounts for Students with a "B" Average or Better



**RELIABLE INSURANCE  
SOLUTIONS LLC**

**Matt Poulin**  
5 Hills Avenue  
Concord, N.H. 03301

**603/568-2535 (cell)**  
**603/715-2975 (office)**  
[info@ReliableInsSolutions.com](mailto:info@ReliableInsSolutions.com)

**Free Comprehensive Review of Your Insurance Needs**

[www.ReliableInsSolutions.com](http://www.ReliableInsSolutions.com)

Auto \* Home \* Life \* Commercial \* Investments

# BOW REAL ESTATE SALES

## APRIL 2006

2 Nathaniel Drive, 3688 gla, glaag 2826, 4 br, 2.5 bath, 2 car att., 2.24 acres, Sold \$460,000 04/15/16

19 Wheeler Rd, 3171 gla, glaag 3171, 4 br, 2.5 bath, 2 car att., 2.40 acres, Sold \$412,000 04/04/16

5 Stoneybrook Rd, 2192 gla. glaag 1872, 3 br, 2.5 bath, 2 car under, 2.82 acres, Sold \$289,000 04/15/16

24 Bow Bog Rd, 1312 gla, glaag 960, 3 br, 1.0 baths, 1 car under, 1.03 acres, Sold \$191,500 04/08/16

LAND 38-52 Branch Londonderry Tpke East, 22.00 acres, Sold \$75,000 04/22/16

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

These statistics are for all Bow Sales for the period 4-1-16 thru 4-30-16, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

### (FITNESS CONT. FROM P. 7)

careful of sports drinks that function more as sugar-delivery systems than workout tools. There's a ton of marketing behind them, and 9 times out of 10, you're better off drinking water and using that sports-drink money on a piece of real food (or, in this case, some real fruit juice). Make sure you don't use your post-workout eating as a chance to load up on too much sugar, or things you might not eat if you hadn't worked out. And **avoid fats** (pizza, chicken wings etc.) for the same reason you avoided them before you exercised: they're too hard for your stomach to digest after all that work.

### THE FINAL BITS OF ADVICE

Eating after exercise takes some time to get used to. Remember that if you're working out just 2-3 times a week, it's not as fundamentally important to concentrate on your post-workout recovery. But if you're working out nearly every day-it's *essential*. And don't think of

your post-workout food as a proper meal: the portion sizes should never get that big. Says the *Well Blog*: "it's a small amount - a fist-sized quantity. Low-fat chocolate milk works very well. The goal is not a post-exercise meal. It's really a post-exercise appetizer to help the body recover as quickly as it can." That's a strange-but-perfect way to think about it: a post-exerciseappetizer.

### 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. Please feel free to forward this article to any of your friends that may like this. Referrals are always appreciated and always rewarded.

Thank you and have a fantastic day!



**BERKSHIRE HATHAWAY HomeServices VERANI REALTY**

**Linda Hutton**  
Broker  
Realtor of the Year

*"Luxury Homes Specialist"*  
Top 12 Leading edge  
SELLING NEW HAMPSHIRE BY THE YARD

*"Linda has still sold more houses in Bow than anyone"*  
Contact Me Today Cell # 731-2202 (Preferred)  
[Linda.hutton@verani.com](mailto:Linda.hutton@verani.com)

BHHS Verani Realty 224-0700 (6530) 143 N. Main Street Suite 103 Concord, NH. 03301

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**  
Berkshire Hathaway HomeServices Verani Realty  
143 N. Main (224-0700x6530), Concord, NH 03301  
[lhutton@aol.com](mailto:lhutton@aol.com) [www.lindahutton.com](http://www.lindahutton.com)



## BOY SCOUT TROOP 75 ANNUAL YARD SALE JUNE 4

**BOW COMMUNITY CENTER 8 AM - 1 PM**  
**NOW ACCEPTING DONATIONS THROUGH THE MONTH OF MAY**

**EMAIL HOLLY - [YARDSALETROOP75@GMAIL.COM](mailto:YARDSALETROOP75@GMAIL.COM) TO SCHEDULE YOUR PICKUP OR DROP OFF YOUR DONATIONS AT THE COMMUNITY CENTER 2 Knox Road, Bow**

**We cannot accept hazardous items such as air conditioners, computer monitors, TV's, dehumidifiers, freezers, refrigerators, or microwaves.**

**YOUR DONATIONS WILL HELP SUPPORT Boy Scout Troop 75**  
**THANK YOU!!!!**



**Linda Bucknam, Travel Consultant**  
Caribbean and European Specialist

Office 603.228.1625  
Cell 603.496.4797 Fax 603.386.6637  
[linda@travLBudi.com](mailto:linda@travLBudi.com) \* [travelbudi@gmail.com](mailto:travelbudi@gmail.com)

**www.travLBudi.com**

# COULD SOCIAL SECURITY REALLY GO AWAY?

*Just how gloomy does its future look?*

*By Dominic Lucente, CFP*

**Will Social Security run out of money in the 2030s?** For years, Americans have been warned about that possibility. Those warnings, however, assume that no action will be taken to address Social Security's financial challenges.

**Social Security is being strained by a giant demographic shift.** In 2030, more than 20% of the U.S. population will be 65 or older. In 2010, only 13% of the nation was that old. In 1970, less than 10% of Americans were in that age group.<sup>1</sup>

Demand for Social Security benefits has increased, and the ratio of retirees to working-age adults has changed. In 2010, the Census Bureau determined that there were about 21 seniors (people aged 65 or older) for every 100 workers. By 2030, the Bureau projects that there will be 35 seniors for every 100 workers.<sup>1</sup>

As payroll taxes fund Social Security, the program faces a major dilemma. Actually, it faces two.

**Social Security maintains two trust funds.** When you read a sentence stating that "Social Security could run out of money by 2035," that statement refers to the projected shortfall of the Old Age, Survivors, and Disability Insurance (OASDI) Trust. The OASDI is the main reservoir of Social Security benefits, from which monthly payments are made to seniors. The latest Social Security Trustees report indeed concludes that the OASDI Trust could be exhausted by 2035 from years of cash outflows exceeding cash inflows.<sup>2,3</sup>

Congress just put a patch on Social Security's other, arguably more pressing problem. Social Security's Disability Insurance (SSDI) Trust Fund risked being unable to pay out 100% of scheduled benefits to SSDI recipients this year, but the Bipartisan Budget Act of 2015 directed a slightly greater proportion of payroll taxes funding Social Security into the DI trust for the short term. This should give the DI Trust enough revenue to pay out 100% of benefits through 2022. Funding it adequately after 2022 remains an issue.<sup>4</sup>

**If the OASDI Trust is exhausted in 2035, what would happen to retirement benefits?** They would decrease. Imagine Social Security payments shrinking 21%. If Congress does not act to remedy Social Security's cash flow situation before then, Social Security Trustees forecast that a 21% cut may be necessary in 2035 to ensure payment of benefits through 2087.<sup>3</sup>

**No one wants to see that happen, so what might Congress do to address the crisis?** Three ideas in particular have gathered support.

**\*Raise the cap on Social Security taxes.** Currently, employers and employees each pay a 6.2% payroll tax to fund Social Security (the self-employed pay 12.4% of their earnings into the program). The earnings cap on the tax in 2016 is \$118,500, so any earned income above that level is not subject to payroll tax. Lifting (or even abolishing) that cap would bring Social Security more payroll tax revenue, specifically from higher-income Americans.<sup>3</sup>

**\*Adjust the full retirement age.** Should it be raised to 68? How about 70? Some people see merit in this, as many baby boomers may work and live longer than their parents did. In theory, it could promote longer careers and shorter retirements, and thereby lessen demand for Social Security benefits. Healthier and wealthier baby boomers might find the idea acceptable, but poorer and less healthy boomers might not.<sup>3</sup>

**\*Calculate COLAs differently.** Social Security uses the Consumer Price Index for Urban Wage Workers and Clerical Workers (CPI-W) in figuring cost-of-living adjustments. Many senior advocates argue that the Consumer Price Index for the Elderly (CPI-E) should be used instead. The CPI-E often gives more weight to health care expenses and housing costs than the CPI-W. Not only that, the CPI-E only considers the cost of living for people 62 and older. That last feature may also be its biggest drawback. Since it only includes some of the American population in its calculations, its detractors argue that it may not measure inflation as well as the broader CPI-W.<sup>3</sup>

**Social Security could still face a shortfall even if all of these ideas were adopted.** The Center for Retirement Research at Boston College estimates that if all of these "fixes" were put into play today, the OASDI Trust would still face a revenue shortage in 2035.<sup>3</sup>

In future decades, Social Security may not be able to offer retirees what it does now, unless dramatic moves are made on Capitol Hill. In the worst-case scenario, monthly benefits would be cut to keep the program solvent. A depressing thought, but one worth remembering as you plan for the future.

