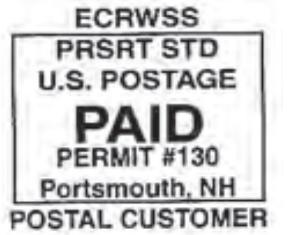




The Bow Times

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

2016 PRIMARY ELECTION ISSUE



BOW, NH

VOL 23, NO. 9

September 2016

FREE

BOW PREPARES TO SAY GOODBYE TO CHIEF COMMERFORD

Bow Town Manager David Stack announced recently that Police Chief Erin Commerford is leaving her position to enter the private sector. “Chief Commerford has been a consummate professional and she has led the Bow Police Department with distinction for over eight years. She was always one of the first to step up when a job needed to be done, and was a model public servant. We all wish her well in her new position; she leaves a void that will be very difficult to fill.”

Chief Commerford noted, “I have enjoyed every day with the Bow Department and am grateful for the support of the community for our police officers. It was a difficult decision for me to leave the department, but I am confident I am leaving at a time when the department is fully staffed with first rate men and women. I am proud of what we accomplished during my years with the Department, morale is very high and the quality of po-

lice services has never been better for the Town.”

In addition to her other responsibilities, Chief Commerford was a major participant over the past five years in the design of the new public safety building, which is currently under construction. “We could not have successfully completed the building design without Chief Commerford’s insight into the present and future needs of the Town,” said Selectman Colleen Hunter, former Chair of the Building Committee. “Her calm and thorough approach to every detail set the standard for the entire project,” Hunter added.

Chief Commerford has served as Bow Police Chief since 2008. Prior to serving as Chief, she served as a member of the department since 2002. She will leave the position at the end of September. The Town Manager will immediately commence the process of hiring a new Chief.

CHRIS SUNUNU FOR GOVERNOR

BY CHUCK DOUGLAS



Republicans and undeclared voters have a choice on Tuesday, September 13, for our next Governor. Personally knowing and working with all the Republican candidates, there is one I support wholeheartedly – Chris Sununu.

Chris is married with three children and believes strongly in school choice. He wants to reorganize the Department of Resources and Economic Development to make Economic Development its own simple focus department, reportable to the Governor, so growth can be supercharged again in our State. He will institute a long-term energy policy to address some of the highest electricity costs in the country.

As CEO of Waterville Valley, he has 800 employees who depend on his business acumen to grow that piece of the economy their families depend on.

An Executive Councilor for the last four years from the Southeastern part of the State, Chris stepped up to the plate and personally fought for the trained and experienced staff at the N.H. Hospital over Dartmouth-Hitchcock’s plan to bring in temps and inexperienced staff to handle our most mentally overwhelmed citizens. Maggie Hassan’s buddies at Dartmouth-Hitchcock dropped the ball recently and a Nashua woman died because of it. But Chris went out of his way to do the right thing and has put a hold on their three year contract. I suggest you read the interview of Chris on page 5 and give him your vote on Tuesday September 13. His enthusiasm and energy will be what moves our State forward after the slow crawl we have experienced since 2009.

REPUBLICAN AND DEMOCRATIC PRIMARY TUESDAY, SEPTEMBER 13

Please remember to bring your photo ID (NH Driver’s License) to the polls. Bow and Dunbarton residents who are not currently registered to vote may do so at the polls. You will need your ID and proof of residency.

Because this is a Primary (not a General Election), the ballot you will be issued will be that of the party in which you are registered. If you are registered as an “undeclared” voter, you will have your choice of either a Democratic or a Republican ballot. The deadline to change your party affiliation was May 31, 2016. If you are uncertain as to your party affiliation, visit the Secretary of State’s Voter Information Lookup: <http://app.sos.nh.gov/Public/PartyInfo.aspx>.

Once you have indicated a party at the polling place, you will be affiliated with that party until you change your status back to undeclared. This may be done at the polling area after your ballot has been cast. You may also complete a Party Change Form at the Town Clerk’s Office. There are deadlines for returning to undeclared status. Sample ballots for the upcoming election may be viewed on the home

page of the Secretary of State’s web site: <http://sos.nh.gov/>. Click on “Bow” or “Dunbarton” then scroll to the bottom of the page to view the ballot.

Absentee ballots are available to qualified voters: Contact your town Clerk for an application.

BOW HOURS

The Polling hours for Bow are 7:00 a.m. to 7:00 p.m. at the Bow Middle School.

DUNBARTON HOURS

Polling hours are 8:00am until 7:00pm at the Community Center (lower level of the Dunbarton Elementary School). The State Primary Notice to Voters is posted at the polling place, the town office, and in the Hot Topics section of the town’s web site.



PROPERTY VALUES IN BOW ARE RISING

Town Assessor Monica Hurley recently met with the Board of Selectmen to present the 2016 Property Assessment Report. The fair market value of properties in the Town of Bow has increased by an average of 9% from 2015 to 2016.

- Single family homes have increased by an average of 11%.
- Condominiums have increased by an average of 6%.
- Commercial and industrial properties have increased by an average of 6%.

Each year, Assessing Department

staff monitors qualified property sales and the overall real estate market in the Town. This is done to ensure that current property assessments are close to 100% of full fair market value, as required by the State of New Hampshire Department of Revenue Administration.

Based on the studies, the Assessor has completed a town-wide update of all property values for the 2016 tax year. The Town has been seeing a .50% to .75% increase per month in the real estate market in Bow and Town wide assessments have been adjusted to account for the increasing market.

The overall increase in valuation for the Town of Bow for 2016 is \$91,616,425. This includes residential and commercial land and buildings. It does not include utility assessments.

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PHOTO SUBMISSIONS: We encourage individuals and groups to submit photos of their events or activities, by email or call the Technical Editor.

CORRECTIONS POLICY: We strive to present accurate news reports. We will correct factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

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EDITORIAL

VOTE FOR THE 3 BOW GOP CANDIDATES FOR STATE REPRESENTATIVE

Bill Kuch and John Martin of Bow have served us well in the New Hampshire House and deserve a second term. The Bow Times is also supporting Betsey Patten of Bow for representative.

Betsey moved to Bow from Moultonborough where she served as a State Representative for 9 terms. She is a graduate of Christian High School in Massachusetts and Kings College in New York. She served for years as Planning and Zoning Recording Secretary, was appointed as an alternate to our Planning Board last year and was elected a Supervisor of the Checklist this year. She is a very smart and hard working woman who is well respected by the House leadership for her prior years of service.

Incumbent J.R. Hoell of Dunbarton opposed HB 1552, a bill written to make terrorism by killing with weapons of mass destruction, including biological and chemical means, subject to the death penalty. J.R. testified against it as an "anti-gun bill" and created enough confusion that the bill died in committee.

Mr. Hoell has exhibited a measure of contempt for the law by using an expired 2013 legislative plate on his car #3-111. The plate should be #3-80, his current seat number, but he said he liked the old number better. Why is he above the law?

The budget passed last year contained the first business tax relief in 20 years. New Hampshire's corporate tax rates were rated among the highest in the nation and our neighboring states, including Massachusetts, had lower rates and were drawing jobs and investment

away from New Hampshire. How could any reasonable pro-growth Republican be opposed to lowering the NH's business profits tax or business enterprise tax? Yet Rep. Hoell voted against the bills containing these cuts.

Rep. Hoell not only voted against these important budget and tax provisions, in September he introduced an amendment to SB9, commonly referred to as the budget compromise bill, that sought to attach unrelated legislation pertaining to firearms. Had this amendment passed, it would have been a poison pill. It would have jeopardized the entire set of negotiations between the House, Senate and Governor that lead to the budget becoming law. The governor would have vetoed SB9, and the state would have been without a budget.

While some might see Rep. Hoell's actions as courageous, in the grand scheme of things his votes against the fiscally conservative Republican budget, his votes against business tax reform, and his efforts to thwart passage of these important measures by attempting to attach unrelated legislation do not demonstrate leadership. They are against the core principles of the party of lower taxes and lower spending. For these reasons the Bow Times supports Betsey Patten and not J.R. Hoell.

*Charles G. Douglas, III
For a free press
je suis Charlie*

LETTER TO THE EDITOR

On behalf of the citizens of Bow I would like to thank Police Chief Erin Commerford for her dedication and service to the citizens of Bow.

We are sorry to hear you are leaving and wish you well in your new endeavor. Bow has been extremely lucky to have a Chief of Police such as Erin has been. We currently have a well-staffed police department which operates in a society that has chosen to make the police the scapegoat for all our societies' short comings.

Erin, I wish you well and hope things become a lot less stressful in your life.

Over the past ten or more years Bow has had several Police Chiefs. We now are facing choosing another Chief.

Perhaps our Town Manager and our Select Board members should all be involved in making sure the selection of our next Police Chief takes in

to consideration the current police department staff personnel.

Look within before you look outside. It is not easy for an outsider to transition into a Chief's position in Bow.

