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VOL 23, NO. 7

July 2016

FREE

KLUBBEN AND BUTTRICK COST NEW BUILDING \$100,000 DUE TO BAD ADVICE

By Chuck Douglas

With the recent Public Utilities Commission approval of the deal that would permit the Merrimack station in Bow to be sold or auctioned the need for stepped up economic development in Bow is imperative. But no one should have to go through what Matt Brown Truck Repair on Thibeault Drive went through last year if we are going to expand the tax base in Bow.

Matt Brown specifically wanted to know whether he had to put sprinklers into his proposed new repair facility or not. This is a major cost and requires a sufficient water supply for the sprinklers to work. Brown was seeking construction of a 17,600 square foot building for both truck repair as well as for towing and secure storage area.

The building inspector, who was then Bruce Buttrick, and the Economic Development Director at the time, Bill Klubben, charged \$125 for Matt Brown to sit down them to explain whether or not he had to have sprinklers. After being assured that he did not need them Matt went ahead and had his foundation installed and he spent \$8,500 drilling a well, given the limited water needs he assumed he was facing.

Unfortunately for Matt, Klubben and Buttrick didn't know what they were talking about and it became a \$100,000 expense for Matt to extend the town water line to his new facility in Bow. As Matt explained it, "If I had known that they were giving me bad advice I could have planned on a bigger building to spread that massive cost over a larger facility. Unfortunately the foundation was already in and I had already paid for a well." This kind

of "inconsistency is not what the business community needs" if Bow is to expand and attract commercial enterprises, concluded Brown.

When it comes to building permits the system got even more complicated, because Matt was not able to record his site plan with these questions up in the air and until he can record the site plan he cannot receive a building permit. Apparently the issue of chicken and the egg site plan versus building permit has come up before and hopefully will not recur again.

As far as fees go for building permits, the town auditors on December 8, 2014, recommended that no town fees be waived without written authorization of the Town Manager or the Board of Selectmen and that the Board should adopt a policy and ensure that all town employees were made aware of it. This lack of strong controls was noted at page 151 in the 2014 Bow Town Report. Apparently Bruce Buttrick had been waiving the fees without any formal system in effect thereby giving waivers as he felt like it.

Both Klubben and Buttrick are no longer employed by the Town of Bow. Mr. Buttrick, as those in attendance at the 2015 Town Meeting may recall, is the town employee who stood up and threatened to sue the Town if a petitioned warrant article to repair the Community Building and Firehouse were to be passed. His remarks appear at page 42 of the 2015 Minutes of the Town Meeting contained in the Annual Report for 2015.

On a happy note Matt Brown has been very pleased with the replacements for Klubben and Buttrick and praises them as "better tuned to business development."

VOLUNTEER RECOGNITION NIGHT DRAWS 50



The Town put on a dinner prepared by the Bow Community Men's Club to recognize and honor those who serve the town on boards and commissioners as unpaid volunteers. The June 29 event drew at least 50 to be honored at the Old Town Hall.

BOW HIGH GRADUATES 112

By Melissa Proulx



Student speaker Hayden Udelson advised his classmates to always remember to say "thank you" and "please" – in that order. "Before we can ask it of our world, we have to appreciate what its given to us," he said.

The Class of 2016 will be remembered by a lot of the things they did during their four years at Bow High School: their 15 state championships from many of the sports teams; the more than a dozen theater students and their various productions; the first group of students from Dunbarton to graduate from the high school. And during their graduation in June in the high school gym, they made one last memorial moment – passing around an inflatable parrot instead of just the traditional beach ball. "A chili pepper would be cooler," joked Bow High School Principal John House-Myers.

The graduating 112 students passed the stage to begin the next phase of their lives. Of the group, 66 percent will go to a four-year college, 23 percent will go to a community college, 3 percent are going to take continuing education classes and the rest are going to continue or start working, according to House-Myers.

A handful of the graduates will also be joining various branches of the military as well: Anthony Dal Pos starts his ROTC training at George Washington University in Washington, D.C.; Alexander Hoeker and Rebecca Morrill, both enlisted in the U.S. Army; Justin Tisdale enlisted in the U.S. Navy; and Taylor York enlisted in the U.S. Coast Guard. "I think these are all very impressive statistics," he said.

House-Myers recounted a path the group of students took a few weeks ago, walking through the

halls of Bow's Elementary School, where they were greeted with the wide-eyes and high fives of the young students. It was what is known as "Circle of Life" experience, he said. You could really see the care and pride that was in everyone's eyes, he said. "It was really a special moment."

When it comes to future success, commencement speaker Dr. Christopher Naimie summed up his advice down to four words: "reflect, engage, adapt and repeat."

The school's science teacher advised each student to recognize not only the potential in themselves, but in those with whom they will work. "If you start to think too deeply about the details of someone's potential, you've missed the point," he said.

Reprinted from the N.H. Sunday News: June 12, 2016 with permission.

BOW ROTARY 2016 COMMUNITY SERVICE AWARD

BY DONNA DEOS



Photo by Eric Anderson

On Friday, June 24th at the Old Town Hall in Bow, the Rotary Club presented an award for community service to Jeff Kipperman. Each year the club honors community members who show exemplary service to the Bow Community, and, occasionally, they give awards to deserving Rotary Club members as well!

The community service award is given to an individual who has shown their commitment to Rotary and their community. Jeff is a stellar example of community service in action. If you own a business in the area, you know what we mean, because he has likely called you on the telephone many times to raise money for either our annual Summer Concert Series (going on Sundays at the Gazebo for the next six

ROTARY CONT. ON P. 2

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Printer – Seacoast Media Group

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

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Postal Information: Bulk rate postage paid at Portsmouth, N.H. Postmaster. Send address changes to the Bow Times Permit #130.

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EDITORIALS KEYSTONE COPS AND ECONOMIC DEVELOPMENT IN BOW

The front page story about Matt Brown Truck Repair in Bow is instructive in more than one way.

First of all, if Bruce Buttrick and Bill Klubben reported to work every day with the job of enforcing building codes and zoning requirements, one would expect them to be far more knowledgeable than an ordinary citizen. If the people who enforce the law don't understand it or give bad advice how can a citizen be presumed to know more than they do?

This question arose many years ago when the new rooms and meals tax went on the books and the question of taxing sandwiches that were premade versus those consumed on premises was vexing many in the business community.

One man named John Denman specifically sought out the advice of the Department of Revenue Administration and was told that what he was doing was a non-taxable event with regard to his sandwiches. Unfortunately, six years later, another inspector came along and said that that was improper and that he was in violation and owed over \$35,000 in back taxes and penalties. Luckily for Mr. Denman in 1980 the Supreme Court of New Hampshire was not amused by the fact pattern and specifically held:

Acting in good faith, the Denmans did exactly as both the examiner and the department instructed them in 1972. The Denmans were thereby misled into not collecting the tax from their customers.

This is a very important rule of law because the legal fiction that citizens are presumed to know the law is up against law enforcers who are apparently not presumed to know the law. We have things upside down in this country. Those who enforce laws should be fired if they are incompetent, but at the very least they should be giving out correct and accurate advice. If it turns out they are wrong it is the town that should eat the advice not the taxpayer who was misled. This is especially so when Matt Brown had paid \$125 to Klubben and Buttrick to get the proper attention and advice on whether he needed to sprinkle his new building or not. With the power plant time bomb ticking our economic development and building departments need to kick into high gear and make sure that we do not have to put anyone else through the Keystone Cops scenario that Matt Brown had to endure.

KLUBBEN AGREEMENT REVEALS OVERPAYMENT

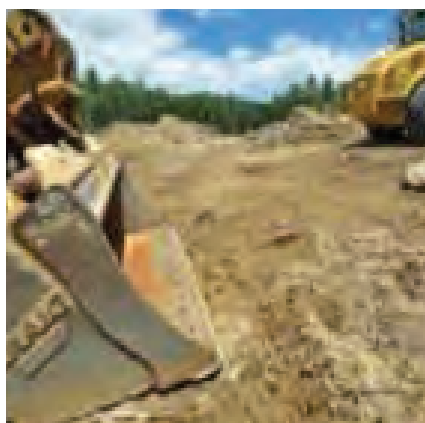
In the June edition of this paper we revealed the payout numbers for former Community Development Director Bill Klubben. After making a Right to Know law request, Town Manager David Stack produced the three page Separation Agreement entered into by Klubben and Stack on July 24, 2015.

While the 12 weeks of added payroll is in the Agreement, there is no justification for paying out vacation and sick time in the amounts of \$14,528 and \$23,961 because

the Agreement says accrued vacation and sick time will only be paid "pursuant to Town policy." That policy in paragraph 136-37(H) only provides for 40 hours of accrued sick leave for a resigning employee but none if fired for cause. Another Right to Know request will ask the Manager to explain what looks like a \$38,000 gift of town money to Mr. Klubben.

Chuck Douglas
For a free press, je suis Charlie

SITE WORK IS UNDERWAY AT THE PUBLIC SAFETY BUILDING CONSTRUCTION SITE



Photos by Eric Anderson

ROTARY CONT. FROM P. 1

weeks) or for the annual Auction (which is coming up November 5th). He sells raffle tickets, gets sponsorships and has been known to wield a spatula at our various community events like Winterfest and the annual car show in May. His company completes our annual club financial audits and sends people power and financial support wherever it is needed. Both Jeff and Mason & Rich are very committed to all of the community wants, needs and desires. They are strong supporters of the Bow Community.

PUBLIC SAFETY BUILDING SHOULD KEEP THE NEIGHBORS IN MIND

While Audley Construction is doing the site work, several neighbors have complained about the dust. Let us hope the water truck can arrive soon to make the project less of a dust creator for neighbors like Bill Gerrard on Turee View Drive who snapped the following picture.



ARMED CITIZEN STOPS STABBING SUSPECT IN DENVER

A woman and a male companion were travelling in a vehicle in Bellvue, Colo., when they got into an altercation. After the woman pulled the vehicle over and attempted to call 911, the man followed her and stabbed her. A passerby noticed the scene, retrieved a firearm and held the attacker at gunpoint until police could arrive.

KUNA, Denver, Colo.,
06/04/16, Coloradoan, Fort Collins, Colo., 06/05/16

ARMED DRIVER PREVENTS CAR-JACKING IN NEW ORLEANS

A driver was in his vehicle in New Orleans, LA., when a robber approached his car and implied that he was armed. The driver responded by opening his glove compartment and reaching for a gun that he had placed there. Upon realizing the driver was armed, the robber fled the scene.

WDSU, New Orleans, La.,
06/21/16

This column was reprinted with permission from The American Rifleman, magazine of the National Rifle Association.

BOW HIGH SCHOOL SENIOR AWARDS NIGHT

BY MARTHA RAE

On Tuesday, June 7 Bow High School celebrated student's accomplishments at their Senior Awards Night. Through the generosity of many state and local organizations seniors were recognized for their achievements.