**Dominic M Lucente may be reached at 603.645.8131 or dominic.lucente@lpl.com dlucente.com**

Financial planning offered through Northeast Planning Associates, Inc. (NPA) a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial, or its licensed

## Think LOCAL

THERE ARE REASONS WHY YOU CHOOSE TO LIVE WHERE YOU DO: FAMILY AND FRIENDS, YOUR JOB, THE BEAUTY OF THE REGION ITSELF. COMMUNITY IS IMPORTANT: SUPPORTING LOCAL OR REGIONAL BUSINESSES BENEFITS BOTH THE COMMUNITY AND YOU.

WHETHER YOU'RE PLANNING FOR RETIREMENT OR CONSIDERING YOUR CHILDREN'S EDUCATION, **DOMINIC LUCENTE** IS A LOCAL INDEPENDENT FINANCIAL PLANNER.

---

**Don't rely on a call to an international phone center, discuss your financial future face-to-face with a local resource.**



**Dominic M. Lucente, CFP®**  
 CERTIFIED FINANCIAL PLANNER™  
 NORTHEAST PLANNING ASSOCIATES, INC.  
**(603) 645-8131**  
**WWW.DLUCENTE.COM**



Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial or its licensed affiliates. The Credit Union, NPA and LPL Financial are not affiliated. 425 Hooksett Road, Manchester, NH 03104. 15-065

Not NCUA Insured | No Credit Union Guarantee | May Lose Value

affiliates. This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are

unmanaged and are not illustrative of any particular investment.

#### Citations.

- 1 - money.usnews.com/money/retirement/articles/2014/06/16/the-youngest-baby-boomers-turn-50 [6/16/14]
- 2 - fool.com/retirement/general/2016/03/20/the-most-important-social-security-chart-youll-see.aspx [3/20/16]
- 3 - fool.com/retirement/general/2016/03/19/1-big-problem-with-the-3-most-popular-social-secur.aspx [3/19/16]
- 4 - marketwatch.com/story/crisis-in-social-security-disability-insurance-averted-but-not-gone-2015-11-30 [11/30/15]

## Get Your Fill at Cimo's



**250 South Street  
Concord, NH.**

**Call Us Today (603) 856-8020**

Call Ahead For Pick-up

**WITHOUT LEADERSHIP FROM HASSAN, NH'S MENTAL HEALTH CRISIS BEDS REMAIN EMPTY**

**By State Senator David Boutin**



Our country has a mental health crisis and New Hampshire, like other states, has fallen short. As legislators, one of our most important jobs is to protect New Hampshire's most vulnerable citizens, which is why we took charge to address this crisis.

We quickly identified that there was a serious need for increased emergency mental health care services. Emergency room wait times were steadily increasing, largely due to the demand brought on by mental health patients seeking specialized care, which most ER's are not structured to provide. Patients in need of mental health treatment were and still are waiting days in the emergency room for mental health services.

We worked to increase funding in the state budget to begin to address these needs. But in order to help eliminate long waiting times and help better direct appropriate

care, I sponsored legislation last year to fully fund the opening of a 10-bed crisis unit at the New Hampshire State Hospital, as soon as possible. This bill was specifically designed to help reduce the number of patients seeking emergency mental health care that end up in emergency rooms across the state.

Because of the lack of available treatment and the seriousness of this crisis, I assumed this would be a top priority for the Governor. Surprisingly enough, her Department of Health and Human Services has been unable to staff these critical positions. In conjunction with a serious lack of leadership and mis-

management coming from the corner office, these emergency mental health beds remain unfilled.

These critical mental health resources continue to sit idle despite the legislature's work to fully fund, staffing and opening of the crisis unit, which should have happened almost a year ago. We fully expect the Governor to use the power of her office to direct the Department of Health and Human Services to get the crisis beds open now – if she is sincere about the mentally ill.

Hospital emergency rooms continue to be filled with patients in need of specialized mental health treatment who still have no other option in critical moments. Not opening this unit has become needlessly burdensome for our local hospitals, especially amidst a substance abuse crisis, and unfair to the mental health patients who are not getting the care they need. More recently, the Department of Health and Human Services had been unable to fill nursing positions in the new unit, claiming the State's pay was lower than other local private hospitals. With careful attention and aggressive management from the Governor, this issue could have been addressed in a timely manner through the budget process. Instead, this issue was brought to the legislature by her several months later.

The Joint Legislative Fiscal Committee approved a pay increase for nurses and medical professionals at the New Hampshire hospital in order to be more competitive. This legislature has done everything in its power to ensure the 10 beds for mental health patients in crisis are made available so that these individuals can begin to receive the care they need beyond the emergency room. Yet here we are, almost a year after the unit was completed and it sits empty while the demand grows for these critical mental health care services.

I am tired of excuses. The legislature has acted; now it is time for the Governor to do her job and do whatever it takes to get this unit open.

*Sen. David Boutin (R-Hooksett) Represents Bow in District 16 and Chairs the Senate Ways and Means Committee, and is a Member of the Executive Departments and Administration and Capital Budget Committees.*




*Congratulations to the Class of 2016 and Families!*

**Luba Richter** DMD, PA  
**ORTHODONTICS**  
*Treating Adults & Children*

*Smile in Style.*

155 Pleasant St. • Concord, NH 03301 • (603) 225-5242 • [drlubaortho.com](http://drlubaortho.com) • [smiles@drlubaortho.com](mailto:smiles@drlubaortho.com)

## FOUR ITALIAN WHITES TO TRY THIS SUMMER

By Nicole Habif



The warmer weather is (finally!) arriving – which means its time to stock up on crisp, refreshing whites. If you're a fan of this wine style, head to the Italian section of your local wine shop and seek out some of these beauties. Then chill, pop the cork, and enjoy!

**Pinot Grigio** Despite being one of the most popular (and biggest selling) whites in the world, this summer fridge staple can sometimes lack the aroma and flavor complexity of some of the other wines on this list. Because it's in such demand, mega producers encourage the highest possible yield of grapes from their vines – but too much fruit growing on one plant will dilute the grapes' true character. Producers who work to keep their yields low, however, are rewarded – as are their customers. Pinot Grigio made with grapes from low-yielding vines show off

intense aromas and flavors of white flowers, lemons, golden apple and a classic, bitter almond tang. *Region to look for on the label: Alto Adige*

**Friulano** (aka Sauvignonasse, if you're feeling fancy) This one may be harder to find, but I promise you'll be rewarded for your efforts. With a slightly fuller body than Pinot Grigio, Friulano is a real northern Italian specialty and is an amazing match for summer pastas or pork tenderloin. The best will deliver an inviting herbal/almond/grassy character accented by ripe peach. Friulano actually changed my once-low opinion of Italian whites, and today it's one of my favorite varieties in the category. *Region to look for on the label: Friulano Isonzo*

**Prosecco** Italy's classic sparkling wine is very food friendly. Pair it with hot dogs, grilled sea bass with peach salsa or seasoned chicken burgers and you've got an instant party. It's made with the Glera grape and can be both *spumante* (fully sparkling) or *frizzante* (lightly sparkling). Those all-important bubbles are added during a second fermentation which takes place in a steel tank – not in the bottle, as in Champagne. This makes the wine cheaper

to produce and, in turn, way easier on your summer party budget. (If you're not a fizz drinker, look for Prosecco's *tranquillo* style – it has no bubbles, but is harder to find in the States.) *Region to look for on the label: Prosecco di Conegliano-Valdobbiadene*

**Sardinian Vermentino** Gorgeous Sardinia is home to more sheep than vines (the island is one of the biggest producers of milk for Italy's famed Pecorino cheese), but the sandy soils are an ideal base for Vermentino. Intense Mediterranean sun coaxes grapes here to serious levels of ripeness, but those cool sea breezes lock in acidity – so you're left with a vibrant, intensely fruited white with lively aromatics of citrus blossom, lemon and yellow peach. *Decanter* magazine's Andrew Jefford wrote in April that Sardinian Vermentino “may be the world's best” ... plan a lobster boil with some friends and decide for yourself. *Region to look for on the label: Vermentino di Gallura*

Cheers!