We are facing yet another change as things move along with our new Police and Fire Safety complex. Who would better serve that interest but someone who has all the knowledge of the daily workings of our current Police Department?

Go slow, choose wisely, and give our current police department members the first look at the Chief's job.

*Gary D. Nylén
Bow's First Fulltime Police
Chief*

TO THE EDITOR,

In New Hampshire the General Election and the Primary season often blend in. It's clear that the Democrats are most afraid of Senator Kelly Ayotte and believe she is going to win her primary. They're bombarding her with the most ridiculous ads and are targeting uninformed voters who have no idea how beneficial Sen. Ayotte has been to the State of NH in general, her strong support for law enforcement (and their strong support for her) as well as her phenomenal constituent service. In the last couple of days I've recently been subjected to 2 push polls attacking Sen. Ayotte when I told them I was supporting Ayotte over Hassan. My response to this Democrat desperation motivates me to write this letter and get others out to vote in the Republican Primary.

The Republican Primary is also important to me on a local level. The Towns of Bow/Dunbarton are very lucky to have 3 great Representatives representing them, JR Hoell, John Martin and Bill Kuch. These candidates have some of the top pro-growth, pro-NH, and anti-big government voting records in the state. All 3 candidates are devoted to support legislation that will insure that Bow isn't devastated by issues with the Bow Power plant.

**Van Mosher
99 Allen Road, Bow, NH**

JIM ADAMS FOR EXECUTIVE COUNCIL



Bow Republicans should pick Jim Adams of Pittsfield for the Executive Council over Joe Kelly Levasseur of Manchester.

Jim has been the head of the Granite State Taxpayer's Association for years. It is a coalition of tax groups with the goal of keeping taxes low.

After serving in the Navy Jim served as chief of staff to three Postmaster Generals. During his tenure 40,000 jobs were eliminated to slim down the payroll of the Postal Service. He has the results to prove he knows how to eliminate waste, fraud and abuse of tax dollars. His opponent is a career Manchester ward pol with a very erratic record.

So Adams is the clear choice.
An editorial by Chuck Douglas.

**REPRESENTATIVE JOHN MARTIN'S
REPORT TO VOTERS**

As our campaign season ramps up for the climactic vote in November, I would like to take this opportunity to thank the voters of Merrimack County District 23. Serving the towns of Bow and Dunbarton as your State Representative has been a privilege that I am grateful the voters allowed me to have. It was an interesting session that is now being misreported, mainly due to the political atmosphere.

A little on my background, I am a resident of Bow, and served for a while on the Public Safety Building Committee. I retired after 21 years as a Unit Manager with the NH Department of Corrections, where I saw firsthand the effects of crime and punishment in our State. I also retired after 29 years with the Active Army and Army Reserve, and spent the first part of my retirement writing four novels on international terrorism. Because of my background I requested and was assigned to the Criminal Justice and Public Safety Committee, and I was even more fortunate to be chosen as the Committee Republican Whip and serve as a sub-committee chair. It is said that the real work of the legislature is done in the committees, and for the most part, that is true.

Every bill introduced gets a hearing in the appropriate committee: the sponsor gets to explain the particulars of the bill and why it's needed, testimony is heard, documentary evidence is submitted, lobbyists present information from interested parties or businesses, and State agencies have the opportunity to comment on how they perceive the bill.

The committee members get to question the witnesses to probe grey areas and clear up vagaries and discuss whether or not an amendment is needed to improve or clarify the bill.

I see my role on the committee as to first and foremost read the bills that are scheduled for hearings. This may seem like a no-brainer, but the average voter would be amazed at the number of representatives who don't read past the title of a bill. I also maintain my own reading file on subjects that I expect to hear so I can question witnesses intelligently.

I also look for the "unintended consequences" in legislation, and there are more than one would suspect. One bill in our committee would have basically legalized a fraternity party, complete with underage drinking. Another would have excused a parent sponsored high school drinking party under certain circumstances. This last session saw a lot of activity and attention paid to the "Opioid Crisis". Unfortunately, although the legislature spent a lot of your money, I don't believe it was always wisely spent. There was a \$5,000,000 slush fund created for the Governor's Commission on Substance Abuse that has few conditions on how that money is to be spent. Reports are that this year overdose deaths will surpass last year. More work has to be done on prevention, enforcement and treatment. A big part of that will be individual responsibility, something that often gets ignored in the discussion. Because of that, I will continue to vote against efforts to increase the availability of recreational drugs.



State of New Hampshire
House of Representatives



John F. Martin
Criminal Justice and Public Safety

**Representing Merrimack County District 23
Bow & Dunbarton**

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VOTE September 13th Primary

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By Ian Riensche

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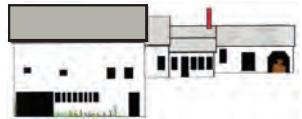
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INTERVIEW WITH CHRIS SUNUNU - CANDIDATE FOR GOVERNOR

By Chuck Douglas

Photos courtesy of Chris Sununu for Governor

EDITOR: What in your background makes you a better choice than your opponents?

CHRIS: I think I have a more varied background than any of the other candidates because I am in business. If you want to talk about the fact that we have incredibly high healthcare costs and lack of competition, I am living those every day as I try to manage Obama Care and provide the best healthcare package for our 800 employees at Waterville Valley.

Lack of a long-term energy policy results in a lot of our incredibly high electricity costs as a repercussion of a lack of leadership in Concord and the lack of understanding that what we do in government affects businesses all over.

I'm going to be a Governor that brings personal business experience as a stakeholder to the issues we talk about. I know firsthand how taxes and regulations affect my employees and their families and how it affects my business' ability to grow and hire more workers and invest more capital.



The second thing is that no one has my day to day business experience to bring to the table to go out and talk to businesses out of state and draw them in here because I understand what they need. I know the dynamics of competition from other states and I want New Hampshire to be open for business to increase economic growth which has been very slow the last few years.

EDITOR: Do you have any other ideas for economic growth for the state?

CHRIS: #1 – We have to reinvest and incentivize our workforce because one of the biggest reasons why our economic growth is stagnant is that we are losing our younger workforce. My economic plan looks at incentives for young workers to not only go to college and get their education here, but to stay and make their roots and start investing in their families here. You also have a large number of younger workers who want to be in an urban setting today. The fact of the matter is when you have some



of the opioid issues and violence in the larger cities it can make it difficult to attract a younger family into some of our smaller urban settings.

Second is over-regulation because I talk to a lot of businesses from out of state who say, "we don't want to go to New Hampshire because you have these departments that are over-regulating and that are treating businesses more like a police state" as opposed to a business friendly environment. So we need to simplify regulations to get the economy really going again and then that will help increase wages.

We're now losing some economic growth to Massachusetts rather than getting it from them. Massachusetts is doing a great job with Charlie Baker as Governor because he has a business background. He's working in a very tough political environment but he's still getting things done and recruiting business there.

Third, I would reorganize the Department of Resources and Economic Development because it includes the Divisions of Parks and Recreation, Travel, Forest and Lands and Economic Development. Well one of these things doesn't belong there and that is clearly Economic Development. I will ask the legislature to create a Department

of Economic Development reporting directly to the Governor and not get lost among Forests and Parks. Again, we don't have enough emphasis in Concord on economic development because we have not had a Governor with a business background to focus on growth.

EDITOR: What about education reform?

CHRIS: I am a huge believer in school choice. I homeschooled my own kids for a couple of years. We tried to get into a charter school but were wait listed. My kids are in public schools the past few years so I have lived the school choice dynamic of the state. We are not a state right now that is friendly to school choice. We have lost our way by blocking the local control aspect of school choice.

And we have let the Washington education bureaucracy really put their claws into us on control. I want to scrap Common Core and I just want to make sure we empower the parents so that it doesn't matter where you want your kid to go to school: public school, private school, charter school or home school.

The parents should have the final say in where their kids are going

to go to school. They understand what style of education is going to get the best results for their children and we need to create a system that champions that. As a dad I am in my kid's classroom working with teachers.

I'm a believer in empowering teachers, and when you get rid of some of these overly bureaucratic standardized tests and take some of the administrative pressures off, our teachers can provide a quality, individualized curriculum. So a kid that needs to be challenged more can be challenged. Or a student that might need a little extra help can be helped a little more.



We have to let teachers do what they do best. And that's teach our kids with good quality individualized education that only comes by restoring local control to our schools.

EDITOR: What about taxes?

CHRIS: I will veto a sales or income tax, but that pledge is not enough. Unlike the Democratic governors of the past two decades, I will make sure that pledge is not used as an excuse to expand other taxes and fees.

THE ARMED CITIZEN®

A district attorney in Pennsylvania praised a pharmacy owner who shot and killed a robber, calling the shooting a "public service." Police said an armed man donned a Halloween mask, got out of a vehicle and went into the Bucks County pharmacy. The businessman caught a glimpse of something suspicious on security monitors and saw that the suspect was trying to conceal a shotgun in an umbrella. The pharmacy owner warned the man several times, but the interloper kept coming toward him and jumped a counter.

