



The Bow Times

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FREE

COMCAST CONTRACT ANNUAL REPORTS ARE MISSING

The town entered into a contract for the cable television franchise in the Town of Bow on July 1, 2011. That contract has now expired and the Town Manager is negotiating with Comcast as to whether the contract should or would be renewed and, if so, on what terms. Revenue from the contract is available with up to 5% of the franchise gross receipts from Bow with certain adjustments. Whether or not this makes sense depends on what has been happening in Bow with the old contract.

The 47-page contract contains in Exhibit E an annual report that is to be filed with the town. That report by Comcast would include customer service statistics such as the number of reports of system outages and the response time for such outages.

The annual report also requires Comcast to produce a summary of written complaints and a description of the resolution of those complaints.

After meeting with Manager Stack the Bow Times requested copies of those last five years of reports but Mr. Stack responded on August 2 that there have been no such filings and he will now attempt to obtain them. Section 9.13 of the Comcast contract with Bow says that Comcast would meet annually with the Board of Selectmen if they so requested it and that the company would submit the annual report on the anniversary dates of the contract.

None of that has happened to date.

ELECTION DATES

The State Primary will be held on Tuesday, September 13th at Bow Memorial School, 20 Bow Center Road. Polls will be open from 7:00 a.m. to 7:00 p.m. The last day to register to vote before the Primary Election is September 6, 2016; however, you can register to vote at the polls. The last day to get an absentee ballot in person is September 9, 2016.

BOW ROTARY AWARDS JON RUGGLES THE CLUB SERVICE AWARD

By Donna Deos



PHOTO BY ERIC ANDERSON

The Bow Rotary Club proudly awarded the 2016 Club Service Award to Jon Ruggles of R&T Electric. This award is given to a Rotarian who has demonstrated, through action, a commitment to the goals and ideals of Rotary. Rotary International has a motto of “Service Above Self” and the Bow Club’s own motto is “We Help Others.” Jon exemplifies both.

This award is given to that person who always says “yes” when asked to serve, and frequently steps forward without being asked. Jon Ruggles is a man who never says no, for the auction committee, helping with Christmas trees, the car show or any other club activity – he always seems ready to help. He has been a member of the club since January of 1980 and has had

perfect attendance from day one! That’s 36 years. That alone is something to be very proud of, but is not why he was awarded the Club Service Award. It’s not because of 36 years of exemplary service to our community and our club. But rather, it is because there isn’t a committee that he hasn’t touched in his time in the club. There isn’t an event we have held that he hasn’t been instrumental in making come alive. To tell you a bit about this I would like to draw your attention to the fact that our Gazebo in Bow has power. Summer concerts are held there (which are going on now weekly on Sundays at 6pm). Our Annual Auction is held in the Community Building and thanks

Ruggles cont. on p. 8



TOWN WORKER SAFETY COMMITTEE FINALLY REVIVED

To ensure a safe workplace for town employees, state law requires that employer and employee representatives serve on a joint loss management committee. RSA 281-A:64’s safety provisions call on the committee to carry out workplace safety programs and meet four times a year according to section 130-4 of the town ordinances. The committee met twice in 2014 to discuss panic buttons, fire drills, and a facility emergency action plan among other things.

No meetings were held in the two year period from June 2014 to June of 2016. Why the eight meetings for the two year period were not conducted is unknown.

The state Department of Labor visited the town recently because the town safety program was last updated in 2013. The law requires updates every two years. Changes to the plan were approved at the July 6 meeting of the Joint Loss Management Committee.

SELECTMEN SUSPEND RENAMING/ RENUMBERING ORDINANCE

The 2013 ordinance that required massive renaming and renumbering of streets in Bow has been suspended. New Selectmen Chris Nicolopolous made the motion to suspend which was seconded by Eric Anderson. The 5-0 vote follows a town meeting vote in March to change the selectmen’s ordinance.

The decision is to have the town manager and Bryan Westover of the Building Department, redraft the 2013 ordinance to eliminate the automatic renumbering requirement if a building permit is pulled on a street. Currently the nine streets on the renumbering list are: One Stack Drive, Beaver Brook Drive, Chelsea Drive, Dunbarton Center Road, Crescent Drive, Tallwood Drive, Thibeault Drive, and South Bow Road.

BOW ROTARY SUMMER CONCERT SERIES HUGE SUCCESS AT THE GAZEBO (LEFT)

PHOTO BY ERIC ANDERSON

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

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EDITORIALS

SELECTMEN NEED TO ADOPT A BUILDING PERMIT FEE WAIVER POLICY

Accountability in government is not only necessary, but logical in a democracy where the voters are supposed to be in charge.

At page 151 of the 2014 Town Report our auditors, Roberts & Greene, LLC, of Concord criticized the town’s financial management saying:

“In reviewing and reconciling revenue for building permits, we noted there is no formal policy on when permit fees may be waived. We recommend that no Town fees be waived without the written authorization of the Town Manager or the Board of Selectmen, and we further recommend that the Board adopt such a policy and ensure that all Town employees are made aware of it.”

When this paper asked the Town Manager if a policy had been adopted since then the only response was to send us an email from then-Finance Director Bob Blanchette dated December 22, 2014 that said:

“Any potential permit fees that are waived will need written authorization by the Town Manager or Board of Selectmen.”

Was that the “policy”? When I called Bob Blanchette to ask him why he sent that email to a number of town officials, his response was that he “sent the email out as a head’s up, but Dave Stack as the Town Manager was to draft a policy. In two years he has never done so.”

It is time for the Manager to prepare and send to the Selectmen a policy on such waivers so that waivers are not made on a random or ad hoc basis.

Whim and friendships should not be the standard. That is why policies are written.

After two years it is long overdue.

IS STACK DROPPING THE BALL?

In just two stories in this issue of the paper we learn that the Worker’s Safety Committee did not meet for two years despite town regulations requiring four meetings a year. We also learned that the annual filing for Comcast has not been done for the last five years and the contract is now up for renewal. How can the selectmen and the manager vote on a contract unless they know what the performance has been for the last five years? It may well be stellar but no one will know what the volume of outages or customer complaints were if the manager is asleep at the switch and not obtaining that information in a timely manner. It is not up to this newspaper to get him to do his job – that is the job of the Selectmen. It looks like it’s time for a review of his performance to determine whether or not he is on top of the duties that he is suppose to be performing.

A WALK OR A SHOVE?

Retirement Party



Friday, August 14, 2015
2:00 – 3:30 PM
Meeting Room B
Bow Municipal Building
10 Grandview Road, Bow, NH

Come say goodbye to Bill Klubben and wish him well on his retirement, as we thank him for 18 years of service as Bow’s Director of Community Development.

Please RSVP by Thursday, Aug. 13, 2015
(603) 228-1187 x110, admin@bow-nh.gov



“A key part of the agreement was that Bill Klubben agreed that he will “not be able to sue the Town for causes arising out of his employment relationship.”

So once again readers, have you ever seen a retirement that includes a waiver of suing the Town of Bow? What were the causes to sue that arose out of his employment anyway?

The Personnel Plan for Bow was adopted by vote of the Board of Selectmen on July 12, 2011. The first sentence says that “the purpose of this plan is to establish uniform administrative practices for all employees of the Town of Bow.”

Section 136-2 says that the manager is responsible for the overall administration of the plan but the Board of Selectmen shall “establish the policies that comprise the plan.”

Nowhere in the 28 page document is there a provision that the Manager can change benefit levels for a particular employee.

We can only assume that if the Manager deviated from the Personnel Policy of the town the Board must have approved it.

When? Why?

Chuck Douglas

*For a free press,
Je suis Charlie*

So did Bill Klubben retire on his own or was he pushed?

The official line was set forth above as a retirement.

But this paper’s right to know law request produced a “Separation Agreement” that said “that it is in their mutual interests that the Employee’s employment relationship with [the] Town be concluded with a termination date of August 14.”

Does that sound like a voluntary retirement on August 14? You

decide.

On July 19th Manager Dave Stack emailed this paper to explain the tens of thousands of dollars paid in vacation and sick leave over and above the 40 hours set forth in the personnel policy of the Town. His response said that:

“The Town has the right to negotiate terms other than what’s in the personnel plan if circumstances warrant it. In this case, the severance package satisfied both parties.”



Letter to the Editor

As a Bow resident, I am disappointed to learn about the recent termination of some of the Town employees.

I understand about “employment at will,” however, that shouldn’t give someone the right to pull another’s livelihood right out from underneath them without warning or reason. What about the human factor? Behind every position is a person with a family.

I also find it concerning that employees are not getting evaluated and I wonder why? Does our Town Manager not have the time in his \$102,000 position to point out employee strengths, as well as areas that may need improvement? Or is it simply a matter of convenience so that he can fire on a whim? Is anyone evaluating the Town Manager, or is this Concord resident allowed to do whatever he wants in Bow including suddenly firing “at will”?

**BOW RESIDENT
NAME WITHHELD BY EDITOR**

To the Editor:

I’ve been hearing a lot about the Senate race in our state this year. There are so many negative ads that it’s hard to know what’s true about each candidate.

When I went to find out how each candidate felt about the issues, I could hardly tell what Maggie Hassan stood for. She seems to like to say that she’s for everything good and against everything bad, but where are her policy prescriptions? It seems like when she does take positions, they’re just copying what national Democrats believe. I guess there’s not really any difference between Governor Hassan and the rest of the Washington Democratic elite who are out of touch with what’s facing us here in New Hampshire.

Also, it’s hard to know what’s going on in your home state when you’re constantly traveling to fundraise and rub elbows with Hillary Clinton. I could not believe that Governor Hassan had been out of state for more than 50 days this year already, but I guess she is just another politician who wants my vote without having any real policy solutions to share, nor any plans for what she will do if elected.

Sam Selleck, Bow

**WHAT ABOUT A
FIRE HOUSE GRILL?**



When the committee to study how to revamp the Community Building after the fire department leaves starts its work, some suggest leasing the Northwest corner to a restaurant.

Bow does not have a restaurant in the area of the Community Building.

Could a lunch/dinner upscale, but casual, dining experience work there? If it had take out and a brick oven style restaurant with a full bar the demand is here.

The three doors to the fire house could be raised in good weather, much like the very successful Ford’s Garage Restaurant in Cape

Coral, Florida. www.fordsgarage.com.

A fire department theme for the Fire House Grill could include a three alarm chili and Bow Burgers.

Tucker’s has restaurants in Hooksett, Concord and New London. Might they be interested? What about Bow’s Doug Dow whose very successful CC Tomatoes in Penacook has a great menu?

Plans should be flexible enough for a private public-partnership for a lease to a good restaurateur in part of the building.

It is time to think outside of the box and be creative Bow.

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BOW GOLFERS HELP RAISE FUNDS FOR GREATER CONCORD CHAMBER OF COMMERCE

Bow golfers help raise funds for Greater Concord Chamber of Commerce to support the Capital Area Student Leadership Program at Beaver Meadow Golf Course on August 3.