**Nicole Habif of Bow is certified at the Advanced Level by the Wine & Spirits Education Trust.**

### Lori Zibel Receives UNH Manchester Undergraduate Research Conference Award

By Kassidy Taylor

Each year, the University of New Hampshire recognizes and celebrates student work at the [Undergraduate Research Conference](#). Spanning both the Durham and Manchester campuses, the URC is one of the largest conferences of its kind in the nation.

Lori Zibel of Bow received this year's URC oral presentation award recipient for her presentation titled “Human Rights and the Bombing of Hiroshima.” Zibel's presentation questioned the intersection of human rights and the atomic bombings of Hiroshima and Nagasaki, examining how the bombings transformed American and international perspectives.

“I hope that those who saw my presentation were able to understand that human rights is a multifaceted issue,” Zibel, a history major, said. “The atomic bombings of Hiroshima and Nagasaki demonstrate that achieving globally protected human rights requires all nations, however powerful, to scrutinize their human rights practices.”



### Green Thumb Gardens

Landscaping, Lawn Maintenance  
Hardscapes, Nursery Stock

\*\* 2 Locations \*\*

Bow, N.H. 03304  
Tel: 603-224-1545  
Cell: 603-568-8489

Moultonboro, N.H. 03254

James Swenson

Mention this ad and receive

**\$50 OFF**  
SPRING CLEANUPS

\*Additional discounts for seasonal weekly Lawn Maintenance

**Perfect North**  
Lawn Care

Call now for a FREE Estimate

**(603) 717-5030**

**BOW'S #1**  
Lawn Mowing Service



**Our Services**

15+Years Experience!

- WEEKLY LAWN MOWING
- SEASONAL CLEANUPS
- BARK MULCHING
- SMALL PLANTING
- WEEDING
- PRUNING

Find us on

ThumbStack

- DETHATCHING
- SNOW PLOWING

## A-1 Enterprises

### STUMP GRINDING

CALL SKIP AT  
603/557-9083  
603/774-3725



Free Estimates

Fully Insured

1021 Montalona Rd.  
Dunbarton, NH. [www.centralnhstumpgrinding.com](http://www.centralnhstumpgrinding.com)

### Spring Outdoor Maintenance List

- ◆ Clean up sticks & branches
- ◆ Rake old leaves
- ◆ Replace Mulch
- ◆ Transplant
- ◆ Fertilize Lawn
- ◆ Crabgrass & Weeds
- ◆ Seed bare spots
- ◆ Check Irrigation

**Support Your Local Area Businesses**

Lawn Care \* Mowing \* Fertilizing \* Pruning \* Stump Grinding





# BAKER FREE LIBRARY NEWS

By Lori Fisher

## ONLY \$54,000 TO GO!!!

We're 91% there! With only \$54,000 left to raise, we're within striking distance of completing the private fundraising and starting the final phase of the Lower Level Renovation project. There are plenty of recognition opportunities and naming opportunities still available for your family and/or business through the Donor Tree or naming a space in the Lower Level. Visit [www.bakerfreerenovation.org](http://www.bakerfreerenovation.org) for details and to download a brochure about the Donor Tree and our other naming opportunities. Thank you in advance for your support so that this project can be finished in 2016!

## LEARN A NEW LANGUAGE FROM YOUR HOME!



Planning a vacation to a foreign locale? Interested in learning a new language? Use the comprehensive Transparent Language online resource anywhere, anytime using your Baker Free Library card! This language resource is a fully online learning experience that you can take with you wherever you go. Packed full of pronunciation, speech, grammar, writing, and vocabulary-building lessons,

Transparent Language provides a fun and engaging experience for all levels...beginner to fluent speaker. For the past three years, Baker Free Library has offered this resources to Bow residents with growing success. The top languages studied by our residents include Latin American Spanish, French, German, Mandarin Chinese, and Russian. There are over 100 languages to choose from, including Arabic, Canadian French, Scottish Gaelic, and Zulu. .

All you need to do to start is log into the Library's catalog and click on the link towards the bottom of the homepage. Then create your own log-in for Transparent Language, and you are ready to go! Questions? email [info@bakerfreelib.org](mailto:info@bakerfreelib.org) or call 224-7113. And if you have a child that is interested

in online language learning, please let us know -- we are looking into adding a children's component and would love to hear from you about your child's needs.

## MUSEUM PASS REMINDERS FOR THE SUMMER

The Friends of the Baker Free Library contribute funds to purchase 8 museum passes throughout the year. Right now, we offer passes to the following institutions:

- Currier Museum of Art (Manchester, NH)
- McAuliffe-Shepard Discovery Center (Concord, NH)
- Museum of Fine Arts (Boston, MA)
- Museum of Science (Boston, MA)
- New England Aquarium (Boston, MA)
- SEE Science Center (Manchester, NH)
- Squam Lakes Natural Science Center (Holderness, NH)
- Strawbery Banke Museum (Portsmouth, NH)

- Passes vary by institution, but generally either provide a discounted rate for between 1 and 4 individuals, or free admission for families.
- The New England Aquarium does NOT allow passes in July and August due to their own policies so we will not have a pass to offer during those two months
- If you know the date you want to reserve, call ahead...sometimes passes are booked weeks ahead of time for long holiday weekends
- One museum pass is allowed per adult library card holder per day
- If you reserve a date and then no longer plan to go, please let us know...sometimes we have a waiting list for particular days/passes, and we can only issue one pass per day per institution.

For more information, visit the Museum Pass page of the Library's web site.

## SAVE THE DATE: SUMMER READING KICK-OFF ON JUNE 24



The Library's annual Summer Reading Kick-Off Event will take place on Friday June 24th from 4 p.m. to 7 p.m. in the Library! The theme this year is "Read S'more this Summer," and we'll focus on camping and other outdoor nature activities. The Kick-Off Event has become a tradition for families in Bow, with games, activities, food, and the chance for all ages to sign up for Summer Reading. Stay tuned for more details about classes and events this summer! Questions? Email [info@bakerfreelib.org](mailto:info@bakerfreelib.org) or call 224-7113.

## LIBRARY CLOSURES IN MAY

The Library will CLOSE EARLY on Saturday 5/28 at 2 p.m. for our annual carpet cleaning, and will remain CLOSED through Monday 5/30 in observance of Memorial Day. We'll re-open on Tuesday 5/31 at 10 a.m.

The Library's online catalog is available 24/7 to reserve, renew, and request books – just log in through our website [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org) using your library card number and phone number. The book drop and CD/DVD drop are available for you to return materials any time over the holiday.

Have a Safe and Happy Memorial Day!



## BOW HIGH SCHOOL PERFORMING ARTS DEPARTMENT ANNOUNCES AUDITIONS FOR



The Bow High School Performing Arts Department would like to announce its first annual summer theatrical production, PIPPIN. This production will be open to any incoming and current BHS students, as well as any previous BHS alumni!

Auditions will be held at Bow

High School on Tuesday, June 14th and Wednesday, June 15th from 6:00pm until 9:00pm. All audition information can be found at <https://sites.google.com/a/bhs.bownet.org/musicdept/home>, or by contacting Sarah Evans at [sarevans@bownet.org](mailto:sarevans@bownet.org).

**Free In-Home Water Testing and Estimates!**  
**Arsenic & Radon Sample Collection for Air and Water (lab fee extra)**

**WATER TREATMENT SPECIALISTS**  
**Night & Weekend Appointments Available!**

Complete well pump system service.  
 Complete whole-house water treatment systems for hard water, odors, staining, arsenic & more.  
 Complete annual and semi-annual maintenance.  
 Sanitization: Well and whole-house chlorination and sanitization to eliminate bacteria and mineral build up.