The recipients were as follows: **Angela Porter Memorial Scholarship** – Sarah Gunn, **Bond Family Scholarship Fund** – Julia Chartier, **Bow Education Association Christa McAuliffe Scholarship** – Sarah Zecha, **Bow Falcons Booster Club Scholarship** – Julia Currier, Sarah Gunn, Michael Malette and Shane Wunderli, **Bow Falcons Booster Club Memorial Scholarship** – Sarah Zecha, **John George Queenan Memorial Scholarship** – Michael Malette, Ryan Murray and Sarah Zecha, **The Michelle L. Cadorette Scholarship** – Jacob Scott and Robbie Joscelyn, **The Purple Ribbon Run Faculty and Staff Scholarship** – Shane Wunderli, **The Purple Ribbon Run National Honor Society Scholarship** – Hayden Udelson, **Stephen Charles Cmar Memorial Scholarship** – Ryan Murray and Sarah Zecha, **Bow High School Most Outstanding Student in Theatre Arts Award** – Anthony Dal Pos, **Bow Garden Club Scholarship** – Hayden Udelson, **Bow High School Student Athlete Leadership Scholarship** – Julia Currier, **Bow High School Student Senate Scholarship** – Hayden Udelson, **Bow Men's Club Scholarship** – Corbin Provost, **Bow Pops Award** – Shannon Benson, **Bow Pops Instrumental Award** – Claire Murray, **Bow Pops Chorus Award** – Alina Pinney, **Bow Pops Theatrical Award** – Jake Harkins, **Bow PTO Christopher Richter Memorial Community Service Scholarship** – Dylan Wheeler and Sarah Zecha, **Bow Rotary**

Scholarship – Madison Beauchain, Jacob Scott, Hayden Udelson, Dylan Wheeler, Amanda Murray and Ian Gillespie, **Bow Youth Lacrosse Boys Scholarship** – Collin Buck, **Bow Youth Lacrosse Girls Scholarship** – Amanda Murray, **Club Z Annual Achievement Award** – Brook Binsse (*National Runner Up Winner*), Jillian DeLand (*Local Winner*), Sarah Zecha (*Local Winner*), **Charles A. Coffin, Jr. Scholarship** – Shane Wunderli, **Class of 2015 Pay It Forward Scholarship** – SamrawitSilva, **Cobb Hill Construction Scholarship** – Robert Joscelyn, **Comcast Leaders and Achievers Scholarship** – Owen Molind, **Daughters of the American Revolution Award and Certificate of Recognition** – Hayden Udelson, **Faculty Book Awards: BEST Award of Excellence** – Amanda Murray, **Business Award of Excellence** – Ryan Murray, **Academic Excellence in Mathematics Award** – Hayden Udelson, **Excellence in Science Award** – Margaret Jensen, **Distinguished Work in Engineering Award** – Alex Leger, **"We the People" Award of Excellence in Social Studies** – Anthony Dal Pos, **World Language Award for Excellence** – Katrina Wells, **"Rock Star Award" for Excellence in Music** – Jake Harkins, **"To Thine Own Self Be True" Award for Excellence in English** – Margaret Jensen, **Excellence in Art Award** – Kaythi Tu, **National Honor Society Recognition** – Madison Beauchain, Shannon Benson, Madeleine Cheney, Julia Currier, Anthony Dal Pos, Casey Day, Jillian DeLand, John Graham, Margaret Jensen, Brooke Johnson, Hadley Johnson, Robert Joscelyn, Caitlyn Keenan, Kaitlynn Leary, Samantha MacEachron, Justin McCully, Owen Molind, Amanda Murray, Claire Murray, Michelle

Neal, Alina Pinney, Aditya Shah, Samrawit Silva, Kaythi Tu, Hayden Udelson, Evan Vulgamore, Katrina Wells, Dylan Wheeler, Shane Wunderli, Laura Zbehlik, Sarah Zecha, **National Merit Scholarship Program Letter of Commendation** – Margaret Jensen, Hayden Udelson and Naina Vig, **National Merit Scholarship Program Certificate of Merit** – Aditya Shah, **National Merit Scholarship** – Aditya Shah, **NH Red Sox Scholarship** – Hayden Udelson, **NH State Scholars Program** – Meghan Benincasa, Kristian Blackford, Colin Buck, Robert Caswell, Julia Chartier, Zachary Daniels, Sarah Duval, Henry Ess, Maria Forrest, Sarah Gunn, Jake Harkins, Anna Heindl, Eynas Jarrar, Maxwell Johnson, Gavin Lacourciere, Michael Malette, Adam Nelson, Deaglan Pindris, Benjamin Pinski, Benjamin Podis, Thomas Poulin, Corbin Provost, Jessica Scott, Sawyer Twombly, Allison Wilber, **NH Scholars with STEM emphasis:** Dalton Allaben, Madison Beauchain, Jeffrey Bell, Samantha Benoit, Shannon Benson, Yizhe Chen, Madeleine Cheney, Madison Constant, Julia Currier, Anthony Dal Pos, Casey Day, Jillian DeLand, Ian Gillespie, John Graham, Nicole Hodgkins, Alexander Hoeker, Ryan Jaworski, Brooke Johnson, Robert Joscelyn, Caitlyn Keenan, Kaitlynn Leary, Samantha MacEachron, Justin McCully, Owen Molind, Amanda Murray, Ryan Murray, Michelle Neal, Emily Rescino, Benjamin Segal, Aditya Shah, Sam Silva, Rachel Strickland, Derek Tillotson, Hayden Udelson, Naina Vig, Evan Vulgamore, Katrina Wells, Dylan Wheeler, Drew Wunderli, Shane Wunderli, Laura Zbehlik, Sarah Zecha, **NH Scholars with ARTS emphasis:** Margaret Jensen, Hadley Johnson,

Claire Murray, Alina Pinney, Kaythi Tu, **Principal's Choice Award** – Anna Heindl and Kaythi Tu, **Senior Athletic Awards** – Owen Molind and Amanda Murray, **Society of Women Engineers Boston Section** – Sarah Zecha (highest honors), Margaret Jensen (high honors) and Madison Beauchain (honors), **United States Army ROTC Scholarship** – Anthony Dal Pos, **United States Army Reserve National Scholar/Athlete** – Sarah Zecha and Dylan Wheeler, **United States Marine Corps Academic Excellence Award** – Kaitlyn Leary, **United States Marine Corps Distinguished Athlete Award** – Caitlyn Keenan and Hayden Udelson, **William H. Hilton Community Service Award** – Sarah Zecha, **"Senior Talk" Awards** – Claire Murray, Kadin St. Germain and Emma Walcott, **Louis Armstrong Jazz Award** – Aditya Shah, **National Orchestra Award** – Margaret Jensen, **National Choral Award** – Alina Pinney, **John Philip Sousa Band Award** – Claire Murray, **Thomas Cleary "Rookie of the Year" Award** – Francesco Scali, **Arion Award for Musical Excellence** – Jessica Scott, **Directors Award for Most Outstanding Student in Music** – Shannon Benson

The Foreign Exchange Students, Yizhe Chen, Hieu Chu, Yifan Liu and Francesco Scali, were also recognized with the presentation of the United States flag.

Congratulations to the Class of 2016!

Thank you to the Bow Community and surrounding communities for your generosity in making these scholarships and awards available to the students of Bow High School.

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POPE MEMORIAL SPCA ANNOUNCES CHANGES TO BOARD OF DIRECTORS INCLUDING ELECTION OF NEW PRESIDENT

By Lori Taylor

The Pope Memorial SPCA of Concord-Merrimack County (PMSPCA) announces the election of a new director to the board, as well as appointed officers. Vince Trento of Hopkinton, president and co-owner of Rumford Stone, has been elected board president, as Karen Moran of Webster will fill the role of vice president. Judy Goodnow of Bow will serve as secretary, while Julie Greenwood is continuing as treasurer of the 100+ year old organization.

New board president Vince Trento became involved with the organization in late 2011 as a member of the New Shelter Construction Committee. He later joined the board of directors in October 2012 and was elected board vice president in April 2014. In addition to his PMSPCA involvement, he currently serves as secretary for the NH Better Business Board of Directors. Trento previously spent five years as a board member of the Rotary Club of Concord, where he chaired several major fundraising events.

“It is a privilege to serve the Pope Memorial SPCA,” says Trento. “The dedication and commitment that the staff, donors, volunteers and board have for the animals they’re charged to care for is, in a word, inspiring. I look forward to working with everyone involved to continue to realize our mission of caring for abandoned and homeless pets,

protecting and advocating for pets in need, and promoting the humane treatment of all animals. Together we will continue making a difference for vulnerable animals in our community.”

In addition to the new appointed officers, Marc “Nazy” Nazzaro of Concord has been elected to the Board of the SPCA. Nazy is owner and Chief Entertainment Officer of Nazy Entertainment as well as a radio personality on 98.3 WLNH’s award-winning morning show. The full list of members of the PMSPCA Board of Directors can be viewed at <http://www.popememorialsPCA.org/board-of-directors/>.

About the Pope Memorial SPCA of Concord-Merrimack County:

For over 100 years, the Pope Memorial SPCA of Concord-Merrimack County has been dedicated to caring for abandoned and homeless pets, protecting and advocating for pets in need, and promoting the humane treatment of all animals. The organization’s pet adoption, pet food pantry, and humane education programs collectively touch the lives of several thousand children, adults and families each year. To learn more, please visit www.popememorialsPCA.org, or visit the shelter located at 94 Silk Farm Road in Concord NH.

WALK FOR THE ANIMALS
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www.PopeMemorialSPCA.org/Walk

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BOW ROTARY CLUB’S SUMMER CONCERTS AT THE GAZEBO

The concerts, put on by the Bow Rotary Club, run each Sunday through Aug. 14. The concerts, which run from 6 to 8 p.m., are free and open to the public. In the case of inclement weather, the concerts will be held in the community center.

July 17 th	Jordan Tirrel-Wysocki Band
July 24 th	Mink Hills Band
July 31 st	South Street Blues Band
	Scenes from “Pippin” by BHS at intermission
August 7 th	Freese Brothers Band
August 14 th	Dmitry Botnar

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WHAT YOU NEED TO KNOW ABOUT GUARDIANSHIPS & CONSERVATORSHIPS

BY BEN KINIRY, ESQ.

What can you do if you have a loved one who is having difficulty in some or many aspects of his or her daily life? A reality today is that many of our family members have been, or may be, diagnosed with Alzheimer's or Dementia. Do you have specific legal authority to help them? What if they don't recognize the problems they are having and refuse your help? This set of circumstances comes up all too often. Your loved one can't keep track of his or her bills, is being exploited financially, is not eating well, forgets to take medications, is a danger to themselves and society when they get behind the wheel of their automobile. The list goes on and on.

What can you do to help?

In many cases the only option is to petition the appropriate probate court to be appointed as guardian or conservator. What is a guardian or conservator? Funny you should ask. Following this paragraph is an excellent explanation of guardianships and conservatorships written by the **National Academy of Elder Law Attorneys, Inc. (NAELA)**. NAELA is an excellent resource for all who desire to help our elders and those with special needs. I encourage you to peruse NAELA's website to learn more about this valuable resource (www.naela.org).

What you Need to Know

A guardian or conservator can be appointed for any person who needs assistance making decisions, such as: an older person, a person with disabilities, a minor, a person temporarily incapacitated, and, in some states, a person who desires a voluntary guardianship for his or her property. A guardian is sometimes necessary to prevent the exploitation or abuse of a vulnerable person, or to recover assets wrongly taken from the vulnerable person. A guardian or conservator can only be appointed if a court hears evidence that convinces it that the person lacks mental capacity in some or all areas of their life and needs assistance. The person alleged to be incapacitated has a right to an attorney and to object to the appointment of a guardian or conservator for him or her. A person who has a guardian or conservator appointed for him or her is often called a "ward." Guardians and conservators have great power, but are required to report

to the court. Guardians frequently make decisions about where their ward will live, with whom the ward associates, how the ward's property is invested, what type of financial benefits the ward needs, and the type and scope of health care needs required by the ward. Whenever possible, the guardian or conservator must seek the input of the ward and must only act in areas authorized by the court.

Guardians and conservators are frequently required to post a bond, or place the ward's funds into protected financial accounts that can only be used with prior court approval. Guardians and conservators will often need to seek the court's permission before selling or disposing of property, before entering into contracts, and before making major decisions about the ward's life. At the time the guardian or conservator requests court permission for these actions, the ward is often entitled to notice of the request being made, and the ward's spouse, children and other next of kin may also need to be notified.

Guardians and conservators are also required to report to the court regarding their ward's property, finances and expenditures, usually on an annual basis, or more frequently as the court may require. They are also typically required to report at least annually about the ward's person and his or her health care needs. Guardianship or conservatorship, when properly used, are beneficial methods of protecting an incapacitated person for whom no other means are available to assist with making informed decisions. The continuing involvement of the court provides added protection for the ward and those interested in the ward's welfare.

Where to Go For Help

If you know a family member or friend who needs the assistance of a guardian or conservator, you should contact an attorney who is familiar with this area of the law so that the correct documents can be prepared and filed with the appropriate court, and so the correct procedures will be followed. The attorney knowledgeable about guardianship or conservatorship should be able to advise you of potential suitable alternatives for assisting the person needing assistance, such as durable powers of attorney, appointment of



a health care surrogate, and living trusts. Some planning options may be available for your family member or friend, even if you believe they need assistance with making some decisions, and an attorney well-versed in this area should be sought.

If someone has filed a court document known as a "petition" which seeks a guardian or conservator for you, you should contact an attorney experienced in this area of the law (if one has not been appointed for you, or if you do not want the appointed attorney). Either a court-appointed attorney or one that you hire can advise you regarding your rights, the procedures that are required, and choices you have. Some issues you may want to discuss with your attorney are whether to oppose the petition for a guardian or conservator; whether to request other options for yourself; whether you can choose your guardian or conservator; and other methods for protecting your legal rights.

The Role of the Elder Law Attorney

Many Elder Law Attorneys have substantial expertise in establishing, defending, and administering guardianships and conservatorships. When hiring an attorney, you should always inquire about the amount of experience and training he or she has in your area of concern. Guardianship, conservatorship and the available alternatives are a major part of many Elder Law practices.

National Academy of Elder Law Attorneys, Inc.: *Guardianship & Conservatorship* (2008)(NAELA). The information provided in this article does not constitute legal advice.