Pictured left to right are Chuck Douglas, Dominic Lucente, Selectmen Chris Nicolopoulos and Ben Kiniry.

Photo by Mike St. Germain

Stock Market Got You Down?



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ECONOMIC DEVELOPMENT

Compass Innovative Behavior Strategies Moving Headquarters From Bedford, NH To Bow

Earlier this summer a fast-growing startup relocated its headquarters from Bedford, NH to Bow Technologies Center on Robinson Road. Compass Innovative Behavior Strategies was established in November 2014 by Ally and Dan Dube. The agency's mission is to provide personalized behavior therapy for children and adults with autism and other developmental disabilities. Ally is a Bow native and a Board Certified Behavior Analyst (BCBA). Dan is a seasoned entrepreneur who has started a number of companies in the tech industry. Shortly after starting the company, two new partners joined, Don and Kathy Farland; their expertise in office management has been essential for the company's growth.

The services provided are based on an Applied Behavior Analysis (ABA) approach, which has proven to be very effective in treating autism. Compass is one of the only agencies in the State that provides home-based ABA therapy and also accepts Medicaid as an in-network provider. This has placed the company's services in high demand. In fact the company outgrew its offices in Bedford in less than six months and is now already considering leasing additional space at its current location here in Bow. The company got its start with four employees, including Ally and Dan; it now has over sixty employees and is projected to have a hundred by the end of the year. It has a second office in Laconia and will be opening a third in Berlin in October.

Compass currently serves over a hundred clients from three states.

In an interview, Dan indicated that Bow was chosen for the company's headquarters "by design." It is centrally located and very convenient for their clients. The fact that Ally grew up in Bow may have also influenced their decision. Mrs. Dube raised a son with autism and she knows how difficult it can be to find appropriate care that is affordable and accessible. The wait list is often twelve to eighteen months for agencies offering similar services, but Compass Behavior's ability to grow quickly has allowed it to provide services with no wait list. Mr. & Mrs. Dube are both committed to removing barriers here in New Hampshire for those needing services for autism and other developmental disabilities. Welcome to Bow!

Keller Industries to Expand in Bow

On July 19 Gary York and Bob Keller met with the Board of Selectmen to discuss expansions of Structures Unlimited and Kalwal. The genesis of the companies was 1968 when their first facility in Bow was opened. They now employ 600 people with 100 being from Bow.

The two Keller Industries intend to employ a second shift and have other expansion plans that require hooking up to the water system along the Route 3-A development corridor.

Bob Keller said that he looks forward to a working sewer system in that corridor so he plans to construct for it now. Gary York explained that more users on the town water system in that area will help stabilize pressure and make the system operate more efficiently.



TOM O'DONOVAN APPOINTED TO DRINKING WATER COMMISSION

Tom O'Donovan of Bow was sworn in on July 19 as a new member of the Bow Drinking Water Commission. Mr. O'Donovan is a veteran of 28 years in the U.S. Army with tours in Bosnia and Afghanistan and many other overseas and US assignments.

He just completed five years in the Northwest with the Department of Energy working many areas including environmental and reliability issues. Tom and his wife Denise are avid cyclists.

VOLUNTEER OPPORTUNITIES

There are currently openings on the Conservation Commission and the Bow Recycling and Solid Waste Committee. The Conservation Commission meets the third Monday of the month at 7:30 p.m. and the Recycling and Solid Waste Committee meets the first Tuesday of each month at 7:30 p.m.

Volunteer applications are available at the Town Manager's office and at www.bow-nh.gov.

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WHAT IS MEDICAID?

BY BEN KINIRY, ESQ.

Last month you read about Guardianships and Conservatorships, which may become necessary if a loved one's health begins to decline and they are unable to take care of their daily needs. Under a Guardianship you are able to aid your loved one with managing their money and making decisions regarding their healthcare.

Now we look forward to that same loved one's health declining to the point of needed care either in the home or the community. As you are no doubt aware, paying for nursing care is a rather expensive undertaking. What happens when your loved one does not have the income or principal to pay for their needed nursing care?

The Medicaid program is the answer for many families. What is Medicaid? The following paragraphs explain what you should know about the Medicaid program as a starting point. The following paragraphs were taken from a writing by the **National Academy of Elder Law Attorneys, Inc. (NAELA)**.

"The Issue"

Medicaid is a joint federal and state program that provides payment for medical care for persons unable to afford to pay. Medicaid covers physicians' services, hospital care, supplies and other necessary services once a person has been made eligible for the program. It also pays for the expenses of long-term care in a nursing home.

The Medicaid program is administered independently in each state. While the basic eligibility standards are the same throughout the United States, there are significant differences between the state Medicaid programs. Despite these differences, eligibility is generally based upon the amount of assets a person has along with the income that the person receives. Eligibility is determined at state Medicaid offices and, in the case of married individuals; the assets and income of both spouses are considered in the determination process.

It is important to distinguish between Medicare and Medicaid. Medicare is an insurance program providing payment for medical needs for persons 65 and over and for certain people with disabilities. All persons 65 and over, regardless of financial resources or income, are eligible for Medicare. Medicare and Medicare supplemental insurance, however, provide very limited coverage with regard to the cost of long-term care in nursing homes. These non-covered services must be paid privately by the individual, unless the individual has coverage under a long-term care insurance policy. Medicaid, on the other hand, pays for medical needs for those of any age that have been determined to be eligible. In fact, a person with limited income and resources who



has Medicare coverage may also qualify for Medicaid benefits.

What You Need to Know

Medicaid is considered to be one of the most complex laws of the United States and, further complicating matters, each state has a different version of Medicaid. Many Elder Law attorneys have carefully studied the Medicaid statutes and regulations and are able to assist clients.

Medicaid is often of importance to middle-income Americans because Medicare does not cover the costs of long-term care for illnesses such as Alzheimer's disease or paralysis caused by a stroke. Most people who need such care for extended periods will eventually deplete their assets and become unable to pay the costs of their care.

At such a time Medicaid is available to pay the difference between their income and the actual costs of care provided in a nursing home, including room and board, as well as physicians' care, hospital care and all other reasonable necessary medical expenses. Medicaid covers the costs of such care in nursing homes, adult care homes, hospices, and, in appropriate cases, in the individual's own home.

If faced with the possibility of such long-term care expenses, there are certain rules that you should be aware of:

- In determining eligibility for Medicaid payment for long-term care expenses, the eligibility team will review the individual's actual need for care, the person's available resources (including life insurance and retirement plans) and income received from any source. In some states, if monthly income exceeds a certain amount, then the individual is ineligible for Medicaid, even though the individual's long-term care expenses exceed his or her income.

- In determining eligibility, a person will be disqualified from Medicaid for gifts made within the previous few years.

- In determining eligibility for one spouse, the assets and income for both spouses are considered, regardless of premarital agreements,

community property laws or the nature of the ownership of the asset.

- Assets of married couples, however, receive special treatment so that the spouse who remains living at home will not be unduly impoverished. Such a community spouse is permitted to keep one-half of all of the available assets (up to a federally-established maximum) and is allowed to keep a minimal amount of income of the couple in order to provide for support expenses at home.

- In addition, there are certain resources that are considered non-countable for eligibility purposes; these include the family residence, household contents, a vehicle, a prepaid burial fund and other necessary items.

- It is important to be aware of the state specific eligibility provisions and exemptions so that assets will not be unnecessarily spent down before applying for Medicaid.

- Finally, it is important to know that there are appeals processes built into the Medicaid system. If you are unhappy with eligibility determinations, care decisions or placements made under Medicaid, there is a process for an administrative hearing and even court proceedings to enforce your rights.

Where to Go For Help

There are books published concerning the Medicaid program and its rules and you should check your library or bookstore for current titles. The internet can be another source of Medicaid information. Keep in mind that the Medicaid laws and rules vary between states and are constantly changing so make certain that whatever you read is state specific and up to date. There have been major changes in the Medicaid program during the last few years. Family support groups and organizations such as the Alzheimer's Association and AARP provide assistance and often have literature available. Local Area Agencies on Aging (pursuant to the Older Americans Act) also have comprehensive advice and literature available concerning Medicaid. The state Medicaid Eligibility Office may be a good source of basic information about the program, its services and the requirements for eligibility."

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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ARE YOU GETTING FITT?

BY JIM OLSON

Using some basic fitness principles can get you greater results without the monotony.

One of the great things about summer is the beautiful weather for outside training. One of the more popular questions that many of my athletes and my personal training clients ask me about is how to decrease body fat to not only increase their appearance and self esteem, but also to increase their athletic performance.

Anyone who has a family history of body fat related disease or illness really needs to be mindful of their diet and exercise program. Weight training is the best way to increase your metabolism due to the fact that the more muscle that your body has, the higher your metabolism will be.

Diet is easily the most important part of the body transformation process. Diet has proven to be 60%-70% of the process of changing your body, not to mention anything about your health related concerns.

But how about cardiovascular exercise (aka cardio)? How much? How often? How long? What is the most effective? The human body is a very tricky thing sometimes and



Jim Olson

it does not always like to lose body fat. As a matter of fact, your body will try to hold onto as much fat as possible for survival purposes.

Your body would rather sacrifice muscle (which is protein = 4 calories per gram) than burn fat (fat = 9 calories per gram) due to the fact that your body does not know when it will be fed again (which is the primary reason that we are supposed to eat small meals every 3 hours).

When doing cardio, you must be sure that you are doing "smart cardio" due to the fact that your

body quickly adapts to cardio based workouts. The more you do the same routine, the more efficient your body becomes, causing you to burn fewer calories from your fat stores each time you exercise. Most people make their cardio sessions longer which increases the likelihood that your body is breaking down muscle rather than fat.

The most effective cardio programs are designed around the FITT Principles: Frequency, Intensity, Time, and Type.

- **Frequency** refers to the number of times cardio is performed each week. No less than three days per week with no more than two days between workouts is ideal.
- **Intensity** is described as the speed and/or the workload of the workout. It is important to continually monitor the intensity level of the workout to ensure that you reach your fitness goals in the least amount of time.
- **Time** is the length of time an exercise is performed, not including a warm up or cool down. It is recommended to do no less than 20 minutes and no more than 60 minutes per ses-

sion for optimal fat loss. Remember, more is not necessarily better.

- **Type** refers to the activity used to create a stimulus. Example, treadmill, stair master, fitness boxing, etc... Any activity that continuously uses larger muscle groups and is repetitive is best.

So in closing, fall back into fitness and let's all make it our happiest and healthiest fall ever! Keep lean and tight now because not only will you be healthier, your performance will increase as well.

Call this week to schedule your free consultation and workout with me. Thirty days from now you will be happy that you did. Have a great day and be extra good to your body today.