**Service: Most major brands, and will match or beat most written estimates.**

**525-7518 AllWaterNH@gmail.com \* AllWaterWorks.com**

**DAVIS & TOWLE INSURANCE GROUP**

Insuring NH since 1954 from our locations in  
 Amherst, Concord, Franklin, Henniker and Hillsboro

FOUNDED ON THE TRADITION OF PROTECTING OUR COMMUNITY  
 Quality Service & Coverage

SOLUTIONS TO ALL OF YOUR COVERAGE NEEDS - CALL TODAY  
 603-225-6611  
 OR REQUEST A FREE QUOTE AT [WWW.DAVISTOWLE.COM](http://WWW.DAVISTOWLE.COM)

HOME - AUTO - BUSINESS - LIFE / DISABILITY - HEALTH

**CENTRAL INSURANCE COMPANIES**  
 Visit Our Office Near You : 115 Airport Road, Concord, NH 03301

# ON AGING - ADVOCACY

By Donna Deos

Welcome to the May article of "On Aging." Last month we talked about Transitioning Your Parent or Loved One and just how much goes into that. This month, as promised, I want to talk with you about Advocacy.

My very first online course that I offered was on "Advocacy – how to best represent the ones we love." I started with Advocacy because it is usually where our role in helping our loved ones really begins. Most of us don't even realize we are doing it. Then the next thing we know, we are up to our eyeballs, in way over our heads and feeling unprepared.

So, what is Advocacy? It is defined in Webster's Dictionary as "the act or process of advocating: support." The word Advocate is defined as "1. One that pleads the cause of another; one that maintains or defends a cause or proposal; and 2. To plead in favor of."

Advocates are those who represent us and speak up for us when we need it. It starts off in life as the people who raise you, who guide you and protect you and your best interests. As we age the people who advocate for us and for whom we advocate changes. Also as we and our loved ones age the roles reverse and we often find ourselves as the advocates for our parents. This is why it sneaks up on you. It starts with you attending an appointment with your parents or receiving a call from a well-meaning friend or neighbor of theirs who has concerns. It mushrooms into a part time occupation and sometimes branches into a full time position in many cases.

To best represent the ones we love we need to know them well. We need to know how they feel about important topics. Topics we usually are uncomfortable speaking to anyone about. However, it is critical that we do have these conversations. If we don't know what they really want to have happen – heaven forbid a crisis hits – then we can't do our best in advocating for them and ensuring that their wishes are carried out.

We need to go beyond just finding out what their wishes are. We need to go all the way to finding out why they feel the way that they do. I promise you, when you are



the one facing the moment of crisis and needing to act on their behalf, you will be flooded by emotion. You will be overrun with what you want for them, which may not be at all what they would want, and you need to be prepared to act accordingly. It also will not be a simple black or white scenario so you need to be able to handle the color variations that you end up facing.

If you can't do that, then you should not be their main advocate. Someone else, who can know them clearly and intimately and act on their behalf, should be the one in the lead as their advocate.

This is also a time of turmoil for all family members. Just because you had the conversations with them and are aware of their wishes and why they have them does not mean that your siblings or other family members involved will understand and support you.

To be an advocate is serious business. To communicate clearly and effectively with your loved ones about your wishes and the reasons behind them is paramount to everyone's happily ever after. If you don't believe me, talk to my fellow Bow Times Author, Attorney Ben Kiniry. He can tell you how absolutely important a subject this is and give stories of times when people failed to talk about it and plan for it and things went very wrong.

He can also tell you, as can I, about times where things went very smoothly because people clearly understood their loved ones wishes and were able, as difficult as it was, to honor them and give them the type of ending they wanted.

Now, not all advocacy ends in loss. Advocacy can be a long journey and a very rewarding one. You become very close to your loved one as you get to know them better

and better through the discussions and experiences. It can be an intimate and rewarding journey.

Don't you owe it to yourself and those you love to start and think about it now? There will never be a good time to have these conversations because people prefer to hide from them and pretend they will be fine without addressing them. Addressing it now, when there are no crises happening can be the best time ever. No one is threatened or feeling weak or hurt. Approach it from a place of love, where you are showing them how much you want to support them and what they want. It is a wonderful gift for both of you. You won't have to second guess yourself later and you will both have peace knowing that you are on the same page. They have an ally. You are in their corner to love and support them through anything that can come their way. This is what they need most when they are facing life changing incidents. They need a champion who will ask the right questions at the right times, someone who will respectfully promote their cause and their wishes and who will help them successfully reach their goal – whatever that goal may be, as best as can possibly be done given the circumstances.

If you have no idea how to approach this subject, give me a call or shoot me an email at [contactus@donnadeos.com](mailto:contactus@donnadeos.com). We can talk. I can even come help you have the conversation if that makes it easier for all of you. Just don't put off to tomorrow something that is much easier handled today. You can be the best advocate your loved one could ask for and I can help you get there.

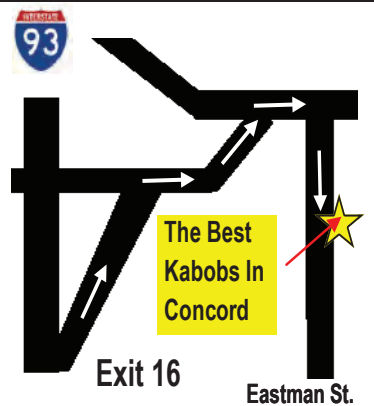
Quality Cash Market LLC  
11 Eastman St.  
225-9661 226-2818  
Providing the Best Quality  
Meats in Concord



We Sell Over 50,000  
Ready to Cook  
Kabobs a Year

Checkout our Deli  
Kabobs also at Cimos

Great Food & Meats



A big thanks to everyone  
who attended the  
Paws for Compassion  
Brunch!



To learn more about our Medical Fund and help us reach our goal please visit us online or at the shelter.

POPE MEMORIAL  
SPCA  
Concord-Merrimack County  
94 Silk Farm Road, Concord, NH  
(603) 856-8756  
[popememorialsPCA.org](http://popememorialsPCA.org)



  
Donna Deos, LLC  
Spiritual Teacher & Transitions Specialist

603-224-4178

1-855-772-2622

\* Counseling \* Coaching \* and Education \*

From your first "OMG Moment" where a loved one needs your help, right through care giving, advocacy, lifestyle changes, terminal illness, death, dying, grieving and all that comes after. You are not alone—we are here to help.

[www.donnadeos.com](http://www.donnadeos.com)



Personal Insurance  
Home Insurance  
Auto Insurance

- Life & Health Insurance
- Recreational Vehicles & Boat Insurance
- Umbrella Insurance

[www.crossagency.com](http://www.crossagency.com)

Commercial  
Insurance



Employee  
Benefits  
Bonds  
&  
Specialty  
Products

1100 Elm St. Manchester, NH. 03101 603-669-3218

# BOW HIGH SCHOOL HONOR ROLL

Bow High School is pleased to announce the Third Quarter Honor Roll. High Honors recognizes students who received an "A" grade in all of their classes. Students need to carry a minimum of four Bow High School classes to qualify. The Honors List recognizes students who received "A" and "B" grades while carrying a minimum of four classes. By Martha Rae

## HIGH HONORS LIST Grade 12

Shannon Benson  
Julia Currier  
Henry Ess  
Margaret Jensen  
Brooke Johnson  
Robert Joscelyn  
Caitlyn Keenan  
Gavin Lacourciere  
Samantha MacEachron  
Owen Molind  
Ryan Murray  
James Petzold  
Benjamin Smith  
Evan Vulgamore  
Katrina Wells  
Dylan Wheeler  
Taylor York  
Laura Zbehlik  
Sarah Zecha

## Grade 11

Kailey Andrew  
Austin Beaudette  
Kristen Benson  
Duke Biehl  
Pavel Burke  
Lucas Cohen  
Sohani Demian  
Collin Devaney  
Andrea Fortin  
Sarah Jarrar  
Nandita Kasireddy  
Rebecca Katz  
Conner Lorenz  
Joseph Lulka  
Megan Marshall  
Cassandra Meaney  
Leah Mitnitsky  
Emily Montebianchi  
Michael Mullen  
Samuel Neff  
Bryce Northrop  
Jack Olson  
Annelise Papinsick  
Brandon Parker  
Samantha Perry  
John Rich  
Isabella Urbina  
Sadie Warburton  
Brendan Winch

## Grade 10

Claire Aurilio  
Allison Beaudette  
Brayden Binder  
Jordan Blais  
Mark Borak  
Susannah Budd  
Brian Bushnell  
Abigail Coe  
Lea Crompton