Investigators said the businessman fired nearly a dozen shots, hitting the bad guy several times. The accomplice, who had stayed in the vehicle, was arrested when police arrived. (WPVI-TV, Philadelphia, Pa. 6/3/16)(September 2016 American Rifleman). This column was reprinted with permission from The American Rifleman, magazine of the National Rifle Association.



TRAVEL TALK - FLYING OUT OF MANCHESTER

BY CHASE BINDER

If you've been in central New Hampshire as long as Bud and I have (say, 35+ years), you might have a memory or two of the old Manchester airport. Remember the small, low-ceilinged place with no baggage carousel—just some doors that opened onto a metal slide? Baggage handlers tossed your bags through the doors and they slithered down and landed on the floor in a heap. Security checkpoints? Not so much!

Fast forward three or four decades and Manchester Airport (MHT) is a whole new world—a world that began with the opening of the new terminal in 1994. I remember being elated to have modern check-in counters and even three “real” baggage carousels. From then on, MHT hit a new milestone about every 5 years. In 1999 the parking garage opened (no more shoveling snow off your car!) and 2 million passengers used MHT. In 2006, that number hit a record 4.3 million passengers and the following year MHT was officially re-named Manchester-Boston Regional Airport.

Turns out that the 4.3 million high point was the result of some confounding variables. In the early 2000's Boston's Big Dig had the effect of diverting a lot of Boston traffic to MHT. Low-cost breakout Southwest Air was flying out of Manchester, but not Boston---yet. In 2006 and the years after, Southwest moved into Boston. The Big Dig wrapped up. Some Boston folks went back to their “own” airport. We had the market crash of 2008 and the beginning of many airline consolidations and other industry changes.

Passenger levels have now stabilized at around 2.3 million, give or take. Disaster for our own MHT? Not hardly. Management saw what was happening, kept a careful eye on the industry, and approached improvements and expansion with common sense and fiscal responsibility. Instead of wringing their hands (or worse, over-building), they kept investing in key improvements for passenger safety, security and comfort. As Tom Malafronte, the airport's Deputy Director says,



Chase Binder

“our mission is to look for ways to make travel more efficient and convenient.” I won't bore you with info on longer runways, solar projects to reduce energy costs and such—though, trust me, there's lots to talk about. Nope, I'll go right to stuff that impacts how easy it is to navigate the airport and how comfortable and convenient the place is.

Last week, for example, I wanted to greet inbound friends from Florida personally. I could have used the popular cell phone lot, waited for them to call and picked them up curbside, but I wanted to surprise them in the airport itself. I zipped into the newly-reopened hourly parking lot and ran into the terminal—an easy 2-3 minute walk. Try that in Boston!

The hourly lot had been closed while the rental car desks were moved from the area adjacent to the main baggage claim to the lower level of the parking garage. The spiffy new area is a much more efficient pick-up and drop-off area and, happily, makes room for an incoming Starbucks near the baggage claim. Sweet!

Most noticeable is a significant “passenger flow improvement” project to upgrade and expand the TSA screening area at the top of entrance escalators in the main terminal area. This will consolidate the two separate screening areas into one more efficient area—easier to staff, easier (and safer) for passengers. More room for queuing, so no more lines snaking back down the

stairs and escalators! And for fun, the observation area (closed during construction) will re-open with added features. Work began in April and will be completed by Thanksgiving. Meantime, screening might take a bit longer, so Malafronte suggests allowing two hours for check-in, especially during peak travel times.

But there's more. If you're a nursing mom, there's been a private room on the lower level for a while. But now there's an extremely cool and private “Mamava” nursing suite (visit mamava.com) on the secure side of the airport near Gate 6.

And there's been an outside pet relief area at the north end of the airport for some time, but now there's a pet relief area inside the airport (secure side, lower level near Gates 4 & 5). This will be great for service dogs or people who have dogs small

enough to take to the skies.

When I travel I think about staying connected and keeping my tummy full. MHT was one of the first to have free Wi-Fi and those uber-convenient charging/seating areas, and Malafronte says more are coming. As for food, the re-do of the security screening area will include re-vamping access to the nearby concessions. In addition, the airport stand-by Hudson News has re-branded as Hudson with much expanded offerings including (yay!) a great selection of “grab and go” eats to take on the plane.

You can learn lots more at fly-manchester.com, but I'll leave you with one word to describe management's approach—thoughtful. The next time you fly MHT, you'll realize that somebody actually thought things through. Imagine!



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ARE YOUR HABITS GOOD OR BAD?

BY JIM OLSON

Do you eat the same thing for lunch, go through the same exercise routine, and fall into bed at the same time each night? Or maybe you've made a habit out of eating whatever looks good, avoiding the gym, and staying up as late as possible.

John Dryden famously said, "We first make our habits, and then our habits make us."

Confucius said, "Men's natures are alike; it is their habits that separate them."

And Aristotle noticed that, "We are what we repeatedly do. Excellence then, is not an act, but a habit."

It's pretty clear that the habits you adopt will shape who you are.

When it comes to your body, the two habits that define your physique are your eating and exercise habits. In fact, everyone that you know who is in great shape has dialed in these two important habits.

If you aren't happy with your body, then simply adjust your eating and exercise habits. Here's how to adopt a habit:

MAKING A HABIT

Use these seven steps to create a life-improving habit.



Jim Olson

1) Decide on the ONE habit that you would like to develop. It's tempting to pick up 3 or 4 healthy habits, but choosing just one new habit is realistic and doable.

Here are some healthy habit ideas:

- Do not eat after 7pm each night.
- Bring your lunch to work instead of eating fast food.
- Exercise 4 times a week after work for 45 minutes each time.
- Only eat fruits and veggies as your afternoon snack.

- Get up early and exercise for an hour each morning.
 - Work with a personal trainer 3 times a week.
- 2) Write your new habit down on paper. Also include your 3 main motivators for developing this new habit, the obstacles you'll face, and your strategies for overcoming these obstacles.

Here's an example:

- *My new habit is to work with a personal trainer 3 times each week.*
- *My 3 main motivators are 1) to feel confident in my bathing suit this summer, 2) to have more energy, and 3) to fit into my skinny jeans.*
- *The obstacles I will face are 1) not having the energy to go to my session after work, 2) not having enough money to pay for sessions, and 3) not having my spouse's support.*
- *I will overcome these obstacles by 1) doing my workouts before work instead of after work, so I have more energy, 2) cutting down on frivolous spending to ensure that I can afford it, and 3) asking my spouse to join me so we can get in shape together.*

3) Commit fully to your new habit, in a public way. This could mean posting it on Facebook, or simply announcing it at the dinner table. Put yourself in a position where you'll be embarrassed to give up on your new habit.

4) Keep track of your progress. You could keep a detailed journal or simply make a check mark on each calendar day that you successfully exercise your new habit.

5) Keep yourself publically accountable. This means either status updates on Facebook or verbal status updates at the dinner table. Your friends and family are in a position to offer you support, so don't shy away from those close to you.

6) When you fail, figure out what went wrong so that you can plan around it in the future.

7) Reward yourself for your success.

Once your new habit becomes second nature, usually in about 30 days, feel free to add a second habit by going through the same 7 steps. I'd love for my fitness program to become your new healthy habit! Call or email now to reserve your spot.

LIFT TO GET LEAN

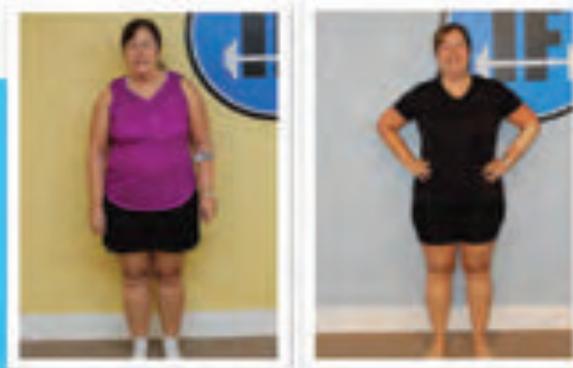
OVERCOMING OBSTACLES LIKE BETH

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 30 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!!



Now Lift the phone for your free consultation to a Leaner you today!
603-224-8096



80 South Main Street | Concord, NH 03301 | individualfitnessllc.com

LIFE SCOUT ANDREW NICHOLLS HONORS VETERANS WITH HIS PROJECT

My name is Andrew Nicholls and I am a Life Scout with Troop 75 in Bow, and I am working on my Eagle Scout Service Project.

My project is creating a Veterans Memorial for the Town of Bow at Evan Cemetery on White Rock Hill Road.

The Memorial will be dedicated to all servicemen and women who gave their lives to the protection of our country.

The Memorial will consist of 5 granite posts, each engraved with one of the five seals of the US Armed Forces. These Posts will surround a circular patio of bricks, which, at the center, will have a flat,

round granite monument which will include the dedication.