**Committed to
your Performance**

Jim Olson

Individual Fitness

LIFT TO GET LEAN

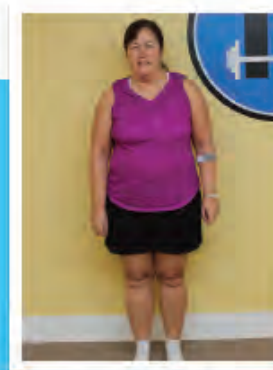
OVERCOMING OBSTACLES LIKE BETH

Beth Reid came to us in February of this year determined to find a trainer to help her achieve her health and fitness goals. When Beth came on board with us at Individual Fitness she had a few pre existing health issues. She was stuck in the vicious cycle of yo-yo dieting and having trainers that weren't listening and responding to her needs and she got hurt again. Beth came to us with tennis elbow, plantar fasciitis, and a bad back. She was out for two months to get injections in her elbows and back and that still didn't stop her

Beth was determined and never gave up. She looked us up and gave us a call, and hasn't looked back!

She is down 20 lbs, and is now PAIN FREE, and has no plans to stop! She looks absolutely fabulous and is radiating confidence and positivity, and we couldn't be more proud of her.

If Beth can overcome her obstacles, so can YOU!!



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your free consultation
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Public Safety Building Project Update

You can watch a video, taken by a drone flying over the building site. Just visit www.bow-nh.gov and click on the construction photo. The official project groundbreaking ceremony was held on Thursday, August 4th. Work on the project is moving right along. The major site work has almost been completed and the sewer connection has been installed. The contractor will soon be pouring the concrete footings and the slab.

Deputy Fire Chief Mitchell Harrington is working with vendors on the phone and computer systems for the new building and Police Chief Erin Commerford, Fire Chief Dana Abbott and Emergency Management Director Lee Kimball are finalizing the communications and security system plans with vendors. DPW Director Tim Sweeney is working with Unifit and Fairpoint to relocate the power lines away from the driveway entrance and provide power to the new building.

The NH Municipal Bond Bank finalized the repayment schedule for the bond that was sold to finance the project. The Town will save \$918,951 over the life of the bond due to the 2.16% interest rate that was received. Significant savings have been realized due to the rate being 1% lower than had been estimated and by the Board of Selectmen choosing to go with a shorter repayment term of 15 years.

Emergency Management

Through the efforts of Emergency Management Director Lee Kimball, the Town was awarded a \$24,090 Emergency Management Performance Grant (EMPG) by the NH Department of Safety. The grant will be used to outfit the Emergency Operations Center in the new Safety Building with a Smart Board, chairs, table, overhead projector, screens, carrying cases, storage carts for furniture, book cases, computer, weather station, color printer and other equipment.

Parks and Recreation

We have soccer, floor hockey

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Police Department

Points To Know when Contacting the Police Department:

Address

12 Robinson Road, Bow, NH 03304

Administrative Line

603-228-1240/Fax 603-226-0934

Administrative Hours*

Monday – Friday, 7:00 a.m. to 7:00 p.m.

*Most calls made to the administrative phone line, communications sent, and visits made to the Department during these hours, will be received by a person. All Departmental e-mail may be sent to policeadmin@bow-nh.gov.

There is a newly installed locked mailbox in the front foyer of the Police Department. It is video monitored and is available 24 hours a day for paperwork drop off.

The following can be accepted: Vacant House Check (VHC) forms, pistol permit applications, statements, and parking tickets with exact fee. A user is not required to have contact with Department personnel if using the mailbox.

The Bow Police Department is dispatched by the Merrimack County Sheriff's Office. Officers are available 24 hours a day at 603-228-0511.

If a visitor comes to the Police Department outside of the administrative hours, and the visitor is not greeted, there is a direct dial phone in the foyer of the Police Department that will connect to a dispatcher when the receiver is picked up. The dispatcher will provide direct assistance or call the on duty officer to return to the Department. Emergencies only - dial 911.

THE BOW COMMUNITY MEN'S CLUB 2015 ANNUAL REPORT - (PART II)

By Charlie Griswold

A new venture in 2015 was the hosting of the Anniversary Picnic for all of the staff and crews of the Exel liquor warehouse cooked and served at their new facility on Rte.3A. Three of our new members are employees of Exel. We once again teamed up with the Heritage Commission to do coffee and donuts at the old schoolhouse, lunch at the old town hall, and beverages for the organ recital at the Bow Bog Meeting House. Heritage Day has become a popular event with the townspeople. The members of the commission deserve a great big shout out for organizing this outstanding event. We were asked to cook a lunch to supplement pot luck items for the Young at Heart group. Tom Francis and Dik Dagararian cooked the meat entrées and we served over 80 people and nothing got cold! About 100 people showed up for our annual Lobster Fest and chicken barbecue.

This year we also served about 500 cotton candy cones at the annual Halloween party at the high school. Thanks to Cheryl Stack, Bill Kuch, Mike Wayne, Dave Stack and crew. All of us got really involved in the production and left the hall in various shades of pink and purple. A similar number of folks showed up at the high school for the seventh annual Turkey Trot Road Race. We again furnished hot beverages and donuts for the runners and spectators. This event is sponsored by Bow Police Department.

It would appear that our primary activities seem to involve food of some kind, but it does help us to raise cash to support other projects and causes which require our attention. The last such meal was a prime rib dinner for the firemen's annual Christmas Party. Some of us got to wear our new chefs' tunics furnished by Matt Bailey and Saint Paul's School.

The club continues to support Scout Troop 75, Pack 75 and Venture Crew 75 with their projects; right now they are considering a permanent campsite with assistance from the club. We also continue to support the food pantry and McKenna House homeless shelter with both gifts of money and food.

Sadly, long time member George Tasker passed away on December 16th. Several members of the club were able to attend the beautiful service at the NH Veterans Cemetery. His cheerful smile and wry sense of humor will be sorely missed.

We are looking forward to another productive year in 2016 and urge any guy of any age who enjoys camaraderie and community service to check us out. If you need additional information please visit our web site at www.bownensclub.org or Charlie at 228-9621. We meet on the fourth Thursday evenings, January through May, September and October at the Old Town Hall on Bow Center Road for fellowship, great food and excellent speakers.

Ruggles Cont. from p. 1

to the hard work and generosity of Jon and R&T Elelectric, working in conjunction with town officials, the Electrical has been not only enhanced over the years but brought up to speed last year in order for us to continue to use this building to hold the annual auctions, which net \$25,000 a year for scholarships, camperships and other community support. He also brings power and generators to our car show and other key events. We have Christmas lights at the tree sales held at the community building thanks to Jon. He "does everything with enthusiasm and a smile." He also brings one other very special person to all of our events and that is his Grand-

daughter Jackie. Seeing the two of them together brings smiles to everyone. You couldn't ask for a better Grandfather or Rotarian than Jon. Thank you Jon (& Jackie) Ruggles for all that you do for the Bow Rotary Club and the Bow Community. The Bow Rotary Club, chartered in 1970, is a member of Rotary International. The clubs motto is "We help others," and is a service club of approximately 55 local men and women who engage in a wide variety of volunteer activities to support both local community activities as well as health and community assistance projects around the world. We meet Friday mornings at 7:30am at the Old Town Hall at 91 Bow Center Road -- come join us!

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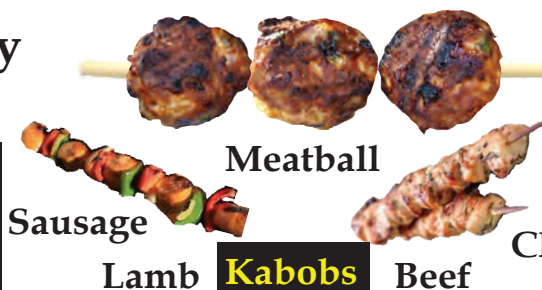
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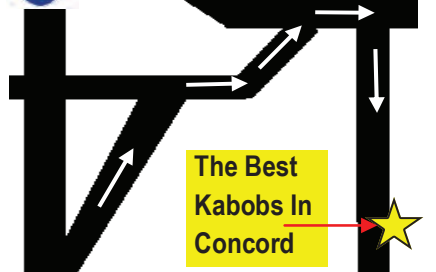
Coffee



Donuts



Pastries



Exit 16

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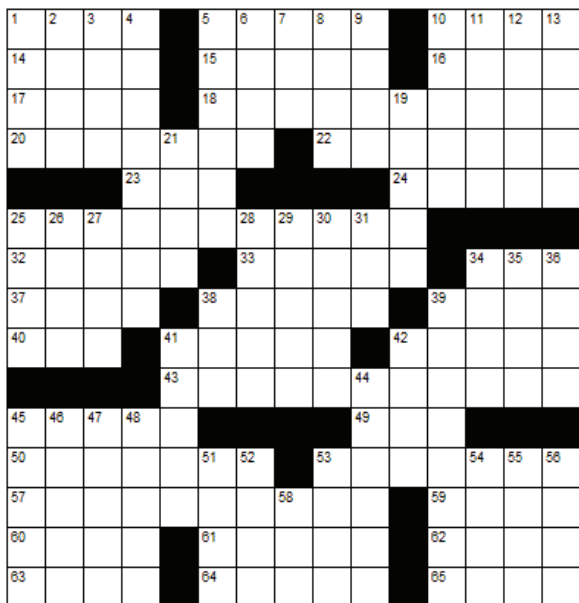
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CROSSWORD PUZZLE

ACROSS

- 1. Resorts
- 5. Top of a wave
- 10. Surety
- 14. Trail
- 15. Show respect towards
- 16. Roman moon goddess
- 17. Balm ingredient
- 18. Stupid
- 20. Estate
- 22. Blight
- 23. Type of dog
- 24. Homes for birds
- 25. Line drawing
- 32. Awry
- 33. Comfortable
- 34. Not cold
- 37. Wealthy
- 38. Blow up
- 39. Start over
- 40. French for "Summer"
- 41. Strike
- 42. Moses' brother
- 43. Muckrakers
- 45. Brownish gray
- 49. Henpeck
- 50. Pacify
- 53. Asserted
- 57. A lyric soprano
- 59. An amount of medicine
- 60. Norse god
- 61. Indian antelope
- 62. Alley
- 63. Collections
- 64. Place
- 65. Anagram of "Lyme"



DOWN

- 1. WW1 plane
- 2. Wan
- 3. "Smallest" particle
- 4. Docile
- 5. Alter
- 6. Was a passenger
- 7. Terminate
- 8. Only
- 9. 3
- 10. Nonchalantly unconcerned
- 11. Cars
- 12. Unreactive
- 13. Loads
- 19. Cent
- 21. Stars
- 25. Have the nerve
- 26. Send forth
- 27. Bloodsucking insects
- 28. Bitter
- 29. Gloats
- 30. Drive forward
- 31. Frequently, in poetry
- 34. Not there
- 35. Smell
- 36. A large amount
- 38. Large flightless bird
- 39. Unevenly
- 41. Besmirch
- 42. A Freudian stage
- 44. Away from the sea
- 45. Anagram of "Coast"
- 46. Any animal with no feet
- 47. Lit to a higher degree
- 48. Menial laborers
- 51. Back talk
- 52. French for "State"
- 53. Operatic solo
- 54. Objective
- 55. Feudal worker
- 56. Consider
- 58. Utilize

