



The Bow Times

Of the People, By the People, For the People

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FREE

TOWN FINANCE DIRECTOR FIRED BY MANAGER

By Chuck Douglas

In a surprise move Bob Blanchette of Bow was terminated as Finance Director by Town Manager David Stack on Friday May 27, 2016. Blanchette has served in that post for four and a half years.

When this paper contacted several selectmen they denied prior knowledge of the firing. Several other department heads expressed surprise and concern that the Manager has failed to do evaluations of their performance on an annual basis as should occur as a matter of course.

"I have not had an evaluation for two years nor did I ever get a written performance plan or corrective action. That is not a fair way to treat an employee," said Blanchette.

It has also recently come to light that the Community Development Director Bill Klubben left last year not as a retirement but a termination with a sweetheart deal.

The Town Personnel Policy on paying out accrued sick leave in paragraph 136-27 (H) provides for up to 40 hours of accrued sick leave to be paid to a resigning employee. But if a termination is involuntary the employee "shall not be paid unused sick leave." Klubben received 659.72 hours of sick leave for \$23,961, and \$14,528 in vacation time as well as 12 additional weeks pay and health insurance for a total package of \$61,199.

See the editorial on page 2 for further commentary.

SPEAKER JASPER AT BOW ROTARY By Bob Couch



House Speaker Shawn Jasper
Photo by Eric Anderson

On May 6th, House Speaker Shawn Jasper was the program speaker at the regular Friday Bow Rotary meeting. Invited by Bow Rotary member David Scanlan, the Speaker spoke about the current session and the challenges facing the House and the State over the coming months. He was joined by his Chief of Staff Terry Pfaff of Hooksett. Each Rotarian takes a turn at providing a meaningful speaker each year.

This practice provides a wide

variety of speakers that are very interesting for members and their guests.

The Rotary Club of Bow, chartered in 1970, is a member of Rotary International. The club's motto is "We help others," and is a service club of approximately 55 local men and women who engage in a wide variety of volunteer activities to support both local community activities as well as health and community assistance projects around the world.



MARINE HONOR GUARD GUN SALUTE ON MEMORIAL DAY

BOW WATER STUDY RESULTS DISCUSSED ON JUNE 8

By Michael Habif

The Bow Drinking Water Protection Committee met on Wednesday, June 9, at Old Town Hall to review the results of a water study performed for the residents of the Brown Hill area of Bow, who expressed concern about salt contamination and corrosion of their private wells.

Committee Chairwoman, Cynthia Klevens, presented the study's findings – previously reviewed with the Select Board on April 26 – to approximately 30 town residents. Of the 158 homeowners that the BDWPC surveyed in June 2014, 79 granted permission for their water to be sampled. Those samples were sent to an EPA lab in Chelmsford, Massachusetts, for analysis at no cost to the town.

The study revealed that road salt drainage and brine from water softener systems contributed to chloride contamination; in addition, almost all homes where corrosive water had been reported had pH

TAX BILLS DUE JULY 1

The 2016 first issue property tax bills were mailed out on May 27, 2016. The due date for payment is July 1, 2016.

levels below 7.0 (acidic). Half of those houses also had chloride levels exceeding the state's secondary chloride standard.

The BDWPC explained that wells installed pre-1985 were more susceptible to recharge from acid rain and surface drainage, resulting in higher chloride and lower pH levels. Newer wells were less impacted by corrosion issues, though they did tend to have higher levels of arsenic and uranium.

Aggregate 2015 data for the

WATER STUDY CONT. P. 2

ROAD PAVING BY STATE TO BEGIN

The New Hampshire Department of Transportation will be paving the following roads: Woodhill/Bow Center/Logging Hill/South St., 5.2 miles, from a pavement joint 0.4 miles north of the intersection of Risingwood Drive northerly to the Bow/Concord Town line and Bow Bog Road, 1.0 miles, from the intersection of Bow Center Road easterly to approximately 1,000 feet east of the east entrance of Laurel Drive. Dates have not been determined.

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EDITORIALS

ARE TOWN EMPLOYEES BEING TREATED FAIRLY?

Community Development Director Bill Klubben left last fall with a so-called retirement. In reality he received a taxpayer funded sweetheart payout of about \$23,961 for 659.72 hours of sick leave despite the Town Personnel policy that says if you resign you forfeit your sick leave above 40 hours. So how did Bill Klubben receive extra hours of sick leave? While he now works for the City of Manchester, Klubben also received 12 weeks of severance pay and 12 weeks of health insurance paid by the town's taxpayers as part of his golden parachute out of Bow. Total: \$61,199.

Why then are the police dispatchers who were terminated and the Finance Director treated differently? Do you get a different exit package depending on who you are or who you know? If policies are to be ignored by Manager Stack how can the different treatment be explained?

Manager, David Stack, should at least have told the Selectmen of his decision to fire rather than have them learn about it through the grapevine. The Selectmen need to do a thorough evaluation of Stack's performance so they can determine

if it is time for him to move on or not. Other department heads should not be left in limbo as to which of them are next to get the axe.

This year several residents circulated a petition to have the town adopt a form of governance whereby the manager becomes the Administrative Assistant to the Selectmen, as was the case in 1988. Next year they may well get the number of signatures needed to put the matter before town meeting for a vote. What do you think about our town manager from Pillsbury St. in Concord? Are we getting \$102,000 worth of benefit from him as Bow taxpayers?

By the way, all town employees should feel free to send me their candid views of town government without fear of public disclosure. The reporters' news privilege will protect you, but you have to tell me where the bones are buried. Send your concerns to me confidentially at chuck@nhlawoffice.com. Only that way can we in Bow move forward for better and more transparent government for those of us who pay the taxes.

*Chuck Douglas
 For a Free Press
 Je Suis Charlie*

PROPERTY TAX REVALUATION COMING?

Contract Assessor Monica Hurley reported to the Board of Selectmen on May 24 that the Town is at a 92% valuation ratio, which is 6.6% below market value. From 2014 to 2016 there was a 3.7% increase in property values in Bow. The State Department of Revenue Administration requires Town valuations to be between 90-110% of market value at all times. Ms. Hurley explained that without an evaluation adjustment, the Town will be at 91-92% by the end of 2016, but could be lower.

If an update is done this summer, the average home owner would see an average increase of 8-9% in their assessment, but that will not result in a tax increase. The total tax revenue to be collected for the Town was set by the March 2016 Town Meeting, so the tax rate will be adjusted downward to produce the allowed tax revenues based on this formula: Property Valuations X Tax Rate = the approved tax revenue. As in every year, the actual tax rate will only be known when the value of utility assets in town is established later in the year.

Ms. Hurley reported that at present there are 80 real estate listings in Bow; 23 of those are under agreement, and all of those have assessments that are below market values.

MAJOR CORRECTION

Last month's paper had an editorial about Dean Cascadden's SAU pay raise. What we didn't factor in is that his total compensation package is dramatic:

Salary	131,694	Life Insurance	654
Dental	1,935	LTD	273
Health Insurance		Workers' Comp. Ins.	263
Retirement 403(B)		FICA	10,075
Benefit paid by SAU	19,763	NH Retirement	23,356

TOTAL \$196,489

The Man from Meredith is just chump change away from \$200,000. Sure beats being Governor of New Hampshire at \$121,896. But then the responsibilities are comparable. Right?

BUILDING UPDATES

At the May 10th meeting of the Selectmen a 15 year bond issue for the Public Safety Building at the rate of 2.79% which is a good municipal project rate.

In other business the Community and Police Building Study Committee was appointed to include:

Jeff Knight, Jill Hadaway, Mike Sampo, Jack Reardon, Darren Benoit and Cindy Rose

CONGRATULATIONS TO BOW TIMES CAPPIE WINNERS

The Capital Area People's Preference Awards or Cappies included many of our advertisers.

We salute Bow Plumbing for its 1st place award as best plumber), Davis & Towle (insurance), Turbo Tan, (best tanning), Wellington's Marketplace (best gourmet food store), Generations Dental Care (best dentistry), N.H. Federal Credit Union (best credit union) and Merrimack County Savings Bank (best bank).

WATER STUDY CONT. FROM P. 1

town, also provided at the meeting, shows that 0% of Bow homes had chloride levels above the state standard, indicating that the issue is isolated to the Brown Hill Road area of town, potentially due to exposed bedrock and the lack of soil which acts as a natural filter. (Notably, 74% of town wells had elevated radon levels.)

Since a similar study done in 1996 revealed chloride issues, the Town of Bow has limited the amount of salt applied to roads in winter, using, on average, half the recommended salt per lane mile per Department of Transportation standards and all Public Works staff has been trained under NHDES Green SnowPro guidelines which promote best practices for the application of road salt.

Recommendations to homeowners included testing for stagnant lead and copper, which can leach from fixtures due to corrosive water.

Sample bottles were provided to have water tested for both metals at a cost of \$30 through the NH Division of Public Health Services. Treatment solutions are also available, such as water neutralizers.

Additional information on treatment options can be found through the NH Department of Environmental Services "Be Well Informed" web tool.

The Bow Drinking Water Committee can be reached at BowDrinkingWater@gmail.com.

TOWN PROJECT STATUS REPORTS

By David Stack

PUBLIC SAFETY BUILDING PROJECT

Town staff and Chicoine Construction continue to work on finalizing the building design and coordinating with all of the subcontractors on project logistics. Ken Heath has been hired to serve as clerk of the works and he will be overseeing the project on the Town's behalf. On April 25, the Town submitted an application to the NH Department of Environmental Services for an Alteration of Terrain Permit. It typically takes approximately 30-45 days for the Department to review the application and issue the permit. Once the permit has been received, the contractor will begin site work. 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.

BIRCHDALE ROAD BRIDGE PROJECT

At the beginning of May, the Board of Selectmen held a work-shop meeting to discuss the repair/

replacement options for the bridge with the Town's Bridge Engineer and the Town Manager. Robert Durfee from Dubois & King reviewed the findings of an engineering investigation and recommendations study that was conducted by Dubois & King. Three temporary rehabilitation options were discussed. The estimated cost to install a premanufactured steel truss bridge is \$174,300, the cost of a premanufactured steel beam bridge is \$185,500 and the cost to install a precast concrete deck panel bridge is \$190,000. All of the options would be temporary and there is always the problem of road salt damage and the need to maintain the temporary bridges. The estimated cost for replacement, pursuant to NH Department of Environmental Services compliance and regulations is \$821,870 which includes the cost of the study, design, bidding costs, construction administration and construction. The project has been accepted into the NHDOT Municipal Bridge Aid Program (MBAP), with funding available in State FY 2025 (July 1, 2024 to June 30, 2025).

ECONOMIC DEVELOPMENT NEWS

Over the past few months, the Planning Board has approved plans for expansion for a number of businesses, including Supreme Auto's proposal for a new 2,700 sf sales building on Rt. 3A and a 3,000 sf building addition at Broadview Industrial Park on River Road.

Granite State Solar is scheduled to appear before the Planning Board on June 16 to present plans for the construction of a new 10,000 sf commercial building on Ryan Road.