Sonya DeLorie  
Julianna Hager  
Dillon Hicks  
Laura Hoeker  
Julia Hollinger  
Kathleen Jenkins  
Grant Johnson  
Gabriella Kelly  
Alison Lambert  
Gillian Martin  
Christian McDonald  
Gwen Molind  
Nathan Murphy  
Ethan Paige  
Valerie Pascetta  
Lina Patel  
Brett Provost  
John Rolla  
Amanda Sampo  
Samuel Selleck  
Brianna White

## Grade 9

Carter Abramson  
Eve Anderson  
Samuel Berube  
Connor Blandini  
Brianna Boone  
Daniel Breault  
Macy Broderick  
Cassandra Cafasso  
Nathan Carrier  
Dillon Cate  
Sarah Ciotti  
Emma Conley  
Kirpal Demian  
Luca Demian  
Isabelle Dolcino  
Matthew Driscoll  
Samantha Eastman  
Lauren Goyette  
Elisabeth Hunter  
James Jensen  
Zoe Jukoski  
Natalie Kay  
Louis Keith  
Julia Landcastle  
Thomas MacEachron  
Kayleigh Marshall  
Amanda Marshall  
Grace Maurer  
Zachary McDaniel  
Sean Miclette  
Zachary Mullen  
Miah Munro  
Kylie Murphy  
Brenna Novakoski  
Caleb Olson  
Jonah Paige  
Andrew Ralston  
Hunter Remick  
Caitlin Robbins  
Jonathan Routhier  
Joseph Savell  
Daniel Silva

Jessica St. George  
Rebecca Thissell  
Jake Valpey  
Faith Walmsley  
London Warburton  
Jack Wixson

## HONORS LIST

### Grade 12

Madison Beauchain  
Yizhe Chen  
Madison Constant  
Casey Day  
Joshua Ducharme  
Sarah Duval  
Zachary Erickson  
Nicole Hodgkins  
Hadley Johnson  
Samantha Knapp  
Kaitlynn Leary  
Alexander Leger  
Yifan Liu  
Michael Malette  
Hunter Murray  
Claire Murray  
Amanda Murray  
Michelle Neal  
Adam Nelson  
Alina Pinney  
Benjamin Pinski  
Corbin Provost  
Christopher Robbins  
Francesco Scali  
Jacob Scott  
William Targett  
Sawyer Twombly  
Hayden Udelson  
Naina Vig  
Emma Walcott  
Allison Wilber  
Shane Wunderli  
Bradley Zahensky

### Grade 11

Sara Anoli  
Hunter Bakos  
Jonathan Bara  
Alexander Berube  
Sullivan Blair  
Saara Bliss  
Noah Bult  
Willow Bynum  
Carmen Celenza  
Brian Chagnon  
Douglas Champagne  
Robert Ciotti  
Lauren Craven  
Patrick Dubis  
Mason Elle-Gelernter  
Eliorah Finkelson  
Derek Gardner  
Alexander Gott  
Sebastian Grasso

Duncan Hall  
Riley Hicks  
Abigail Horner  
Tyra Jackson  
Zachary Jukoski  
Mac Kimball  
Aidan Koornneef  
Olivia Krause  
Devon LeCompte  
Hallie Lothrop  
Bryn Mayo  
Justin Mooney  
Molly Morrison  
Andrew Nicholls  
Vincent Petersen  
Elizabeth Pizzi  
Matthew Schwartz  
Colin Tracy  
Timothy Underhill  
Jack Vachon  
Riley Whelan  
Kirsten Wiesner  
Elysia Woody

### Grade 10

Stephano Alvarez Rivera  
George Anderson  
Grady Beaulieu  
Daniel Belair  
Alicia Bernardi  
Christopher Besho  
Jordan Blais  
Erin Boldwin  
Emily Buczala  
Brody Call  
Jack Corriveau  
Kyleigh Daley  
Danielle DesRuisseaux  
Desiree Doucet  
Nicole Epstein  
Nolan Filteau  
Haley Fleury  
Lexus Glew  
Mikayla Gobis  
Benjamin Guertin  
Amanda Hamilton  
Reagan Irish  
Jasem Jarrar  
Alexander King  
Justin Leach  
Sean Leary  
Rebecca Lessard  
Molly Litt  
Sarah Martin  
Katherine McCully  
Joseph Milano  
Sydney Mills  
Shannon Murray  
Alex Nagy  
Nicole Perry  
Diana Pollock  
Justin Porath  
Juliet Reed  
Emma Roberge  
William Russo

Jonathan Scott  
Savannah Speckman  
Zachary Udelson  
Samuel Valas  
Cole Wuellenweber  
Mikaela Zabielski

### Grade 9

Spencer Allaben  
Joseph Auger  
Courtney Baer  
Michelle Baillargeon  
Olivia Bohlin  
Benjamin Boufford  
Alex Boufford  
Benjamin Bourrie  
Kenneth Breen  
Jonah Bult  
Hannah Call  
Ethan Callihan  
John Caprio  
William Carey  
Jacob Carter  
Elias Cohen  
Alyssa Colandreo  
Caitlin Craven  
Hunter David  
Caroline DeOliveira  
Spencer Desfosses  
Maxwell Elsasser  
Brennan Gillespie  
Corey Gott  
Mason Grasso  
Matthew Guimond  
Max Hinkell  
Abigail Johnson-Rienert  
Ellie Lambert  
Abigail Landry  
Jordyn LeCompte  
Jamie MacEachron  
Alistair Mayo  
John McCarte  
Michael McLean  
Serena Munro  
Olivia Murray  
Neeraj Naik  
Abigail Nappen  
Lindsey Nelson  
Elizabeth Parker  
Chiara Petretta  
Julia Pingree  
Richard Pinney  
Erica Podis  
William Radl  
Kendra Roux  
Angelina Smith  
Cody Tibbetts  
Hannah Topolosky  
Savannah Twombly  
Charlotte Ulrich  
Aidan Westenberg

# BOW HIGH SCHOOL SPORTS

## BOY'S VARSITY BASEBALL



### BOYS SHOCK TWO-TIME DEFENDING CHAMPION CAMPBELL (MAY 14, 4-3)

They weren't worried about Campbell's 2014 Division III title. Or the follow up title the Cougars claimed last year. Or the 41 straight games Campbell had won. Their focus on this game worked as the Falcons beat Campbell, 4-3, on Saturday in Bow. It was the first loss since 2014 for the Cougars (10-1) and it was the third win of the week for the resurgent Falcons (8-3).

### BOYS EXPLODES IN THE 5TH IN WIN OVER SOMERSWORTH (MAY 13, 6-1)

**Key players:** Jeff Bell (7 IP, 1 ER, 2 K, 5 hits; 1-for-3, 2 RBI), Jack Corriveau (2-for-3, run, walk), Connor Blandini (2-for-4, run), Ben Kimball (2-for-4, 2 RBI, run, double)

### BOYS SHUT OUT HILLSBORO-DEERING (MAY 9, 13-0)

**Key players:** Ben Guertin (2-for-2, 3 RBI)

### BOYS RUN PAST STEVENS IN 10 INNINGS (MAY 6, 11-3)

**Key players:** Jeff Bell (4-for-6, run, 4 RBI; 7 innings in relief, 6 Ks, 6 H, 1 run), Jack Corriveau (2 hits), Mac Kimball (2 hits)

## GIRL'S VARSITY SOFTBALL

### GIRLS LOSE IN EXTRA INNINGS TO SOMERSWORTH (MAY 13, 5-6)

**Key players:** Sara Anoli (2 hits), Maddie Constant (5 IP, 8 K; 2 hits), Sam Benoit (2 hits, HR), Katie Vozella (2 hits), Lauryn Colby (2 hits)

### GIRLS OUTSCORE HILLSBORO-DEERING (MAY 9, 23-11)

### GIRLS LOSE TO BISHOP BRADY (MAY 3, 0-18)

## GIRLS GET FIRST WIN OVER HILLSBORO-DEERING (APRIL 29, 6-3)

**Key players:** Sam Benoit, Brenna Novakoski, Katie Vozella (all 3-for-4), Allie Beaudette (2-for-3), Lauryn Colby (winning pitcher)

## BOY'S VARSITY LACROSSE

### BOYS DEFEAT PERENNIAL POWERHOUSE WINDHAM HS (MAY 14, 9-5)

**Key players:** Alex Killion (3 assists), Colin Tracy (goal), Brendan Ulrich (2 goals), Ben Podis (2 goals, assist) Jared Reynolds (2 goals), Colin Buck (2 goals, assist)