Answers on pg. 23

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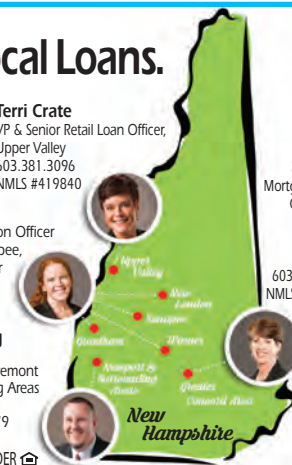


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SUGAR RIVER BANK ANNOUNCEMENTS

VP Promotion and Retirement of 40 Year Employee

Sugar River Bank is announcing the recent retirement of Nancy Dickerman, Senior Vice President, Internal Audit Manager. Ms. Dickerman was with the Bank for 40 years and has played an integral role in the success of the institution. Ms. Dickerman volunteered much of her time to the Newport Rotary Club and the Newport Chamber of Commerce. Mark Pitkin, President and CEO, stated that "Nancy will be greatly missed. She has dedicated her entire career to the Bank and to the communities in which it serves." With Ms. Dickerman's retirement, Tara Booth has been promoted to Vice President/Compliance Officer and

Internal Audit Manager.

Sugar River Bank Announces Employee Graduations

Sugar River Bank has announced the recent graduations of two employees, Ann O'Clair and Tina Blythe, from the Stonier Graduate School of Banking. The program is administered by the American Bankers Association and held at the University of Pennsylvania. Since 1935, Stonier has provided executive education to more than 20,000 senior-level bankers and regulators, including some of the most respected banking executives in the U.S. The program emphasizes strategic planning, financial management, and leadership.

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TRAVEL TALK- THE FELLS

BY CHASE BINDER



Chase Binder

Bud and I love exploring exotic places. The thrill of visiting an elephant sanctuary in Burma; the drama of a leopard snoozing on a sturdy overhead limb in South Africa; the other-worldliness of riding a camel at the base of Egypt's Pyramids!

But while the world beyond New Hampshire's borders is full of adventure and the anticipation of the unknown, every so often we stumble upon a destination right here in our home state that delights us and even inspires us to dip our toes into new areas of interest. This happened a couple of weeks ago when we were invited to visit The Fells in nearby Newbury to hear our friend and much-acclaimed poet, Daniel Thomas Moran of Webster, read some of his works.

I won't say that such an evening was outside of our comfort zone... well, at least not very far outside. We've enjoyed hearing Mozart perform in a small church in Prague and spent hours in Jane Austen's homestead in the English countryside. The same, sort of. But we'd only heard the name "The Fells" a few times, and certainly had no idea of what—or even exactly where—it was. Even so, the late afternoon sunlight was warm and dreamy. We'd read and enjoyed Dan's latest collection of poems "A Shed for Wood." Off we went!

Our first surprise was sheer loveliness of The Fells estate and grounds. It's not evident from the understated Gatehouse on Newbury's Route 103A, but the setting

of the Main House is classic and pure New Hampshire turn-of-the-century lakeside bliss. The gardens are, well, perfectly situated among the rock walls, tall trees and gentle meadows. The house itself seems just right—not too big, not too small. Here and there a sculpture invites contemplation. The lawns bring to mind ladies in white dresses playing croquet while frock-coated gentlemen smile and sip brandy.

Even better, the Fells is one of those rare (nowadays, anyway) historical estates that seems well-cared for and restored in an authentic and respectful manner. We were greeted by an enthusiastic volunteer, who immediately began explaining the estate's provenance. The Fells, meaning rocky upland pastures in Scottish, came to be when American statesman John Milton Hay began buying Newbury farms in 1888. Hay accumulated almost 1000 acres and built a summer house overlooking Lake Sunapee, moving in in 1891.

Hay, it turns out, was an interesting fellow. Getting his start working on Abraham Lincoln's presidential campaign, he served as private secretary and assistant to President Lincoln in the White House. He was at Lincoln's death bed and later co-wrote with John George Nicolay a defining biography of Lincoln. Later, he served as Ambassador to the United Kingdom and then as Secretary of State under President McKinley—and remained Secretary of State under President Teddy Roosevelt. Notably, he negotiated the treaties that cleared the way for the Panama Canal.

And all the while he wrote poetry, biography and other literature. Imagine a man like that in today's political world! Hay died at the Fells in 1905, and in 1906 his son Clarence took over and began expanding the gardens and renovating the property—a process he continued well into the 1930's. Today the estate is owned, maintained and managed by The Fells nonprofit and local volunteers.

The Main House is full of art, history and the ambiance of the age. The Fells is not content to be a static museum, though. Throughout the late spring, summer and early



Photo courtesy of the Fells

fall there are educational programs focusing on history, horticulture and ecology as well as art and literature—for example, the evening of Daniel Thomas Moran's poetry that Bud and I attended. The setting was the expansive Veranda—perfect for wine and nibbles, greeting some old friends, meeting some new ones, and, above all, getting a glimpse of a world that lay just beyond our fields of vision.

But wait, there's more! In addition to the house, gardens and grounds, The Fells also has extensive walking paths. One goes to a Fairy Village where children of all ages are invited to build woodland creations, another passes by a state-ly maple planted by Theodore Roosevelt in 1902. Yet another hugs the

shore of Lake Sunapee.

Programs and events continue through November—why not take the kids or grandkids to Hay Day Family Day on Sunday August 21, or gather some gal pals for Ladies Night on Wednesday November 9th? For more info and details, including the noted Christmas at The Fells, or even how to reserve the estate for your own wedding or other special event, visit TheFells.org. If I've piqued your interest in Daniel Thomas Moran poetry, "A Shed for Wood" and several of this other books can be found at amazon.com. Even better is to shop local and go to Gibson's Book Store at 45 South Main Street in Concord. gibsons-bookstore.com

Is Your Medical Alert System Current?

Is your Medical Alert System dialing the right number? A Medical Alert System is an electronic key chain, necklace, or bracelet that is used to request an ambulance, should you be unable to get to your phone. These systems typically dial the vendor's centralized monitoring station.

THE MONITORING STATION SHOULD CONTACT FIRE DISPATCH, NOT THE FIRE STATION.

If you or a loved one has a Medical Alert System, please verify with your vendor that a request for an ambulance will go to Concord Fire Dispatch at (603) 225-3355.

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 Field Trips – Current Events – Handcrafting – Personal Development

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 Osher Lifelong Learning Institute
 25 Hall Street, Concord, NH 03301
 603-513-1377 | <http://OLLI.granite.edu>

TIE THOSE SHOES AND LEASH UP THE PUPS! THE POPE MEMORIAL SPCA OF CONCORD-MERRIMACK COUNTY'S "WALK FOR THE ANIMALS" IS ON ITS WAY!

BY LORI TAYLOR

Back to School Sales – Not Just for Kids
 By Dan Fogarty

It's back-to-school season for active, intellectually-engaged adults over age 50. 54 courses will be offered in Concord during the Fall Term which begins September 26. Members may visit an Alpaca Farm or the Pierce Manse, experience Films of the Fifties or Shakespeare's "The Tempest," learn about Loyalists in American History, River Rafting in Arctic Alaska or Public Utilities, and these examples only touch on the array.

Who is offering these experiences? OLLI, the Osher Lifelong Learning Institute, offers these classes and the variety is exceptional! Join your Bow neighbors who enjoy OLLI classes and events and, as well, join your Bow neighbors whose leadership positions in OLLI help create the programs.

At least 11 Bow members have been involved in leadership committees, recruiting and training volunteers, running functions, editing a newsletter, serving as "class assistants" and teaching classes in the last year. As a member, you can take courses, give courses, design courses.

OLLI offers affordable classes ranging from single session to classes which meet once a week for six weeks on a broad variety of topics. All courses feature "learning for the fun of it" with no exams, no grades, no homework, and a chance to be with like-minded contemporaries in a fun and welcoming environment. The Osher Lifelong Learning Institute is affiliated with Granite State College and many of the classes are held in the comfortable and convenient campus on Hall Street in Concord.

Donna Deos, regular Bow Times contributor on aging, has often written about the benefits of staying active and engaged. OLLI is one of the premier organizations in the Bow area for adults over age 50 to accomplish just that.

To the residents of Bow:

The Bow School Board is currently taking under advisement a request to rename the BMS gymnasium in honor of George Pinkham, and henceforth refer to it as the "Pinkham Gymnasium." As many are aware, George Pinkham has 42 years of service with our district and will be retiring from Bow. George also serves as the High School Varsity soccer coach, and will continue in that capacity for the 2016 fall season and perhaps beyond.

Pursuant to School District Policy FF – the Bow School Board has convened an Ad hoc committee to consider the request – and the committee's recommendation was to accept the proposal.

At this time, the School Board would like to solicit comments from the public at large in support or opposition to such a request. You may do so in writing by sending comments to the Bow School Board (BowSchoolBoard@bownet.org) or by attending either the September 8th or October 6th School Board meetings. The Board will be making a final determination at the October 8 meeting, and all members of the public are welcomed to attend. Meetings start at 6:00pm and are held in room 1311 of the Bow High School.

**Thank you –Robert Louf, Chair,
 Bow School Board**

The Pope Memorial SPCA of Concord-Merrimack will host its 2016 Walk for the Animals event to raise critical funds for the community's homeless and abandoned animals on Saturday, September 17, 2016. The event will take place at Delta Dental Field in Concord, NH from 10:00AM-2:00PM. Join hundreds of local animal lovers for your choice of a one-mile or three-mile walk to benefit homeless pets at the Pope Memorial SPCA. Savor the beauty of a fun summer day with your pet out in Concord. Welcoming walkers back to the event field, they will find food, refreshments, raffles, a vendor fair, a kids' zone, and live demonstrations for people (and pups) of all ages!

Join community members from throughout New Hampshire and beyond as your steps will save lives! Registration is now open and interested Walkers are encouraged to sign up! Online advanced registration is \$25 and can be completed at PopeMemorialSPCA.org. Registration includes a gift of one bib and one dog bandana to be received at the event. To make a larger impact for homeless pets, Walkers are encouraged to create a Walk for the Animals fundraising team or "pack." Invite friends, family members, neighbors, or co-workers to join in on the fun! Earn special team perks and prizes while raising more funds for the animals of Merrimack County and beyond! Prizes will be awarded to individuals and Packs, including an exclusive t-shirt for individuals who raise \$100 for the animals! Walkers excited to register can do so at www.PopeMemorialSPCA.org/Walk. A full list of activities, vendors, and entertainment can be found online. The event sponsors include Sandy's Pet Food Center,

Banfield Pet Hospital, Infinite Health Family Chiropractic, and The Rowley Agency. To learn more about sponsor and vendor information please contact Lori Taylor at (603) 856-8756 x225 or at ltaylor@popememorialsPCA.org.