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RAID YOUR KITCHEN FOR GREAT RESULTS

BY JIM OLSON

Your kitchen will make or break your weight loss results. A kitchen stocked with the makings for healthy meals and snacks will keep you on track, even when late-night cravings strike. On the flip side, a kitchen filled with unhealthy munchies will derail your weight loss efforts every single time. So what should your cupboards hold and what should be off limits? I've designed this self-guided kitchen raid to help you sort out the good from the bad. Go ahead, grab a garbage bag, print out the list below, and then head to the kitchen.



Jim Olson

The Refrigerator

Let's start with the fridge, the heart of your kitchen. If you find something in your fridge that is on the "Dump this" list, then you know what you have to do. Get that garbage bag ready.

Dump this: Beverages with high fructose corn syrup or sugar. Drinking calories is one of the quickest ways to gain weight, so quickly rid your fridge of any beverage that lists HFCS or sugar on the ingredient list.

Replace with: Water. It is a well known fact that most people are partially dehydrated, a condition that is harmful to your health and wreaks havoc on your weight loss efforts. Keep plenty of cold water on hand

for proper hydration.

Dump this: Rich dairy products. I know that cream cheese tastes amazing, but fat-filled dairy products are extremely high in calories and should not reside in your fridge. Eliminate high-fat cheese, milk and yogurt from your kitchen.

Replace with: Fresh vegetables. The produce drawer in your fridge should be overflowing with colorful nutrient-rich veggies. In fact, your fridge should hold more veggies than the drawer can hold. Veggies

are filled with fiber, vitamins and nutrients and are a vital part of a healthy well-rounded diet.

Dump this: Fatty meats. It is important that you be selective about the meats that you eat. I may tell you that chicken is a great source of protein, but if you take that as a license to eat fried chicken everyday then the benefit of the protein will be lost in all the extra fat calories.

Replace with: Lean meats. Skinless chicken breast, lean ground turkey, white fish - there are numerous choices when it comes to lean meats.

Dump this: Fruit-flavored yogurt. I hate to break this to you, but that cute individually packaged yogurt is going to do more harm to your waistline than you think. More than 50% of the calories in fruit-flavored yogurt come from sugar. Check out the ingredient list and you likely find both high fructose corn syrup AND sugar.

Replace with: Plain low-fat yogurt, Greek yogurt, or low-fat cottage cheese. If you love yogurt, then get the low-fat plain version. You can even chop up some fresh fruit and stir it in. Another option is to have a scoop of low-fat cottage

cheese with chopped fruit on top.

The Freezer

Next let's take a look into your freezer. Anyone who has walked the freezer aisles at the store knows how plentiful frozen temptations are. How does your freezer measure up?

Dump this: Ice cream. We may as well get this one over with. Hiding a gallon or two (or even a pint) of your favorite ice cream «for a rainy day» is NOT a good idea. Save yourself from that temptation and don't buy ice cream.

Replace with: Frozen fruit. When your sweet tooth starts acting up, throw an assortment of frozen fruit into the blender and whip up a healthy fiber-filled smoothie.

Dump this: Frozen pizza. This is another one of those items that is just too tempting to keep around. Why would you bother to make a healthy dinner when a frozen pizza is calling your name? Ban frozen pizza from your home and watch as your waist starts to shrink.

Replace with: Turkey or veggie patties. For quick dinners keep your freezer filled with lean turkey patties and veggie patties. Serve on a bed of brown rice or on a

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BOW ROTARY 2016 COMMUNITY RECOGNITION SERVICE AWARDS

By Donna Deos

On Thursday, June 9th at the Hampton Inn in Bow, the Rotary Club presented their annual Community Recognition Night awards ceremony. Each year they honor community members who show exemplary service to the Bow Community, and in some cases, to the world!

This year's winners were:

For International Service: given to an individual who has spread the spirit of Rotary internationally. This year's recipient, Dr. Doug Dreffer, in his capacity as the Director of the Concord Hospital Family Health Center, received this year's award for his and the Hospital's support of Amigos De Honduras over the past fourteen years. They began supporting Amigos in its second year of operation and have never wavered since then. They consistently provide teams of medical professionals to assist us on our annual mission trips to serve the underprivileged in Honduras. Thank you Dr. Dreffer and Team! Amigo's de Honduras is a Rotary International District 7870 project, not just a project of the Bow Rotary Club. If you are interested in finding out more about this project, please contact Bow Resident, Chris Parkinson.

For Vocational Service: given to an individual who through their work demonstrates the Rotary ideals of fairness and helpfulness. This year's community recipient was Dan Freeman. In 2014, the Town hired Dan Freeman as Groundskeeper. Dan came on board and took over the care and management of five athletic fields that had suffered from years of constant use, droughts and the lack of drainage and irrigation.

One young soccer player from an out of town team summed up the situation when she said "How

come they don't have grass on their fields?" The fields at Hanson Memorial Recreation Area and Sargent Park had minimal grass coverage and a lot of dirt. Dan took over from day one and he puts his heart and soul into making our fields much safer for users and something to be very proud of. The Town has greatly benefited from Dan's vast amount of knowledge and expertise. Not only do we now have grass, but we have lots of it. Through his efforts, we now have a complete irrigation system, drainage and expanded playing areas

The Community Service Award

is presented to an individual who exemplifies the Rotary commitment to community service. This person has demonstrated community commitment through years of activities in a variety of ways and activities. This year's recipient is Ken Demain. Ken is a long-time resident of Bow and he is one of the community's quiet public servants. He is humble, dependable and he gives countless hours of his time for the betterment of the community. Ken has served on three Public Safety Building Committees; he serves as stewardship chairman for Bow Open Spaces and he has donated many hours of his time helping to preserve and care for Town conservation areas and trails. Ken participated in the Bow Citizen Police Academy and he continues to volunteer his time to the program. He also serves as a member of Concord Regional Crimeline. He is an active member of the Bow Pioneers Snowmobile Club. In recognition of his efforts, the 2014 Bow Town Report was dedicated to Ken and he was recognized as one of the Town's unsung heroes. Thank you, Ken Demain!

FITNESS FROM P. 7

whole grain bun.

Dump this: TV Dinners. I doubt that you need me to go into too much detail on this one. The next time that you are tempted to buy a pre-packaged frozen meal, please turn the package over and read the nutritional facts. You will be shocked by the staggering number of calories and less-than-healthy ingredients.

Replace with: Home-made Portioned Meals. Spend some time on the weekends to cook up healthy meals, and then freeze them in portioned containers. Then throughout the week you simply need to reheat and enjoy.

Dump this: Frozen Breakfast Food. French toast, waffles and pancakes are popular items in the freezer aisle. Don't fall for the pretty photos and tasty-sounding names. These items are highly processed and contain loads of unnecessary sugar.

Replace with: Sprouted Whole Grain Bread and Muffins. It is just as easy to throw a slice of sprouted, whole grain bread into the toaster as it is a frozen waffle. Spread it with some natural peanut butter and pair it with a piece of fruit. Now that's a much healthier breakfast.

The Pantry

Last, but not least, we come to your pantry. This may be the most painful part of your kitchen raid, since most junk food ends up here. So take a moment to give yourself a pep talk before grabbing that garbage bag and opening your pantry.

Dump this: Sugar-filled cereal. If sugar or high fructose corn syrup are listed as ingredients on your cereal box, it's got to go. Sugar-filled cereal is basically another form of junk food, and will only add inches to your waist.

Replace with: Whole Grain oatmeal. There is a huge difference between instant, sugar-filled

oatmeal and whole grain oatmeal.

Dump this: Refined/White Bread/Rice/Pasta. These highly processed products promote weight gain and a plethora of other health problems. Do not buy "white" bread, rice or pasta - especially if you want to lose weight.

Replace with: Whole Grain Bread/Rice/Pasta. Whole grain is the best choice you can make. It is filled with healthy fiber, and is less likely to contain harmful, waist-expanding ingredients.

Dump this: Chips/Crackers. While refined chips and crackers are fun to munch on, the extra calories will quickly add up. Do yourself a favor by not allowing these into your pantry.

Replace with: Almonds. The key to making this snack a winner is to practice portion control. Place a handful of almonds into individual bags for pre-portioned snacks.

Dump this: Packaged Sweets. I don't really have to explain this one, do I? Cookies and cakes and candies shouldn't be a regular part of your diet, so keep them out of your house. It's one thing to enjoy a dessert once in a while, it is quite another to routinely eat processed sweets at home.

Replace with: Dried Fruit. When you want to munch on something sweet, turn to a bag of dried fruit. Make sure that you purchase dried fruit that does not contained added sugars. That completes your self-guided kitchen raid. I encourage you to raid your kitchen every couple of months as a way of keeping yourself on track. Talk with your family members about the healthy changes that you're making, and try to get everyone's support.

You know that weight loss comes as a result of healthy eating and consistent, challenging workouts. Call or email today to get started on a fitness program that will get you on the fast-track to your best body ever.

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Historic Bow Center The Crossroads of Commerce By: Gary D. Nylén



Dick and Alna Stevens holding the Historical House Sign authorized and issued by the Bow Heritage Commission. This sign, one of three, is to be placed on this home representing the diversified utilization of the land and buildings during a period from 1783 to 1970. This historical dwelling is located on Branch Londonderry Turnpike at Historic Bow Center. Dick and Alna Stevens have spent many years restoring this home. The restoration of this home represents an extensive effort to save Historic Bow Center, the "Crossroads of Bow Commerce."

Photo By: Eric Anderson

The Newspaper article from the N.H. Patriot Newspaper dated April 21, 1818 indicates the time in history of the Sarah Clough and James Flanders Store.

N.H.Patriot
April 21, 1818
N.H.H.S.

Store at Auction

On Thurs. the eleventh day of June next, 10 o'clock A.M. will be sold at Public Auction, a very convenient store, with about one acre of land, pleasantly situated in the Town of Bow N.H. said store is now occupied by Messrs. A and J Flanders whose term of rent will expire on the first day of June next. To any gentleman wishing to open a store in this Country, this opportunity presents many flattering prospects. The store is 33 feet in length and 21 in breadth- 1½ stories high- has been built and occupied only about 2 years; it has under it a good cellar and in it a convenient sleeping room and in the upper story a room for the accommodation of a shoe-maker or saddler. It is situated on the LDRT road leading from Isle of Hooksett bridge to Hopkinton and on to the "Croydon Turnpike" which commands a great share of travel from Vermont and the Western part of N.H. through Bow to Boston and C, it's within six miles of the landing place of the Merrimack Boating Co.- is within five rods of the junction of five roads one of which is the main road through the centre of the town, crossing the turnpike within two rods of the store and is within half a mile of the meeting house and a school house. There is but one other store in town and that at a distance of five or six miles. The town is fast increasing in numbers, wealth and respectability and its inhabitants prompt in the discharge of their debts- Conditions such as will best accommodate the purchaser,

Wm Graves Deerfield April 13, 1818

From 1812 to 1840 The James Flanders and Sarah Clough Store was utilized for; Town Clerks Office, Town Meetings held in the portion of the building known as "Clough Hall." Post Office in 1833. Isaac Clough, was Bow's First Postmaster. Stage Coach Stop, and tavern.

**1812
CLOUGH TAVERN
STORE-TOWN CLERK
P.O. STAGECOACH STOP**
ISSUED BY THE BOW HERITAGE COMMISSION
May 2016

Many thanks to Dick and Alna for all their hard work and for allowing the Bow Heritage Commission to participate in the opportunity to enjoy the results of this historical renovation. The Bow Heritage Commission welcomes our fellow citizens to participate in our historical home, dwelling, business or site recognition program. Please Contact the following:

Gary D. Nylén 603/496-5239 or gary42bow@comcast.net
Faye Johnson 603/228-1187 or fjohnson915@myfairpoint .com

From 1840 to 1851 Deacon Obed Gault, a prominent abolitionist with the Rev. Henry Archibald. Obed Gault was an active member of the Baptist Church, was elected treasurer, Bow Anti-Slavery Society. Participated in N.H. and regional anti-slavery Societies. Captain of the Bow Militia, 11th N.H. Regiment.

From 1851-1970 Obed Gault conveyed Clough Hall to the Bow Calvinist Baptist Church to be used as a Parsonage. This was later known as the Bow Community Baptist Church and Crossroads Community Church.

1971 Dick and Alna Stevens purchased this property, moved in and started their restoration. Dick Stevens was a member of the Bow Historical Commission, which he later became Chairman of the Bow Heritage Commission.