I am looking for the community's help to fund this project. I am selling custom engraved, commemorative bricks to be placed in the patio of the Memorial. The bricks will cost \$50 each, however extra donations are gladly accepted.

The form can be found on www.bowveteransmemorial.org under the "Brick Fundraiser" tab. Please email any questions to andrew@bowveteransmemorial.org

Thank you very much for your support and I look forward to completing this project for the Town of Bow.

State of New Hampshire
House of Representatives



Bill Kuch
Public Works & Highways
Committee



Representing Merrimack County District 23
Bow & Dunbarton

Room 201
Legislative Office Building
Concord, N.H. 03301
(603) 271-3419

348 Page Road
Bow, N.H. 03304
Phone: (603) 856-0957
E-Mail: Bill.Kuch@leg.state.nh.us



VOTE September 13th Primary
Paid for By Bill Kuch For Representative

OBITUARY - ROGER "POPS" BRUNS

Roger "Pops" Bruns passed away August 27, 2016 after a brief decline in health. Roger moved from Gilford, NH to Bow in 2013. He was born in Flushing, NY on August 5, 1933. He served in the Army from 1953-1955 and graduated from New England College in 1959. He had a great love for his family and trains and enjoyed a good (or bad) pun. He married Marie (Duggan) in 1959 and they have two daughters.

He is survived by his wife

Marie from Bow, his daughter Peggy Dellert and her husband Gary from Cumberland, ME and his daughter Karen Mumford and her husband Doug from Charleston, SC. He will be missed by his grandchildren Jessi & Shannon Dellert, Willem & Spencer Meredith, and Alden & Kelsey Mumford.

There will be no services per Roger's request. "A man tried to sell me a coffin today, I told him that was the last thing I need."

THE ARMED CITIZEN®

A woman and a male companion were travelling in a vehicle in Bellvue, Colo., when they got into an altercation. After the woman pulled the vehicle over and attempted to call 911, the man followed her and stabbed her.

A passerby noticed the scene, retrieved a firearm and held the attacker at gunpoint until police could arrive. *KUSA*, Denver, Colo., 06/04/16; *Coloradoan*, Fort Collins, Colo., 06/04/16.

Armed Driver Prevents Car-Jacking In New Orleans

A driver was in his vehicle in New Orleans, LA., when a robber approached his car and implied that he was armed. The driver responded by opening his glove compartment and reaching for a gun that he had placed there. Upon realizing the driver was armed, the robber fled the scene. *WDSU*, New Orleans, LA., 06/21/16

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



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ALPACA VISITS OLLI

By Jackie Fogarty



Karen Berry of Contoocook Alpaca Farm and her trusty stuffed sidekick invited OLLI members to visit the live critters in late September and early October.

Karen spoke in August at the Fall Preview of Classes sponsored by the Osher Lifelong Learning Institute (OLLI).

Explaining that live alpaca might not make the most polite guests at the gathering of 130, she enthused about OLLI members visiting the adorable animals on their home turf on September 27 or October 4.

And, oh, by the way, even

though the alpaca wasn't real, the fiber was the real thing so it was almost like petting a live alpaca.

OLLI features both classroom classes and "Out & Abouts" which are local field trips. Although affiliated with Granite State College, these are not college courses. They are much less expensive, many run for as much as six weeks or as little as a single session, usually running 2 hours. There are no prerequisites, no homework, no tests and no grades – only learning for the fun of it.

Besides courses in a wide variety of topics, OLLI members enjoy bus trips (most recently to the John F. Kennedy Presidential Library and Edward Kennedy Institute), a book club which meets monthly, Game Days attracting Scrabble, Bridge and Balderdash aficionados and lively discussions with intellectually stimulating contemporaries.

You can pick up a catalog at the Baker Free Library, the Town Offices and many other locations in and around Bow and Concord.

Or check the catalog online at OLLI.granite.edu where you can join the organization and sign up for classes too! OLLI at Granite State College looks forward to welcoming you.



A member-run organization providing lifelong learning and social opportunities for adults over 50.

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 - Volunteer Opportunities • Variety of Course Topics
- Visit our Website to Join OLLI and Register for Classes



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

BOW'S RICHARD UCHIDA NAMED REAL ESTATE LAWYER OF THE YEAR



Bow resident Richard Uchida has been named among the 2017 Litigation - Real Estate "Lawyer of the Year" in Concord by *Best Lawyers*.

Only a single lawyer in each speciality in each region is being honored as the "Lawyer of the Year."

In addition, Uchida is among six Concord-based attorneys that have been selected by their peers for inclusion in the 2017 edition of *The Best Lawyers in America*.

Chris
SUNUNU
Governor

chrissununu.com

Paid for by Friends of Chris Sununu - Paul Collins, Treasurer

MATTHEW POULIN APPOINTED TO CIP COMMITTEE



The Select Board met with Matthew Poulin of Hampshire Hills Drive on August 16 because of an opening on the Capital Improvement Committee. Mr. Poulin was looking for a way to contribute to the Town, and thought his skills could best be used by the CIP Committee. Matt was sworn in that night after a 5-0 vote by the Select Board.

Mr. Poulin owns the Reliable Insurance Agency in Concord and is a graduate of the University of Southern Maine. He is engaged to Emily Bibbo. Photo by Eric Anderson

SURVEY REVEALS TAXES AS HOTTEST BOW ISSUE

The recent Bow Master Plan Community Survey was open to Bow residents and businesses for weeks to answer scores of questions to help plan our future.

The Regional Planning Commission recently released the data through Bow's Director of Community Development, Matt Taylor. While we cannot provide every answer to every question we offer a few prior to the full reports release.

Who answered the survey? 240 Bow residents and 128 property or business owners in Bow. In past surveys there was support for a "Town Center" but now only 40% support the concept and 47% oppose it.

Another change is the presence

of *The Bow Times* as a source of information compared to several years ago. While 145 survey responses said they prefer the town website for town news 99 cited newspapers as their preferred source of news. Of those listing a specific source a majority named *The Bow Times*.

Question #6 on the survey asked "What is the one thing you dislike most about Bow?" 234 answered this question. 97 listed high taxes as our biggest problem and 15 high town and school spending. That is a total of 112 out of the 234 answers or almost 50%. The bottom line is that the grandiose "Town Center" has lost majority support while taxes and spending are the central concern of our citizens.

Back to School in Bow 1845-1970



Going back to school in early Bow is the theme for the above display at the Baker Free Library. School items of interest from 1845 to 1970 are on display. These early books, ink wells, pens, books, and other items are on loan from the Alexander, Johnson, and Wheeler families who are descendants of the early settler families of Bow. A cooperative effort between the Baker Free Library and the Bow Heritage Commission offers our students, parents, and library patrons the opportunity to see for the first time the many early and historical items under the stewardship of the BHC. We plan to change out the display items with new theme artifacts through out the coming year. Please come to the Baker Free Library and enjoy our history.

Thank you.

Gary D. Nylan
Chairman Bow Heritage Commission.
Photo By; Eric Anderson

BOW MILLS UNITED METHODIST CHURCH HOSTS FINANCIAL COURSE

Bow Mills United Methodist Church, 505 South St., will host a nine week course by Dave Ramsey's Financial Peace University.

This program will be held on Sundays from 6:30-8:00 pm, beginning October 2nd.

Learn God's way of handling your money.

Seven easy-to-follow baby steps to create a budget, get out of debt, and make a plan for your money.

This will change everything!

- Your money.
- Your story.
- Your life.

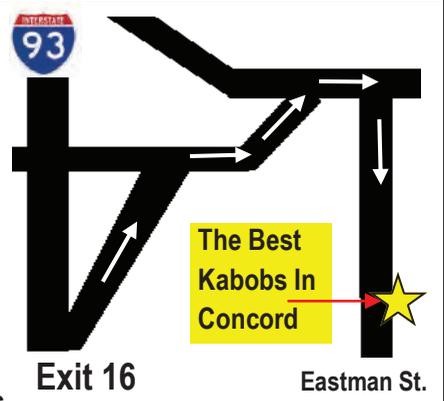
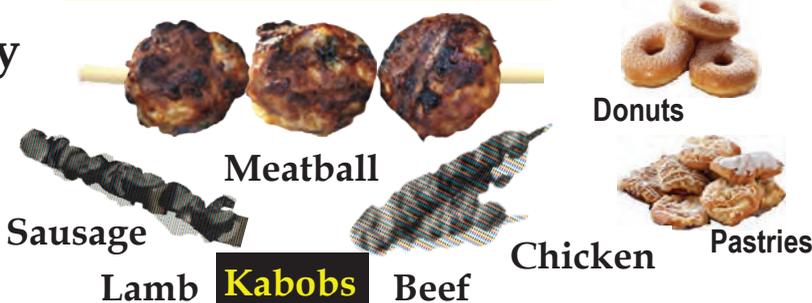
This course will be facilitated by John and Rita Blackadar. Please register on-line at: https://www.daveramsey.com/fpu/classes/1021897/atid/l_mi or call for more information: 603-224-0884.