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.

NEW BUDGET DIRECTOR NAMED FOR BOW

Town Manager David Stack announced that the Gilford Finance Director, Geoff Ruggles, will begin in Bow as the Finance Director as of August 1. Mr. Ruggles, age 59, served as Gilford's Finance Director since July of 2008 and has lived in Gilford for the past 27 years. He has no plans to move to Bow but said, "He knows and likes the Bow Town Manager" and looks forward to commuting from Gilford to Bow.

His appointment rounds out the top four positions in education and municipal government in Bow as not being residents. Manager Stack lives in Concord, Finance Director Ruggles in Gilford, Dean Cascadden, the school superintendent lives in Meredith and Assistant Superintendent, Duane Ford, lives in Strafford.

BAKER FREE LIBRARY NEWS

By Lori Fisher

Summer Reading Community Celebration Thursday, August 18th

The Library's Summer Reading Community Celebration will be held on Thursday August 18 from 5 p.m. to 8 p.m. at the Gazebo/Bow Community Building! Open to ALL ages!



Amy Conley of Amy Conley's Family Fun Band

We'll have terrific entertainment from Amy Conley's Family Fun Band, with songs focused on camping, the great outdoors, and singalongs. Games, prizes, and frozen treats will also be part of this celebration of our community summer reading. This event will be held rain or shine - if it is sunny, we will be out by the gazebo, so bring lawn chairs and blankets to spend a little family time doing great activities. Questions? Email info@bakerfreelib.org or call 224-7113.

We'd also like to thank our prize sponsors: Cimo's, Chucksters, the Common Man, Gibson's Bookstore, Granite State Naturals, Orange Leaf, Red River Theatre, and The Works Bakery Cafe for their generous donations for our teen and adult prizes!

Two New Museum Passes!

The Friends of the Baker Free Library contribute funds to purchase 10 museum passes throughout the year. They have just added the following two passes to the mix:

Seacoast Science Center (Rye, NH): Pass admits two adults and up to 4 children or grandchildren for 50% off. Additional fees to Odiorne State Park may apply.

Children's Museum of NH (Dover, NH): Pass admits up to 4 people for 50% off.

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

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

Library Holiday Closure & Floor Install Date

The Library will be CLOSED on Monday 9/5 in observance of

Auction Will End on Saturday August 20th There's Still Time to Bid!

The Baker Free Library Foundation is auctioning two items to benefit the fundraising for the Lower Level Renovation project - a Craftsmen-inspired mirror and a handmade quilt! Both are now on display at the Library, and bidding will continue until 12 noon on Saturday August 20th!



The mirror, (35" tall by 19" wide), was handcrafted and donated by Bob Couch, using locally sourced and air dried cherry and traditional joinery, and is valued at \$575.

The traditional Boston Star pattern handmade cotton quilt (value \$450) is 60" x 70", with a rod pocket for display. This donation from the Bow Quilt Club represents many hours of effort by the creative members of the club.

Please support the Baker Free Library Foundation's efforts to continue raising funds to complete the Lower Level Renovation. **Both items and bid sheets will be available at the Library's Summer Reading Community Celebration at the Bow Community Center on Thursday 8/18.** For questions, contact Tom Ives at tei@nhbindery.com.

the Labor Day holiday. The book drop and CD/DVD drop are available 24/7 for returns, and please use your online account to renew and reserve items over the long holiday weekend <https://baker.biblionix.com/catalog/?login=1>

The floor in the Upstairs Meeting Room and the two public bathrooms by the entrance will be replaced during the week of August 29th.

We will not be taking meeting room reservations for that week until we know exactly when the installation will take place. Please call the library at 224-7113 or email info@bakerfreelib.org with questions.

Next Friends of BFL Book Donation Acceptance Day: Saturday August 27, 10 a.m. to 4 p.m.

Fundraising Update

To date \$561,000 or 94% of the funds needed to complete the renovation of the lower level at the Baker Free Library have been raised. With your contribution, the private funding goal can be met, and the project can be completed.

100%
\$300,000

87%
\$261,000



\$561,000 or 94% Total Funds Raised to Date

PHOTO BY ERIC ANDERSON

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BOW REAL ESTATE SALES

July 2016

- 5 Aura's Way, 4906 gla, glaag 3606,5 br, 6 bath, 3 car att., 2.93 acres, Sold \$612,000 07/22/16
- 136 Peaslee Rd, 3010 gla,glaag 3010,4 br, 2.5 bath,2 car att.,1.13 acres, Sold \$549,900 07/29/16
- 9 West Gate Dr, 3716 gla. Glaag 3491,5 br, 3 bath, 3 car att., 26.29 acres, Sold \$469,000 07/08/16
- 5 Cardinal Dr, 2244 gla, glaag 2020, 3 br, 2.5 baths, 2 car att., 2.21 acres, Sold \$343,000 07/12/16
- 8 Morgan Drive, 1967 gla, glaag 1295, 4 br, 2 baths, 2 car att., 2.35 acres, Sold \$345,000 07/22/16
- 39 Brown Hill Rd , 3100 gla, glaag 3100, 5 br, 4 baths, 2 car att., 1.00 acres, Sold \$322,000 07/15/16
- 27 Woodhill Hooksett,2945 gla,glaag 2945,4 br,2.5 baths, 2 car att., 5.02 acres, Sold \$314,000 07/29/16
- 36 Chandler Cir, 2142 gla, glaag 2142, 3 br, 2.5 baths, 2 car att, 2.00 acres, Sold \$309,000 07/22/16
- 3 Briarwood Dr, 2688 gla, glaag 2324, 4 br, 2.5 baths, 2 car att., 2.83 acres, Sold \$299,000 07/11/16
- 14 Briarwood Dr, 2080 gla,glaag 2080, 3 br, 2.5 baths, 2 car under, 2.67 acres, Sold \$310,500 07/08/16
- 120 Woodhill, 1974 gla, glaag 1974, 3 br, 3 bath, 2 car Det., 2.66 acres, Sold \$275,000 07/19/16
- 5 Clough Rd, 2126 gla, glaag 1404, 4 br, 3 baths, 2 car under, 1.04 acres, Sold \$268,500 07/15/16
- 5 Dean Ave, 1650 gla, glaag 1650, 3 br, 2.5 baths, 2 car att., 1.20 acres, Sold \$245,000 07/20/16
- 2 Van Ger Dr, 2226 gla, glaag 1222, 3 br, 1.5 baths, 2 car att., 1.56 acres, Sold \$248,376 07/29/16
- 15 Hooksett Tpk, 1998 gla, glaag 1479, 2 br, 1.5 baths, 2 car att, .97 acres, Sold \$242,500 07/22/16
- 948 Route 3A, 1608 gla, glaag 1608, 3 br, 1.0 bath, 1 car att., 2.29 acres, Sold \$219,900 07/08/16
- 60 Bow Bog Rd, 1120 gla, glaag 1120, 3 br, 1.0 bath, 1 car under, 1.30 acres, Sold \$215,000 07/08/16
- 9A Birchdale Rd, 1168 gla, glaag 1056, 2 br, 1.0 bath, 1 car att., 1.00 acre, Sold \$190,800 07/09/16



Linda Hutton
Broker Realtor of the Year

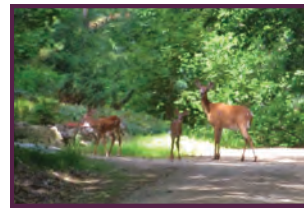


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Call Linda 731-2202 or Melanie 848-2323

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14 Jonathan Lane, 2727 gla, glaag 1502, 3 br, 2 bath, 2 car det., 1.26 acres, Sold \$166,000 07/19/16

LAND

- 109 Page Rd, Land, 15.03 acres, \$230,000 07/31/16
- 36 Page Rd, Land, 2.42 acres, \$139,000 07/08/16
- 00 Allen Road, Land, 2.68 acres, \$67,000 07/22/16

COMMERCIAL

279 River Rd, 13,000 SF, 5.70 acres, \$439,000 07/05/16

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

These statistics are for all Bow Sales for the period 7-1-16 thru 7-31-16, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

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

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

Linda Hutton, Broker Associate
Berkshire Hathaway HomeServices Verani Realty
143 N. Main (224-0700x6530), Concord, NH 03301
lshutton@aol.com www.lindahutton.com

Bow Young at Heart Club

By Faye Johnson

Bow Young at Heart Club members had a fantastic time at the Clambake Restaurant in Scarborough, Maine last month. Double lobsters with all the fixings followed by My Brothers Band performing summer beach songs. Members sang along and even did a little dancing. We are sorry to those Bow seniors who missed this great opportunity.

We are now taking reservations for our October 6 Trip to Plymouth, Massachusetts for a Cranberry Harvest Tour with Lunch at Isaac's Restaurant. When was the last time you saw Plymouth Rock?

Bow Seniors DO YOU KNOW that you can sign up for BYAH trips and fill unsold seats? For info

on trips contact Carol Walter at 753-8000.

Although you have missed our ice cream social and our pizza party, and our first two trips, there is still time to join Bow Young at Heart. Membership is just \$10.00 a year. Meetings are held the 2nd and 4th Wednesdays of the month at 11:30. Bring a brown bag lunch. Beverage and dessert will be provided.

Our 12:30 programs are always interesting: Have you every split a piece of granite and what do you know about the NH bobcat? Stop by and check us out.

For membership information contact Ray Johnson at 228-8149.

SUDOKU PUZZLER

By Ian Riensche

www.sudokupuzzler.com

	4						8	
6				5				3
	5		3		2		9	
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8				6				9
	9						6	

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

HOW DO YOU KNOW WHEN YOU NEED MY HELP?

By Donna Deos

How do you know when you need my help?

Great question! In March of this year I wrote to you about “The Eventuals of Life”™ and what it is that I do to help people. Now, all these months later I’m going to give you a clue about when you should be looking to call on me for my expertise and assistance. [If you missed that article and want to access it go to: <http://thebowtimes.com/news/wp-content/uploads/2016/04/aging03-2016.pdf>]

In a nut shell, it’s never too early to reach out. If you’ve been to my website you know that I have an initial consultation fee and a part of that fee is able to be applied to any program or services you decide to sign up for. However, that’s not the only way to access me. You can always call 224-4178 (1-855-772-2622) or email me at contactus@donnadeos.com. I am happy to answer your question. The telephone does usually go to the voicemail system, but hang in there, you will reach me or be able to leave a message and I will get back to you promptly. Also, my personal extension is 701.