**1840
PARSONAGE
DEA. OBED GAULT
ABOLITIONIST**
ISSUED BY THE BOW HERITAGE COMMISSION
May 2016

TRAVEL TALK-PANAMA

BY CHASE BINDER

Let's play a game. I say Panama. You say the first word that comes into your head. Quickly now! What is it? Canal...Noriega...even hat? Or do you think "papers" as in this year's Panama Papers scandal? My bet is that the word "vacation" didn't pop right up. Panama certainly wasn't at the top of my Bucket List. (OK, Panama wasn't even *on* my list.) But when travel pals Chuck and Debra Douglas invited us along on a trip they'd won at the 2015 Pope Memorial SP-CA's Fur Ball fundraising event, we couldn't resist.

We spent nine days there in mid-June and now my word association repertory goes like so: Panama? Safe...historical...interesting...lush (as in cloud forest)...yummy (as in world-class restaurants)...exciting (as in zip lines and volcano safaris). Overlay all these words with "inexpensive" and you have a winner. Bud and I have always looked for destinations and itineraries that have a bit of spark. Sure, we like to take naps in the sun and read a good book. But we quickly get itchy feet and look for something interesting to do. Turns out that Panama has lots to offer folks like us...more, in fact, than neighboring (and increasingly unsafe) Costa Rica. Certainly more than most of your typical touristy Caribbean islands.



OVER A RIVER

Let me start with Panama City—the easiest arrival point. The first thing you notice is a substantial skyline. Panama City is a hub of international commerce. As such, it has office buildings, banks, hotels, world-class shops and everything you would expect in a business-oriented capital city. True, like most cities on the planet, it has some unchecked growth and some sketchy sections—most notably Noriega's old stomping grounds.

But the historical section, Casco Viejo, is being restored and preserved. It has waterfront promenades, classic colonial architecture, very local upscale restaurants and shops and makes for a very appealing afternoon's visit as well as exceptional dining and shopping. The



Chase Binder

nightlife also rocks. For millennials who love the club scene, Panama City rooftop bars abound in the smaller local hotels in Casco Viejo as well as in the larger international hotels in the newer city proper—some of which have casinos.

The main attraction in Panama City, of course, is the Miraflores



MIRAFLORES LOCKS

Locks, the Pacific entry to the Panama Canal. For history and engineering buffs, it doesn't get much better. The locks are just minutes outside the city and provide not only "almost-can-reach-out-and-touch-the-ships" viewing of the locks in operation, but also a stunning museum that goes into the fascinating detail about the history. The idea of the canal goes back to the Spaniards and the 16th century, but didn't get going until the French arrived in 1880. The construction was fraught with troubles, though, and faltered from lack of sufficient financing and accidents and tropical diseases that killed more than 20,000 workers. In 1903, a newly independent Panama contracted with the US to finish the job. The Canal opened in 1914 and still functions today as originally designed, though on this June 26th, a new set of expanded locks opened allowing for larger ships to transit between the Atlantic and Pacific Oceans.

But Panama is much more than a city and a canal. After two days in

Panama City, we hopped a 33-minute flight to David, then trekked another hour by car to Boquete, a small city of 25,000 high in the mountains.

Boquete sits on the continental divide, prides itself on its flower gardens, its dramatic mountainside coffee plantations, its remarkably content ex-pat community of 5,000 and its stunning 13,000 ft. extinct volcano, Volcan Baru.



BOQUETE

We were a bit concerned about the heat and humidity. After all, June is definitely in the rainy season. Turns out, though, that Panama City was quite comfortable and Boquete sits at 4-5,000 ft. in "cloud forest." This is a good 2500-3000 ft. higher than "rain forest" and thus is much cooler and has few if any mosquitos.

Our B & B, Los Establos, offered the perfect combination of relaxation, excitement and fabulous food/drink. From our cottage we looked across the lush and peaceful gardens to Volcan Baru across the Valley. Each day we selected activities from the interesting (an area tour through the surrounding mountains) to the exciting (zip lining through the cloud forest and taking a jeep Safari to the top of the volcano) and the sedate (heavenly massages in the spa). The food was well prepared in a lovely garden setting and the wine flowed freely.

Bud and I would rate Panama among the most interesting and comfortable destinations in the Caribbean, Mexico and Central America—and I bet Chuck and Debra would agree.

The icing on the cake, though, is the safety level. Panama has by far the best safety record for tourists in the region—and is one of the safest countries in Latin America. Why not go?

IF YOU GO

- Fly the Panamanian national airline, Copa Air (Copaair.com) out of Boston. Nonstop RT flights into Panama City run about \$560 and include a hot meal, alcoholic beverages and two checked bags. Copa Air and Air Panama (airpanama.com) both fly into David for about \$120 RT. Bags are included, but have restrictions which sometimes require an additional fee of \$2 per kilo over certain weights.
- Use your favorite hotel booking website to find Panama City accommodations—but check reviews on TripAdvisor. We chose Hard Rock Panama City Megalopolis (hardrock-hotels.com) for its location, price point, inclusions and their terrific ocean-view king rooms with balconies. Note that boutique hotels in Casco Viejo often have rooftop clubs/bars that rock until 2-3 AM.
- Boquete has numerous accommodations, but we really enjoyed Los Establos (los-establos.net). The views were wonderful, the setting serene and the included activities let us choose to be lazy and self-indulgent or adventurous.



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PEACE POLE DEDICATION AND PLANTING AT BOW MILLS UMC

By Penny Maurer

The Bow Mills United Methodist Church Children & Youth Sunday School raised funds through their weekly offering and learned about planting seeds for peace, love and kindness towards family, friends, classmates and the world.

On Sunday, May 15th, a Peace Pole was dedicated and planted in front of the church building, one of more than 200,000 Peace Poles across 195 countries and all seven continents.

A Peace Pole is a hand-crafted monument and international symbol that displays the message and prayer “*May Peace Prevail on Earth*” in the language of the country and often different languages on each of its sides.

When a Peace Pole is planted in your community, you are linking with people all over the world who also have planted Peace Poles in the same spirit of peace.

The dedication celebration was led by Rev. Virginia Fryer, pastor at Bow Mills UMC and Pastor Laurie Savick, Director of Bow Mills Children & Youth Ministry.

The celebration message was: it isn't enough to simply say we hope that peace may prevail on earth and in our hearts; we need to continually pray and to work



for that, as we seek to understand all people across cultures, races, religions and customs.

The members of Bow Mills UMC invite you to visit our Peace Pole at 505 South Street in Bow and to ask yourself daily: What can I do to plant seeds of peace, that it may prevail in my heart and in the world? Information about The Peace Pole Project can be found at www.peacepoleproject.org.



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BOW ELEMENTARY SCHOOL “GIRLS ON THE RUN”

By Carolyn Sprague

The Bow Elementary School Girls on the Run team for the Spring of 2016 raised \$300.00 to benefit the NH Audubon Society. The girls sold baked goods and lemonade on June 1st as the GOTR community service project.

The following girls were members of the 2016 team.

- | | |
|------------------|---------------------|
| Adia Bult | Kate Millerick |
| Amber Bussanmas | Kristen Perry |
| Emily Desrochers | Olivia Rader |
| Melody Durell | Lorraine Schaeffner |
| Cameron Ekstrom | Olivia Shippos |
| Ava Gadbois | Jenna Van Dyke |
| Julianna Lampman | |

Coaches:
Meghan Loring
Sophia Paslaski
Carolyn Sprague



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BAKER FREE LIBRARY NEWS

By Kate Kenyon

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 bow-bakerfreelibrary@comcast.net.

Drop-In Active Listeners: Thursdays July 7 - July 28, 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.

Drop-In Family Storytime: Tuesdays July 5 - July 26, 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.

Camp Crafts: Wednesdays July 6 - July 27, 3:00 - 5:00 p.m.

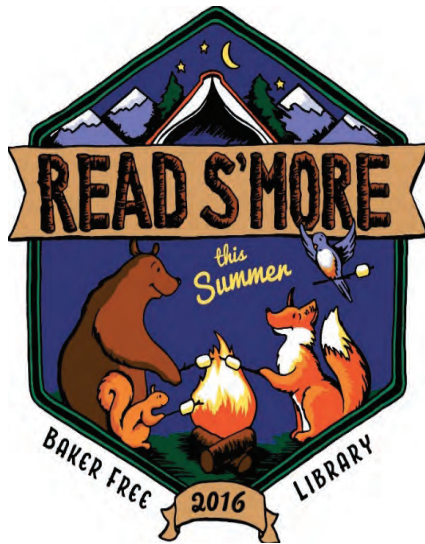
Families are invited to drop in Wednesday afternoons for a weekly summer craft! There will be a different camp-themed craft each week to make at the library and take home. All ages are welcome.

Adult Coloring: Wednesday July 20, 3:00 p.m. at White Rock Senior Living

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.

Family Read-In: Mondays 7/11 - 7/25, 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.



Summer Reading Program

The Library's Summer Reading program is going on now through August 18th!

The theme this year is "Read S'more this Summer," and we'll focus on camping and other outdoor nature activities. Stay tuned for more details about classes and events this summer! Questions? Email info@bakerfreelib.org or call 224-7113.

Friends of the Baker Free Library Bag Sale July 1 - July 31

The Friends of the Baker Free Library announces the return of the \$2/bag book sale! Come in during library hours and take home a grocery bag* or two full of books from the Lower Level Book Sale for only \$2 each. The sale extends from July 1st to July 31st. *The price is per a standard plastic grocery bag."

Lower Level Renovation Update

WE ARE CLOSING IN!

The Baker Free Library Foundation and the Lower Level Committee are happy to say that donations continue to come in, and we are down to \$41,000 remaining to be raised! To donate, come on by the library (which is air conditioned) and drop off a check, or download a donor card from the library's website. If you have any questions, please call the library and the staff can connect you with a committee member. We would be glad to talk about the project with you, or give you a personal tour of the lower level.

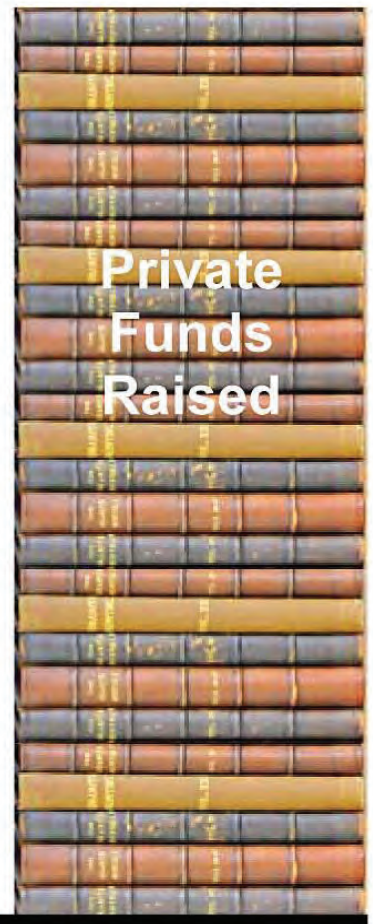
We hope you enjoy your summer - and we hope to see you at the library!

100%
\$300,000



Public
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Raised

86%
\$259,000



Private
Funds
Raised

\$559,000
Total Funds Raised to Date

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BOW REAL ESTATE SALES

June 2016 Sales in Bow

- 6 Sundance Lane, 4851 gla, glaag 3906, 5 br, 4.5 bath, 3 car att., 2.02 acres, Sold \$665,000 06/14/16
- 32 Heidi Lane, 4660 gla, glaag 3188, 4 br, 3.5 bath, 4 car att., 3.01 acres, Sold \$575,000 06/01/16
- 6 Chelea Drive, 3380 gla. Glaag 3380, 4 br, 2.5 bath, 3 car att., 3.75 acres, Sold \$467,500 06/28/16
- 14 Heidi Lane, 2978 gla, glaag 2528, 3 br, 2.5 baths, 2 car att., 2.09 acres, Sold \$419,000 06/27/16
- 37 Tonga Drive, 2829 gla, glaag 1976, 3 br, 2.5 baths, 2 car att., 2.03 acres, Sold \$355,000 06/27/16
- 24 Stack Drive , 2689 gla, glaag 2256, 4 br, 2.5 baths, 2 car att., 2.33 acres, Sold \$349,000 06/28/16
- 10 Buckingham Dr, 2800 gla, glaag 2800, 4 br, 2.5 baths, 2 car att., 2.39 acres, Sold \$332,010 06/15/16
- 9 Crockett Drive, 2800 gla, glaag 2368, 4 br, 4 baths, 2 car under, 2.83 acres, Sold \$325,000 06/20/16
- 31 Rocky Point, 2976 gla, glaag 2568, 4 br, 4 baths, 2 car att., 1.01 acres, Sold \$328,500 06/27/16
- 22 Tonga Drive, 3072 gla, glaag 2154, 3 br, 2.5 baths, 2 car att., 2.07 acres, Sold \$318,000 06/03/16
- 11 Hampshire Hills, 2948 gla, glaag 1980, 3 br, 3.5 bath, 2 car att., 3.15 acrs, Sold \$314,000 06/30/16
- 13 Laurel Dr, 2216 gla, glaag 2000, 3 br, 2.5 baths, 2 car under, 2.52 acres, Sold \$303,000 06/17/16
- 7 Essex Drive, 1616 gla, glaag 1616, 3 br, 2 baths, 2 car att., 4.61 acres, Sold \$285,000 06/23/16
- 10 Poor Richards, 3398 gla, glaag 2388, 3 br, 2.5 baths, 2 car det., 1.2 acres, Sold \$278,500 06/16/16




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96 Robinson Rd, 1972 gla, glaag 1176, 4 br, 1.5 baths, 2 car att, 3.21 acres, Sold \$257,000 06/29/16

46 Bow Ctr Rd, Land, 1.20 acres, \$80,000 06/13/16

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

These statistics are for all Bow Sales for the period 6-1-16 thru 6-30-16, 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)

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TWO BOW LOCALS TO RIDE IN 2016 PAN-MASS CHALLENGE

BY HANNA SALMONSEN

On Aug. 6 and 7, Eric Thum and Tony Sacco from Bow will participate in the Pan-Mass Challenge, the largest single athletic fundraising event in the country.