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BAKER FREE LIBRARY NEWS

By Lori Fisher

ROOF REPLACEMENT THIS MONTH

September is a busy month at the Library for facilities upgrades! The flooring in the Upstairs Meeting Room and the two public bathrooms was replaced over Labor Day weekend, and later in the month the Library's 2000 Addition roof will be replaced. The shingles have deteriorated significantly, and we need to replace it before the winter weather sets in. After a bid process, we have contracted with Manchester Roofing for the job. As always, if you have questions or concerns about either of these projects, please contact Library Director Lori Fisher at 224-7113 or lori@bakerfreelib.org.

PHASE II RENOVATIONS TO START OCTOBER 1!!

The Baker Free Library Trustees have voted to start Phase II Lower Level Renovations as of October 1, 2016! This is the final phase of the Lower Level Renovation project, and will be active through January 2017.

Due to the Renovations, the following services will be impacted:

- **The Friends Book Sale will close as of 9/17/2016.** However, Book Donation Saturdays (the 4th Saturday of each month) will continue through the renovation period. Be prepared that the Friends will be able to accept only the higher quality used books during that time, and those items will be stored off site until the renovation is complete.
- **We will not be taking reservations for the Welch Meeting Room and the two Group Tutoring Rooms for reservation dates between 10/1/16 and 1/31/2017.** However, if a group/individual does want to use one of those rooms during that time period, we encourage you to call one or two days ahead of the date you need. We will check with the construction crew to see if they need to be in those rooms due to HVAC installation or other work. If not, you will be able to reserve the room you need. Also, our Upstairs Meeting Room will be available for advance reservation as usual during the renovation time frame.
- **Parking will be at a premium during the Renovation time frame.** Please remember to use the back of the NHADA parking lot (to the right of the playground) during the daytime, and the Bovie parking lot after 5 p.m.



A recent auction of a beautiful quilt by the Bow Quilt Club, and a handcrafted mirror by local craftsman Bob Couch, brought in additional funds for the Library's Lower Level Fundraising effort. The items were displayed at the Library as well as at the Summer Reading Community Celebration on August 18th at the Gazebo. Pictured left to right: Tom Ives, Library Trustee Chairman; Lori Fisher, Library Director; Kate Kenyon, Library Assistant (in mirror); and Shay Mahoney, Library Volunteer (in mirror). Photo by Eric Anderson.

Thank you in advance for your patience during this major transition - and we are all very excited about the new spaces we'll have to offer Bow residents after the New Year! Questions? Email info@bakerfreelib.org or call 224-7113.

their names on the Donor Tree at the library, along with the names of all of our other supporters. There is still opportunity to donate. Drop by the Library or visit www.bakerfreerenovation.org.

Next Friends of BFL Book Donation Acceptance Day: Saturday September 24, 10 a.m. to 4 p.m.

WREATHS NEEDED FOR UPCOMING AUCTION!

The Friends of the Baker Free Library will hold the 2nd Annual Baker Free Library Wreath Auction from November 1st through 12th. The Auction will benefit the Lower Level Renovation Project. Individuals, organizations, and businesses are invited to decorate and donate a wreath to be auctioned off! Here are the details:

- Wreath drop-off is Tuesday 10/25 through Saturday 10/29.
- NO wreaths will be accepted after 4 p.m. on Saturday 10/29.
- Wreath pick up can be arranged in advance by contacting Rita Morrison at morrison.rita64@gmail.com or calling the library at 224-7113.
- Any and all wreath themes accepted - get creative!
- Wreaths do not have a size limitation and you may donate as many as you wish.
- Wreaths cannot contain any live greenery; lighting is limited to battery operated; and wreaths must meet the target opening bid of \$25.

Questions? Contact Rita Morrison at morrison.rita64@gmail.com or call the library at 224-7113.

LOWER LEVEL FUNDRAISING NEWS

The fundraising is going very well and we are nearing the finish line!

We would like to thank the many Bow businesses that have responded to our outreach - please look for



BIG READ EVENTS IN SEPTEMBER & OCTOBER

The Baker Free Library is proud to partner with 16 other public libraries in New Hampshire, with funding from the National Endowment of the Arts and New Hampshire Humanities, to participate in the 2016 Big Read project featuring *The Grapes of Wrath* by John Steinbeck.

In Bow, we will be hosting Ronald W. Edsforth from Dartmouth College at White Rock Senior Living Community Room on Wednesday 10/5 at 11 a.m. He will speak on "Revisiting the Great Depression and New Deal: A 21st Century Interpretation of the Documentary Photography of the 1930s." For more details visit www.bowbakerfreelibrary.org.

The kick-off event for the Big Read will be held at LaBelle Winery on Sunday September 18 from 4 p.m. to 7 p.m. Hope to see you there!

MATT DODGE JOINS BOW ROTARY CLUB

By Donna Deos

The Bow Rotary Club is proud to announce its newest member – Matt Dodge. Matt is a financial advisor and Certified Financial Planner® at UBS Financial Services in Concord, NH.

A 2012 graduate of St. Lawrence University in Canton, NY, Matt studied economics and mathematics. At St. Lawrence he captained the alpine ski team, was the placekicker for the football team, and worked in the math tutoring center.

After graduating, he moved to New York City where he worked for an institutional brokerage firm selling financial trading software to hedge funds. After a year of living in the city, he looked for a way to get back up to New Hampshire and accepted a job teaching mathematics at New Hampton Prep School, where he also attended as a high school student. At NHS, Matt coached ski racing and football, was a dorm head and faculty advisor, and gained a newfound appreciation for every coach and teacher he's ever had.

In the summer of 2014, Matt joined a longtime mentor of his on a wealth management team at UBS. For the last two years, he has been working directly with the team's clients to review investment portfolios, build long-term financial plans, and provide advice in many different areas of personal finance. Matt finalized the designation of CFP® in July of 2016.

An avid skier, Matt loves to get out on the slopes in the winter time and ski with friends as well as compete recreationally. He enjoys golfing, hiking, cycling, and enjoying everything New Hampshire has



PHOTO BY ERIC ANDERSON

to offer. Matt has been a Rotarian since 2014 when he joined the Meredith Rotary Club as a way to get more involved with his hometown and give back to his community. After moving from Meredith to Concord, he looked for a club that matched Meredith's comradery, spirit, and desire to improve their community. Bow Rotary seemed a great fit and Matt is excited to add his efforts to their causes.

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

We meet Friday mornings at 7:30am at the Old Town Hall at 91 Bow Center Road in Bow, in case you would like to join us and find out more!

BOW BASEBALL AND SOFTBALL LEAGUES TEAM UP TO SUPPORT PAYSON CENTER FOR CANCER CARE

By Jennifer Dearborn



Left to Right: Nick Rubrey; Robert Steigmeyer, Concord Hospital president and CEO; Myles Rheinhardt; Jody Blumberg, Concord Hospital Payson Center for Cancer Care director; Megan Rheinhardt; David Gazaway; Wendy Gazaway; Steven Guerette; Andrew Bliss; Mathew Lamy; and Lisa Delahanty, Concord Hospital Breast Care Center Manager. Article and photo courtesy of Jennifer Dearborn.

Home runs didn't just help Bow Youth Cal Ripken Baseball and Softball League players win games in Bow this summer. They helped raise thousands of dollars for breast cancer patients in honor of their league commissioner, Concord Hospital employee Megan Rheinhardt.

Thanks to their "hitting breast cancer out of the park" effort, Megan, a breast cancer and lymphoma survivor, presented a check for \$4,165 to Concord Hospital Trust's Lend Me a Hand Fund. The fund helps cancer patients in need cover out-of-pocket expenses such as gas and groceries.

"When it came time to select who to give the charitable donation to, keeping the money easily available to breast cancer patients in our community was of importance," said Megan. "When I was informed of the Lend Me a Hand Fund that supports patients getting quick access to everyday funds, it felt like the perfect fit."

As a teenager, Megan underwent chemotherapy and radiation therapy for Non-Hodgkin's lymphoma. The radiation put her at high risk for developing breast cancer. After an exam early this year found that Megan had pre-cancerous cells, she and her husband Brent decided on a double mastectomy to eliminate the chance of developing breast cancer. The surgery may have saved her life, because doctors discovered two invasive breast cancers that had been undetected.

In addition to providing her family with dinner (and sometimes lunch) every day for three months during her recovery, friends and fellow Volunteers of Bow Youth Cal Ripken Baseball and Softball came up with another way to support and honor Megan – hitting home runs.

Allied Insurance Agency in Bow pledged to donate \$20 to a breast cancer charity of Megan's

choice for every home run hit during the 2016 season. Another local business, Berube's Truck Accessories and BTA Graphics, created a banner to highlight the event and made breast cancer ribbons to hang at the ball field for each home run.