I do find that most people wait to reach out to me until they are facing the crisis head on. Not the best tactic, but one I can still help you navigate. It really is better to reach out to me when...

For the senior citizens themselves:

...you first realize that your home is becoming too much work and you find yourself trapped and struggling to get everything done

...things that used to take you hours to do now take days to complete

...you or a spouse receive a diagnosis of a terminal illness

...you or your spouse receives a diagnosis of a memory impairment of any kind, Alzheimer’s, dementia, or any other. Even if you are concerned about your memory and the doctors tell you it is “age related memory loss,” it could very well be more than that and something we need to look into helping you find ways to deal with. The idea is to help you be comfortable with your



life and what is happening to you, not just to slap a label on it or chock it up as normal. If you are uncomfortable then we should look into it.

...if you are scared for any reason

...if your adult children are concerned about you and are expressing that to you

...if your adult children don’t understand what you are going through or what you are considering doing – making changes is hard on both of you and you are coming from different places in life so often they don’t understand

...if your adult children, friends or neighbors are making you feel like you shouldn’t be living alone anymore

...if you have a vision impairment that affects your quality of life and your abilities moving forward, like macular degeneration or any other progressive visual impairment

...if you are lonely

...if you are depressed

...if you are caregiving for your spouse – caregiving is very hard work and it sneaks up on you, the sooner you reach out to me the sooner we can work on ways to help with your load and find ways to keep you from burning out

...if you just feel like you would like to reach out to me and you don’t really know why. Trust your instincts. No one knows you better than you do.

Remember, I want to help. When you reach out to me or hire me to represent you, that is what my intention is and that is exactly what I will do. You are not alone. I am here to help. I will always keep your best intentions in mind.

For the adult children:

...you are starting to notice things

are different with your parents: they aren’t acting the same, they don’t look the same, their car has more dents and dings than you remember, the home or yard seem less under control than usual, they don’t remember things as you do or you think they should, etc.

...you are becoming concerned about them for any reason

...when one of them is the caregiver for the other

...when you are caregiving for your loved one – even if it is just a couple of things that you help with – that is how it all starts out

...when friends and neighbors of your loved one reach out to you with their concerns

...when your parents start to lose lots of friends or family members (to either moving away or death or for any other reason as well)

...when seemingly minor incidents occur to them. Minor incidents lead to major ones down the road. They are warning signs that need to be heeded. Things like falls, broken limbs, dental issues, mobility issues, balance issues, etc.

...when your parents seem sad, lonely or depressed

...when their energy seems to be less than it used to be

...when they are super excited to see you and they chatter your ear off every time you visit (they are likely lonely)

...when they get medical diagnoses of any sort, but particularly visual impairments, memory impairments, Parkinson’s, Congestive Heart Failure, Strokes or TIA’s (mini strokes), Fibromyalgia and Cancer.

...when their mobility is decreasing (their ability to walk and get around)

...when their clothes look dirty or smell unpleasant

...when you want to know how to approach them about something and just aren’t sure how you should go about it

...when you aren’t sure if their affairs are in order (like will, trust, powers of attorney, living will and so on) and you don’t know how to address it with them

...when you feel like they are against you in everything you are suggesting they consider

...when they are argumentative or combative with you and you feel like you are just trying to help

...when they are acting like nothing is wrong but you feel differently

Remember, your parents want your love and support. They don’t want to stress you out, concern you or be a burden. That is one reason why helping them can be so difficult. They want you to see them as confident, capable and independent not someone needing help due to diminishing abilities. They want you proud of them, just like you want them proud of you and your abilities.

For well-meaning friends, relatives and neighbors:

...any time you have a concern for someone else that you think I can help with

...any time you have questions about what you can or think you should do to help someone else

...any time any of the other information above seems to fit and you aren’t quite sure what to do about it Really, folks, any time at all that you want or feel like reaching out to me, please do it. That’s what I am here for. Remember, your questions and concerns are very likely ones that others have. By raising them to me, I can address them here in my articles, or in my newsletter, or my blog and we can reach a lot of other people out there who have similar concerns. No question is silly or a waste of my time or yours. So, don’t be shy! I look forward to hearing from you and being able to share the information with others.

Oh, and if you would like to receive my monthly newsletter that goes out by email you can go to www.DonnaDeos.com. On the very first page you just scroll down below my intro video and the initial paragraph of information and there will be a box that says “Stay Informed & Inspired!” you can sign up there to receive it. If you would like to receive my sporadic blog posts via email you can either sign up for the newsletter or, if you just want to receive the blogs, you can go to www.donnadeos.com/blog-blog and on the right hand side there is a box to opt into those as well. Thank you! I look forward to hearing from you. Until next month, take good care.



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IMPORTANCE OF REGULAR DENTAL CHECKUPS

by Dr. Mostafa El-Sherif

Regular dental exams are very important not only for good teeth but also for your general health.

There are a wide variety of diseases where your dentist can find signs and symptoms by examining your mouth.

Some examples of systemic diseases with signs or symptoms in the oral cavity are syphilis, tuberculosis, measles, herpes, anemia and AIDS.

Other problems that a dentist checks for during a regular exam are physical or chemical irritants such as cheek biting, overgrowth of tissues, drugs or food burns, chewing tobacco lesions, radiation burns, infections of the jaw bone, fungal infections and tumors.

Regular check ups are recommended twice a year for patients with systemic diseases but if more check up visits are needed they should be determined by your dentist.



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.

Is Your Well Water Corrosive?

Bow Drinking Water Protection Committee, Cynthia Klevens, P.E.

Corrosive water is an aggressive water quality condition that can dissolve metals at an excessive rate from metallic plumbing fixtures and appliances in contact with the water. Water quality factors which contribute to make groundwater corrosive are low pH, low alkalinity, high chlorides and other dissolved ions which increase water conductivity.

Corrosion impacts include objectionable taste and staining, **but most importantly**, corrosive water conditions must be evaluated and addressed to avoid potential lead exposure particularly to young children and pregnant women. Corrosion impacts to plumbing can cause more frequent replacement of fittings, water heaters and well pumps. The only way to establish if you have lead or other contaminants in your water is by testing at a certified water laboratory. A list of certified laboratories in New Hampshire is available by a simple web search for "NH certified water laboratories."

Even in relatively new homes, brass fixtures purchased prior to January 2014 could have up to 8% lead, and copper plumbing with lead solder installed up until 1986 contained 50% lead. As our understanding of the health effects of lead, and the mobilization of lead in drinking water have advanced, various federal acts have lowered the allowable levels of lead in drinking water plumbing. The most recent Reduction of Lead in Drinking

Water Act prohibits the commerce or installation of any drinking water fixtures with lead greater than 0.25% as of January 4, 2014 (EPA 2015).

Although lead in drinking water is rarely the sole cause of lead poisoning, it is important to prevent all sources of potential lead exposure. Lead is a serious health concern especially for young and unborn children, as their bodies absorb lead at higher rates. The most serious effects of repeated ingestion even to low levels of lead can affect children's mental and physical health include lower IQ, hyperactivity, and speech problems (ATSDR 2007, DHHS 2015, NHDES 2012).

A recent study by the U.S. Geological Survey (USGS 2016, NHBR 2016) advises that New Hampshire's groundwater wells have a "very high prevalence" of potentially corrosive groundwater, along with 11 other states mostly along the East Coast. The study is based on testing of 21,000 groundwater sites across the country between 1995 and 2015, and ranked corrosivity based on a Langelier Saturation Index (LSI) less than 0.5, Chloride to Sulfate Mass Ratio (CSMR) greater than 0.5, and Alkalinity less than 50 mg/L. According to the study, about one-third of groundwater wells in the US are "potentially corrosive" based on the LSI index, and about one-tenth have a high prevalence of potentially corrosive water based on the CSMR-Alkalinity levels, and

can occur in all 50 states and the District of Columbia.

The Bow Drinking Water Protection Committee endorses NHDES' private well testing recommendations to prevent impacts of corrosion and other potential contaminants in your well water, as follows:

- Flush your tap every day for 1 minute before collecting water for drinking and cooking;
- Always use the cold water tap as lead dissolves more quickly in hot water;
- Regularly remove and clean the aerator in any faucets where water is used for consumption;
- Test your well water every year for bacteria, nitrate and nitrite acute contaminants (\$27 at the State of NH certified laboratory);
- Test your well water every 3 years for the "standard analysis" suite of 14 parameters including lead, copper, arsenic, uranium, iron, manganese, pH and chloride (\$85 at the State of NH certified laboratory);
- Protect your well from salt contamination by reducing or eliminating softener brine discharges, reducing salt application in driveways, and directly storm water drainage away from your well.

The Bow Drinking Water Committee provides outreach to Town residents on protecting the quality and quantity of our drinking wa-

ter sources, and can be reached at Bowdrinkingwater@gmail.com and www.bow-nh.com, Boards and Committees.

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Bow Heritage Day

Saturday September 17, 2016

Celebrate The Restoration!

The Bow Bog Meeting House

11 AM- 2PM

Period Dress Encouraged 1835-2016



Displays - Demonstrations - Music - Historic Moments

Starting at 11:00 AM

Presentations & Meeting House Tours

** What do you know about our Granite Foundations **

** Visit and Talk with our Blacksmith **

Enjoy Lunch - Old Fashioned Beef Stew & Cornbread

By the Bow Men's Club 12:00 - 1:00 PM

Enjoy The Music & Displays During Lunch

1:00 PM Service

Memorial Bell Ringing

BBMH Supporter Plaque Presentation

If You Were Not Here For Last Year's Pies, you Missed a Great

Selection of Some of the Finest Pie Ever Made!!



Celebrate our Heritage

And Enjoy

The Festivities



Photos By Eric Anderson

My Table – Your Table

BY DEBRA BARNES

I SAY SHISHITO, YOU SAY SHISHITO...

“Addictive” is the first word that came to mind when I first tried these peppers!

One of the simplest to prepare and a definite crowd pleaser. Cocktails, chilled wines or cold craft beers are what you will want to be sipping when nibbling on the perfectly executed shishito.

With a stroke of luck, I found a few plants for the garden and thought I would try my luck at growing them. Success! Out of all of the peppers that I have grown over the years, these are by far the easiest. My three plants produce enough peppers so I can pick plenty for snacking about every three days. If you have friends over to share, be sure to double your batch! The first timers pretty much wipe you out in minutes...that’s experience talking!

~ Grilled Shishitos ~

- 1 - 2 lbs. Fresh Shishitos Peppers cleaned
- 2 TSP olive oil
- 1 TSP flaked or sea salt
- ½ TSP freshly ground black pepper

Prepare your grill for medium high heat (425-450 degrees). In a large bowl, toss the clean peppers with the olive oil. Using a vegetable mesh pan made for grills, slide the peppers in.