Certificates of occupancy were recently issued for two new commercial buildings. Matt Brown's Truck Repair has relocated to a new 17,600 sf facility on Thibeault Drive and Weaver Brothers Construction staff have moved into a new 2,700sf office building in the same location where they have been doing business for many years on Route 3A.



VOLUNTEER THANK YOU BBQ ON JUNE 29

The Board of Selectmen will be hosting a Volunteer Thank You BBQ at Old Town Hall, 91 Bow Center Road, on Wednesday, June 29, 6:00 p.m. – 7:30 p.m.

The Board would like to thank all members of Town of Bow boards, committees and commissions for volunteering to serve and provide many hours of their time and expertise.

If you are currently serving, please RSVP with number of guests to 228-1187 x 110 or admin@bow-nh-gov.

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BOW GRADUATES FROM NHTI AND UNITY COLLEGE

Hannah Morrison of Bow received her bachelor's degree from Unity College in Maine on May 14.

The following six students graduated from the New Hampshire Technical Institute in Concord: Andrew Colquitt earned an associate's degree in general studies; Shelby Odom earned an associate's degree in early childhood education; Gavin Strickland earned an associate's degree in general studies; Jolyn Tinkham earned an associate's degree in business administration; Anna Kate Tinkham earned an associate's degree in dental hygiene; Aurora VanDeWater earned an associate's degree in robotics and automation engineering technology.

NHTI ANNOUNCES SPRING 2016 DEAN'S LIST

The following students from Bow have been named to the Dean's List at NHTI, Concord's Community College, in recognition of their academic achievement during the Spring 2016 term: Regan Naughton, Corinne O'Flaherty, Rachel Porath, Jordan Vachon and Brian Warburton.

In order to qualify for Dean's List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher. NHTI, Concord's Community College, is a fully accredited, public community college serving students, businesses and the community by providing excellent academic, technical and professional education. NHTI offers over 80 academic programs to more than 7,000 students.

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**EVELYN GALLANT
BOW'S OLDEST
RESIDENT
CELEBRATES 100
YEARS**



On April 20, 2016, Evelyn Batchelder Longley Gallant, Bow's oldest resident and holder of the Boston Post Cane since 2011, quietly celebrated her 100th birthday.

Evelyn was born in Concord, NH to Harry and Edna Batchelder. She had 4 brothers and 3 sisters; her surviving brother Horace lives in Pembroke and will be 97 in August. She grew up in the south end of Concord and also lived on the Heights. Some of the fondest memories of her childhood are walking with her family on Sunday afternoons to visit friends and neighbors, as well as trips to the Dew Drop Inn.

She was married to Harold Longley in 1938 and has one son, Theron Longley Sr. She has 2 grandsons, Theron Longley Jr. and his wife Carol residing in Phoenix, Arizona and Travis Longley and his wife Rebecca of Bow. She has two great-granddaughters, Lauren and Emily Longley also of Bow. She moved to Dow Road in Bow in 1949 looking for a more rural area to live.

She worked as a bookkeeper for A&P Market on Park Street for 28 years. She loved to go dancing and remembers Kimball Garden, Hopkinton Town Hall and places in Barnstead and Pittsfield. She loved her flower gardens and crocheting, and was known for the beautiful afghans she made for family and friends.

Evelyn and her second husband Philip Gallant moved to Knox Road in Bow in 1972. They both loved playing the organ and Evelyn remembers driving to Waltham, MA for lessons. Her favorite music is love songs and country.

Although it has been some time since the organs have been played, neighbors still remember enjoying warm summer evenings when sliding doors and windows were open and music drifted on the breeze.

Philip Gallant passed away in June of 2015. Evelyn now lives with her son Theron and his wife Nancy.

Article by Sue Wheeler and Faye Johnson; Photo by Eric Anderson

**THE BOW COMMUNITY MEN'S CLUB –
2015 ANNUAL REPORT (PART I)**

By Charlie Griswold

Throughout the years the Men's club continues to be heavily involved in many aspects of town functions. 2015 was no different in that regard, when, working with just about every organization and town department, we feel we have contributed to each project or event's success. Six o'clock comes early on New Year's morning, but that is when our loyal breakfast crew starts preparing the tasty treats which will be served a couple hours later. The seven degree temperature inspired us to move at a brisk pace, as everything currently has to be cooked outdoors. A couple of minivans acted as a windbreak to keep the fires from blowing out.

In February we hosted Lady's Night for our wives with a buffet at the Old Town Hall and also featured live music provided by Lani Kangas and Roger Bergeron singing lots of our old favorite love songs.

March saw us team up with the PTO and the Parks and Recreation Department to cook and serve breakfast prior to the annual Easter egg hunt at the Bow Elementary School. A heavy snow squall obscured lots of the hidden eggs and made little sizzling sounds as the large flakes landed on the pancake grills, while our hardy and mostly water-proof crew were once again cooking outdoors.

Our springtime roadside clean-up had to be delayed twice due to the long lasting snow cover, but in early May we were able to gather almost 50 bags of trash and assorted items. Forty Scouts from Troop 75

and parents joined club members for this project.

At the May 28th meeting we honored retiring Troop 75 Scoutmaster Andy Richardson, for his many years of service to the troop, Daniel Webster Council and the club. We welcomed Jim Weber as our new Scoutmaster. Sadly we had to bid farewell to long time member Marcel Duhaime who was also the leader of Venture Troop 75 at Bow High School. Marcel and his wife Beth, both beloved teachers in our community, left us for a teaching opportunity in North Carolina.

Our activities do not end with Memorial Day or the May meeting. The very next day, May 29th, we hosted a picnic for all town employees and one week later had a barbecue for the PTO. On June 16th we served over 250 people at the annual lacrosse picnic at Hanson Field. The Sunday evening concerts on the green, sponsored by the Bow Rotary Club, have been quite popular. Our part in that project is to serve food and refreshments.

Thanks to our past president Mark Dartnell, who furnishes us with the needed equipment from his Taylor Rental store in Concord, we serve popcorn, hot dogs, chips and beverages. On Public Safety day we again teamed up with the police and fire departments to provide breakfast coffee and donuts and then our famous lunch of grilled hot dogs, cheeseburgers and sausages smothered with peppers and onions. We set up and served in the DPW parking lot.



The Bow Mills United Methodist Church

**8th Annual Strawberry Festival
Saturday, June 25th 10 am to 2 pm.**

The day will begin with a Blessing of the Animals at 10:15 am. Scheduled events will begin at 10:30 am with demonstrations and musical entertainment throughout the day. During the day you can check out free food samples and activities from the many vendors in attendance; such as the Veggie Spiralizer demo, Obstacle course and board breaking, Angry Birds and a Table Top Game by Squam Lakes Natural Science Center booth. Meet Peanut, the Llama; the chickens, therapy dogs and two rabbits- Blueberry, a Giant Flemish Mix, and Lexie an English Spot. And back by popular demand – the Puppy Kissing Booth by Guiding Eyes for the Blind.

Along with the Irish Field Dancers, there will be a "Kid's Craft Castle" of fun creations, a Balloon Artist, Photo Shoot Boards and face painting by the Merrimack County 4-H Junior Leaders. Beginning at 10:30 am the Bow Mills food tent will offer up delicious grilled food and plenty of Strawberry Shortcake! Proceeds to benefit Cross Town Kids Sports Program which supports on-going efforts to make sports participation accessible to immigrant and refugee children throughout the Concord area.

Bow Mills UMC invites you to come out, enjoy the day, the people, and have lots of fun. Call 603-228-1154 or 603-224-0884 for more information. Admission is free Rain or Shine.

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BOW ROTARY CLUB HELPS KEEP BOW BEAUTIFUL!

Members of the Bow Rotary Club met on June 4 for roadside cleanup of various signs and trash left behind over the winter and spring. Great job in enhancing the beauty of Bow! *Photos by Eric Anderson*



BEN KINIRY, SELECTMAN, ON Rt.3-A



SANDY ELDRIDGE



ROBERT LOUF AND STEVE LAUWERS



JUDY GOODNOW CHECKS THE AREA

CONCORD AWNING & CANVAS HOSTS BOW BUSINESSES

Founded in 1919, Concord Awning & Canvas is located in Bow at 1 Tallwood Drive. Its 10 employees produce interior and outdoor blinds while 40% of their production is awnings. They hope to continue growing the business after 21 years in Bow. Denise and Peter Sandberg were gracious hosts to the Bow Business to Business evening event on June 1.



WHERE IT ALL HAPPENS AT CONCORD AWNING & CANVAS

Julie Krause Shines at ToGetHerThere Luncheon

As a Cadette Girl Scout, Julia Krause has voiced a radio commercial, cooked with a professional chef, organized a town-wide Halloween event, and even appeared on live television. Julia, 12, was one of four winning Girl Scout essayists recognized at Girl Scouts of the Green and White Mountains' Fourth Annual ToGetHerThere luncheon at the Grappone Center in Concord, New Hampshire on Tuesday, May 3.

Her essay, "How Girl Scouts has made me the girl I am today," was highlighted in a video presentation at the luncheon, attended by nearly 200 business and community members. "Girl Scouts has given me some awesome opportunities and has changed me in many positive ways," Julia wrote in her essay. "It has made me a more confident, courageous girl, and taught me how to work with others." Julia added that being part of a Girl Scout troop



Julia Krause

has helped her get over her shyness, making her more likely to ask questions at school. Amanda Grappone-Osmer, fourth-generation owner of Grappone Automotive, was celebrated as the event's keynote speaker. She was also honored for inspiring tomorrow's leaders.

JOHNSON'S GOLDEN HARVEST OPENS SECOND LOCATION -- NOW IN BOW!!!!

Our family at Johnson Golden Harvest is proud to announce the opening of our new second location at 1222 Route 3A in Bow, NH (right next to Champney's Fireworks).

This site is opening for the summer on Wednesday, June 22nd! We will be open every Wednesday through Sunday. During the six

years that we have been open at our current location in Hooksett, we have built a community style local market specializing in NH produce, local meats, dairy and many other food items created right here in our state. We are so grateful for the many relationships that have been created and those still to be created in Hooksett from people local to the area and those just passing through!

We look forward to serving Bow with the same community atmosphere while offering NH's finest picked produce!
karen@johnsongoldenharvest.com
www.johnsongoldenharvest.com

Johnson's Golden Harvest
Our Bow, NH. Location
Opening June 22nd.
Wed.-Sun 11AM-6PM
Veggies & Stuff
Formally Champney's Market

Our 2nd Location

Open Wed.-Sun. 11AM-6PM

1222 Route 3-A Bow, NH.

PUTTING AN END TO WINE SNOBBERY

By Nicole Habif

"I only have Arbor Mist," a friend whispered to me sheepishly at a gathering a few weeks back. "I know it's total crap, but I like it!" Her self-deprecation is something I see frequently, mostly because people think that since I work in wine, I'll pass judgment on their wine choice.