The first \$20 donation came when Megan's son, Myles, hit the first over-the-fence home run of the season. Through the season, kids from all age divisions slammed home runs, and donations added up.

Soon, coaches and other residents wanted to get in on the fun. The Gazaways, from Allied Insurance, held a coaches' Home Run Derby in which coaches and residents paid to go to bat for Megan. The Bow Rotary Club and Megan's father-in-law barbecued for the event and when the dust settled, they had raised more than \$3,000 in a single night.

The players far surpassed the 2015 home run total of 15. This year, with a breast cancer ribbon posted for each one, they hit 50, raising \$1,000.

The Lend Me a Hand Fund is a Concord Hospital Trust charitable fund that supports special and unique needs of Payson Center for Cancer Care patients. Monies from the Fund are used to support out-of-pocket expenses for cancer patients in need including transportation costs, prescription and grocery expenses and other items that enhance a patient's quality of life.



BOW REAL ESTATE SALES

August 2016

2 Putney Rd, 4851 gla, glaag 4601, 4 br, 5 baths, 2 car att., 4.68 acres, Sold \$800,000 08/05/16

13 Ogden Dr, 4700 gla, 3800 glaag, 5 br, 3.5 baths, 4 car att., 2.4 acres, Sold \$592,200 8/08/16

4 Sharon Dr, 3,314 gla, glaag 2463, 3 br 2.5 baths, 2 car att., 2.34 acres, Sold \$357,500 8/15/16

10 Beaver Brook Dr, 2936 gla, glaag 2936, 3 br, 1.5 bsths, 7.04 acres, Sold \$282,000 08/10/16

CONDO 36 Lewis Lane, 2375 gla, glaag 1475, 2 br, 2.5 baths, 2 car att., Sold \$356,310 8/15/16

CONDO 3 Windchime Dr, gla 1732, glaag 1732, 2 br, 2.0 baths, 2 car att., Sold \$335,000 8/01/16

CONDO 22 Marion's Way, gla 1670, glaag 1670, 2 br, 2.5 baths, 2 car att., Sold \$299,500 8/05/16

1257 Rte 3A, 996 glaag, 996 gla, 3 br, 1 bath, 2 car det., Sold \$128,800 8/22/16

12 Hollow Rd, 2133 glaag, 2133 gla 3 br, 2.5 bath, 2 car att., Sold \$300,000 8/22/16

55 Chandler Circle, 2016 glaag, 2016, 4 br. 2.5 bath, 2 car att., Sold \$303,500 8/24/16

2 Golden View Dr, 2368 glaag, 2368 gla, 4 br, 2.5 bath, 2 car under, Sold \$325,000 8/24/15



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

These statistics are for all Bow Sales for the period 8-1-16 thru 8-24-16, 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

HOUSEHOLD HAZARDOUS WASTE & ELECTRONICS RECYCLING DAY

Saturday, October 1st 8:30 a.m. to 1:00 p.m. at the Bow Community Building.

Sponsored by the Towns of Bow and Dunbarton and the Bow Solid Waste & Recycling Committee. FEES will be charged for electronics.

Bring any of the following for NO CHARGE:

AUTOMOTIVE: auto batteries, brake, transmission & power steering fluid, antifreeze, used motor oil.

BATTERIES: rechargeable & NiCad and other batteries containing heavy metals.

CLEANERS: drain & oven cleaners, degreasers, metal polishers, rug & upholstery cleaners, disinfectants, ammonia, air fresheners

COMPACT FLUORESCENT LIGHTBULBS: If broken, contain bulb in a lidded glass jar and store in nonliving area (i.e. in garage) until hazardous waste day. Bulbs are accepted at Hazardous Waste Day and, if intact, year-round at Home Depot and Ace Hardware.

ELECTRONICS (fees apply): all computer components, printers, cellular and regular telephones, TVs & other electronics (VCRs, DVD players, etc.)

MERCURY THERMOMETERS & THERMOSTATS

PAINTS: oil paint lacquer, stains, and other finishes paint removers, turpentine, furniture strippers

PESTICIDES/INSECTICIDES: for pets, pests, yards/gardens

SNEAKERS: for recycling into playground surfaces. Any brand, no metal parts.

OTHER: household chemicals (e.g., toxic glues), pool chemicals, driveway sealer

DO NOT BRING THE FOLLOWING: Latex paint or household alkaline batteries, propane tanks, building materials & air conditioners; computer printer cartridges, prescription drugs, explosives, radioactive wastes, asbestos products and medical wastes (require special handling). For additional information or questions, please email bowrecycles@gmail.com.



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HOW DO YOU KNOW WHEN YOU ARE IN OVER YOUR HEAD? AND, WHAT TO DO ABOUT IT!

By Donna Deos

I have been asked a lot lately about how do you know when you need help and/or are in over your head. Well, I know that looks different for each of us. However, you need to go with how you are feeling. So, here are some generalizations that should help you figure it out! You, or your loved one, are over your head when...

LITTLE THINGS REALLY SEND YOU OVER THE DEEP END

I mean, things that normally wouldn't be a big deal to you pull at your last nerve. In our house this was when somebody snapped because a fork or a plate was missing or couldn't be accounted for. In the bigger scheme of things, it's really of no consequence because it is just one misplaced item that will likely turn up eventually. However, this is a symptom of a bigger issue. When this happens, you need a time out to regroup yourself. Time away will help you simmer down and put things in a more realistic perspective. Also, if you're flipping out about something inconsequential, there is something much bigger at play and you need to get away to move past it so you don't end up flipping out at whoever really deserves it or is the issue that is really grating on your last nerve. Typically after time away and gaining perspective you will be glad you didn't give them a piece of your mind because they likely had no idea what they were doing was irritating and they didn't mean to put you on edge. It's all because you are doing too much and you are in over your head.

WHEN YOU CANNOT RELAX NO MATTER WHAT YOU ARE DOING

If your mind is racing with the "gotta, gotta, gotta's" or the endless list making, then you are in over your head. Write the list and then walk away from it. Say to yourself, right now, everything on the list is getting done and I'm going to relax and not worry about it. I know it sounds silly, but this does work. It's a tip I picked up from Frederic Lehman in his prosperity conscious-



ness seminar. If you plan for things to be done, whether you are doing them or not at the allotted time and you will find that they do end up getting done.

WHEN YOU FIND YOURSELF GOING IN CIRCLES AND NOT REALLY ACCOMPLISHING ANYTHING, YOU ARE LIKELY IN OVERWHELM

This is when you need to step away and do something completely different. Remove yourself from the situation. Let's face it, you're not really accomplishing anything anyway, no matter how hard you try, so you may as well take a bit of time off. When you're relaxed and refreshed you will be able to pull it all off. It's like the universe saying, now is not the time.

Let me give you another example we can all probably relate to. We all have those days where technology is not our friend. No matter what you try you just can't get the printer or computer or whatever to do what you normally can pull off in no time with little to no effort. It's just how some days go. Really, this is a sign that whatever you are trying to do is not something that should be done right now. It could be because new information will be coming your way that will cause the whole project to be changed anyway so why waste the time and effort just to have to do it all over again. Pay attention to these signs. I know it is hard to walk away from something we are determined to complete, but now may not be the optimal time. You will get it done later on when

the timing is right. Or, maybe someone else will come along and get it done for you – even better!

WHEN EVERYONE AND EVERYTHING SEEMS TO BE PREVENTING YOU FROM GETTING THINGS DONE

This goes pretty well hand in hand with the previous one. Again, it's a sign from God or the Universe or whoever that now is not the time. Let go. Take time to pay attention to these people getting in the way and listen to what they are telling you. There could be an important message that you need to hear. If you would just stop and listen to them you could get the right message at the right time that will help to make things clearer and easier. So, stop. Breathe. Listen. I know it's frustrating and not in line with your schedule, however, how often does our intended schedule actually go off like we thought it would? Rarely, I find!

WHEN SEEMINGLY INSIGNIFICANT THINGS MOVE YOU TO TEARS

One of my dear family friends told me about crying when she saw an oreo cookie. Sounds silly, right? Well, that's exactly my point. If something like this happens to you, it is a sign you are at a breaking point. Now for her, it was because she had been a caregiver for a loved one for a very long time and the loved one had passed away. So, now, when you know the background it makes perfect sense doesn't it?!

Being a caregiver, or losing a loved one are both really big issues to handle and will quickly and easily move you to overwhelm. Put them together and you have the perfect cocktail for tears. It's only natural. What do I suggest for this one, well, as John Holland always says, "if you're going to cry, make it a good one!" Too often we hold back our tears because the time or the place just isn't right. Then, when we have the right time and place the tears usually don't come. Strange phenomenon, I know. But it's true! When you have the flood gates open, take advantage of the

situation and let them go. Get it out and move through it. You will be so glad you did and you will feel much better. We all need a good cry from time to time. There is no shame in that.