Cook tossing and turning them frequently until they blister. They shouldn’t char except in places. Don’t rush. It takes 10 to 15 minutes to cook a panful of peppers. When they’re done, toss them with salt and black pepper.

Serving: Slide onto a plate, pick up by the stem and eat....seeds and all!

Official Description:

The Shishito pepper is a sweet, East Asian variety of the species *Capsicum annuum*. The pepper is small and finger-long, slender, and thin-walled. Although it turns from green to red upon ripening, it is usually harvested while green. The name refers to the fact that the tip of the chili pepper looks like the head of a lion, and in Japanese it is often abbreviated as shishitō.



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, a wine, cheese and specialty food store on Main Street in Concord.

Kitchen Tip – In the spring and summer months, save your coffee grounds and egg shells. Toss the egg shells into a food processor and pulse a few times. Mix up with the coffee grounds and add to your garden soil.

Kitchen Quote – “I think every woman should have a blowtorch.” – Julia Child

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RETIREMENT BLIND SPOTS

BY DOMINIC LUCENTE

Some life & financial factors that can be overlooked.

We all have a “blue sky” vision of the way retirement should be, yet it helps to plan for retirement with a little pragmatism. Fate may alter the course of our retirement in ways we do not currently anticipate. So, as we plan for the next act of life, we may want to think about (and plan for) some life and financial factors that are often overlooked.

We may retire earlier than we think we will. Some of us envision leaving the workforce at “full” retirement age (66 or 67), looking forward to “full” monthly Social Security benefits rather than slightly reduced monthly payments. Will that happen? It might not, according to data released this year by the respected Employee Benefit Research Institute.

In EBRI’s most recent Retirement Confidence Survey, 26% of the respondents thought they would retire at age 65. Another 26% expected to retire at age 70 or later.¹

These expectations may not correspond with reality. In surveying current retirees, EBRI found that only 8% had worked into their seventies. In fact, just 8% had retired at age 65. Sixty-nine percent of the respondents had left work before age 65, up from 65% in EBRI’s 2015 survey.¹

We may see retirement as an extension of the present rather than the future. This is only natural, as we live in the present – but the present will not go on forever. Things change, and the costs we have to shoulder five or ten years from now may be greater than the expenses we face at the start of retirement. As many of us will likely be retired for 20 or 30 years, it becomes essential to take a long-term view of the retirement experience – which is why retirees need to consider growth investing and long-term care coverage.

We may face an insurance coverage shortfall. Some of us rely on employer-sponsored health insurance. If we have to retire before age 65, how do we insure ourselves until we become eligible for Medicare? Will we be able to find coverage?

Beyond that basic question, we need to think about insurance from a couple of other angles. Will we need long-term care coverage? It seems to get more expensive each year, but as medicine and health care continue to advance and evolve, the possibility of a gradual rather than sudden death may increase. The wealthy may have the assets to contend with long-term care costs, but the middle class rarely does. In Genworth’s 2016 Cost of Care Survey, the median annual cost for a semi-private room in a nursing

home is \$82,125. In California, it is \$91,250; in Florida, \$89,060.²

Additionally, few pre-retirees have disability insurance. Some employers do provide it, but many do not. A small percentage of us will become disabled in our fifties or sixties, or become ill to a point where we cannot work for an extended period of time. If we don’t have disability insurance, how do we make ends meet? We may be tempted to draw down retirement savings.

Disability insurance and long-term care coverage may prove more essential to retirement planning than many of us realize.

Age may catch up to us sooner rather than later. Generationally speaking, are we healthier than our parents and grandparents were? Anecdotally, it would seem so: we see people running 10Ks in their eighties, climbing mountains in their seventies, and so forth. Then again, we have diabetes and obesity plaguing American health.

Will we be able to manage our finances at age eighty? At age ninety? How long will we remain able-bodied? Many of us will live long and healthy retirements, but this is not a given. That means we need to find people we can trust to manage our finances and help us in our daily lives if we become mentally or physically infirm. Our estate planning should not dismiss such concerns.

We may be alone sooner than we assume. Many couples retire with a reasonable assumption that they will be together for some time – but, inevitably, something will happen to leave one spouse alone. As anyone who has ever lived alone realizes, a single person does not simply live on 50% of the income of a couple. Keeping up a house – or even a condo – could be arduous for an eighty-year-old man or woman. Driving is a concern. All this means that we may need someone or some group of people to care for us when our spouse is gone. Is that kind of support currently available? Could it be available twenty years from now? If not, what will take its place?

These are some of the blind spots that can surprise us in retirement. They may quickly affect our money and our quality of life. If we age with an awareness of them and recognize them in our retirement and estate planning, then we may be more financially prepared when or if they emerge.

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

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YOU HAVE QUESTIONS...

Will I run out of money in retirement?

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

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

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The Mini Page

Founded by Betty Debnam

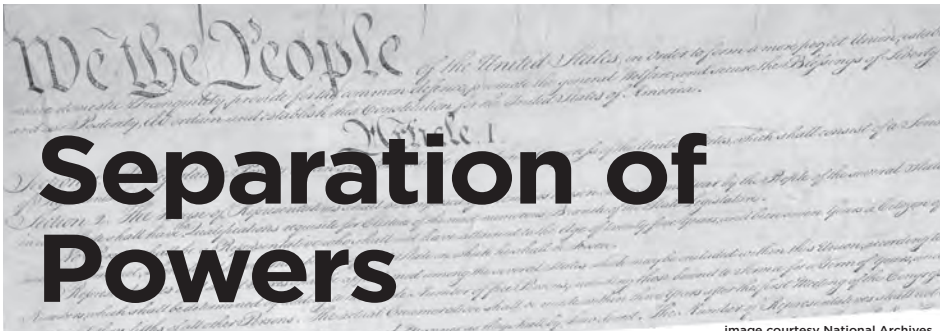


image courtesy National Archives

Separation of Powers

The men who wrote our U.S. Constitution knew they wanted a strong national government. They also knew that the weak government under the Articles of Confederation had not worked.

The delegates to the Constitutional Convention feared that giving too much power to any one person or to any group of people could be dangerous. If some people got too much power, they might take away the freedoms won by others.

The delegates decided that the powers of government should be divided. This idea is called **separation of powers**.

This was not a brand-new idea. All of the 13 states already had their own constitutions. Most of these documents divided power among three parts, or **branches**. The delegates used some ideas from these state constitutions in the U.S. Constitution.

Article I: Legislative

Article I of the U.S. Constitution defines the **legislative** branch's powers. This branch is made up of the Congress — the House of Representatives and the Senate.



The U.S. Capitol

photo courtesy Architect of the Capitol

The legislative branch:

- makes laws
- collects taxes and borrows money
- prints and coins money
- provides for and maintains the armed forces.

Article II: Executive

The president leads the **executive** branch of our government. His or her duties are:



The White House

photo courtesy whitehouse.gov

- sees that laws are carried out
- acts as the commander in chief of the armed forces
- appoints people to offices or positions
- makes treaties
- signs or vetoes laws.

Article III: Judicial

The Supreme Court and other national courts make up the **judicial** branch of the government.



The U.S. Supreme Court

The courts:

- explain the meaning of laws
- decide whether laws passed by Congress follow the principles in the Constitution.

Checks and balances

The word **check** has many meanings. One of them is to stop, or limit.

The term "checks and balances" refers to the limits put on each branch by the Constitution so that one branch cannot overpower another.



The writers of the Constitution checked the powers they gave each branch of government. The writers also wanted all three branches to limit, or balance, each other's powers.

For example, think about how our laws are made. Congress passes a bill. But it can't become a law until the president signs it. The president can **veto**, or refuse, the bill. But Congress can override the president's veto with a two-thirds vote in the House and Senate.

Even after a bill becomes law, the Supreme Court can hear arguments against it and decide if it goes against the Constitution.

Voters help balance, too

The writers of the Constitution also checked the power of government by setting elections. Members of Congress and the president are elected for limited terms. If the voters want a change, they can go to the polls and vote officials out of office.



U.S. voters will go to the polls in just a few months to choose a new president and new members of Congress.

Resources



On the Web:

- 1.usa.gov/1Om4Rbq
- 1.usa.gov/1XkOEpB

At the library:

- "What Are the Three Branches of the Government?" by Benjamin Richmond
- "The Branches of the U.S. Government" by Michael Burgan

Try 'n' Find

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



- BALANCE, BRANCH,
- CHECK, CONGRESS,
- CONSTITUTION,
- CONVENTION,
- COURT, DELEGATE,
- EXECUTIVE, FREEDOM,
- GOVERNMENT, JUDICIAL,
- LAW, LIMIT, LEGISLATIVE,
- PRESIDENT, VETO.

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

7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.



- high body temperature (5) _____
- hopping marsupial (8) _____
- funny story (4) _____
- section of a book (7) _____
- bug that eats wood (7) _____
- person you can't believe (4) _____
- skin conditioner (6) _____

TI	JO	TERM	LO
VER	CHAP	KAN	TER
LI	GA	ROO	KE
AR	ON	FE	ITE

Answers: fever, kangaroo, joke, chapter, termite, liar, lotion.

Mini Jokes



- Paul:** What did the pickle say at the start of the card game?
Patty: "Dill me in!"
- Pam:** Why did the cucumber need legal advice?
Parker: Because it was in a pickle!

Eco Note



Speaking of branches ... Did you know that the average American uses seven trees per year in paper, wood and other products made from trees? Trees help fight climate change by absorbing carbon dioxide, a gas that we produce when we exhale. With your family's help, plant a tree (or two).

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

For later:

Look in your newspaper for articles about the three branches of government.

BOW GARDEN CLUB

BY JOYCE KIMBALL

Scenes from the Bow Garden Club's July 11th "Progressive Dinner"

Three Bow Garden Club members opened their homes—and gardens—to twenty-eight of their members plus their guests on the evening of July 11th providing "food and garden" venues for the club's annual "Progressive Dinner."

The group gathered first at the home of Joyce Kimball on Bow Center Road for appetizers and liquid refreshments," moving on to new member Debbie Wayne's home on Bow Bog Road for the main course and side dishes.

The last stop on the Progressive Dinner & Garden Tour was that of Club President Sue Johnson on Branch Londonderry Turnpike, West. Here attendees enjoyed sweet treats from a dessert table as pretty as it was delectable. Garden club members contributed food items and beverages for the extensive 3-course meal and the hosts graciously invited their guests to wander their properties to enjoy their gardens and container plantings.



Joyce Kimball showed her guests how you can have an abundance of flowering plants in a relatively small area.



Debbie Wayne relaxes on her back deck upon serving the main course buffet surrounded by some of her many container plants.



Sue Johnson takes a minute to pose by the arbor supporting her newly blossoming climbing hydrangea.



GARDEN NEWS

The next regularly scheduled meeting of the Bow Garden Club will be held on Monday evening, September 12th.