Believe me when I say: If there's one thing I hope to accomplish as a wine professional, it's the ousting of this ridiculous stigma that dogs wine as a beverage category – that if you don't know much about wine, or your vino of choice has a kangaroo on the label and cost a whopping \$10.97, you're somehow a lesser wine drinker. Your wine's not good enough. "Total crap." *No.* I've bought and enjoyed \$85 Napa Merlot (a treat for a promotion, not my regular pick), and I've bought and enjoyed wine in a box for \$13.99 on sale. The key word here is *enjoyed*. The drastic difference in price is an indicator of how the wine was made, but just because something costs a ton doesn't make it delicious. I've had plenty of pricey Bordeaux that I straight up hated because, guess what, I just didn't like the taste. And the cheap wine in the box? So refreshing. (And it keeps well in your fridge for weeks, so it's an awesome option if you're only an occasional drinker.) Listen, wine is incredible. And it takes a lifetime, maybe longer, to master all it comprises: thousands of years of history, complicated chemistry, sociological theories, agriculture in the face of climate change, gourmet food ... romance! All fascinating

stuff. At times, learning it can seem just as daunting a challenge as actually *making* the stuff. So the people who study "wine" for a living can, admittedly, get a little proud of the knowledge they accumulate over time. But I promise you, they (and I) still have a lot to learn. So never, ever, ever let them intimidate you. And never let them wine shame you. That's just bad form.

So, be proud of your Yellow Tail Shiraz or Arbor Mist Pink Moscato, if that's your wine of choice. But don't be afraid to venture a little outside your comfort zone and try something new, either. You don't need to be a wine expert to fall in love with the intense red berry, black pepper, and fresh-cut herb characters of Châteauneuf-du-Pape. Or, go ahead and try a bottle of Gewürztraminer (it's pronounced Guh-*VERTZ*-trah-meener and it is fantastic with Asian food). Ask questions when you're at the liquor store or at the restaurant with the nice wine list. And hey, if you don't like it, so what? It's just wine. Send it back, or if you're at home, use it to make all kinds of things like sauces or sangrias. After all the learning and all the questions, the only thing that truly matters in wine is "do you like how it tastes?"

Find me on Facebook if you ever want to ask a question – I'm always happy to answer! And who knows, you could help me learn something new. Cheers!

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

20th Annual Falcons Booster Club Golf Tournament

Stonebridge Country Club, Goffstown

August 12, 2016

7:30 Registration and Continental Breakfast

8:30 Shot Gun Start

Scramble Format, Lunch to Follow

Contact Golf Committee Chair Betty Porath

porath@comcast.net for more information

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She Knows Bow**

WHAT'S THE BEST WINDOW TREATMENT FOR YOUR HOME?

By Ann Dippold

Is it time to replace your window coverings? If they're worn, damaged or dated, it's probably time to start "window" shopping for something new.

The good news is that now more than ever there are endless styles and colors to choose from. Find the right window treatment by considering your various options.

Determine Your Style

Take a look at your decor and decide if a traditional or more modern style of window coverings would suit your home. Nowadays window coverings come in a wide variety of finishes, colors and styles.

Choose Your Material

Determine what type of material fits your budget and maintenance preferences. Options include fabric, vinyl, aluminum, wood and even faux wood.

You could frame your windows with curtain panels, opt for pleated or Roman shades, hang asymmetric

swags, or mount horizontal or vertical wooden shutters.

Assess Your Functional Preferences

Think about your light control and privacy concerns. For example, you may require blackout blinds for a media room or bedrooms but not for the less private areas of your home where sunlight is welcome.

Choose Custom or Off-the-Shelf

Decide if you want to go with custom window coverings that are manufactured to fit the interior dimensions of your windows, or if an off-the-shelf window treatment will suit your needs.

Consider Energy Efficiency

Think about your heating and cooling needs. Cellular shades help regulate heat loss or gain in addition to controlling the light.

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2 MAJOR FITNESS MYTHS REVEALED

By Jim Olson

Today, we are going to reveal 2 major fitness myths that many people believe to be true. The two areas that we are going to address are for toning muscle and burning body fat.

'The Pink Dumbbell Myth' is often perpetuated by magazines and infomercials, convincing us that we should use lighter weights (e.g., pink dumbbells) for higher reps to tone our bodies. There's also a belief that this approach somehow burns more fat and that people should lift weights this way to avoid getting big and bulky. The truth is that this type of strength training doesn't burn more fat and the only way it will 'tone' your body is if you've created a calorie deficit that allows you to lose body fat.

Using lighter weights for higher reps will help you increase muscular endurance and it does have a place in training routines, but that lean, defined look comes from losing body fat.

So, does that mean you shouldn't use the light weight/high rep approach with strength training? Not necessarily. How you lift weights depends on your goals and fitness level. But, for weight loss, it's great to use a variety of reps and weight ranges. The general break-



Jim Olson

down of reps and weight according to goals is:

- For strength gains: 1-6 reps, heavy weight
- For gaining muscle and size: 8-12 reps, medium-heavy weights
- For endurance: 12-16 reps (or more), light-medium weights

No matter what range you choose, you should always lift enough weight that you can ONLY complete the desired reps. If you're doing 12 bicep curls, choose a

weight that allows you to do 12 reps with good form. If you can do more than that, increase your weight. Using all three ranges, whether you use them each week, each month or change them every few weeks, is a great way to challenge your body in different ways.

Fat Burning - "I should only do cardio"

While cardio exercise is important for burning fat and losing weight, it isn't the only type of exercise that can help you lose fat. Strength training helps you preserve the muscle you have as well as increase your muscle mass. The more muscle you have, the more calories you'll burn all day long.

Remember, muscle is more active than fat. In fact, a pound of muscle can burn anywhere from 10-20 calories a day while a pound of fat burns only 2-5 calories a day. And, don't forget, muscle is more dense than fat and takes up less space. That means when you lose fat and gain muscle, you'll be slimmer and trimmer.

Plenty of people, especially women, avoid strength training like the plague, either because they think they'll gain weight or because

they like cardio better. But strength training has a number of benefits such as:

- It builds lean muscle tissue
- It strengthens muscles, bones and connective tissue
- It keeps your body strong and injury-free for your cardio workouts
- It raises metabolism

An effective fat loss program will include regular strength training and cardio workouts, done either separately or together, depending on your schedule and goals. Another important component is, of course, eating a healthy diet as well. By implementing all three components, you can maximize your weight loss and your health.

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.

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BOW POLICE LOG - MAY

Arrests- 11
 Motor Vehicle Stops- 223
 Warnings- 184
 Citations- 39
 Accidents- 11
 Parking Tickets- 7
 Restraining Orders-1
 Incident/Investigation Reports- 40

MAY 2016 ARREST LOG

05/06 - Nicole M. Jacobs, 28, homeless, was arrested for theft by unauthorized taking or transfer, resisting arrest or detention, possession of controlled/narcotic drugs (x4); Nathan V. Hinse, 23, 442 Barnard Hill Rd, Weare, was arrested for possession of controlled/narcotic drugs.

05/07 - One person was taken into protective custody for drunkenness.

05/13 - Manuel J. Jones, 19, 24 Grandview Rd, Apt#C, was arrested on a bench warrant.

05/15 - Jovia Levasseur, 31, 32 Brown Hill Rd, was arrested for possession of controlled/narcotic drugs, operating a motor vehicle with a suspended registration, driving after revocation or suspension.

05/20 - Robert B. Colby, 53, 302 Old Bristol Rd, New Hampton, was arrested for driving after revocation or suspension and operating a motor vehicle with a suspended registration.

05/23 - Kathleen M. Couch, 61, 128 S. Main St, Apt #18, was arrested for driving after revocation or suspension and operating with a motor vehicle with a suspended registration.

05/25 - Steven Doiron, 28, homeless, was arrested for driving after revocation or suspension and disobeying an officer.

05/28 - Ian A. Murray, 24, 4 Merrill Crossing, Apt#6, was arrested for driving after revocation or suspension.

05/29 - Megan R. Champagne, 30, 6 Dodge Rd, Apt#6, Allenstown, was arrested for driving after revocation or suspension.

5/30 - Frank E. Foisy, Jr., 34, 5 Swiftwater Dr, Apt#5, Allenstown, was arrested for driving after revocation or suspension and operating a motor vehicle with a suspended registration.

BOW POLICE HAVE DRUG BOX

You can drop off expired and unusued drigs at the Bow Police Department on a "no questions asked" basis. Flushing drugs into a septic risks contaminating ground water, and putting them in the trash risks impropr disposal. The Drug Take Back Box is located in the foyer of the Police Station.

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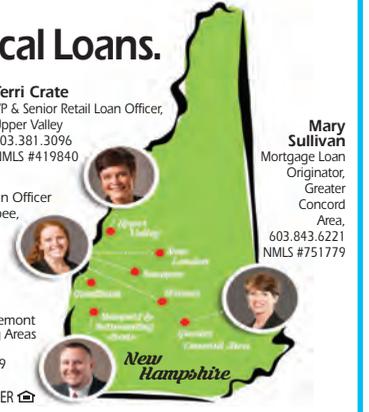


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 Grantham & Warner
 603.477.3865
 NMLS #613744

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



8 WAYS TO FIGHT FRAUD ONLINE

Nearly three decades after the internet was introduced, the web continues to transform the lives of many users, revolutionizing the way consumers shop, pay bills, and transfer money online. As these advancements make common tasks hassle-free, consumers are urged to take extra precautions, allowing them to navigate the web safely and avoid online crime.

Sugar River Bank suggests these tips to help users safeguard their personal information and navigate the web safely:

- **Keep your computers and mobile devices up to date.** Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats. Turn on automatic updates so you receive the newest fixes as they become available.
- **Set strong passwords.** A strong password is at least eight characters in length and includes a mix of upper and lowercase letters, numbers, and special characters.
- **Watch out for phishing scams.** Phishing scams use fraudulent emails and websites to trick users into disclosing private account or login information. Do not click on links or open any attachments or pop-up screens from unfamiliar sources. Forward phishing emails to the Federal Trade Commission (FTC) at spam@uce.gov – and to the company, bank, or organization impersonated in the email.
- **Keep personal information personal.** Hackers can use social media profiles to figure out your

passwords and answer those security questions in the password reset tools. Lock down your privacy settings and avoid posting things like birthdays, addresses, mother's maiden name, etc. Be wary of requests to connect from people you do not know.

- **Secure your internet connection.** Always protect your home wireless network with a password. When connecting to public Wi-Fi networks, be cautious about what information you are sending over it.
- **Be careful in the cloud.** While using the cloud makes it easier to store and share large amounts of files, understand that it also opens other avenues for attack.
- **Shop safely.** Before shopping online, make sure the website uses secure technology. When you are at the checkout screen, verify that the web address begins with *https*. Also, check to see if a tiny locked padlock symbol appears on the page.
- **Read the site's privacy policies.** Though long and complex, privacy policies tell you how the site protects the personal information it collects.



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WHAT YOU DON'T KNOW ABOUT YOUR WATER COULD BE SLOWLY KILLING YOU!

By Ben Kiniry

A few events in my life, as discussed below, have compelled me to write a public service announcement in lieu of an article regarding Trust & Estates.