They will be among 6,500 cyclists who will ride with the collective goal of raising \$46 million to support adult and pediatric patient care and cancer research at Dana-Farber Cancer Institute.

These cyclists, who are anywhere between 13 and 84-years-old, range from seasoned triathletes, to weekend warriors who trained for this event alone and everything in between. Many riders participate in the PMC to honor a family member or friend lost to, or being treated for, cancer. The average cyclist trains for three months, solicits 40 sponsors and raises more than \$8,000.

"Each year, the PMC is proud to welcome riders and volunteers with unique backgrounds and experiences, from all over the country and all over the world, into our family. This is what makes ride weekend such an impactful and inspiring event," said Billy Starr, founder and executive director of

the PMC. "In 2016, we are honored to have more than 6,500 cyclists joining us to ride for a cure and help surpass this year's \$46 million fundraising goal."

No other single athletic event raises or contributes more money to charity than the PMC. Since 1980, the PMC has raised more than a half-billion dollars for Dana-Farber through the Jimmy Fund, its fundraising arm. In fact, the PMC is Dana-Farber's largest single contributor, raising more than 58 percent of the Jimmy Fund's annual revenue.





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The Bow Times
can be picked up at these locations!

<ul style="list-style-type: none"> Blue Seal Feeds Cimos Baker Free Library White Rock Senior Center Merrimack Savings Bank Hooksett Northbound (93) Veano's, Manchester St. Johnson Golden Harves Alltown Gas & Store Tuckers Restaurant Bow Recreation Building 	<ul style="list-style-type: none"> Bow Mobil Merrimack County Savings Bank Chen Yang Lee Patty Lee's Kitchen Robie's Store, Hooksett Quality Cash Market, E. Concord Sugar River Bank, Concord Heights South St. Market Wellington's Market, Main St. Bow Town Offices Dunbarton Town Office
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ON AGING - WHAT DOES "INDEPENDENCE" REALLY MEAN?

By Donna Deos

Since it is July and we as a nation celebrate our Independence from England at this time, I thought it appropriate to look at what does Independence really mean when it comes to aging. In my years in the senior living industry I can tell you it has many different meanings or applications depending on who you are speaking with. It can be a very broadly used term for sure.

In "Independent Living" where I worked for the majority of my career, it truly meant that you were able to do most everything on your own. You could do all of your "Activities of Daily Living" also known as ADL's in the industry. These are: bathing, toileting, transferring (getting in and out of bed or a chair on your own), dressing, eating and ambulation (walking around, with or without assistive devices).

There is also another set of activities called IADLs, which are "Instrumental Activities of Daily Living" that include: managing finances, handling transportation (driving or navigating public transit), shopping, preparing meals, using the telephone and other communication devices, managing medications, housework and basic home maintenance. Sidebar: In my position I would explain this to the folks I was working with. Most of them fit the entire bill, some did not.

It is common in long term marriages [of persons in their 80's and above at least] that one person may handle the finances and the other the housekeeping or home maintenance or cooking. Some people never learn to drive or manage finances by their own choice and because they had no need to learn them. We took the position that just because you don't do it, doesn't mean that you can't or won't; and those particular items were not safety or personal care concerns so they were okay to have someone else handle for you. They were readily available in our community so they were of no concern regarding one's ability to live independently. If customers wished to tour our levels of care, we would certainly do that. This, by the way is a very important thing to do when evaluating options. I cannot stress enough that not all care is equal! You need to see it for yourself.

Okay, so we go to view the lev-



els of care and they naturally have questions, which I defer to the staff for that particular area as it is their area of expertise, not mine. I wish for my people to get the best information possible. Inevitably the staff of whatever level of care will say some version of "we have people with varying levels of independence here." This would blow my mind because to me it undermined what I had just told them, which is to move in initially they had to be independent. Now this well-meaning staff member would tell them people are independent everywhere. What?!

It took the black and white of my explanation and put colors, and subsequently confusion, in there. To an extent their statement is true. People do have varying levels of independence. When we look at all of those many items in the ADLs and IADL lists, it is possible that people do many of them on their own, but need assistance with others, so the staff members' statement is true from that respect. However, to be truly "Independent" wouldn't you need to be able to manage them all on your own? Well, ask yourself that question. Apply it to yourself or your aging loved ones. It's much harder to answer that way isn't it? Not so black and white after all. We want our loved ones to have what our loved ones want.

We all want to maintain our independence as best we can throughout our lives. We don't want our diminished abilities to mean we have lost or will lose our independence. Those of us who served our country through the military know full well how hard they fought for all of us to maintain our freedom and independence. To think that in

any way, shape or form that could or has changed is just unacceptable. So, we skew our view of "Independence" to what fits better and feels better for us in our current situation.

My own mother did this about staying in our family home. She was able to live independently in her mind because many things were taken care of for her. I know, because I was the one who took them on one by one as they became too challenging for her to do. I did it because I loved her and wanted her to have the lifestyle she wanted. There were many times when in a single day she would go from the view of "I'm living independently" to "you know, if it weren't for you, I wouldn't be able to stay in this house." She was right...in both cases!

The same could be said for those on supportive services. Simply because they are receiving Government assistance and have become dependent on it, does that make them dependent people versus independent people? I leave you to ponder that one as well. If we go to such distances as creating entire industries based on enabling our aging loved ones to keep the feeling of independence by helping them to stay in their current homes, why do we not do that in other areas of need as well? Where do we draw the line? Okay, I digressed there, but I did it to get you thinking.

What truly is "Independence" in aging? When are we willing to change how we look at it and accept that we prefer to have the word independence as a vague interpretation to suit our egos and feelings versus the black and white term it initially seemed to be? Is all of this okay? Is it truly the best way to handle the issues of aging? If not, how and when do we change it? Where is the line drawn in the sand, if there is one drawn? Or do we keep on keeping on, putting systems in

place to enable people to do what it is they prefer rather than perhaps what would be better for them, and us, in the long run? We could take on the whole point of how our varying views on Independence affect the independence of those who love us and care for us and enable us to meet our view of independence at the cost of their own, but I won't do that here. I leave that for you to ponder.

As you value your own independence this July are you also valuing the independence of others? If not, don't you think perhaps you should?!

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ROOT CANAL TREATMENT

by Dr. Mostafa El-Sherif

A common question patients always ask is why do I need a root canal? It is a procedure to save and retain a tooth that has become infected or severely inflamed. In this procedure the nerve and the blood vessels of the tooth will be removed, but the tooth remains.

Root Canal Treatment is a successful procedure and, with a good anesthesia, it should be painless. After the treatment it brings a great relief from pain and infection. A root canal treated tooth will need a post and crown to maintain the tooth integrity and prevent future fractures of the tooth.

Remaining tooth structure is an important factor to decide whether the tooth should be root canal treated or extracted. Your dentist will advise you at the time of the exam.



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.



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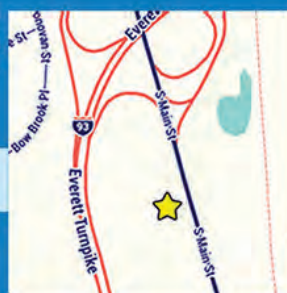
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My Table – Your Table

BY DEBRA BARNES

IT'S THE SNAIL DAYS OF SUMMER...



Yes, the dogs have their days too, but this summer, I am into snails. Not the bottom feeders you see on a dusty grocery store top shelf, but the delicate, cute...yes I said cute, garden feeders from France. Wild Burgundy Snails (*Hélix Pomatia Linne*) have become my new addiction. For those of you who thought that the only way to eat them is swimming in garlic butter and gruyere cheese, there is a whole world of snail dishes out there. Of course I had to start with the butter/garlic route as everything tastes divine in it!



I came across an article back in May about the "Snailman". Douglas Dussault is the snail master, #WildBurgundySnails if you are into Twitter. This guy is the top-dog reseller of snails in the US. His wild burgundy snails are sought after by the best chefs and finest restaurants. After reading and actually drooling at the thought of stuffing my face with about a dozen or so, I sent him an email and asked "how do I sell these gems in my store"?

Within about a week, the box arrived. Talk about a little kid on



Debra Barnes lives in Bow with her husband Randy. She is a graduate of the Cambridge School of Culinary Arts and chef/owner of Wellington's Marketplace on Main Street in Concord.

Christmas morning! I immediately dropped two cans in my tote and put the rest out for sale. I figured that was a good start. Once home, I searched for my escargot dishes...ya right! I'm thinking they are somewhere in the depths of my basement in a box marked "someday." So I took the easy way, I trotted out to *Things are Cooking* on Main St. in Concord and bought four escargot dishes. I do plan on sharing...at some point.

Randy and I set the stage out on the back patio with our wine and warm baguette sliced and ready. Done, gone, and went back for more. Yes, we ate the whole can, and, yes, the whole baguette! We chose a French light red, Dom LaGarrigue Cote du Rhone. Add the view of our garden and it was simply delightful!

I urge you to check out the snailman's web site www.potironne.com. This is where you will find additional recipes, loads of pictures and nutritional information for snails. Which brings me to another awesome reason to eat snails, their calcium content is off the charts! Eight snails have 233 mg. of calcium. A piece of salmon has 16 mg.

P.S. I promise; this is not my last obsession! Next month, Shishito peppers!

Kitchen Tip – Always wash your fresh herbs. Use a spinner to ensure

My Classic Wild Burgundy Escargot

1 Can Wild Burgundy Snails – 2 doz Very Large
(no worries, they are cooked)
1 stick of really good salted butter
1-2 large cloves of garlic
3/4 cup grated aged gruyere or asiago cheese
2 TBSP chopped fresh parsley
1 french baguette, warm and sliced.
Fresh ground pepper
Flaked sea salt

Preheat oven to 375 degrees. Move a rack to about inches from the broiler. Melt butter gently in a small pan. Grate garlic on a fine micro plane or mince. Add garlic to butter and let mellow over a low flame for about 5-6 minutes.

Place one snail in each divot of an escargot dish. Top with a TSP butter/garlic. Be very careful and make sure to get the cheese all over the dish so you can scrape it up with bread later: Place on the top rack. Warm for about 5-7 min. Turn oven to BROIL and broil for about 30 seconds or until cheese is bubbling and starting to brown slightly. Sprinkle just a smidgen of salt and fresh ground pepper over all. Serve warm with baguette.

that they are completely dry. In a container, lay a paper towel on the bottom, layer the herbs with paper towels in between. Herbs will last one to two weeks.

Kitchen Quote – *"I've long believed that good food, good eating, is all about risk. Whether we're talking about unpasteurized Stilton, raw oysters or working for organized crime 'associates,' food, for me, has always been an adventure"*

— Anthony Bourdain, Kitchen Confidential: Adventures in the Culinary Underbelly

SUMMER MUSICAL OPPORTUNITY FOR COMMUNITY KIDS

By Joan Day

Ahoy! Bow Mills United Methodist Church, 505 South St., Bow, is offering a Summer Spirit Camp/Vacation Bible School from **Monday, July 25 to Friday, July 29** with a comical musical called **Go, Go Jonah!**

All kids grades 1-12 are invited to sing with us all week from 9 am – 2 pm (lunch will be provided).