Master Gardener Ruth Axelrod will be back by popular demand with a new topic, "Eco-Friendly Gardening."



Ruth Axelrod
UNH Cooperative Extension-trained Master Gardener for Merrimack County

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. www.bowgardenclub.org. Photos courtesy of Joyce Kimball.

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VACATION WITH *THE TIMES* -- SEND US YOUR PHOTO!



Doug Parker, of Bow, reading *The Bow Times* after celebrating his 50th birthday in May 2016 with his wife, Kim, and family in Anna Maria Island, Florida.

The Route 3A Business Dilemma

BY BOB BLANCHETTE

Town Meeting approved building a water/sewer system in 2010 which was activated on July 1, 2012. The former Town Administrator of the Town of Pembroke was hired in 2010 based on his qualifications and experience in economic development and coordinating a water/sewer project.

A Concord Monitor article on October 1, 2010, stated that the process of using the coming infrastructure to bring new businesses to Bow will be overseen by Stack. "Having gone through that {in Pembroke} I felt I was a perfect match." says Stack. But was he a "perfect match"?

With Stack's experience in water/sewer system management and commercial development, why is it then that after four years the system has been online it only produced Exel (which by the way, recently received an abatement and a decrease in its property value) a couple of smaller businesses and a few expansions of current businesses? Could it be that the system hasn't been working the way it should be? The project's original conception, for which voters approved \$12.5 million in funding for in 2002, also included installing a sewer system in the area.

However, by 2010, the selectmen realized the project's price tag had risen substantially and voted to shrink the sewer portion of the project. Wouldn't it have made financial sense to build a completed

project instead of a partial project? A Concord Monitor article quoted Stack as saying "the town plans to finish the sewer system expansion, which would cost about \$3.5 million in the future." When will that happen? Chances are the \$3.5 million cost will be far greater today than back in 2010, and the longer the wait, the higher the price tag.

The installed sewer pipes on Route 3A will not be useful for any residents or businesses unless another pumping station is installed with the necessary components to have an active sewer system. Until the project is fully finished, new businesses are limited to be warehouses or smaller businesses that would have to provide their own septic system. Businesses are drawn into Towns that provide immediate access to both water and sewer systems. About 21 businesses and residents are users of the water system. This is not and will not be a self-sustaining fund for a decade or more. Manager Stack mentions an eight year breakeven point of return on investment or ideally a breakeven point sooner than eight years. {2010 Town Report page 25}.

As it stands now, Exel and the eight new businesses and/or business expansions will not meet the breakeven point of eight years or sooner as predicted.

Bob Blanchette of Bow is the former Finance Director of Bow.

SUDOKU ANSWER

By Ian Riensche

www.sudokupuzzler.com

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



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~~SURVEY~~

If there were a “Firehouse Grill” restaurant in part of the community building would you:

- Go for breakfast/lunch?
- Go for lunch/dinner?
- Never go

Go to www.thebowtimes.com to complete the survey.

Bow Breaks Ground on New Public Safety Building

The official groundbreaking ceremony for the new Bow Public Safety Building was held on Thursday, August 4, 2016. Work on the project is moving right along. Major site work is near completion and the sewer connection is installed. The contractor began pouring the building’s concrete footings and the slab.



Left to right: Fire Chief Dana Abbott, Police Chief Erin Commerford, Architect John Jordan, Selectmen Chairman Harry Judd, Contractor Builder Gary Chicoine, Town Manager David Stack, and Emergency Management Director Lee Kimball. Photo Credit: Staff Photo



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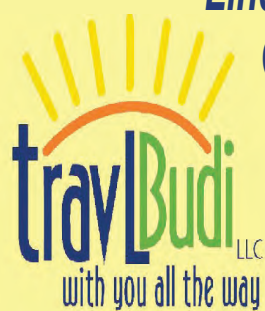
10 WAYS TO DETER BURGLARS WITH LANDSCAPING

BY ANN DIPPOLD, CBR, GRI

In 2014, just over 1.7 million individuals fell victim to burglary according to the FBI. Sometimes deadbolts and alarm systems just aren’t enough to deter thieves. But there are outdoor security measures you can take to prevent property loss at the hands of a burglar. Here are 10 ways you can help protect your home with a well-planned landscape design:

1. **Use plant deterrents.** Thorny shrubs and bushes like holly or roses help thwart would-be burglars.
2. **Prune vegetation regularly.** Unkempt hedges provide hiding spots where perpetrators can lurk.
3. **Trim the trees.** Leave sufficient distance between tree branches and the roof or second-story windows to limit intruder access.
4. **Leave a clear line of sight to windows or doors.** Blocking these views leaves your home more vulnerable to break-ins.
5. **Invest in accent lights.** Illuminate your yard to eliminate potential hiding spots.
6. **Install additional lighting.** Don’t just rely on the porch light. Consider adding motion-sensitive lighting to help ward off possible intruders.
7. **Put gravel beneath ground-floor windows.** Burglars rely on silence; stepping on gravel can be a startling repellent.
8. **Protect the back door.** Many thieves try this less obvious point of entry first.
9. **Replace solid privacy fences.** Solid fencing helps intruders go undetected. Partial privacy fencing is a more secure option.
10. **Lock all gates.** It seems obvious, but it’s still worth a mention. Keep front and back gates locked at all times.

While pleasing to look at, landscaping does more than enhance your home’s outdoor aesthetic. Consider whether your current setup promotes security or makes your home appealing to thieves. Use these landscaping security tips to help prevent your home from becoming the target of a burglary.



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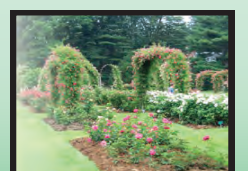


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BOW POLICE LOG

JULY 2016

Arrests- 13, Motor Vehicle Stops- 242
 Warnings- 203, Citations- 39
 Accidents- 7, Parking Tickets- 0
 Restraining Orders-1
 Incident/Investigation Reports- 32

July 2016 Arrests

07/03 Amanda L. Whiting, 37, 24 Chatel Dr, Goffstown, was arrested for possession of controlled/narcotic drug

07/04 Derek C. Maltais, 32, Homeless, was arrested on a warrant

07/05 Daniel Stevens, 36, 130 Notre Dame Ave, Apt#3, Manchester, was arrested on a warrant

07/07 Ryan M. Boisvert, 29, 87 Cinnamon Dr, Goffstown, was arrested operating a motor vehicle with a suspended registration and operating without a valid license

07/10 Jennifer S. Mapes, 49, 333 Pembroke St, Pembroke, was arrested on a warrant

07/12 James Collica, 24, 12 Old Auburn Rd, Derry, was arrested for criminal threatening/aggravated assault and criminal mischief

07/19 Ryan Wilson, 36, 4 Kesavan, Boscawen, was arrested for driving after revocation or suspension and also cited for use of electronic mobile device

07/24 Alejandro Cardona, 48, 92 Brookside Ave, Brockton, Mass, was arrested for driving while intoxicated and possession of controlled/narcotic drug (x3)

07/25 Steven Dio, 22, 1212 Route 3A, was arrested for driving after revocation or suspension and operating without a valid license

07/26 Gary R. Kenneson, 34, 115 Gardners Grove Rd, Belmont, was arrested for reckless operation, conduct after an accident, disobeying an officer, and reckless conduct (placing another in danger)

07/28 Timothy A. Malone, 37, 22 Strafford St, Apt#1, Laconia, was arrested for driving after revocation or suspension

07/30 Christopher C. Donald, 46, Homeless, was arrested on a warrant

There was one Involuntary Emergency Admission and one person was placed in protective custody for drunkenness during the month of July.

FORD CAR SCULPTURE "DRIVEN" ON DUNBARTON ROAD IN BOW



Mr. Mike Wheeler of 57 Dunbarton Center Road found parts and pieces of several abandoned cars while digging in his back yard. This car is the result of Mike's ability to assemble different pieces from different cars and come up with a clever, artistic creation that you can see as you drive by his residence. *Photo by Steve Christensen*

The Bow Times

can be picked up at these locations!

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

Testimonial

John Barwell of Perfect North Lawncare says he has enjoyed the opportunity to advertise in The Bow Times. It increased his business opportunities here in Bow and he looks forward to advertising his Fall Yard Clean-up and Maintenance Program to the local area residents.



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Price: \$750 for Certificate (includes reference material and assessments).

The Importance of Human Factors

This session focuses on the critical importance of how your human factors impact your managerial success. You'll assess your values and behaviors and will learn how to modify and leverage them to positively impact the workplace. Focal points include:

- Defining human factors.
- Assessing and accepting your values and behaviors.
- How human factors impact managerial functions.

Date: October 13, 1:00 to 4:00 pm

Supervisory Success Steps

We'll look at a dozen "steps" a manager can take to enhance her/his supervisory skills. Communication, coaching, consistency and motivation are among the steps which will be explored. Focal points include:

- The role of the supervisor.
- Setting a positive culture.
- The power of connecting with employees.

Date: October 20, 1:00 to 4:00 pm

Ethics in the Workplace

This session addresses the vital importance of establishing and maintaining an ethical environment in the workplace. Attendees will consider a series of case studies to determine the ethical implications that are presented. Focal points:

- Defining ethics.
- The foundations of ethical behavior.
- The manager's role as an ethical "role model."

Date: October 27, 1:00 to 4:00 pm

Contemporary Human Resource and Labor Relations Issues and Trends

Attendees will hear about current issues and trends that impact both union and non-union environments. Red flags and managers' roles in complying with important statutes and regulations will be highlighted. Focal points include:

- "Hot" issues and trends that are at play in the workplace.
- Compliance tips.
- The critical importance of timely and accurate documentation.

Date: November 3, 1:00 to 4:00 pm

The Leadership Perspective

This session emphasizes the important leadership role the manager plays on a daily basis. The realization that the manager must lead is the underlying theme of this session.

Focal points include:

- The differences between management and leadership.
- Leadership keys and characteristics.
- The impact of title on leadership.

Date: November 10, 1:00 to 4:00 pm

The On-Going Growth and Development Journey

During this session attendees will hear that their on-going growth and development is essential to their success. Staying interested, challenged and passionate are all addressed.

Focal points include:

- How to thrive rather than survive.
- Building your "brand."
- Being good to yourself.

Date: November 17, 1:00 to 4:00 pm

Register today! nhti.edu/business-training or call 230-4022

BOW COMMUNITY CALENDAR

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

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

Help Wanted, Farm Help
Age 14-17, 3PM-7PM.
Must be capable of lifting 50 lbs.
496-5351

The Bow Times

~~NOTICE~~

**THE SEPTEMBER ISSUE WILL BE COMING OUT A WEEK EARLY BECAUSE OF ELECTIONS!
DEADLINE FOR ALL ADS AND SUBMISSIONS IS
AUGUST 25th!**

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