Prior to moving to the town of Bow my wife, Tammy, and I never owned a private well, therefore, we never needed to consider the makeup of the water we utilized in our homes. We just turned on the tap and there it was, water believed to be healthy enough for consumption and for other purposes.

BOW HAS SERIOUS WATER ISSUES

We started our search for a home in Bow in 2013. We enlisted the help of a local realtor, Chris Evans, a long time Bow resident. Mr. Evans aided us in our efforts to find a good home for our family. One thing we did not expect was the warning from Mr. Evans about the serious water "issues" in the town. We were still stunned to find out that most of the homes we entered had some system of mysterious tanks. Thankfully, Mr. Evans is rather knowledgeable about the local water issues and was able to identify the types of systems in each home. Although some homes did not have water systems, Mr. Evans warned the water should be tested as there was no way of knowing if the previous owners had the water tested, or if they did, did they care enough about the water issue(s) to do anything about it? Okay, we received the message, Bow has serious water issues, which were intimidating.

WE PURCHASED A HOME, NOW WHAT?

We eventually found the home that was right for our family located on Van Ger Drive. As it turns out, there are a number of issues with the water in this area of town, mainly radon, arsenic and brine. Our water test indicated unhealthy levels of Radon and Arsenic.

Since our collective knowledge of water treatment was nil, I conducted some research online to see what I could learn, and what I learned is that, though the internet is great, it has limitations.

We then enlisted the services of a couple companies to review our test results and to provide us with recommendations. It was upsetting to receive two significantly varied proposed fixes, with wildly deferring price tags attached to them. Honestly, at this point I was thinking about taking no action, was the water quality really an issue?

After getting over the initial shock of the estimates, and not knowing of any other resources, and knowing we needed to take action, we ultimately settled on a system and had it installed. We, of

course, had to rely on their expertise and hoped the company had given us a solid plan to provide the family with safe water at a reasonable price. How would we know?

MORE INFORMATION AND A NEW TOOL

In 2015, I became a member of Bow's Board of Selectmen. The Board oversees many of Bow's committees, one of them is the Drinking Water Protection Committee (members: Noel Gourley, Wendy Waskin, Sandy Crystall, Cindy Klevens, Dick Kraybill, Matt Taylor and new member Blake Hooper). The well credentialed and knowledgeable Committee conducted an extensive study on the Brown Hill Road area and presented their results to the Board in April of this year (a full report will soon be posted on the Town website www.bow-nh.gov.com). I

I'm not going to go into the details of the findings or the varying issue (I'm most definitely not qualified), but simplistically speaking, I was astounded by the number of issues that Bow residents face with our water (arsenic, radon, lead, copper, uranium to name a few). It was upsetting to learn that in some cases the water systems (softeners) installed may be doing more harm than good.

The committee's presentation reinvigorated my interest in the topic, so I attended the New Hampshire Department of Environmental Services Drinking Water Source Protection Conference in May. Though I learned many things at the conference, there are two that are most noteworthy.

First and foremost, I learned that some water contaminants can kill you, slowly. Arsenic, for example, consumed over time is analogous to smoking. A little each day causes small amounts of damage and eventually will damage your internal organs. Most Bow residents are likely aware of this fact, however, attending the seminar on the topic made it very real for me, which is why I needed to write to you my fellow citizens.

The second item I learned about and want to impart upon you, is the existence of a new web based tool created by the NH Department of Environmental Services called "**Be Well Informed.**" This site is designed to give you guidance on the selection of water treatment options. How does it work? First, for approximately \$100 you can have your water tested (there are three locations in Concord alone). Even if you have a water treatment system many people don't test their water after a system is installed, which means they don't know whether or not the system is effective at removing a particular concern. If you had



your water tested years ago (some systems actually harm your drinking water and as I understand it, the makeup of your water can change over time), I would highly recommend that you get retested.

With your results in hand (the results will state your water issues, but nothing more) go to the New Hampshire Department of Environmental Services "**Be Well Informed**" website and plug in your results (<https://xml2.des.state.nh.us/DWITool/Welcome.aspx>) (this and other helpful links can be located on the Bow website). The site will tell you what kind of remedial action you can take to meet your needs. At the very least it is a worthwhile exercise to review the information provided on the site, you may learn something that will help keep you or someone you love, safe and healthy.

CALL TO ACTION!

In the end, **this is a call to action!** For approximately \$100 and a little of your time, you can find out whether or not your water is safe and learn what can be done to rectify any issues you may have. We are all lucky to have the members of the Bow Drinking Water Committee, as a resource you should be utilizing. If you need or desire further help, I would suggest you reach out to them at bowdrinkingwater@gmail.com.

MATT BROWN'S TRUCK REPAIR EXPANDS

By Matt Taylor, Community
Development Director

Another local business has recently expanded! Matt Brown's Truck Repair relocated from Robinson Road to its new facility on Thibeault Drive. Finishing touches were made on the new 17,600 square foot building this Spring and Matt and his staff are hard at work in their new state of the art repair center keeping trucks rolling in and out of Bow's thriving logistics center. Matt has been in business in Bow for over ten years and with this major expansion it looks like he'll be doing business here for many years to come.



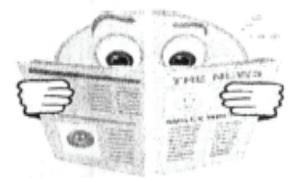
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TRAVEL TALK BY CHASE BINDER WATCH OUT FOR THIEVES

Imagine it. You've just landed in Costa Rica for a week of lolling around on beaches, ogling volcanoes and zip-lining through tropical rainforest. The San Jose airport arrival process is typical of Central American and Caribbean countries—a bit cumbersome and lengthy. But you have your luggage and your rental SUV seems perfect for the 4-5 hour drive to your resort on the Pacific coast. Happy and excited to experience the much-touted Costa Rica, you hit the road. It's midday, sunny and bright.

Then, right outside of San Jose, you stop at a McDonald's to grab a cup of coffee and everything changes. While you're inside—a mere three minutes—the window on the driver's side of your SUV is smashed. Thieves take your carry-ons. Your cellphones, cameras, iPads, iPods and Go-Pros are in the wind. Worst of all, your passports are gone.

Disaster!

This happened to friends just last month—I'll call them Sandy and Jack. They are fairly well-traveled, not at all cavalier about being in a foreign country and organized enough to have copies of their passport photo/info pages.

In fact, they did almost everything right—but it still didn't go well. The McDonald's they pulled into looked spanking-new with a nice paved parking lot, a very visible security guard and less obvious (but still present) security cameras. Sandy took her hand bag with money and credit cards in with her. Jack had his wallet with him. They weren't getting food or sitting down—just literally grabbing coffee “to go”.

How could this happen? Sandy found out later (*much* later), that events like this (and worse) are



Chase Binder

happening in Costa Rica with alarming frequency. It goes like so: you're targeted right at the airport. Perhaps exiting with your luggage. Perhaps at the car rental pick-up. Thieves follow you, thinking you'll stop at a familiar spot (what's more familiar than a McDonald's?) and they can do a quick smash-and-grab.

What about the security cameras, you ask? In this instance, disabled. What about the security guard? He “didn't catch” anything specific about the thieves' car—just that “he thought it was black.” Hmm. To me, that speaks of coordinated thievery. Unprovable, perhaps, but well-planned nonetheless.

Sandy and Jack spent hours with the police. The police didn't speak English. Neither Sandy nor Jack are fluent in Spanish. But they got forms filled out and learned something even more unsettling. According to the police, they were “lucky” to have the thieves catch up with them at the McDonald's. If they hadn't stopped, and had continued the long drive, the thieves might well have followed them and created an “accident”—bumping

their SUV and robbing them in a remote area. It could have been much worse.

Sandy's first thought was to return to the US immediately. Forget the vacation and go home. Not so easy. She quickly found that she couldn't get on a plane home without a new passport—meaning a trip to the US Embassy. But it was a Saturday, a common arrival day, and the US Embassy is only open weekdays—and in this case Monday was a Costa Rican holiday, so her first shot at getting new passports would be Tuesday.

Sandy and Jack, after spending more hours struggling with their local travel agent, getting a replacement SUV and overnighting at a less-than-resort-like motel near the San Jose police station, went on their way to the Pacific Coast resort.

Tuesday, they woke at 3 AM for the drive back to San Jose and the US embassy, only to find a 3 ½ hour line of people snaking out the door and onto the sidewalk. All waiting to replace stolen passports. Compounding the problem, the embassy only provides passport replacement services between the hours of 8 and 11 each morning. Sandy and Jack made it into the embassy, up to the desk where the forms were distributed and had started filling them out when the clock struck 11. Sorry, they were told. You have to leave and come back tomorrow. They returned the next day, finished the process, and then had to wait another two days for the passports to be issued.

Ultimately, Sandy and Jack did have a couple of good days in Costa Rica and did make it home safely, albeit without many of electronics they had bought to record their adventure. I asked Sandy what was the worst part of the experience and she replied immediately, “Oh, it wasn't

what we lost. Not at all. It was the way we felt. We didn't feel safe.”

When Sandy landed in the US and gave her temporary passport to the US Customs agent, he said “Oh you've been to Costa Rica. I guarantee you before the rest of the plane empties I'll have another 10 temporary passports.”

I have one word—sad. Bud and I have been to Costa Rica twice, both wonderful experiences. Would we go now? Perhaps not.

If Trouble Finds You

- Pack color copies of your passport photo pages in several places in your luggage. Always keep the originals on your person or in your room safe.
- Practice situational awareness. One person in your party should be assigned to watch over possessions, especially in airports and on the road.
- Paying a security guard \$5 to watch your car while you're in a restaurant may seem unnecessary and annoying...but if it saves your things, it's a good investment.
- If your things are stolen, call the police, file formal reports and keep copies—even if they are in a foreign language.
- Always make note of your destination's US Embassy contact info before you leave.
- Keep receipts of credit card purchases made for the trip—Sandy did so, and her credit card reimbursed her for all her stolen possessions.

ROTARY CAR SHOW GROWS AGAIN

The Bow Rotary Car Show held on May 14th was a huge success and continues to grow every year. The Car Show committee reported that 158 cars registered for the show and that there were in excess of 850 people in attendance for this year's show. For a list of winners and sponsors, please visit www.bowrotarycarshow.com and click on “2016 Winners & Sponsors”. A big thank you to all of the car owners and spectators who attended this year's show.



People's Choice Award Winner, Don Wood of Quaker Hill, CT with his 1933 Plymouth PD Sedan. Photo by Eric Anderson



Best in Show Award Winner, Don Nicolls of Pelham, NH with his 1955 Chevy Belair 2 door. Photo by Eric Anderson

BOW GARDEN CLUB

By Joyce Kimball

"The BEE –A Natural History." "Noah Wilson-Rich, Author Photo by Joyce Kimball

Bow Garden Club members enjoyed an inspiring presentation by Noah Wilson-Rich, Ph.D, founder and chief scientific officer of The Best Bees Company, a Boston-based beekeeping service and research organization, at their May 9th meeting.