The full experience will conclude with performances on Saturday, July 30 at 5:00 pm and Sunday, July 31 at 9:00 am. This musical will be fun for kids so bring a friend!

Further info on details/registration, call 224-0884. The cost: \$0. **ALL ARE WELCOME! Go, Go Jonah!** We'll have a whale of a time!

SPAULDING SEEKS RE-ELECTION TO COUNTY COMMISSIONER POSITION

Peter J. Spaulding of Hopkinton has filed for re-election to seek another term as Merrimack County Commissioner representing Bow and other towns. Spaulding stated that "Our primary goals must be the reform of county government and adequate fiscal controls on the operation of county government." Spaulding continued, "a county bureaucracy has developed in Merrimack County with little controls on spending, hiring or accounting practices. This must not continue." Said Spaulding, "Merrimack County has much to be proud of – a first class nursing home, dedicated employees and recent projects such as county wide energy saving improvements and the construction of a new Courthouse in downtown Concord."

Spaulding, a native of Bradford, NH, graduated from the University of New Hampshire. He has worked for the University of New Hampshire, Providian National Bank and the N.H. Dept. of Employment Security.

Politically, Spaulding has worked for former Congressman James Cleveland and The White House Advance Office under President Gerald Ford. Spaulding currently serves as a County Commissioner and is a former member of the New Hampshire Executive Council.

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WHY THE BREXIT SHOULD NOT RATTLE INVESTORS

BY DOMINIC LUCENTE

Wall Street has rebounded so many times, so quickly.

Uncertainty is the hobgoblin of financial markets. Right now, investors are contending with it daily as the European Union contends with the United Kingdom's apparent exit. Globally, many institutional investors have responded to this uncertainty by selling. Should American retirement savers follow their lead? They may just want to wait out the turbulence.

The Brexit vote was a disruption for Wall Street, not a new normal. Yes, it could mean a "new normal" for the European Union – but the European Union is not Wall Street. Stateside, investors respond to domestic economic and geopolitical indicators as much as foreign ones, perhaps more. As Wells Fargo Investment Institute head global market strategist Paul Christopher remarked to FOX Business on June 24, "We're getting used to the shock of the vote and [the] surprise. But does it change anything fundamentally about the market? No."¹

Central banks may respond to make the Brexit more bearable. They are certainly interested in restoring confidence and equilibrium in financial markets. Post-Brexit, there is no compelling reason for the Federal Reserve to raise interest rates this summer, or during the rest of 2017. You may see the European Central Bank take rates further into negative territory and further expand its asset-purchase program. The Bank of England could respond to the Brexit challenge with quantitative easing of its own, and interest rate cuts. "There is no sense of a financial crisis developing," U.S. Treasury Secretary Jack Lew told CNBC on June 27. Lew called the global market reaction "orderly," albeit pronounced.²

The market may rebound more quickly than many investors assume. Ben Carlson, director of Institutional Asset Management at Ritholtz Wealth Management, reminded market participants of that fact on June 24. He put up a chart on Twitter from S&P Capital IQ showing the time it took the S&P 500 to recover from a few key market shocks. (Sam Stovall, U.S. equity strategist at S&P Global Market Intelligence, shared the same chart with MarketWatch three days later.)^{3,4}

The statistics are encouraging. After 9/11, the market took just 19 days to recover from its correction (an 11.6% loss). The comeback from the "flash crash" of 2010 took only four days. Even the four prolonged market recoveries noted on the chart all took less

than ten months: the S&P gained back all of its losses within 257 days of the attack on Pearl Harbor, within 143 days of Richard Nixon's resignation, within 223 days of the 1987 Black Monday crash, and within 285 days after Lehman Brothers announced its bankruptcy. The median recovery time for the 14 market shocks shown on the chart? Fourteen days.^{3,5}

The S&P sank 3.5% on June 24 following the news of the Brexit vote – but that still left it 11% higher than it had been in February.^{5,*}

The Brexit is a political event first, a financial event second. Political issues, not economic ones, largely drove the Leave campaign to its triumph. As Credit Suisse analysts Ric Deverell and Neville Hill wrote in a note to clients this week, "This is not a shock on the scale of Lehman Brothers' bankruptcy in 2008 or, if it had happened, a disruptive Greek exit from the euro, in our view. Those types of events deliver an immediate devastating shock to the global financial architecture that, in turn, have a powerfully negative impact on economic activity." Aside from the political drama of the U.K. exiting the E.U., in their opinion, "nothing else has changed."⁴

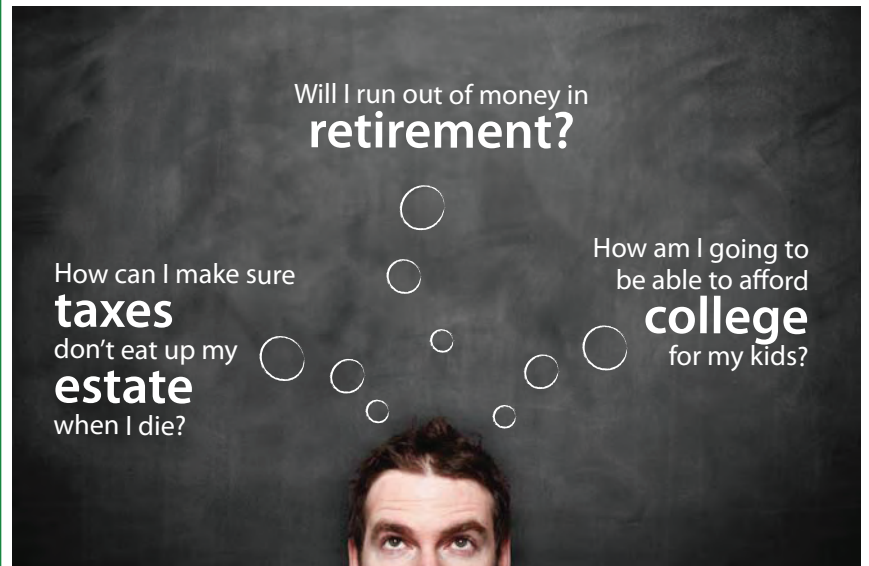
The Brexit certainly came as a shock, but equilibrium should return. Back in 1963, the admired financial analyst Benjamin Graham made a statement that still applies in 2016: "In my nearly fifty years of experience in Wall Street, I've found that I know less and less about what the stock market is going to do, but I know more and more about what investors ought to do."⁶

Graham was making the point that investors ought to stick to their plans through periods of volatility, even episodes of extreme market turbulence. These disruptions do become history, and buying opportunities may emerge. Wall Street has seen so few corrections of late that we have almost forgotten how eventful a place it can be. The Brexit is an event, one of many such news items that may unnerve Wall Street during your lifetime. Eventually, equilibrium should be restored, and, as the historical examples above illustrate, that can often happen quickly.

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

*The S&P 500 is an unmanaged index, and cannot be invested into directly. This past performance is no guarantee of future results. The S&P 500 Index is a capitalization-weighted index of 500 stocks designed to measure performance of the broad domestic economy through changes in the aggregate market value of 500 stocks representing all major industries. International investing involves special risks such as currency fluctuation and political instability and may not be suitable for all investors. This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This

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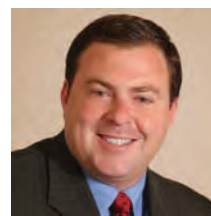
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The Mini Page

Founded by Betty Debnam

Icons Welcome World to Rio



All images courtesy Rio 2016

Mini Fact:

The 2016 emblem shows Brazilians embracing each other around the outline of Sugarloaf Mountain, a peak in Rio de Janeiro.

When we think of the Olympic Games, we often picture the multi-colored rings. What do the rings mean?

The symbol was the idea of a Frenchman, Pierre de Coubertin, who is sometimes called the father of the modern Olympic Games. The five colored rings, along with the white background, represent the colors appearing on all the flags of the countries that competed in the Olympics in the late 1800s and early 1900s. The rings weren't formally used until the 1920 Games.



2016 mascots

For each Olympic Games, emblems and characters are created that show the world something about the city and country where the events are taking place.

This year, the mascot of the Olympics is Vinicius, a mixture of the cats, monkeys and birds that live in Brazil.



Vinicius



Tom

He is named after Vinicius de Moraes, a famous musician and poet in Brazil. His best friend, the Paralympics mascot, is Tom. He represents all the plants in the Brazilian forests.

Pictogram Mini quiz

A pictogram (PICT-o-gram) is a symbol that represents something. For example, in ancient times, people drew pictograms (or pictographs) on rock walls to tell stories about their lives.

With each Olympics, pictograms are used to identify the sports. For the 2016 Olympics, there are 41 different sports and pictograms!

The Mini Page challenges you to a matching game. Try to match each of these eight pictograms to its sport.



1. _____



2. _____



3. _____

Answers: 1. Taekwondo, 2. football (soccer), 3. mountain biking, 4. water polo, 5. equestrian jumping, 6. synchronized swimming, 7. diving, 8. rhythmic gymnastics.



4. _____



5. _____



6. _____



7. _____



8. _____

Resources



On the Web:

- bit.ly/22PBjvI
- bit.ly/22W3d2K

At the library:

- "What Are the Summer Olympics?" by Gail Herman
- "The Boys in the Boat (Young Readers Adaptation)" by Daniel James Brown

Try 'n' Find

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



ANIMALS, EQUESTRIAN, FOOTBALL, GYMNASTICS, ICON, MASCOT, OLYMPICS, PICTOGRAM, PLANTS, RIO, SPORTS, SUMMER, SWIMMING, SYMBOL, TAEKWONDO, TOM, VINICIUS.

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

Puzzling

Unscramble the words below that remind us of Rio de Janeiro.



- oufclorl _____
- nautmonis _____
- scimu _____
- izlabr _____

Answers: colorful, music, mountains, Brazil.

Mini Jokes



- Otis:** Where do champion ants like to go when they're hungry?
- Olene:** To the Olympicnics!
- Oscar:** What was the champion sneezer awarded at the Olympics?
- Olivia:** The cold medal!

Eco Note



Researchers fear that a man-eating reptile from Africa may have invaded Florida. Scientists have captured four Nile crocodiles from South Africa since 2000. The species can grow to 18 feet long and weigh as much as a small car.

adapted with permission from Earthweek.com

For later:

Quiz your family or friends about all the 2016 pictograms and which sports they represent.

BOW GARDEN CLUB

BY JOYCE KIMBALL

Garden club members distributed crepe paper poppies in commemoration of Memorial Day to patrons of their May 28th Spring Plant Sale and to attendees of the Town's Memorial Day program held at the gazebo on the 30th.



BGC Member Catherine Wittliff created two wreaths for the memorial service as she has done for several years, utilizing greens gathered from members' gardens, fresh flowers and patriotic ribbon. One wreath was displayed during the Memorial Day services and later placed at the memorial monument located at the Old Town Hall. The second one was tossed into the town pond in memory of the naval branches of servicemen and women who lost their lives serving our country.



The Town Gazebo was resplendent for Memorial Day with its red, white and blue buntings provided by the Bow Men's Club and newly planted flower boxes, courtesy of the Bow Garden Club.

LABELLE WINERY HOSTS GARDEN CLUB

Two members of the Bow Garden Club participated in the 13th Annual "Petals 2 Paint" floral exhibition on June 22-23rd held at the LaBelle Winery located on Route 101 in Amherst.

Virginia Urdi and Joyce Kimball, along with nineteen (19) of their fellow New Hampshire Federation of Garden Clubs, Inc. (NHFGC) members created individual floral designs interpreting object d'arts pre-selected from East Colony Fine Arts members' collections. Each designer chose their subject from one of the artists' works, later acquiring the appropriate containers, flowers and accents to creatively interpret the art piece for exhibition.

The "Petals 2 Paint" opening reception, complete with wine tasting, compliments of the La Belle Winery, was attended by the artists, floral designers, garden club members and the general public.



Virginia Urdi chose a stained glass piece created by artist Susanna Ries titled "Hummer" to interpret in seeds and grains.



Joyce Kimball created a more traditional floral arrangement that included lilies and daisies from her garden to interpret artist Barbara Mayer's water color painting "Quiet Harbor".



A plant pot full of Memorial Day poppies distributed to townspeople over the Memorial Day Weekend--close to 500 in all

NANCY TOWLE OF BLACK FOREST NURSERY JUNE SPEAKER

Nancy Towle of the Black Forest Nursery in Boscawen was the featured speaker for the garden club's June 13th meeting. Nancy brought along a car load of the newest and most interesting annual and perennial plants of the 2016 growing season for a sort of "Show and Tell" which delighted all attendees. Nancy's load going home was a bit lighter, however as attendees insisted on purchasing some of their favorites right then and there.