### BOYS WIN BIG OVER KEENE (MAY 6, 14-6)

**Key players:** Ben Podis (4 goals, 2 assists), Jared Reynolds (4 goals), Colin Buck (2 goals, 4 assists), Brendan Ulrich (2 goals), Ryan Tobeler (goal), Alex Killion (goal)

### BOYS LOSE TO DERRYFIELD (MAY 2, 3-13)

**Key players:** Ryan Tobeler, Jack Tellifson and Colin Buck each scored for Bow.

### BOYS LOSE CLOSE ONE TO POWERFUL PORTSMOUTH (APRIL 29, 8-9)

**Key players:** Alex Killion (2 goals, assist), Colin Tracy (goal, 3 assists), Brendan Ulrich (goal), Ben Podis (3 goals, assist), Colin Buck (goal, assist)

### BOYS HOLDS OFF PEMBROKE ACADEMY FOR FIRST WIN OF THE SEASON (APRIL 19, 9-4)

**Key players:** Ben Podis (5 goals), Jared Reynolds (3 goals, assist), Colin Tracy (2 assists), Brendan Ulrich (goal, assist), Colin Buck (2 assists)

## GIRL'S VARSITY LACROSSE



### GIRLS EXPLODE IN BIG WIN OVER BISHOP BRADY (MAY 13, 19-5)

**Key players:** Taylor Darrell (7 goals, 3 assists), Amanda Murray (3 goals, 4 assists), Maggie Vogt (2 goals, 3 assists), Sofia Darrell (3 goals),

## GIRLS EARN 4TH STRAIGHT WITH WIN OVER COE-BROWN (MAY 11, 18-4)

**Key players:** Taylor Darrell (6 goals), Amanda Murray (3 goals, 3 assists), Bridget Ehrenberg (2 goals), Sofia Darrell (2 goals), Julia Landcastle (2 goals)

## GIRLS WIN DECISIVELY OVER PLYMOUTH (MAY 9, 19-2)

**Key players:** Taylor Darrell (6 goals, assist), Julia Landcastle (4 goals, assist), Maggie Vogt (2 goals, assist), Amanda Murray (2 goals)

## GIRLS WIN 2ND STRAIGHT OVER CAMPBELL (MAY 6, 17-1)

**Key players:** Taylor Darrell (5 goals, assist), Zoe Jukoski (4 goals, assist), Amanda Murray (3 goals, assist), Emma Gagne (2 goals)

## GIRLS HAVE BIG WIN OVER CONVAL (MAY 5, 17-3)

**Key players:** Taylor Darrell (5 goals), Sofia Darrell (3 goals), Maggie Vogt (goal, 5 assists), Olivia Krause (2 goals, 2 assists)

## BOY'S VARSITY TENNIS

### BOYS CONTINUE WITH WIN OVER PORTSMOUTH CHRISTIAN (MAY 14, 7-2)

**Key players:** Mike Mullen (8-5 win at No. 3 singles), Owen Molind (8-5 win at No. 4), Aditya Shah (8-2 win at No. 5), Jack Olson (8-5 win at No. 6)

### BOYS WIN BIG OVER MONADNOCK (MAY 11, 8-1)

**Key players:** Brayden Binder (8-0 win at No. 1), Mike Mullen (8-3 at No. 2), Evan Alfano (8-0 at No. 3), Owen Molind (8-0 at No. 4), Jack Olson (8-0 at No. 5)

### BOYS DEFEAT PELHAM (MAY 10, 8-1)

**Key players:** Brayden Binder (8-6 win at No.1), Mike Mullen (8-1 win at No. 2), Evan Alfano (8-0 win at No. 3), Aditya Shah (8-2 win at No. 4), Owen Molind (8-4 win at No. 5)

### BOYS SWEEP DOUBLEHEADER OVER SANBORN (MAY 9, 9-0)

**Key players:** Brayden Binder (8-3, 8-2 wins), Mike Mullen (8-2, 8-4 wins), Evan Alfano (8-0, 8-1 wins), Aditya Shah (8-0, 8-3 wins), Owen Molind (8-0, 8-0 wins), Jack Olson (8-1, 8-5 wins), Molind/Olson (8-2 win), Binder/Alfano (8-5 win), Francesco Scali/Zach Mullen (8-0, 8-5 wins), Shane Wunderli/Hayden Udelson (8-5, 8-2 wins)

## GIRL'S VARSITY TENNIS

### GIRLS WIN OVER MONADNOCK (MAY 13, 6-0)

Before the rain on Friday afternoon, the Bow girls' swept through the singles matches against Monadnock (4-5) and claimed a 6-0 win while the courts were still dry.

### GIRLS BEAT MOULTONBORO ACADEMY (MAY 11, 7-2)

**Key players:** Laura Zbehlik (8-0 win at No. 1 singles), Nandita Kasireddy (8-0 win at No. 2), Casey Day (8-1 win at No. 3), Claire Mulvaney (9-7 win at No. 4), Sarah Zecha (8-5 win at No. 5), Julia Currier (8-0 win at No. 6), Zbehlik/Mulvaney (8-2 win at No. 1 Doubles)

### GIRLS SWEEP DOUBLEHEADER OVER PELHAM (MAY 10, 7-2)

**Key players:** Laura Zbehlik (two wins at No. 1), Nandita Kasiresddy (two wins at No. 2), Casey Day (two wins at No. 3), Claire Mulvaney (two wins at No. 4), Juia Currier (two wins at No. 6)

### GIRLS GETS BY SANBORN (MAY 9, 7-2)

**Key players:** Laura Zbehlik (8-1 win at No. 1), Casey Day (8-3 at No. 3), Sarah Zecha (8-3 at No. 5), Julia Currier (8-0 at No. 6)

## CO-ED VARSITY TRACK & FIELD

### BOW BOYS AND GIRLS WIN 6-TEAM MEET AT HOME, HEADING INTO STATES!

The Bow girls scored 240 points to defeat Conant, Hopkinton, Raymond, Hinsdale and Bishop Brady in a meet at Bow on Saturday. The Bow boys also narrowly defeated Hopkinton, 159-152. Bow also showed its depth by scoring in all 18 events.

### DOMINIQUE BIRON AND BRIAN BUSHNELL LEAD BOW AT MV INVITATIONAL

Dominique Biron won the high jump (5-0) and was fourth in both the 100 and 200 to lead Bow, along with Brian Bushnell (5th 100, 4th 200).

### DOMINIQUE BIRON STEALS THE SHOW AS BOW GIRLS TRACK TAKE 2ND, BOYS TAKE 4TH AT BELMONT

Bow's Dominique Biron finished first in four events which put the Falcons in second at 98 behind Laconia (116). Bishop Brady barely edged out Bow boys for third.

## HELP BOW FIRE DEPARTMENT EARN \$2000!

Would you like to help Bow Fire Department Earn \$2000?



Reliable Insurance Solutions, LLC, a local insurance agency lead by Matt Poulin, has offered an opportunity to the Bow Fire Department where everyone benefits!

On May 24<sup>th</sup> at 6:30 a class will be held at the Bow Fire Department focusing on CPR and First Aid. Jim Beaudoin and David Eastman from the BFD will be leading the class. **If at least 25 people attend**, Reliable Insurance Solutions has agreed to give \$2000 to the Bow Fire Department! Better educated Bow residents along with money for our Fire Department, that's a Win/Win for all of us. Please RSVP to [info@ReliableInsSolutions.com](mailto:info@ReliableInsSolutions.com) if you would like to participate.



**ROBERT C. KUEPPER, D.D.S.**  
Diplomate, American Board of Oral & Maxillofacial Surgery

*Robert C Kuepper, D.D.S.*

at  
Pembroke Place  
5 Sheep Davis Road  
Pembroke, NH. 03275

Tel: (603) 224-7831

## THE VALUE OF STUDENT POSITIONING

By Dave Hodgkins, Jr  
Certified College Planning Specialist  
Echelon College Planning

For nearly two decades I have had the pleasure of assisting many families navigate the college financial aid system. My goal is to help families prepare to pay for college in the most economical way possible. Until recently I couldn't fully understand the emotional process that parents and children go through. This June my oldest child graduates from high school – now I understand the emotional impact.

I knew the best options for my daughter's future from a financial standpoint, however, I realized I had overlooked one of the most important aspects - student positioning. I knew which colleges would offer strong financial aid packages to her, but none of these schools excited her.