Best Bees delivers, installs and manages beehives for residences and businesses in select markets nationwide. Wilson-Rich talked about his experiences as an expert in urban beekeeping and his ongoing research as a "bee biologist" focusing on improving bee health. Bees are absolutely essential to the reproduction of flowering plants—plants they inadvertently pollinate as they extract nectar going from flower to flower. The process of pollination not only produces beautiful flowers and trees, but the fruit, vegetables and seeds we eat.



As the general public has recently become aware, bees are dying at an alarming rate due to disease, pesticides and habitat loss, attributing to bee colony loss around the world. Wilson-Rich and his staff of Ph.D.s, beekeepers and student researchers oversee multiple research projects, all with the shared goal of improving honey bee health.

JULY 11 TOUR

Members of the Bow Garden Club will be meeting at three members' homes on July 11th to hold their annual "Progressive Dinner and Garden Tour" for members and their guests.

Appetizers and beverages will be served at one home, followed by the main course and side dishes at the second, ending with the dessert course at the third home.

While at each home, attendees will have the opportunity to enjoy the residents' gardens and learn from others' gardening experiences.

Look for photos in the next issue.

ANNUAL MEETING

The New Hampshire Federation of Garden Club's (NHFGC) District II garden clubs of Bow, Goffstown, Hooksett, Manchester and Opechee (Laconia/Gilford) hosted the 83rd Annual Meeting of the New Hampshire Federation of Garden Club on May 25th at the Manchester Country Club in Bedford. The meeting's theme was "Spring Symphony" and following the business meeting, attendees were treated to chamber music played by a local string quartet while they socialized prior to the awards luncheon. 140 representatives of NHFGC's 20 garden clubs attended the business meeting, awards presentation and luncheon.

MEMBERS PLANT SALE 2016

The Bow Garden held their annual Spring Plant Sale on May 28th at the Bow Community Center starting off the Memorial Day holiday weekend. The doors opened at 8 a.m. and by 10 a.m. a good portion of the plants they had unloaded, sorted and priced the evening before were already sold. Patrons, many of whom have made it a tradition to shop the garden club's plant sale on the Saturday of Memorial Day weekend, scooped up armloads and trays of brightly colored annual plants in 6-packs and 4 1/2 "and 8" pots as well as accent plants, herbs and gorgeous hanging plants. The club also offered a large variety of perennial plants, some from a local commercial grower and literally hundreds more that members recently dug up from their own gardens to share with others (and undoubtedly to make room for new varieties).

The club is able to sell these donated plants to the public for very low prices and still gain a nice little profit. Members were on hand to



One of the several long aisles of plants for sale at the Bow Garden Club 2016 Spring Plant Sale



Workers pose for a group photo outside the Bow Rec Center

answer questions about plant needs and their best applications, to offer advice on plant combinations for container gardens, etc. and they assisted their customers by carrying their purchases out to their cars. A silent auction for a fairy garden with tiny plantings, garden furniture and accessories, complete with a fairy (and her little dog) in residence, was held as an additional fundraiser. Members also distributed paper poppy boutonnieres to plant sale patrons in honor of Memorial Day and our Veterans of Foreign War, courtesy of the Bow Men's Club. The garden club would like to thank all the people from Bow and surrounding areas that patronized this year's spring plant sale, helping the club to continue their civic beautification efforts and add to their BHS scholarship fund. Photos by Joyce Kimball.

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BOW REAL ESTATE SALES

May 2016 Sales in Bow

- 108 Peaslee Rd, 3100 gla, glaag 3100, 4 br, 2.5 bath, 2 car att., 1.00 acres, Sold \$538,021 05/13/16
- 141 Page Rd, 2300 gla, glaag 2300, 3 br, 2.5 bath, 2 car att., 5.28 acres, Sold \$380,000 05/31/16
- 65 Knox Rd, 2540 gla. Glaag 2364, 4 br, 2.5 bath, 2 car under, 3.66 acres, Sold \$367,900 05/20/16
- 5 Audley Divide, 1971 gla, glaag 1971, 3 br, 2.5 baths, 2 car det., 3.23 acres, Sold \$337,500 05/16/16
- 48 bow Bog Rd, 3985 gla, glaag 2833, 4 br, 2.5 baths, 2 car att., 2.20 acres, Sold \$339,300 05/19/16
- 177 Page Rd, 2824 gla, glaag 2224, 4 br, 3.5 baths, 2 car under, 1.08 acres, Sold \$333,000 05/27/16
- 46 Albin Rd, 3114 gla, glaag 2506, 4 br, 3.5 baths, 2 car att., 1.0 acres, Sold \$325,000 05/27/16
- 41 Grandview Rd, 3104 gla, glaag 2576, 4 br, 3.5 baths, 2 car att., 1.00 acres, Sold \$299,000 05/25/16
- 3 Abbey Rd, 2852 gla, glaag 2352, 3 br, 2.5 baths, 2 car under, 2.10 acres, Sold \$285,000 05/31/16
- 140 Hooksett Tpk, 2078 gla, glaag 1632, 3 br, 2.0 baths, 2 car under, 2.60 acres, Sold \$270,000 05/31/16
- 15 Red Pine Dr, 1892 gla, glaag 1250, 3 br, 2.0 baths, 2 car att., 1.30 acres, Sold \$265,000 05/18/16
- 4 Bent Rd, 1736 gla, glaag 1736, 3 br, 1.5 baths, 2 car att., 1.05 acres, Sold \$275,000 05/18/16
- 43 Grandview Rd, 2016 gla, glaag 2016, 3 br, 2.5 baths, 2 car under, 1.20 acres, Sold \$260,000 05/20/16
- 53 Putney Rd, 2093 gla, glaag 1729, 3 br, 2.0 baths, 2 car det., 2.00 acres, Sold \$249,900 05/06/16
- 7 Lincoln Dr, 1768 gla, glaag 1196, 3 br, 2.5 baths, 1 car under, 2.43 acres, Sold \$257,000 05/25/16
- 70 White Rock Hill, 1512 gla, glaag 1512, 3 br, 1.5 baths, 1 car att., .53 acres, Sold \$240,000 05/16/16



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- 285 Page Rd, 1144 gla, glaag 1144, 3 br, 1.5 baths, no garage, .98 acres, Sold \$218,000 05/03/16
- 43 Woodhill Rd, Land, 3.07 acres, \$100,000 05/24/16
- 960 Route 3A, Land, 14.85 acres, \$82,000 05/13/16
- 102 Woodhill Rd, Land, 5.17 acres, \$75,000 05/16/16

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

These statistics are for all Bow Sales for the period 5-1-16 thru 5-31-16, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

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
lshutton@aol.com www.lindahutton.com

DON'T MISS THE 42ND ANNUAL MARKET DAYS FESTIVAL - DOWNTOWN CONCORD JUNE 23-25



What's New Hampshire's favorite free community event? Ask anyone: it's Intown Concord's 42nd Annual Market Days Festival, presented by NH Federal Credit Union – when historic downtown Concord transforms into a half-mile-long street fair rivaling any in New England!

Market Days takes place Thursday, June 23 through Saturday, June 25, 10am to 10pm daily. This year's festival is BIG, and it's better than ever, with eight entertainment venues and some 190 vendors with a mind-boggling array of good things to eat, drink, see, do, and buy.

As always, the Market Days Festival is FREE to attend. In between shopping and eating to your heart's content, you can catch live, local music and community

performances, enjoy mini golf and the Kids' Play Zone, Arts Market, Touch-A-Truck, the Multicultural Festival, and free family fun throughout the festival.

Nowhere else in New Hampshire can you find an extravaganza like Market Days, where the heart of the Capital City is closed to cars and opened to people for three whole days of celebration! Bring a friend, and check out the charming "new" North and South Main Streets, recently reconstructed with wide sidewalks, beautiful plazas, and expanded outdoor dining.

Find a full schedule of Market Days events, vendor lists, and all the details you need at intownconcord.org.

NEWS MEDIA: Images of past Market Days Festivals are available for download and use. Go to our website at www.intownconcord.org.

Coming JUNE 23-25, It's Intown Concord's...



MARKET DAYS FESTIVAL

Celebrating 42 years in DOWNTOWN CONCORD

June 23-24-25

10 to 10 daily

Details & schedules: www.intownconcord.org

Food Food Food!

FREE Admission!

Shopping @ 190 vendors!

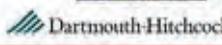
Music & entertainment!












MID-LIFE MONEY ERRORS

If You Are Between 40 & 60, Beware Of These Financial Blunders & Assumptions

By Dominic Lucente, CFP

Between the ages of 40 and 60, many people increase their commitment to investing and retirement saving. At the same time, many fall prey to some common money blunders and harbor financial assumptions that may be inaccurate.

These errors and suppositions are worth examining, as you do not want to succumb to them. See if you notice any of these behaviors or assumptions creeping into your financial life.

Do you think you need to invest with more risk? If you are behind on retirement saving, you may find yourself wishing for a “silver bullet” investment or wishing you could allocate more of your portfolio to today’s hottest sectors or asset classes so you can catch up. This impulse could backfire. The closer you get to retirement age, the fewer years you have to recoup investment losses. As you age, the argument for diversification and dialing down risk in your portfolio gets stronger and stronger. In the long run, the consistency of your retirement saving effort should help your nest egg grow more than any other factor.

Are you only focusing on building wealth rather than protecting it? Many people begin investing in their twenties or thirties with the idea of making money and a tendency to play the market in one direction – up. As taxes lurk and markets suffer occasional downturns, moving from mere investing to an actual strategy is crucial. At this point, you need to play defense as well as offense.

Have you made saving for retirement a secondary priority? It should be a top priority, even if it becomes secondary for a while due to fate or bad luck. Some families put saving for college first, saving for mom and dad’s retirement second. Remember that college students can apply for financial aid, but retirees cannot. Building college savings ahead of your own retirement savings may leave your young adult children well-funded for the near future, but they may end up taking you in later in life if you outlive your money.

Has paying off your home loan taken precedence over paying off other debts? Owning your home free and clear is a great goal, but if that is what being debt-free means to you, you may end up saddled with crippling consumer debt on the way toward that long-term objective. In June 2015, the average American household carried more than \$15,000 in credit card debt alone. It is usually better to attack credit card debt first, thereby freeing up money you can use to invest, save for retirement, build a rainy day fund – and yes, pay the mortgage.¹

Have you taken a loan from your workplace retirement plan? Hopefully not, for this is a bad idea for several reasons. One, you are drawing down your retirement savings – invested assets that would otherwise have the capability to grow and compound. Two, you will probably repay the loan via deductions from your paycheck, cutting into your take-home pay. Three, you will probably have to repay the full amount within five years – a term that may not be long as you would like. Four, if you are fired or quit the entire loan amount will likely have to be paid back within 90 days. Five, if you cannot pay the entire amount back and you are younger than 59½, the IRS will characterize the unsettled portion of the loan as a premature distribution from a qualified retirement plan – fully taxable income subject to early withdrawal penalties.²

Do you assume that your peak earning years are straight ahead? Conventional wisdom says that your yearly earnings reach a peak sometime in your mid-fifties or late fifties, but this is not always the case. Those who work in physically rigorous occupations may see their earnings plateau after age 50 – or even age 40. In addition, some industries are shrinking and offer middle-aged workers much less job security than other career fields.