Nancy Towle of Black Forest Nursery in Boscawen and BGC VP Beverly Gamlin pose next to some of the many plants Nancy brought to the meeting for "Show and Tell".

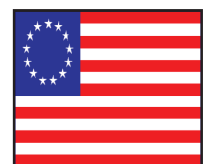
NEWS

The garden club will not meet in August as a number of their members will be on vacation and/or busy tending their own gardens. The next regularly scheduled meeting of the club will be on Monday evening, September 12th.

Master Gardener Ruth Axelrod will be back by popular demand with a new topic, "Eco-Friendly Gardening". The meeting will begin at 6:00 p.m. with social time and refreshments, followed by the program at 6:30 p.m., concluding with a brief business meeting.

All are welcome and new members are encouraged. Location: Old Town Hall, 91 Bow Center Road.

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BOW HIGH SCHOOL HONOR ROLL

By Martha Rae

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

HIGH HONORS LIST

Grade 12

Anthony Dal Pos, Ryan Jaworski, Margaret Jensen, Brooke Johnson, Gavin Lacourciere, Kaitlynn Leary, Samantha MacEachron, Michelle Neal, Benjamin Smith, Kaythi Tu, Hayden Udelson, Dylan Wheeler, Sarah Zecha

Grade 11

Kailey Andrew, Austin Beaudette, Duke Biehl, Pavel Burke, Gianna Celenza, Lucas Cohen, Lauren Craven, Sohani Demian, Collin Devaney, Mason Elle-Gelernter, Riley Hicks, Abigail Horner, Nandita Kasireddy, Rebecca Katz, Mac Kimball, Conner Lorenz, Hallie Lothrop, Joseph Lulka, Cassandra Meaney, Leah Mitnitsky, Samuel Neff, Bryce Northrop, Jack Olson, Annelise Papinsick, Elizabeth Pizzi, John Rich, Henry Tanner, Isabella Urbina, Sadie Warburton, Brendan Winch

Grade 10

Claire Aurilio, Brayden Binder, Mark Borak, Emily Buczala, Susannah Budd, Abigail Coe, Lea Crompton, Sonya DeLorie, Dillon Hicks, Laura Hoeker, Kathleen Jenkins, Grant Johnson, Gabriella Kelly, Alison Lambert, Rebecca Lessard, Molly Litt, Gillian Martin, Katherine McCully, Joseph Milano, Nathan Murphy, Ethan Paige, Valerie Pascetta, Lina Patel, Nicole Perry, Emma Roberge, John Rolla, Amanda Sampo, Samuel Selleck, Mikaela Zabielski

Grade 9

Carter Abramson, Courtney Baer, Samuel Berube, Brianna Boone, Daniel Breault, Macy Broderick, John Caprio, Dillon Cate, Emma Conley, Hunter David, Kirpal Demian, Isabelle Dolcino, Matthew Driscoll, Samantha Eastman, Corey Gott, Lauren Goyette, James Jensen, Emily Katz, Natalie Kay, Louis Keith, Julia Landcastle, Thomas MacEachron, Kayleigh Marshall, Amanda Marshall, Grace Maurer, Zachary McDaniel, Sean Miclette, Miah Munro, Serena Munro, Kylie Murphy, Brenna Novakoski, Jonah Paige, Andrew Ralston, Caitlin Robbins, Jonathan Routhier, Joseph Savell, Jessica St. George, Rebecca Thissell, Hannah Topolosky, Jake Valpey, Faith Walmsley, London Warburton, Jack Wixson

HONORS LIST

Grade 12

Kaitlyn Andrews, Madison Beauchain, Jeffrey Bell, Shannon Benson, Kristian Blackford, Colin Buck, Yizhe Chen, Madeleine Cheney, Madison Constant, Julia Currier, Zachary Daniels, Jillian DeLand, Henry Ess, Ian Gillespie, John Graham, Sarah Gunn, Brianna Heckadon, Anna Heindl, Alexander Hoeker, Hadley Johnson, Robert Joscelyn, Caitlyn Keenan, Yifan Liu, Justin McCully, Ryan Moffett, Owen Molind, Ryan Murray, Claire Murray, Amanda Murray, James Petzold, Alina Pinney, Benjamin Podis, Francesco Scali, Jacob Scott, Aditya Shah, Samrawit

Silva, Sawyer Twombly, Naina Vig, Emma Walcott, Katrina Wells, Allison Wilber, Drew Wunderli, Shane Wunderli, Laura Zbehlik

Grade 11

Sara Anoli, Hunter Bakos, Jonathan Bara, Kristen Benson, Saara Bliss, Noah Bult, Willow Bynum, Carmen Celenza, Douglas Champagne, Robert Ciotti, James Colquitt, John Colquitt, Michael Darrach, Chandler Evans, Eliorah Finkelson, Andrea Fortin, Alexander Gott, Duncan Hall, Tyra Jackson, Sarah Jarrar, Paige Johnson, Aidan Koornneef, Megan Marshall, Jon Merchan, Emily Montebianchi, Justin Mooney, Michael Mullen, Claire Mulvaney, Andrew Nicholls, Skylar O'Reilly, Brandon Parker, Samantha Perry, Zachary Ponzio, Matthew Schwartz, Karina Thompson, Colin Tracy, Timothy Underhill, Jack Vachon, Lyndsey Wheeler, Elysia Woody, Michael York

Grade 10

Stephano Alvarez Rivera, Joseph Anderson, Allison Beaudette, Daniel Belair, Miranda Benoit, Alicia Bernardi, Dominique Biron, Erin Boldwin, Brian Bushnell, Brody Call, Kyleigh Daley, Desiree Doucet, Karly Elliott, Nicole Epstein, Jennifer Ess, Nolan Filteau, Haley Fleury, Shannon Ford, Brendan Fournier, Christopher Gallier, Lexus Glew, Mikayla Gobis, Benjamin Guertin, Jonathan Guimond, Elizabeth Gunn, Julianna Hager, Brian Hassett, Julia Hollinger, Reagan

Irish, Ben Kimball, Gillian Ladd, Zachary Lavoie, Justin Leach, Briana McCranie, Christian McDonald, Sydney Mills, Gwen Molind, Brianna Mullen, Shannon Murray, Alex Nagy, Patricia Nordin, Diana Pollock, Justin Porath, Brett Provost, Juliet Reed, Christian Robison, William Russo, Jonathan Scott, Savannah Speckman, Cydnee Szumierz, John Tellifson, Jordyn True, Brianna White

Grade 9

Eve Anderson, Joseph Auger, Michelle Baillargeon, Katelyn Bara, Connor Blandini, Jonah Bult, Cassandra Cafasso, Hannah Call, William Carey, Nathan Carrier, Jacob Carter, Sarah Ciotti, Charlotte Clement, Alyssa Colandreo, Caitlin Craven, Lucy Day, Nathan Demers, Luca Demian, Caroline DeOliveira, Lily Geddes, Brennan Gillespie, Mason Grasso, Hannah Hayes, Jackson Hinkell, Jason Howe, Elisabeth Hunter, Zoe Jukoski, Ellie Lambert, Jordyn LeCompte, Jamie MacEachron, Alistair Mayo, John McCarte, Michael McLean, Zachary Mullen, Neeraj Naik, Abigail Nappen, Lindsey Nelson, Caleb Olson, Elizabeth Parker, Chiara Petretta, Lauren Porter, William Radl, Hunter Remick, Kendra Roux, Daniel Silva, Angelina Smith, Cody Tibbetts, Charlotte Ulrich, Benjamin Wachsmuth, Aidan Westenberg, Garrison White

BOW MEMORIAL SCHOOL HONOR ROLL

Fourth Quarter 2015 - 2016

By Kathy McKernan

GRADE 8 HIGH HONORS

Emily Barker, Patrick Beggan, Andrew Berube, Aaron Burkett, Olivia Bynum, Brian Carter, Lara Chern, Jonathan Cook, Katharine Cross, Megan DesRuisseaux, Juliette Doucet, MaKenna Dougherty, Courtney Evans, Connor Griffin, Matthew Hamilton, Alyssa Harpring, Benjamin Harris, Evelyn Hatem, Annaliese Kaufman, Maximillian Keef, Gwendolyn Kelly, Meredith Krause, Megan Lavigne, Madeline Lessard, Glenn Lewis, London Mills, Madison Paul, Sarah Sardella, Madeline Soucy, Skylar Star, Jana Stich, Ruby Towne, Maxwell Udelson, Parker Van Ham and Emma Wilke

GRADE 8 HONORS

Madison Amann, Sebastian Beaulieu, Rebecca Bernard, Jessica Brown, Lyndsay Burnham, Taylor Burnham, Keely Dartnell, Devin Dulude, Sarah Epstein, Matthew Ferland, Connor Gagan, Lauryn Gallier, Brennah Gardner, Lydia Gialluca, Steven Guerrette, Emma Hilton, Julia Hittle, Eric Hodgkins, Hailey Kaliscik, Molly Kernan, Samantha Kernan, Nicholas Kiah, Riley King, Gianna Mantini, Paige Margenau, Amber McGuire, Madison McSweeney, Jonathan Muise, Robert Mullen, Gabriel Neff, Emily Pascetta, Maile Petersen, Jillian Roberts, Thomas Rolla, Pernilla Shaw, Isabelle Slocum, Jake Spaulding, William Stadelmann, Tessa Thomas, Madison Tibbetts,

Zachary Wallace, Willem Wamser, Kathryn Watt, Christopher Wheeler, Sara White, and William Zachistal

GRADE 7 HIGH HONORS

Nicholas Aubrey, Katharine Barker, Lucas Berube, Brooke Biehl, Chloe Binder, Daniel Blandini, Rachel Budd, Matthew Cardarelli, Carizza Cayabyab, Amelia Coe, Jonathan Cross, Adele Elle-Gelernter, Aiden Fisher, Izak Furr, Annika Geiben Lynn, Leah Hoey, Katelin Howe, Ethan Krueger, Daniel Leuchtenberger, Owen Libby, Greta McGregor, Lauren McKeen, Madeline Michaelis, Aiden Munro, Justin Murphy, Saige Murphy, Benjamin Neff, Samuel Ralston, Joseph Reed, Jack Roberge, Matthew Selleck, Dylan Shedd, Emma Van Ham, Wyatt Weber, and

Finnian Welch

GRADE 7 HONORS

Sydney Abramson, Rosaria Anderson, Ellie Andrews, Alex Baer, Vitalia Brock, Louisa Carey, Anthony Constant, Alexander Cross, Meaghan Danahy, Owen David, Ethan Davis, Madison Gordon, Paige Grondin, Barrie Guertin, Elizabeth Hanson, John Hinkell, Brooke Hull, Sonia Hunter, Anna Krause, Anya Krug, Elise Labonte, Falon Labrecque, Mason Lane, Gabriella LaPerle, Cooper Larrabee, Ryan Leonard, Shaun Lover, Catherine Maurer, Nicholas McGovern, Makayla Murray, Kathryn Nagy, Benjamin Neff, Ryan Nicholls, Thomas Oglebay, Caleb Paige, John Sargent, Connor Treybig, Sophia Valpey, Journey Vanderveer, and Jackson Weber

SARA ZECHA OF BOW RECEIVES DCU SCHOLARSHIP

By Amanda Delorme

Sara Zecha of Bow was among this year's recipients receiving a scholarship from Digital Federal Credit Union. Since 1996, DCU has provided a scholarship program designed to assist students in the pursuit of a higher education with nearly \$700,000 in scholarships being awarded.

This year, DCU for Kids, the credit union's charitable foundation, distributed a total of fifty-three scholarships totaling \$100,000 (twelve \$2,500 scholarships, seventeen \$2,000 scholarships, and twenty-four \$1,500 scholarships) that were awarded to graduating high school seniors judged most likely to excel at a college or university.

Recipients were chosen by an impartial panel of college educators who based their decisions on scholastic achievement, community involvement, leadership skills, character and integrity, recommendation letters, as well as an essay submitted by the student.

Application information for next year's scholarship program will be available in January of 2017 via DCU's website and the DCU for Kids website.

About DCU

DCU is a not-for-profit financial cooperative serving over 500,000 members across all 50 states and offers a full range of financial services to consumers and businesses, including banking, lending, financial management, insurance and realty. For additional information, visit www.dcu.org.

About DCU for Kids

In 2005, recognizing the importance of supporting organizations that make a difference in the communities they are a part of, DCU incorporated DCU for Kids, a non-profit 501(c)3 charitable foundation for distribution to deserving causes and charities benefiting children and families.

To date, DCU for Kids has made charitable donations that total over \$6,000,000.