Okay, except for that last one, are you noticing a theme here? Yes! When you are in over your head things go badly and there are large flashing signs of "Stop!" that we just don't seem to notice. Also, the common theme of dealing with them is to actually stop. Imagine that. We just do what the signs are leading us to do. Why is it so incredibly hard to do that then? Well, because we are so used to pushing hard and going, going, going until we cannot go anymore. That's why. Not a very good plan is it? Yet, this is what we are trained to do and what we find society expects of us. Boy have we got it all wrong, huh?! So, here's my recommendation, next time you find yourself in over your head. Stop. Walk away. Find time to go do something else that brings you joy, even if it's just going for a 20 minute walk around the neighborhood. You will be surprised how much different and better you feel when you just shift gears and walk away for a bit. You come back very refreshed and able to do more.

My second recommendation is for you to find regular times to do this. Make it part of your lifestyle, not just a thing you do when you are at wit's end. If you put a regular practice in place you will find there are fewer times you are at wit's end because you will have found more balance in your life.

Third, when in doubt, reach out. There are always people to help. We just aren't very good at asking for help, are we? Even when it's offered we find it hard to accept. Stop that! [Yes, that's a big flashing sign from me to you] reach out, ask for and/or accept the help that is available. Not sure who to reach out to, call me and I'll see what I can do. If I'm not the right person, I'll direct you to whoever is.

So, next month let's talk about balance and how to find it, shall we?! Until then, take good care. If you need me, just call or email. I am always happy to help.



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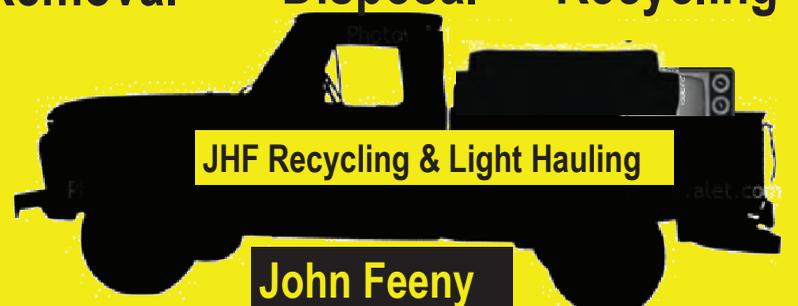
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COMMUNITY EDUCATION CLASS EARNS \$2,000 FOR BOW VOLUNTEER FIRE DEPARTMENT



At Reliable Insurance Solutions community is something that benefits us all. Safeco Insurance recognizes that, too — and we're honored to be one of the agencies who participated in the 2016 Protecting What Matters program!

To earn the donation for Bow Volunteer Fire Department, we held a community education class, CPR and First Aid on May 24, 2016. During the class, attendees learned about the latest techniques of CPR and First Aid from Jim Beaudoin and David Eastman.

On August 3, 2016 we presented the donation check to the Bow Volunteer Fire Department. "On behalf of Safeco Insurance, I'm pleased to have had the opportunity to sponsor this class and help individuals and families protect what matters," said Matthew Poulin of Reliable Insurance Solutions. "I'm proud of our partnership with the Bow Volunteer Fire Department in providing this important safety-related information."



Thank you to everyone who attended the class to make it a meaningful day of learning. Special thanks to Bow Volunteer Fire Department for their help to educate everyone on the importance of CPR and First Aid.

We're proud to call Bow home, and we're committed to protecting what matters here!

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow, on September 20th beginning at 1 pm. We invite all who are interested in stamp collecting to attend, share their interest, buy, sell and trade. Meet other collectors and learn more about their hobby and enjoy the fellowship of others with varied interests in Philatelic resources and issues. Gain new insight and knowledge, sharing news articles and stories about stamp collecting. Learn of the latest cutting edge information on stamp collecting. For more information call Dan Day at 603-228-1154.

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SEPTEMBER 13TH



HAIL A CAB – CELEBRATING THE WORLD'S MOST POPULAR RED

By Nicole Habib

Many wine lovers across the globe celebrated International Cabernet Day earlier this month. (I know I did!) It's one of the world's most popular and beloved grapes – and it also produces rich, robust wines that are spot-on for those first chilly nights of fall. Here are a few facts to help you really get to know it.

Cabernet Sauvignon only started getting popular in the 18th century in France (making it a baby in terms of more ancient grape variety families like Muscat, which have been grown since Egyptian times).

You may already know the grape's 'parents.' Cabernet Sauvignon is a cross of Cabernet Franc and Sauvignon Blanc (yes, the white grape!).

Cab also loves to travel Its original home may be southwest France and it's most famously a big player in Bordeaux, but the grape is also a huge star in the United States (Napa, Sonoma, and even desert-like Washington state, where they only get about 8" of rainfall a year), Chile's Cachapoal and Colchagua Valleys, Argentina, Italy and Australia's Barossa Valley (where the oldest, continually producing Cab vines in the world grow – they

Cabernet, in its grape form, has small berries with a distinctive, dark blue tinge and very thick skins – it's these skins that give the wine its robust tannic structure (which, in turn, helps the finest examples age well for decades).

And what does it taste like? Well, a lot depends on where it's grown and what kind of oak treatment the wine receives, if any (for example, French oak imparts delicate baking spice, while American oak gives the wine a sweeter vanilla tone).

But common things to look for are: black currant, black plums and blackberry, with secondary notes of cedar, cigar box, graphite, green pepper, baking spices, vanilla, smoke, violet, mint leaf and dark chocolate.

And at the dinner table ... Cabernet Sauvignon is made for red meat – beef roasts, lamb chops, hearty stews, burgers, steaks ... they're all ideal food pairings for Cab no matter where it's from. And you can never go wrong with a hunk of firm, aged cheese like Cheddar or Parmesan.

I usually prefer Cab when it's paired with food, though I know many folks in the beverage industry who like to sip it solo.

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A GUARDIANSHIP STORY (BASED ON REAL LIFE EVENTS)

BY BEN KINIRY, ESQ.

I was contacted by a gentleman named Jimmy (not his real name) seeking guidance regarding his mother, Cindy's (you guessed it, not her real name) recent behaviors. I met with Jimmy and his siblings to discuss their concerns.

Here is what they told me: Cindy is 75 years old, experiencing short term memory loss, seems disoriented and confused at times, does not seem to be eating well, was generally not taking good care of herself and had recently fallen in her home. Also, regarding her finances, she had been paying out funds to scam artists, was late paying bills, double paid bills and over-drafted her bank account. At this point they did not believe Cindy was safe to continue driving as well. All in all, they did not believe she could remain at home safely, at least not alone, and could no longer handle her financial affairs.

We held a meeting, without Cindy, to discuss all of the children's concerns. A first hurdle was that Cindy would be *resistant* to receiving help as she did not "have" any problems. The second hurdle, as stated by Jimmy, was that he believed Cindy's friends would try to convince Cindy they were *out to get her money* (this position is taken by outsiders with great regularity).

I explained it's not uncommon for a person who is beginning to struggle with their memory to either not see the issue or to deny the gaps in memory (as well as judgment) all together. I went on to ex-

plain it's when a person is resistant to receiving "help they don't need" that a guardianship becomes necessary. In regards to Cindy's friends' likely claim of financial elder abuse (also known as stealing) I suggested they invite the friends to a meeting (or otherwise reach out to them) to discuss whether they had seen any memory or other issues with Cindy and if they would be willing to help Cindy. In other words, rather than shutting them out and creating an unnecessary battle, why not build a bridge and have additional key people in Cindy's life aid in convincing her she really needs some help?

After meeting with the children, the next step was to meet with Cindy so her children could express their concerns about her well-being and to see if she would allow them to help her with her daily living needs and management of her finances. I was there to help guide the conversation and to explain the law. The point of the conversation, in part, was to see if the children could come to terms with their mother, because with her agreement it would not be necessary, at least for the time being, to get the probate court involved.

Cindy, in the face of having lost money to scams and multiple diagnosis (from those doctors "who are just wrong") was unable to see or admit to the gravity of her situation. Unfortunately, this meant the children would have to build a factual case against their mother in order to convince the court a guardian needed to be appointed.

Jimmy and his siblings made the tough decision to petition the



probate courts for guardianship over Cindy's affairs. Cindy hired counsel to represent her. I contacted Cindy's Attorney to discuss the merits of our case. I told him, that if possible, I did not want to put on a case that would harm the family relationship by humiliating Cindy. I stated we had a strong case, the evidence was clear, and in my opinion a guardian would be appointed. I was hoping opposing counsel would see the truth of my point of view and would perhaps present Cindy with the idea of agreeing to the appointment of a guardian over her personal and financial affairs. The case was more or less settled in this manner, saving Jimmy and his siblings the discomfort of presenting the case, and their mother the embarrassment of the facts that would have been presented.