Is your emergency fund now too small? It should be growing gradually to suit your household, and your household may need much greater cash reserves today in a crisis than it once did. If you

YOU HAVE QUESTIONS...

Will I run out of money in retirement?

How can I make sure **taxes** don't eat up my **estate** when I die?

How am I going to be able to afford **college** for my kids?



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have no real emergency fund, do what you can now to build one so you don't have to turn to some predatory lender for expensive money.

Insurance could also give your household some financial stability in an emergency. Disability insurance can help you out if you find yourself unable to work. Life insurance – all the way from a simple final expense policy to a permanent policy that builds cash value – offers another form of financial support in trying times. Keep in mind; insurance policies contain exclusions, limitations, reductions of benefits, and terms for keeping them in force. Your financial professional can provide you with costs and complete details.

Watch out for these mid-life money errors & assumptions. Some are all too casually made. A review of your investment and retirement savings effort may help you recognize or steer clear

of them.

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

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Citations.

1 - nerdwallet.com/blog/credit-card-data/average-credit-card-debt-household/ [6/25/15]

2 - tinyurl.com/oalk4fx [9/14/14]

**YOUNG AT HEART CLUB OF BOW CELEBRATES
40 YEARS OF FUN**

By Faye Johnson

In 1976 Bow Recreation Director Bob Wheeler called a meeting of senior citizens to form a senior group. Five attended the first meeting, 9 the next meeting and the Young At Heart Club of Bow was born. The dues were \$.25 a week and members met every Wednesday in the Municipal Building. The first trip was on April 7 to the Boston Flower Show, followed by the Manchester Flower Show, the Budweiser Brewery in Merrimack and several others. They had a white elephant table at the famous Bow Spring Carnival to raise funds. The Charter was registered on April 27, 1977, with 29 Charter Members.

In 1977, the club colors of purple and gold were chosen and Hilda and Phil Sargent represented the Club as King and Queen in the 250th celebration of the Town. There were 55 members and the object of the Club was to be “doers not donefors” through service to others, community participation and social get-togethers. That is still true today.

There are 65 members today and membership is open to all Bow residents over 55. Annual dues are \$10. Meetings are held at the Bow Community Building at 11:30 AM every 2nd and 4th Wednesday of

the month (November, December, January & February 2nd Wednesday only). New members can join at any meeting and are eligible for Club benefits after attending three meetings.

TRIPS AVAILABLE THIS YEAR:

June 23 R. I. Bay Lighthouse & Harbor Tour; lunch at Quonset O Club

Aug - Life’s a Beach!” Clambake Restaurant: Double Lobster

Oct 6 -Cranberry Harvest Tour; Lunch at Isaac’s

Dec. 7 - Leddy Center “A Christmas Carol”; lunch at the Holy Grail

Contact Carol Walter 753-8000 for more information. Non-member Bow residents are welcome to sign up for these trips to fill vacant seats. 40 years ago these trips were taken in a Bow School Bus. Happy to say we now have air-conditioned coaches. We also have monthly speakers, play Bingo and other games, go out for ice cream, pot luck lunches, pizza parties and a great Christmas restaurant lunch. Bow seniors stop by and check us out!



BYAH Members Enjoying Recent Squam Lake Tour w/Lunch at Walter's Basins

**HERBICIDE
SPRAYING OF
THE NORTHERN
RAIL TRAIL**

By Linda Howes

The Friends of the Northern Rail Trail Merrimack County (FNRT-MC) Board of Directors have contracted with a licensed applicator the spraying of herbicides (Glyphosate and other chemicals) on a 6-mile section of the trail from Chance Pond Rd, Franklin to Stirrup Pond Rd, Boscawen for vegetation control.

The FNRT Board have agreed to post signs on this section of the trail the day of application.

The Board is considering future herbicide application to the remaining 33 miles in Merrimack County.

As a frequent user and lover of the Northern Rail Trail I feel others would appreciate knowing about the spraying of herbicides on the trail.

For more information or to share your concerns contact Friends of the Northern Rail Trail at Info@FNRT.org, through Facebook ([facebook.com/FNRTNH](https://www.facebook.com/FNRTNH)).

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The Mini Page

Founded by Betty Debnam

Imagine Dad ...



Mini Quiz:

Your dad may wear a uniform to work. What does his uniform include?

For Father's Day, The Mini Page thought it might be fun to picture Dad in some duds that men have worn through the centuries.

You might draw in your dad's face, or you might find a small photo of his face, cut it out, and place it in front of each blank face to see how he might have looked. Color in the skin tones. Be sure to show it to him!

A Viking

He would have worn a leather hat (they did not add horns to them), a wool cloak and trousers, and a shirt of linen. The cloak is held up with a pin.

• A.D. 700 to 1000



In the Middle Ages

Dad would wear a hat, a tunic with a high collar and trailing sleeves, and sock hose (socks with leather soles built in). The sock toes might be so pointed that he would have trouble walking. He might stuff them to make them stand out even farther.

• 14th century



A Pilgrim

Picture Dad in a broad-brimmed beaver-skin hat, linen collar, a doublet (close-fitting jacket), linen cuffs, breeches, stockings and shoes.

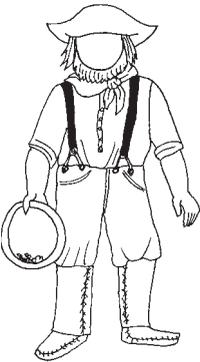
• 1621



A forty-niner

To prospect for gold, Dad would wear a deerskin hat and shirt, a bandanna around his neck, pants made of canvas and a pair of deerskin leggings. He also might wear leather moccasins.

• 1849



All dressed up

On a fine turn-of-the-century day down by the seaside, Dad could be spotted in a striped jacket, a straw hat, white buck shoes and a bow tie.

• 1900



A motorist

To go out driving in his new Model T, he'd wear a linen coat called a duster to protect him from the dusty roads. He'd also put on a cap, driving gloves and goggles.

• 1912



In the Roaring '20s

Dad would keep warm in a fur coat that almost touched the ground over his business suit. He'd top it off with a felt hat.

• 1920s



What does your dad wear?

Think about what your dad wears most of the time. Does he wear a suit to work? Does he wear shorts on the weekend?

Draw a picture of your today's fashions.

DRAW YOUR PICTURE HERE:

Try 'n' Find

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

BREECHES, CENTURIES, CLOAK, COLLAR, DEERSKIN, DOUBLET, DUDS, DUSTER, FELT, FUR, GOGGLES, HAT, IMAGINE, MOCCASINS, PILGRIM, STOCKINGS, TROUSERS, TUNIC, UNIFORM, VIKING.

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



The Mini Page® © 2016 Universal Uclick

Mini Jokes



Forest: What did the papa robin say to the baby robin?
Frank: "You're a chirp off the old flock!"
Fiona: My dad can play the piano by ear!
Frances: Well, my dad fiddles with his whiskers!

Puzzling

Unscramble the words below that remind us of fathers.



smodwi _____
 eksoj _____
 lsreu _____
 ahcet _____

Answers: wisdom, jokes, rules, teach.

Eco Note



Researchers have shown that polar bears are being forced to swim more often and for much longer distances as sea ice around the North Pole melts because of climate change. The longer swims are particularly hard on mothers with cubs.

adapted with permission from Earthweek.com



BAKER FREE LIBRARY NEWS

By Susan Hatem

BEHIND THE SCENES AT THE LIBRARY

Fundraising Update

To date \$552,000 or 92% of the funds needed to complete the renovation of the lower level at the Baker Free Library have been raised. With your contribution, the private funding goal can be met, and the project can be completed.



WE ARE ALMOST THERE!

The library and all the people that support it have almost reached our goal of raising \$600,000 to finish the lower level for community use. What started with a public survey showing strong interest and a to-do item in the Town of Bow's 2004 Master Plan has culminated in the lower level project. When completed, the lower level will house a 75-person meeting room, a smaller meeting room, tutoring rooms, a Bow Heritage Commission archive and workspace, and more.

Over the course of several town meetings, voters have dedicated \$300,000 toward the renovation. Meanwhile, volunteers have privately raised over \$252,000. We need only \$50,000 more to start construction in the fall. Please help us finish! See the library's website, www.bowbakerfreelibrary.org, or the Baker Free Library Foundation website, <http://bakerfreerenaovation.com>.

org, for more information about the lower level plans, how to donate, and recognition of individual and business contributors on our library-wall mounted "donor tree."

Meanwhile, let us introduce you to all the groups behind the scenes that have been working toward making the lower level renovation happen.

The Baker Free Library Staff

These are the smiling people that check out your books, magazines, CDs, DVDs and devices, shelf materials, answer questions, organize programs, and troubleshoot technology. You see them at the front desk, in the schools, at White Rock, and around town, helping to make the library a vibrant and essential part of the Bow community.

The Baker Free Library Board Of Trustees

The trustees are Bow residents, each elected for a five-year term, who work with the director to oversee the library, including the management, budgeting, long range planning, and staffing.

The Friends Of The Baker Free Library

The Friends organization is a long-standing 501(c)3 tax-exempt New Hampshire non-profit made up of volunteers. The Friends support the library and its museum pass program through various fundraising events, such as the perpetual book sale in the lower level, and the children's used clothing sale. Volunteers are always welcome, whether to help with a single event or more.

The Baker Free Library Foundation

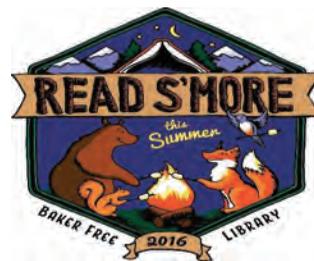
The Foundation is also a 501(c)3 organization, formed specifically to help raise and accept private donations for the lower level renovation project and, once completed, for future library needs. The Foundation encourages interested people who live or work in Bow to inquire about serving on its Board of Directors. Foundation directors' terms are three years.

The Lower Level Committee

This group is a committee of the Foundation. It includes library trust-

ees, the library director, Foundation directors, Friends, and various community members, all of whom gather together to do the actual fundraising. Over the last three years, members of this committee have reached out to local citizens and businesses for donations, hosted events, taken pictures, written articles and letters, and produced pamphlets, all to raise the funds needed to complete this project. Their dedication has brought us nearly to the finish but we need your help now. For more information, please visit the websites - or stop by the library!

SUMMER READING KICK-OFF ON JUNE 24



The Library's annual Summer Reading Kick-Off Event will take place on Friday June 24 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 or call 224-7113.

CLASSES & EVENTS FOR JUNE

All classes take place in the Library's Meeting Room (off of the Library's main entrance) unless otherwise noted. For more information, call 224-7113 or e-mail bowbakerfreelibrary@comcast.net

ADULT COLORING: THURSDAY JUNE 2, 6:30 P.M.

If you're an adult looking for a fresh, new activity that will help bring stress relief to your busy life, join us! Drop in and express your creativity in a relaxed environment.