Remembering a USA Today study from a few years ago that indicated 64% of college graduates leave the career they attended college for within the first year because they chose the wrong career path, I suggested she utilize several personality and career profiling systems. This is a tool we use every day for clients and something my daughter enjoyed immensely, she learned a great deal about herself, as did I! Through this process she was able to discover career paths and colleges she didn't even know existed! I could see she was gaining confidence in who she is and the direction of her future.

If you haven't visited [www.collegeboard.org](http://www.collegeboard.org) and reviewed the financials of a college your child may be considering, it's worth taking a few minutes to do a free search. Unfortunately, college costs continue to rise and most colleges today reveal that somewhere between 50 to 70% of students graduate within 6 years, not 4. At a growing price point this can add substantial costs and debt to that diploma.

My daughter was accepted and received merit based aid award letters at all of the colleges she applied to. We spent time visiting each college to narrow the selection down even further and in the end, one college stood out above all others.

**You're invited to an Educational Seminar**

What do they want to be when they grow up... **...and how will you pay for their education?**  
What's your strategy? Do you have one?

David Hodgkins of *Echelon College Planning* will address college affordability issues and explain the College Financial Aid Process

Helping to reduce the cost of a college education.

Parent Positioning — Student Positioning

www.echeloncollegeplanning.com

**DATE AND TIME:**  
Wednesday, May 25th, 6:00pm

**LOCATION:**  
Bow Old Town Hall  
91 Bow Center Rd  
Bow, NH

Reserve your seat by calling 603-226-8665

- Learn how to get FREE money for College.
- Are private colleges really more expensive than public colleges?
- Learn strategies to protect your assets, pay for college, and reduce debt regardless of your income.
- And so much more!

Sadly, it was not the college that gave us the best financial aid package but it is the right college for my daughter.

I have watched her grow and mature over that last 18 months. I am confident that she has made the right decision and is on the right path for a career that will bring her joy and satisfaction. My daughter, like other students who embrace the process and take the time to learn, will earn her Bachelor's degree in 4 years. These students are focused from the beginning, they are not going to waste time transferring, changing majors or spending time trying to "find themselves." They tend to be more serious about their studies and possess more confidence entering the job market.

College does not have to have a devastating financial impact on your budget or on you. Your stu-

dent does not have to graduate with a mountain of debt. A few hours a month, ideally starting in your student's high school sophomore year can help you and your family develop a plan to succeed. At Echelon College Planning, we help you connect the dots, providing a comprehensive plan involving parent and student positioning.

Our journey started in one place and ended in an entirely different place than I could ever have imagined. I know when the day arrives to drop my daughter off to begin her new adventure, it will be difficult for me as a father, but filled with tremendous pride and confidence that my daughter is on her way to an amazing life in a field she was meant to be in with minimal debt to burden her or us for decades to come.

## Compost Happens! Spring Thoughts from the Bow Recycling Committee



All organic matter eventually decomposes. By composting you can turn organic household and yard waste into a rich fertilizer which is highly beneficial to your garden. In addition any material that is composted does not enter the waste stream, saving money and benefitting the environment.

There are a few basics to the process. You need materials such as leaves, grass clippings, straw, vegetable and fruit scraps, coffee grounds, livestock manure, sawdust and shredded paper. No-nos for the compost pile are diseased plants, meat scraps, dairy products, and dog or cat manure. The second essential is, of course, a place to put your compost "pile". There are

many options—a structure made of bricks, sticks, straw/hay bales, wire fencing, or wood slats. The container can be round, square or a pile of multiple bins. Other options are commercially made bins, tumblers or trash cans.

Composting is as easy or complex as you want to make it. The more effort you put in, the faster you will produce a finished product. Composting is either a fast-hot or slow-cold process and details can be found on-line at the New Hampshire Cooperative Extension website. The Baker Free Library in Bow has a number of books as well.

So with a little bit of effort and time, you too can improve your gardens with home "grown" compost fertilizer.

**WELLINGTON'S MARKETPLACE**

Artisanal Cheeses • Unique Wines  
Craft Beers • Best Lunch Spot  
Outdoor Seating & People Watching!!  
*Wine & Beer by the glass*

124 No. Main St Concord NH 03301 603-715-1191

**WILSON AND WILSON ARCHITECTS**

Tom Campbell Wilson: Proprietor  
Grey House: Bow, New Hampshire  
[tom@wilsonandwilsonarchitects.com](mailto:tom@wilsonandwilsonarchitects.com)

603-224-1839

# BOW COMMUNITY CALENDAR

## Important Dates for Bow Voters

**May 20th:** Updated Checklist posted at Town Hall and Community Center

**May 31st:** Last day to change party affiliation prior to the September State Primary - Town Clerk's Office

**May 31st:** Supervisors meet at Town Hall from 7:00-7:30pm

**September 6th:** Supervisors meet at Town Hall from 7:00-7:30pm

**September 13th:** State Primary Election

**October 29th:** Supervisors meet at Town Hall from 11:00-11:30am

**November 8th:** General Election



**May 24th:** CPR & First Aid Bow Fire Department - 6:30 p.m.

**May 25th:** Echelon College Educational Seminar - Town Hall - 6:00 p.m.

**May 28th:** Bow Garden Club Spring Plant Sale 8 a.m. -12 p.m. Bow Community Center.

**May 30th:** Bow Men's Club Memorial Day Events and Chicken Barbecue - Bow Community Center.

**June 4th:** Boy Scout Troop 75 Annual Yard Sale - Bow Community Center 8:00 a.m. - 1 p.m.

**August 12:** 20th Annual Falcons Booster Club Golf Tournament - Stonebridge Country Club.

**November 12th:** White Rock Annual Craft Fair 9 a.m. - 2 p.m.

Interstate 93 Exit 11

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

**Johnson Golden Harvest**  
Know Your Farm - Know Your Food

**LOCALLY FARMED**  
Produce, Meats and Dairy

Local Veggies  
Raw Milk  
Locally Raised Meat  
Gluten Free Products  
New Hampshire Made Products  
(603) 210-2031

Buy Local

M-F 10 am - 6pm  
Saturday 10am-5pm  
Sunday 11am-5pm

412 West River Road, Hooksett, NH. (Route 3-A)

## YARD SALE

**CHURCH OF ST. JOHN THE EVANGELIST**  
270 STARK HIGHWAY NORTH, DUNBARTON  
MAY 21, 2016  
9:00 AM TO NOON -- RAIN OR SHINE  
(If raining yard sale will be held inside the church)

**MULCH**

**LOAM**

**STONE**

**SAND**

We Generally Save You 5-25% Over The Other Guys

<b>Mulch</b> <b>\$29.00/Yard</b> Many Colors	<b>Loam</b> <b>\$18.50/Yard</b>	<b>Round Stone</b> 3/8", 3/4", 1-1/2" <b>\$40.00/Yard</b>	<b>Weekday Specials</b> * Sold By The Ton * Hardpack \$13.50/T Blue Hardpack \$29.50/T Crushed Stone 3/8", 3/4", 1-1/2" \$21.50/T
----------------------------------------------------	------------------------------------	-----------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------

**Mulch 4 Less LLC**

Need Help? We have qualified personnel who can spread your products if needed.