For additional information, visit www.dcuforkids.org or Contact: Amanda Delorme, Assistant Public Relations Manager, DCU at adelome@dcu.org

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THREE OPTIONS FOR DISPLAYING A COLLECTION

BY ANN DIPPOLD, CBR, GRI

Are you a collector? Whether you have a passion for art, photographs, action figures or something else entirely, here are some options for displaying your memorabilia.

Mount It on a Wall

Family photos and art pieces are commonplace, even among those who don't consider themselves collectors. Fortunately, there's no shortage of creative ways to display wall art.

The trick is to focus on the frames. For instance, one method is to use frames of the same color but of varying sizes and designs. This creates visual interest and unites the collection. Figurines and other small items with depth can be housed similarly using shadowboxes or a divided case. Hang artwork at eye level for optimal visual appeal. For museum-quality results, keep the center point of your display or collection between 57 and 63 inches from the floor.

Showcase It on Shelves

Curio cabinets and other types of shelving work well for arranging collections and giving individual pieces a chance to stand out. Whether you're into vintage dishes or figurines, consider grouping your collection according to color or pattern.

If you have glass or crystal items, sunny windows are ideal spots for your display. And avoid overloading shelves; open space can help make a visual impact.

Arrange It on Furniture

When it comes to displaying eclectic items or combining collections, look to the top of your favorite furniture pieces. On the surface of a credenza or console table, mix tall and short items as well as various shapes and textures along a horizontal line, similar to a cityscape.

BOW U10 ALL-STARS WIN CAPITAL AREA LITTLE LEAGUE CLASSIC



Bottom Row: Aiden Ciminesi, Trevor Abel, Owen Walton and Ian Soucy; Middle Row: Owen Cray, Nathan Greene, Sean Guerrette, Owen Webber, Adam Auclair and Brady Lover; Top Row: Coaches Melissa Auclair, Brad Abel, Gary Auclair and Steve Ciminesi; Missing from photo: Mason Hayes and Ethan Anderson



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Learning for the Fun of It!

Preview of Fall Classes

August 10, 2016 1:00 -3:00 p.m.
Tad's Place at Heritage Heights, 149 East Side Drive, Concord

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at Granite State College

Osher Lifelong Learning Institute
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603-513-1377 | <http://OLLI.granite.edu>

OLLI MEMBERS LEARNING FOR THE FUN OF IT

By Jacki Fogarty



OLLI members gather in front of a canvas stage curtain depicting early 20th century Concord businesses

Bow OLLI members crossed the border into Hopkinton a few weeks ago for a walking tour on Main Street including the Historical Society (a rarity – a building built specifically to be a historical society) and the Town Hall featuring several beautifully restored canvas stage curtains. The group learned about the original residents of the stately homes which grace the main thoroughfare including a wonderful story about a winning lottery ticket hidden so well by its owner that he had to search the woods behind his home for three days before finding it.

This class is representative of the “learning for the fun of it” rep-

resented by OLLI, the Osher Lifelong Learning Institute, affiliated with Granite State College. OLLI offers affordable courses ranging from single session to classes which meet once a week for six weeks on a broad variety of topics.

Adults over age 50 are encouraged to attend a Fall Course Preview to hear a sampling of presenters introduce the courses they will offer in the upcoming term running from September to December. Plan to attend on August 10, 1:00-3:00 p.m. at Tad's Place, Heritage Heights, 149 East Side Drive, Concord. It's free, you can enjoy refreshments and meet other intellectually-engaged contemporaries.

TOWN OF BOW NEWS

BOW POLICE OFFERS HOUSE CHECKS FOR WHEN YOU GO AWAY

Any resident who would like the Police Department to visit their home, check all doors, windows, and exterior structures, can request the service by completing a “Vacant House Check” form. The form can either be picked up at the Police Department or found on the Town of Bow website.

Public Safety Building Project
Audley Construction of Bow has begun work on the site, including site clearing, stripping/grubbing, and building excavation in preparation for the installation of the foundation.

Personnel Spotlight

Farrah Bell has been hired as a part-time Account Clerk in the

Town Clerk/Tax Collector's office. Farrah was a member of the first class to graduate from Bow High School.

Captain Mitchell Harrington (Fire Department) has been promoted to full-time Deputy Fire Chief. Mitch has been with the Fire Department since 2001.

Officer Phil Lamy (Police Department) has been promoted to Sergeant. Phil has been with the Department since 2009.

Sergeant Margaret Lougee (Police Department) was recently presented with the “School Emergency Preparedness Award” at the Annual Emergency Preparedness Conference.

Foreman Noel Gourley (Department of Public Works) recently received a Master Road Scholar designation from the UNH Technology Transfer Center.

Dan Freeman (Department of Public Works and Recreation) was recently presented with a Vocational Service award from the Rotary Club of Bow.

BOW POLICE LOG

JUNE 2016 ARREST LOG

Arrests- 18	Motor Vehicle Stops- 221
Warnings- 194	Citations- 24
Accidents- 5	Parking Tickets- 4
Restraining Orders-2	Incident/Investigation Reports- 51

06/01 Daniel M. Mercer, 20, NH 12 Whitford Rd, Nashua, was arrested for operating after revocation/suspension and operating a motor vehicle with a suspended registration.

06/02 Fletcher T. McGee, 22, 59 Boyce Rd, Weare, was arrested for driving after suspension/revocation; Nicole Robinson, 32, 84 Penacook St, Concord, was arrested for possession of controlled/narcotic drugs and habitual offender.

06/03 Jacob Blondell, 22, 3 Ridgewood Dr, was arrested for driving after suspension/revocation; Joseph Petricca, 22, 59 Blaze Hill Rd, Hopkinton, was arrested for fraudulent use of a credit card.

06/06 Alex J. Stefanik, 18, 28 Morrill, Hooksett, was arrested for possession of controlled/narcotic drugs and operating without a valid license.

06/07 Dyllon P. Laundry, 18, 42 Central St, Apt #1, Franklin, was arrested for operating without a valid license; Sara Flowers, 20, 30 Thompson St, Concord, was arrested on a warrant.

06/11 Jed Aubertin, 20, 40 Emerson Rd, Hopkinton, was arrested for driving after revocation or suspension.

06/12 Jean-Marie Nkaka, 47, 1410 Forest Ave, Apt #2, Portland, ME, was arrested for driving after revocation or suspension.

06/13 Ronaldo L. Towers, 31, 9 Eastman St, Concord, was arrested on a warrant.

06/15 Brian J. Pillsbury, 45, 15 Pierce, Concord, was arrested on a bench warrant.

06/17 Jesse R. Miller, 56, 1612 Sherrye, Plano, Tx, was arrested for criminal threatening (use of deadly weapon) and reckless conduct (placing another in danger); Tonya L. Willey, 30, 1178 Rte 129, S Bristol, Me, was arrested for driving after revocation/suspension.

06/18 Dusti J. Bonin, 31, 120 Fisherville Rd, Apt #16, Concord was arrested for driving while intoxicated subsequent and transporting an alcoholic beverage.

06/21 Shawn R. Cunningham, 51, 195 Westland Ave, Manchester, was arrested on a warrant.

06/22 Mark W. August, 63, 49 South Bow Rd, was arrested for driving while intoxicated.

06/23 Michael Petrone, 37, 3 Main St, Apt#2, Chichester, was arrested on a warrant.

06/26 Dean J. Hamel, 26, 11 School St, Boscawen, was arrested on a warrant.

06/27 Ian A. Murray, 24, 4 Merrill Crossing, was arrested for driving after revocation/suspension and default/breach of bail conditions.

06/28 Joseph C. Pettingell, 37, 79 Calumet Ave, Worcester, Mass., was arrested on a warrant; Brian K. Hoogacker, 40, 546 Page Rd, was arrested on a warrant.

There were 3 Involuntary Emergency Mental Health Admissions during the month of June.

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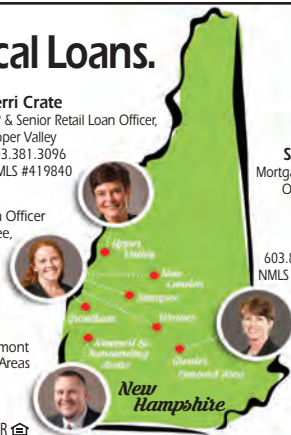
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Grantham & Warner
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Newport, Claremont
& Surrounding Areas
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NMLS #751779

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

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



BOW COMMUNITY CALENDAR

IMPORTANT DATES FOR BOW VOTERS



September 6th: Supervisors meet at Town Hall from 7:00-7:30 p.m.

September 13th: State Primary Election

October 29th: Supervisors meet at Town Hall from 11:00-11:30 a.m. for registration

November 8th: General Election

July 22nd: American Red Cross Blood Drive - Bow Mills United Methodist Church Noon - 5:00 p.m.

July 24th: Concert at the Gazebo - Mink Hills Band

July 31st: Concert at the Gazebo - South Street Blues Band

August 7th: Concert at the Gazebo - Freese Brothers Band

August 12th: 20th Annual Falcons Booster Club Golf Tournament

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



IS NOW A GOOD TIME TO REFINANCE YOUR HOME?

WHAT YOU SHOULD CONSIDER

By Mary Sullivan

For a homeowner, refinancing is something that can come along as either an opportunity or a necessity. It can be a very confusing choice for a homeowner. With mortgage rates still low, now may be a good time to do it, but is it good for you? Here are a few things to consider:

Why do you want to refinance?

First think about why you want to refinance, there could be a few reasons why you might be considering this option:

1. To lower your monthly payment

Sometimes interest rates drop, and you might find that you can refinance in order to reduce your monthly mortgage payment. You may have a much higher rate and want to lower it to help reduce the amount of interest you are paying over the term of your mortgage. However, it could be difficult if you owe more than your house is worth.

2. To lower your total costs

Sometimes refinancing can be the best way to pay off your loan faster, and thus lower the overall cost of your house as you pay less interest. However, refinancing to a shorter term loan might also increase your monthly payment, so be cautious of the term you are refinancing for unless you are eager to pay off your loan quickly.

3. To switch mortgage types

Switching from an adjustable rate mortgage (ARM) to a fixed rate mortgage is one reason to refinance. If you plan to stay in your house long term, this may be an option to consider as it could help to protect you against potential rising rates.

4. Cash out

This type of refinance involves using your house to get cash for other purposes. Make sure that your new mortgage is still affordable, and that you are seeking cash out for an essential reason.

What will it cost you?

This is probably the biggest question that any homeowner is going to have about refinancing. There may be some upfront costs, but it could save you money over time. Here are some aspects of refinancing that may cost you money:

- Penalties

Check out the fine print on your current mortgage. If you are not sure what it means, have a realtor or lawyer look at it. Add in any costs of these penalties to the cost of refinancing.

- If you owe more than your house is worth

Houses can decrease in value. If you owe more than your house is worth, you might end up having to pay the difference yourself, and that may make refinancing a less attractive option.

When it comes down to it, you need to be aware of all of the potential costs before you can make a proper decision on refinancing. Once you have considered all of the possible outcomes, you can then make a well informed decision

How long are you going to stay in your home?

A lot of your decision-making will depend on how long you intend to stay in your home. If you plan to move in a few years, refinancing may not be the best solution. However, if you plan to stay in your house for a while, you may find it to be very beneficial.

What are the first steps?

So you have made the decision to refinance, now what do you do? First, you need to make sure that you will be able to refinance:

- You will need a good credit score and also enough equity in your home—this might be 10 or even 20 percent of your home's value.

-You also need to have proof of a good source of income and steady employment.

-Then check your current mortgage for any possible penalties for paying it early, and make sure that they will not outweigh the benefits of refinancing.

Next, you should go to your local, Hometown Bank such as Sugar River, to see a knowledgeable lender that can help you every step of the way!

Mary Sullivan
AVP/Mortgage Loan Officer
NMLS #560924
198 Loudon Road
Concord, NH 03301
603.227.6011 Office | 603.477-7891 Cell



SAVE THE DATE



Celebrate Bow Bog Meeting House Restoration

SATURDAY, SEPTEMBER 17 -11:00 to 2:00



Displays - Demonstrations - Music - Historic Moments

Men's Club Lunch

Memorial Bells - Free Pie

** Period Dress Encouraged **

(Interested Singers & Musicians call 774-3751)

The "Morgan Rifle on Display"

A Great Day to Celebrate our Town's History

Old Fashioned Beef Stew & Cornbread

Home Made Pie Selections



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

Linda Bucknam, Travel Consultant
Caribbean and European Specialist



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\$ 100 Off packages booked for travel through the end of 2016

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Life, liberty and the pursuit of happiness!

As Americans, let's cherish the freedoms we all enjoy and honor those who have helped us keep them.

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