We provide the materials, you bring the fun. The coloring patterns are geometric, intricate, and abstract, designed to appeal to adults.

BOOK TALKS: TUESDAY JUNE 14, 12:30 P.M. OR 6:30 P.M.

This month, we'll discuss *The Storied Life of A.J. Fikry* by Gabrielle Zevin. Participants can also pick up *When Books Went to War* by Molly Guptill Manning for our next discussion on July 12, 2016.

ADULT COLORING AT WHITE ROCK SENIOR LIVING: WEDNESDAY JUNE 15 AT 3 P.M.

If you are looking for a fresh, new activity that will help bring stress relief to your busy life, drop in and express your creativity in a relaxed environment. We provide the materials, you bring the fun. The coloring patterns are geometric, intricate, and abstract, designed to appeal to adults.

FAMILY READ-IN: MONDAY, JUNE 27, 8:00 - 9:00 P.M.

Bring your sleeping bag and flashlight and join us for weekly after-hours read-ins. This is a fun way for all ages to participate in summer reading S'mores will be served - of course! Pajamas are encouraged. No registration is required.

DROP-IN FAMILY STORYTIME: TUESDAYS JUNE 28, 10:30 A.M.

This program is for children up to age 6 with an adult. The 45-minute program is perfect for families with several children of different ages. Activities include stories, songs, fingerplays, flannel boards, creative movement, and simple crafts.

DROP-IN ACTIVE LISTENERS: THURSDAY JUNE 30, 10:30 A.M.

This 30-minute interactive program is for children under age 3 with an adult. Activities include songs, simple fingerplays, elementary flannel boards, very short books, and easy movement activities.

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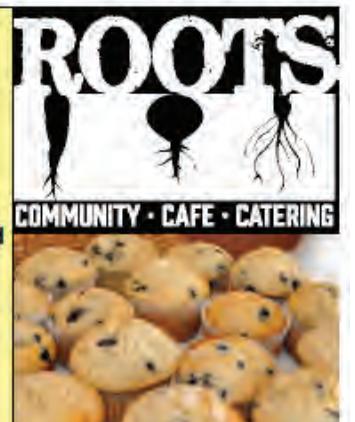
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THE PROS AND CONS OF STAYING HOME

By Donna Deos

When you are having important conversations with your loved ones the topic of moving or staying home will eventually come up. When this does come up many people have strong feelings about it. The mass media has done a great job in the past decade of vilifying retirement communities and making people feel like failures if they decide to leave their home. This, in my view, is very sad. Retirement communities have so much to offer it's not right for them to be positioned as a bad place. Likewise, staying in your home has some nice plusses, but it has some really big minuses too (most all of which are addressed and satiated when you move to a community).

I have also done quite a bit of research into In-Home Care companies just so I can be fair to all concerned when helping them with their own decisions. For a full detailed batch of information on this go to my U-Tube page and view the video interview I have there with Laurel Trahan, the owner of *Age at Home*, an in-home care company here in New Hampshire. She expertly handled all of my questions. I think you will really enjoy her information on in-home care. She's a wonderful lady.

SO, WHAT ARE SOME OF THE PROS FOR STAYING IN YOUR OWN HOME?

Well first, it's the path of least resistance. You don't have to move, you don't have to downsize, you don't have to feel inadequate or not independent, and you don't have to start over in a new place making new friends. Second, there are many services available to enable you to stay at home as your needs change. Things like, transportation, meal delivery service, in home care agencies, medication delivery services, etc. It's a booming industry for sure. Third, homes can be enhanced physically to make staying put easier as well. You can have ramps added, move your bedroom to what used to be your dining room so you can eliminate stairs. Also, you can install step in showers or other new-fangled bathing systems, and you can get a safety alert system. The options are almost limitless for the enhancements you can make to your house.



WHAT ARE SOME OF THE CONS?

Your children will worry more because there are less safety nets available and less eyes on you should something go wrong. When you become less mobile and/or give up driving you will become more socially isolated. If your vision fails the safety risks go up. When you need medical care down the road you have fewer options as you will be subjected to going wherever there is an opening available at that time versus where you may prefer to go because they have better care.

In home care tends to be non-medical because of licensure. They can help you with many wonderful things, but they are not allowed to be nurses and manage your medications for you. That requires the Visiting Nurses Association, which is a very good resource, but still, more different people in and out of your home and the costs coincide with the added expertise.

Your food choices become more limited as well as shopping and cooking. If you aren't able to easily get out your food options are more limited. I'm not saying this to depress you, it's simply factual. People who live in their own homes as senior citizens have more nutritional challenges and issues than those in communities where healthier options are more readily and easily available. People in their own homes also have a higher risk of accidents than those living in communities where household maintenance and yard work is provided by others. Which, naturally brings me to mentioning the headaches of home ownership and managing all of the people who do yard work, snow removal, repairs, etc. Plus, you have your property taxes.

As needs increase you also get to manage (or your advocate or

adult child gets to manage) your schedule of who is coming to help with what, when and what to do if/when someone calls out and cannot fulfil the service they were supposed to be providing for that day and time. The final downside I will list is that all those changes you make to your home for you to be able to stay there will affect the resale options for it. You will have shrunk your market to other seniors who don't want to leave their home either. Young families don't want all of those senior citizen changes to undo before moving in. They want to have something up to date and turnkey for ease of move in. Don't believe me? Watch HGTV. Please know that if you decide to stay put. That's okay. This is your life. It's your choice. It should be what you want it to be. All I ask is that you examine the WHY part of the decisions you make. Look at why you want to move or stay. Really explore it and make sure you are making the best decision for you. If there is anything I can do to help you figure this out, please reach out to me. I'm happy to help you find the right solution for you. I'm also happy to help you find the best way to communicate that to your well-meaning loved ones who may be of a different opinion.

Until we talk again, take good care!

When a man broke into a home in Bangor, Mich., he found himself staring down the barrel of a shotgun held by a female resident. The woman had been entertaining friends when they heard suspicious noises outside.

While the guests went outside to investigate, the woman grabbed her shotgun. After the stranger broke in, she held him at gunpoint until the police arrived. (WWMT.com, Kalamazoo, Mich., 3/7/16)

One employee responded to screams of "active shooter" at his workplace by running out to his car, retrieving his gun, tracking down the shooter and holding him at gunpoint until the authorities arrived. The incident occurred at a Jacksonville, Fla., landscaping company, when a disgruntled employee shot and killed his supervisor. Someone who heard the shots called 911, but it was the armed citizen's quick action that prevented the malcontent from fleeing the scene. The suspect was later arrested and charged with one count of murder. (CBS47 and FO30, Jacksonville, Fla., 3/10/16)

Reprint from The Armed Citizen, American Fifleman, June 2016

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BOW HIGH SCHOOL SPORT HIGHLIGHTS

BOYS VARSITY BASEBALL

BOYS LOSE TO MONADNOCK 4-2 IN THE DIVISION III BASEBALL CHAMPIONSHIP

Game Date: June 11, 2016

The Falcons gave it their all with Brendan Winch throwing a complete game limiting Monadnock to 4 runs to the Falcons 2 in the Division III finals against Monadnock at Northeast Delta Dental Stadium in Manchester on Saturday.

BOYS DEFEATS HOPKINTON 7-3 AND ADVANCE TO DIII FINALS!!!

Game Date: Jun 07, 2016

The Falcons soared to a 7-3 victory over the Hawks in the Division III semifinals at Southern New Hampshire University.

JEFF BELL'S NO-HITTER LEADS TO DIII TOURNEY WIN OVER WINNISQUAM 10-0

Game Date: Jun 02, 2016

Key players: Jeff Bell (6 IP, no-hitter, 8 strikeouts, BB and 1-for-2, RBI, 2 IBB), Ben Guertin (2-for-4, 2 RBI, 2 runs), Austin Beaudette (2-for-3, run, 2 RBI)

Highlights/key moments: Jeff Bell pitched a no-hitter in what assistant coach Dennis Ordway called "probably the best outing in his four years." It was 1-0 Bow through four innings but the Falcons broke it open with a seven-run fifth inning. Eight of the nine players in Bow's lineup finished with a hit.

BOYS LOSES TO MONADNOCK 2-5

Game Date: May 27, 2016

Key players: Jeff Bell (2-for-3), Ryan Murray (2 RBI, 4innings of shutout relief)

Highlights/key moments: Monadnock jumped out to a 4-0 lead after three before the Falcons got two back in the fourth, but that was all they would get.

BRENDAN WINCH PITCHES SHUTOUT AS BOYS VARSITY BASEBALL DEFEAT CONANT 1-0

Game Date: May 26, 2016

Key players: Bow – Brendan Winch (9 IP, 1 hit, 1 BB, 3 Ks), Austin Beaudette (RBI single), Jack Corriveau (run)

Highlights/key moments: The Falcons struck when Corriveau got on board, advanced on a groundout and scored on Beaudette's two-out single. That was all the support necessary for Winch, who allowed two

runners in the first and then shut down the Orioles.

BOYS LOSES IN EXTRA INNINGS TO PELHAM HS SCHOOL 7-8

Game Date: May 23, 2016

Key players: Jeff Bell (6.2 IP, 8 K; 1 hit), Jack Corriveau (2 hits), Connor Lorenz (2 RBI)

Highlights/key moments: Bow took a 4-0 lead, but in the third Pelham used a three-run homer to tie the game after getting its first run of the game. The teams traded runs into extras tied at 6-6, which included Bow getting out of a bases-loaded jam after giving up the tying run in the bottom of the seventh. In the 10th inning, Pelham scored to tie the game at seven, but Bow was able to throw out a runner at the plate for the second out. With runners on the corners, Bow intentionally walked Pelham's cleanup hitter, who homered and hit a double earlier. The next batter was hit by a pitch, bringing in the winning run.

BOYS CONTINUE WINNING WITH VICTORY OVER KEARSARGE 9-1

Game Date: May 18, 2016

Key players: Christian McDonald (3-for-4, 3 RBI, 2 doubles, 2 runs), Jeff Bell (5 IP, 1 run, 2 hits, 4 K, 1 BB), Austin Beaudette (2-for-3, RBI, 2 runs), Connor Lorenz (2-for-2, RBI), Jack Corriveau (home run)

Highlights/key moments: The Falcons scored five runs in the first three innings to take control early. It was the seventh win in eight games for the Falcons.

BOYS DEFEAT HOPKINTON 4-3 WITH DRAMATIC WALK-OFF!

Game Date: May 16, 2016

Key players: Bow – Brendan Winch (pitched complete game for the win), Conner Lorenz (2-for-4, walk-off double), Austin Beaudette (2-for-3);

Highlights/key moments: The Falcons trailed 2-0, but tied the game in the fourth and broke a 3-3 tie in the seventh with Lorenz's walk-off double in the bottom of the inning.

CONGRATULATIONS TO ALL OF THE ATHLETES OF THE BOW SCHOOLS FOR GIVING IT THEIR ALL THIS YEAR!

CO-ED VARSITY TRACK

DOMINIQUE BIRON GIRLS TRACK MVP

Dominique Biron led the Bow Falcons to third place at the Division III championships.