Many Other Products Offered At Similar Discounts. Delivery Costs Vary Depending Upon Product Source Location and Delivery Address. Consumer Pick-up Not Available

\$20.00 OFF

New Customers Only  
Minimum Purchase \$200.00 or More  
Only (1) Coupon Per Customer Coupon Expires 7/1/16

603. 753.6159 or 603.731.0172 \* Jeffrey R. Jobel Manager \* NHMulch.com

## BOW MEMORIAL SCHOOL THIRD QUARTER HONOR ROLL

By Kathy McKernan

### GRADE 8 HIGH HONORS

Emily Barker, Rebecca Bernard, Andrew Berube, Aaron Burkett, Lara Chern, Jonathan Cook, Katharine Cross, Juliette Doucet, MaKenna Dougherty, Courtney Evans, Connor Griffin, Steven Guerrette, Alyssa Harpring, Benjamin Harris, Evelyn Hatem, Emma Hilton, Grace Jordan, Annaliese Kaufman, Nicholas Kiah, Riley King, Meredith Krause, Megan Lavigne, Madeline Lessard, Glenn Lewis, Gianna Mantini, Madison McSweeney, Emily Pascetta, Madison Paul, Maile Petersen, Jillian Roberts, Sarah Sardella, Madeline Soucy, Skylar Star, Jana Stich, Ruby Towne, Maxwell Udelson, Parker Van Ham and Emma Wilke

### GRADE 8 HONORS

Madison Amann, Sebastian Beaulieu, Taylor Burnham, Olivia Bynum, Brian Carter, Keely Dartnell, Megan DesRuisseaux, Alyssa Detrio, Devin Dulude, Courtney Evans, Connor Gagan, Elizabeth Guertin, Matthew Hamilton, Ashlyn Hammond, Hailey Kaliscik, Maximillian Keef, Gwendolyn Kelly, Samantha Kernen, Amber McGuire, London Mills, Jonathan Muise, Gabriel Neff, Delaney Provost, Austin Scarinza, Pernilla Shaw, Isabelle Slocum, Jake Spaulding, William Stadelmann, Tessa Thomas, Madison Tibbetts, Hunter Wageling, Willem Wamser, Dustin Wells, Christopher Wheeler, and Sara White

### GRADE 7 HIGH HONORS

Sydney Abramson, Nicholas Aubrey, Katharine Barker, Lucas Berube, Brooke Biehl, Chloe Binder, Daniel Blandini, Rachel Budd, Matthew Cardarelli, Carizza Cayabyab, Amelia Coe, Jonathan Cross, Adele Elle-Gelernter, Aiden Fisher, Izak Furr, Annika Geiben Lynn, Patrick Glynn, Paige Grondin, Katelin Howe, Ethan Krueger, Elise Labonte, Mason Lane, Owen Libby, Catherine Maurer, Greta McGregor, Lauren McKeen, Aiden Munro, Justin Murphy, Saige Murphy, Ryan Nicholls, Samuel Ralston, Joseph Reed, Jack Roberge, Dylan Shedd, Connor Treybig, Emma Van Ham, and Finnian Welch

### GRADE 7 HONORS

Emma Avery, Joshua Beaulieu, Autumn Boisvert, Grace Bresson, Vitalia Brock, Louisa Carey, Anthony Constant, Alexander Cross, Meaghan Danahy, Owen David, Dalton Gilbert, Madison Gordon, John Hinkell, Leah Hoey, Brooke Hull, Sonia Hunter, Cassandra Klug, Konrad Kremzner, Falon Labrecque, Cooper Larrabee, Ryan Leonard, Shaun Lover, Nicholas McGovern, Makayla Murray, Kathryn Nagy, Benjamin Neff, Meghan O'Brien, Peter Orsmond, Olivia Parzick, Tyler Rancourt, Erika Roberge, Chelsey Rousseau, John Sargent, Matthew Selleck, Courtney Ulrich, Sophia Valpey, Journey Vanderveer, Jackson Weber, Wyatt Weber and Rachel Wells

## Murray Farm Greenhouse

### Now Open For the Season

Our Magic Soil that Gives superior results for all your containers All Summer is here!

Open 9 to 5 Daily

603-753-6781

115 River Rd. Penacook, NH.

Mixed Planters

Seed Packets Now Available

HANGING BASKETS 1000's To Choose From A LONGTIME FAVORITE!

Gift Certificates Available

Located 10 minutes North of Concord. Take Exit 15 W off I-93, at the light turn right onto Rt.3 North and continue 3.5 miles, turn left onto Bog Rd. and go 2.2 miles to River Rd. Turn right onto River Rd. Go 1/2 mile, we are on the right side.

ANN DIPPOLD  
REALTOR  
CBR, GRI, LMC

Contact Ann:  
C: 603-491-7753  
O: 603-2280-0151

anndippold@masiello.com

### Detached 55+ condo at 3 Windchimes Drive, Bow

Buying or Selling ? Call Ann  
She Knows Bow!

Hardwood floors, natural gas, central air, private deck and open concept floor plan. 2 BR + Den, 2 Full baths

## SPRING HAS SPRUNG!

By Ann Dippold, CBR, GRI

If you're like most home owners, now is the time you're also thinking about home improvements.

### 12 Tips for Hiring a Remodeling Contractor

1. Get at least 3 written estimates
2. Check references. If possible, view earlier jobs the contractor completed.
3. Check with the local chamber of commerce or Better Business Bureau about complaints.
4. Be sure the contract states exactly what is to be done and how change orders will be handled.
5. Make as small a down payment as possible so you won't lose a lot if the contractor fails to complete the job.
6. Be sure the contractor has the necessary permits, licenses, and insurance.
7. Check that the contract states when the work will be completed and what recourse you have if it isn't. Also remember that in many instances you can cancel a contract within three business days of signing it.
8. Ask if the contractor's workers will do the entire job or if subcontractors will be involved too.
9. Get the contractor to indemnify you if work does not meet any local building codes or regulations.
10. Be sure that the contract specifies the contractor will clean up after the job and be responsible for any damage.
11. Guarantee that the materials that will be used meet your specifications.
12. Don't make the final payment until you are satisfied with the work.

Reprinted from REALTOR® magazine with permission of the NATIONAL ASSOCIATION OF REALTORS® Copyright 2008. All rights reserved.

Proudly serving Bow for 15 years.

## HUCKLEBERRY

Propane Heating Oil

"Local, honest and committed to keeping you warm"

796-2007

BOSCAWEN, NH

We Deliver:

- Propane
- Oil
- Kerosene
- Diesel

796-2007

We can make a positive difference.



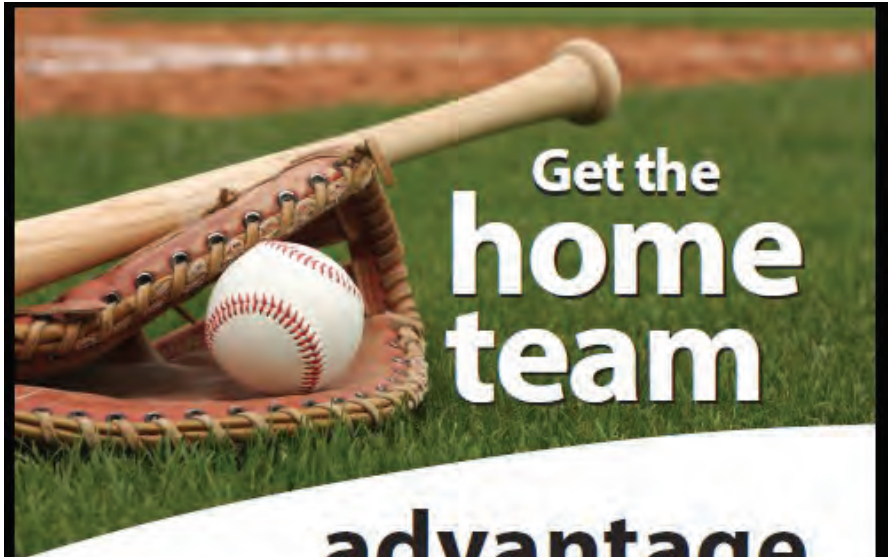
“ Saved \$9,983.62: Refinanced an auto loan, got money for a new roof, and consolidated unsecured debt. When I came in, I wasn't even sure I would get a car loan that I needed desperately...I am walking out here breathing a sigh of relief. ”

-E. Carr

www.nhfcu.org  
603.224.7731



This statement is authorized for use by the person listed above. However, the image is generic and not representative of the person quoted.



Get the home team

advantage

Modern Woodmen of America - we're on your financial team. From protection to saving to retirement planning, we can help you create a personalized plan for life. Let's talk.



Donald M. Legere, FIC, LUTCF  
109 1/2 S. State Street  
Concord, NH. 03301  
B 603-223-0044  
donald.m.legere@mwarep.org  
CA OK29272

Career Opportunities Available



Touching lives. Securing futures.®

HOMG0312

\* Registered representative, Securities offered through MWA Financial Services Inc., a wholly owned subsidiary of Modern Woodmen of America. Member FINRA, SIPC.

# Sunrise at THE PIZZA MAN



## OF Hooksett

We're Headed for Breakfast

254 WEST RIVER RD. 03106

Bacon-Eggs



Steak-Eggs



### A WELL ROUNDED MENU

Pancakes-Waffles-Crepes



Biscuits-Gravy



Breakfast-Bar



Breakfast Served M-F 6AM-12PM Sat-Sun 6AM-2PM

603-626-7444



Sunrise at the Pizza Man