Biron won the high jump and posted the fastest time in the 100 meter prelims (13.13 seconds) before reaching a personal record (13.03) in the finals to win her second title.

Biron then placed second in the 300 hurdles with 47.34. Biron won the 200, and finished second in the 100 hurdles.

Biron earned 38 of Bow's 55 points at the state meet and helped the Falcons finish third in the division for the second straight year.

"Her performances speak for themselves. There are no words," Bow Head Coach Jon Uhouse said. "She's a natural athlete for track."

GIRLS VARSITY LACROSSE

GIRLS COME UP SHORT AGAINST DERRYFIELD IN DII PLAYOFF QUARTERFINALS

Game Date: May 26 June 2, 2016
Score: Falcons 14, Derryfield 15

Key players: Taylor Darrell (6 goals), Olivia Krause (3 goals), Amanda Murray (goal), Zoe Jukoski (goal), Sofia Darrell (goal), Julia Landcastle (goal), Maggie Vogt (goal).

Highlights/key moments: Bow was down 12-4 at halftime, but came all the way back to get the deficit to just one. Bow had possession in the closing seconds and was able to get a shot off before the whistle, but couldn't beat the Derryfield goaltender.

Coach's quote: "It was a great season of growth and teamwork." Bow's Chris Raabe

BOYS VARSITY LACROSSE

BOYS DEFEAT JOHN STARK 9-4

Game Date: May 24, 2016

Key players: Jared Reynolds (6 goals), Colin Tracy (2 assists), Brendan Ulrich (goal, assist), Ben Podis (2 goals, assist), Justin Mooney (assist), Colin Buck (assist).

Highlights/key moments: After taking a 6-2 lead into halftime, Bow was able to maintain the four-goal lead until putting one in late to seal the victory.

BOYS VARSITY TENNIS

BOYS END SEASON WITH UPSET LOSS IN QUARTER-FINALS TO INTER-LAKES

Game Date: May 24, 2016
Score: Falcons 3, Inter-Lakes 6

Key Players: Owen Molind (8-3 win at No. 4 singles), Dillan D'Allesandro (8-5 win at No. 6 singles), D'Allesandro/Mile Mullen (8-4 win at No. 3 doubles)

Bow beat Interlakes on May 21 with a score of 5-4. No. 4 Owen Molind (8-3), No. 5 (Adiya Shah (8-2) and No. 6 Jack Olson (8-2) all won their singles matches and Molind and Olson completed an undefeated doubles campaign with an 8-2 win at third doubles.

GIRLS VARSITY TENNIS

GIRLS ADVANCE TO SEMI-FINALS WITH BIG WIN OVER PELHAM

Game Date: May 26, 2016
Score: Falcons 8, Pelham 2

Key players: Laura Zbhelik (8-4 win at No. 1 singles), Claire Mulvaney (8-4 win at No. 4), Sarah Zecha (8-4 win at No. 5), Julia Currier (8-4 win at No. 6)

Highlights/key moments: The Falcons continued their undefeated season and advance to the semifinals for a remarkable sixth straight year. After taking a 4-2 lead in singles, Bow swept the doubles courts clean. Zbhelik and Mulvaney teamed for 8-4 win at No. 1 doubles. Currier and Casey Day got together for an 8-6 win at No. 2 doubles, Zecha and Nandita Kasireddy completed the sweep with an 8-2 win at No. 3 doubles.

GIRLS COMPLETE UNDEFEATED REGULAR SEASON WITH WIN OVER WHITE MOUNTAINS

Game Date: May 20, 2016
Score: Falcons 7, Inter-Lakes 6

Key players: Laura Zbhelik (8-4 win at No. 1 singles), Nandita Kasireddy (8-3 win at No. 2), Casey Day (8-1 win at No. 3), Julia Currier (8-0 win at No. 6)

Highlights/key moments: The Falcons completed an undefeated season with the win. Bow swept the doubles with Zbhelik and Claire Mulvaney winning 8-0 at first doubles. Day and Currier claiming an 8-5 win at second doubles and Kasireddy and Sarah Zecha teamed for an 8-1 win at third doubles.

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**LIFE INSURANCE AND LONG-TERM CARE INSURANCE
RATES TO JUMP SHARPLY**

By Chuck Douglas

Since 2008 life insurance company stock prices are down 12% wiping out \$30 billion in market value. Meanwhile the broader index gained 40%.

Why are insurers hurting? Because their premiums were highly dependent on how much money they made from bonds with high interest rates.

Because the Federal Reserve has kept interest rates low for 7 years those bonds return much lower interest than the 7 1/2 % a year that insurers were counting on. So what are the insurers doing? They are radically increasing premiums on long-term care insurance because it has been one of the ones hardest hit.

8,000,000 Americans own long-term care and many face

annual bills that will be 50% higher than what they had been paying. Policies permit rate increases and this has come as a shock to many of the insureds as they reach their 70s and 80s.

For instance, MetLife long-term care policies owned by one couple jumped to \$12,574 a year in premiums and for many folks there is no way to keep the policy and pay a \$1,000 a month in premiums.

Other insurers like Genworth are cutting benefits under the policies as a way to keep the premiums the same. Thus the long term impact of low interest rates is going to ripple down onto the consumer so you can expect benefit cuts and higher premiums to make up for it.

THE BOW TIMES

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NARWHALS COMPETE WELL

By Lisa Cohen

The Noisy Narwhals finished 13th out of 75 elementary level teams competing in the Improvisational Challenge at Global Finals 2016!

The whole team would like to thank the Bow community for their incredible support! With your help, the team raised enough money to cover registration fees and travel expenses to get to the competition in Knoxville, TN.



The BMS Noisy Narwhals show off their copy of The Bow Times after completing their Team Challenge at Destination Imagination Global Finals at the University of Tennessee in Knoxville. Right to Left: Grace Neff, Meghan Wray, Madison Kiniry, Emily Vincent, Jacob McDaniel. Photo courtesy of Lisa Cohen.

The Bow Times

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BOW COMMUNITY CALENDAR

Important Dates for Bow Voters

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



BISHOP BRADY ALUMNI ASSOCIATION "SPONSORING-A-VET PROGRAM"

By Kathy Woodfin
BBAA President

In 2014, after several years of planning, the Alumni Association held its first annual Veterans Breakfast honoring our St. John and Bishop Brady alumni who have served our country. The breakfast was followed by a school-wide ceremony where all the alumni Veterans in attendance were recognized and honored by the entire student body, faculty and staff. It was a huge success! This past year, in addition to the breakfast and school-wide ceremony, the Alumni Association unveiled our Veterans Wall Memorial prototype honoring our St. John and Bishop Brady High School alumni Veterans. The response was overwhelming. The alumni Veterans were touched to be honored and remembered in such a special way.

The Veterans Wall Memorial is an American Flag design and will be approximately 10' by 6'. In the waving stripes there will be individual 2.5" by 1.5" plaques with the names of our alumni Veterans. The Veterans Wall Memorial will be in a permanent location proudly displayed on the wall between our school chapel and the library, a heavily traveled hall for all to view.

Upcoming Events

June 25: Strawberry Festival
Bow Mills United Methodist
Church 10 a.m. - 2 p.m.

July 11: Bow Garden Club Progressive Dinner & Garden Tour

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.

But, in order to make this happen, the Alumni Association needs your help! First, we have posted the current listing of alumni Veterans on our website, www.bishopbrady.edu/veterans. We need you to review those classmates/family/friends that you are familiar with to make sure they are listed accurately. If you see any errors and/or any classmates who are not listed, please contact Eileen Sullivan Tormey at etormey@bishopbrady.edu or Maureen Kimball, Advancement Director at mkimball@bishopbrady.edu or 603-224-7418 x223.

Next, we need your financial support, through our "Sponsoring-a-Vet" program. All proceeds will help the Alumni Association pay for the cost of engraving, shipping, hardware and installation. The total cost is \$8,000. Sponsorship is \$25 per plaque. You can sponsor via the website at www.bishopbrady.edu/sponsoravet or mail your donation to Brady. In addition, all sponsors will receive an invitation to the 2016 Alumni Veterans Day Breakfast, which will include the unveiling of the Veterans Wall! The breakfast and unveiling is scheduled for Thursday, November 10th. Our deadline to order the wall unit is July 1, 2016! Please consider sponsoring a Vet, to honor all of our classmates who served our country! Thank you for considering a donation to this permanent tribute to our alumni Veterans.

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WHAT FILLING MATERIALS ARE AVAILABLE TODAY?

BY DR. MOSTAFA EL-SHERIF

This is one of the questions I hear every day in my office. There is a wide variety of filling material available to all patients today.

The one that is used regularly is called Amalgam but patients often call it silver filling. This material has served as excellent filling material for a long time and it is well documented in scientific journals. It is still the material of choice for back teeth.

Patients ask if the mercury in this material is a health hazard. I have reviewed a lot of research and evidence but there is no proof of health hazards with this material. In fact, dentists and their assistants generally have a higher exposure to mercury but they have a greater life expectancy and die from the same diseases as other folks do.

Unless new and compelling evidence is presented to the contrary, dentists will continue to inform patients that this material is available and safe.

Other filling material available for patients to choose from include:

- 1) Composite which patients call a white filling,



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

- 2) Ceramics, which is also white but stronger than Composite and lasts longer and finally
- 3) Gold.

Discuss the factors that should be considered by your dentist in choosing the filling material you should have for your teeth and budget.

BOW RESIDENT HONORED AS RECIPIENT OF RED SOX SERVICE SCHOLARSHIP AT FENWAY PARK



Bow resident Hayden Udelson was recognized as a recipient of the New Hampshire Red Sox Service Scholarship during a pregame ceremony at Fenway Park before the Red Sox-Indians game on Saturday, May 21.

The program awarded students from public high schools across New Hampshire with \$1,000 scholarships towards their college education based on academic performance, financial aid eligibility, and demonstrated community service.

The service scholarship program was introduced in 2010 by then-New Hampshire Governor John Lynch, and Red Sox Principal Owner John W. Henry and Red Sox Foundation Board Member Linda Pizzuti Henry. The program has since expanded from 10 qualifying New Hampshire public schools in its inaugural year to 50 in 2016. One student from each high school is chosen for the award. The service scholarships are available in all six New England States. Article and photo by Bianca Gasser

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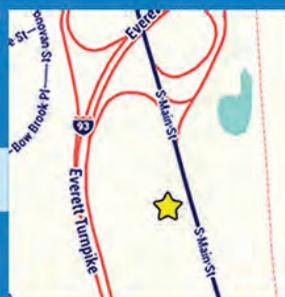
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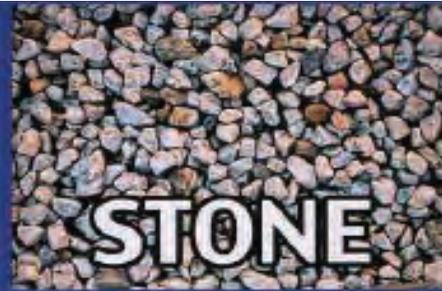
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