The information provided in this article does not constitute legal advice. Can you acquire legal advice from an article? I would think not. In order to constitute "legal advice" I believe you would have to have a lawyer client relationship and likely need to pay a reasonable fee for the legal advice.

As you can imagine, this is not something children would ever desire to do to their parent, but what about the parent's perspective? Imagine, your parent is already experiencing a decline in health, struggling to keep their independence and is really just trying to enjoy what time they have remaining. Then you petition the probate court to become guardian. Now your parent has an attorney to represent her, she is then forced to go into a court room, in front a judge, which is daunting for many. Once in the court room, you start telling the judge how your parent loses money, doesn't take care of themselves, can't be left alone and your parent is forced to defend themselves. Whether your parent is wrong or not, this is both a difficult and intimidating situation.

I believe you will agree this dynamic creates a sad state of affairs for a family, which is why I feel it's important to make extraordinary efforts to try to work it out prior to getting the courts involved. Not always, but often. Other practitioners may not agree, but then again, many of us can't decide on a place to eat dinner.



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SUGAR RIVER BANK OFFERS TIPS TO HELP COMMUNITIES AVOID RANSOMWARE ATTACKS

Sadly, individuals and businesses have become targets to a growing online fraud scheme known as ransomware.

Ransomware is a form of malware used by cyber criminals to freeze your computer or mobile device, steal your data and demand that a "ransom" — typically anywhere from a couple of hundreds to thousands of dollars — be paid. According to the FBI, ransomware victims lost more than \$18 million between April 2014 and June 2015.

Individual computers or laptops, enterprise networks and or servers used by government agencies, financial institutions and healthcare providers are all at risk to malware exposure. Banks and law enforcement officials are bolstering their efforts to neutralize some of the more significant ransomware scams by educating consumers and business individuals on the safe practices they can use to prevent these scams. To help combat these malicious threats, the American Bankers Association is offering these tips:

FOR CONSUMERS:

- Don't click. Visiting unsafe, suspicious or fake websites can lead to the intrusion of malware. Be cautious when opening e-mails or attachments you don't recognize even if the message comes from someone in your contact list.
- Always back up your files. By maintaining offline copies of your personal information, ransomware scams will have a limited impact on you. If targeted, you will be less inclined to take heed to threats posed by cyber criminals.
- Keep your computers and mobile devices up to date. Having the latest security software, web browser and operating system are

the best defenses against viruses, malware, and other online threats. Turn on automatic updates so you receive the newest fixes as they become available.

- Enable popup blockers. To prevent popups, turn on popup blockers to avert unwanted ads, popups or browser malware from constantly appearing on your computer screen.

FOR BUSINESSES:

- Educate your employees. Employees can serve as a first line of defense to combat online threats and can actively help stop malware from infiltrating the organization's system. A strong security program paired with employee education about the warning signs, safe practices, and responses aid tremendously in preventing these threats.
- Manage the use of privileged accounts. Restrict users' ability to install and run software applications on network devices, in an effort to limit your networks exposure to malware.
- Employ a data backup and recovery plan for all critical information. Backups are essential for lessening the impact of potential malware threats. Store the data in a separate device or offline in order to access it in the event of a ransomware attack.
- Make sure all business devices are up to date. Ensure antivirus and anti-malware solutions are set to automatically update and conduct regular scans so that your operating systems operate efficiently.
- Contact your local FBI field office immediately to report a ransomware event and request assistance. Visit <https://www.fbi.gov/contact-us/field> to locate the office nearest you. Source: American Bankers Association.



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November 5, 6-9pm

Bow Community Building

Bow Rotary is collaborating with Bow High School Performing Arts Dept. to add a little fun and flair to this year's auction! There will be live auction items as well as several great silent auction items.

Proceeds allow the Club to continue helping students with the high costs of college in the way of scholarships, and for enabling less fortunate children to attend camps.

We hope you will attend and help us continue this proud tradition.

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The Mini Page

Founded by Betty Debnam

Give a Back a Break



Mini Fact:
About 55 percent of kids carry a backpack that is too heavy for them.

How's your back been feeling over the past couple of weeks? If you've noticed a new ache, it could be because of your heavy backpack.

School Backpack Awareness Day is Wednesday, Sept. 21. The American Occupational Therapy Association wants kids to know how to choose, pack and wear their backpacks to avoid back injury or pain.

Back pain is no joke

It might sound funny to some to think of young kids having back pain. But experts say the heavy loads kids carry can cause injuries that can last into adulthood. In fact, thousands of kids are treated in emergency rooms every year for injuries caused by heavy backpacks.

Experts recommend that a loaded backpack weigh no more than 10 percent of the child's weight.



$$70 \text{ pounds} \times 10\% = 7 \text{ pounds}$$

Choosing a backpack

If you're still shopping for a school pack, keep in mind these rules.

1. Make sure the pack is the right height. It should go from 2 inches below the shoulder

blades to the waist or slightly above the waist.

2. A backpack should have well-padded shoulder straps and should be worn on both shoulders.

3. Backpacks that have a hip or chest strap cause less strain on neck and shoulder muscles and improve your balance.

Pack it up

The way you pack your bag makes a difference, too. Use the different pockets to distribute the weight throughout the pack.



Put heavier items (dark red) toward the back and center of the backpack. Lighter items (pink) go in front. Keep sharp items away from your back.



Pick up your loaded backpack by bending and lifting in the knees, not from your waist.



Your backpack should rest snugly against your back.

Images courtesy AOTA

Adjust the chest and hip straps to help ease the weight on your back.

What's in your pack?

You can make school mornings easier by loading your backpack the night before. Keep your papers and other supplies organized so you don't have to dig for what you need.

How many of these things can you leave at school so they don't weigh down your backpack?

- books
- glue
- crayons
- paints
- scissors
- extra paper
- clothes for P.E.
- jacket, hat or gloves
- equipment for after-school sports



Safety first

Be careful when getting on or off the school bus. Make sure your backpack straps don't get caught in a handrail or door hinge.

If your shoulder straps have more than 3 inches of extra strap dangling, secure them with a twist tie or have a parent cut off the extra length.

Resources



On the Web:

- youtu.be/sQyYjZersuY
- bit.ly/2aGIQ5W

At the library:

- "This School Year Will Be THE BEST!" by Kay Winters
- "School's First Day of School" by Adam Rex

Try 'n' Find

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

BACKPACK, BALANCE, CARRY, CHEST, DISTRIBUTE, HEAVY, HEIGHT, HIP, LOAD, PAIN, POCKETS, POUNDS, SAFETY, SCHOOL, SHOULDERS, STRAIN, STRAPS, SUPPLIES.

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Mini Jokes



Jimmy: How do you get rich quick?

Jeffy: Eat silver dollar pancakes!

Eco Note



Swarms of spruce budworm moths in two eastern Canadian towns left residents working for days to remove the pests from inside their homes as well as from their screens and windows. A vacuum truck was used to suck up the bugs' stinking carcasses, after they had laid lots of eggs in trees and bushes. Experts were at a loss to explain the infestations.

adapted with permission from Earthweek.com

Puzzling

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

- okemrhwo _____
- ehatcre _____
- sceers _____
- cnluh _____



Answers: homework, teacher, recess, lunch.

Thank You



The Mini Page thanks Katie Riley at the American Occupational Therapy Association for help with this issue.

Teachers:

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

THE MANY BENEFITS OF A ROTH IRA

Why do so many people choose it rather than a traditional IRA?

BY DOMINIC LUCENTE

The Roth IRA changed the whole retirement savings perspective. Since its introduction, it has become a fixture in many retirement planning strategies.

The key argument for going Roth can be summed up in a sentence: Paying taxes on retirement contributions today is better than paying taxes on retirement savings tomorrow.

Here is a closer look at the trade-off you make when you open and contribute to a Roth IRA – a trade-off many savers are happy to make.

You contribute after-tax dollars. You have already paid federal income tax on the dollars going into the account. But, in exchange for paying taxes on your retirement savings contributions today, you could potentially realize great benefits tomorrow.¹

You position the money for tax-deferred growth. Roth IRA earnings aren't taxed as they grow and compound. If, say, your account grows 6% a year, that growth will be even greater when you factor in compounding. The earlier in life that you open a Roth IRA, the greater compounding potential you have.²

You can arrange tax-free retirement income. Roth IRA earnings can be withdrawn tax-free as long as you are age 59½ or older and have owned the IRA for at least five tax years. The IRS calls such tax-free withdrawals *qualified distributions*. They may be made to you during your lifetime or to a beneficiary after you die. (If you happen to die before your Roth IRA meets the 5-year rule, your beneficiary will see the Roth IRA earnings taxed until it is met.)^{2,3}

If you withdraw money from a Roth IRA before you reach age 59½ or have owned the IRA for five tax years, that is a *nonqualified distribution*. In this circumstance, you can still withdraw an amount equivalent to your total IRA contributions to that point, tax-free and penalty-free. If you withdraw more

than that amount, though, the rest of the withdrawal may be fully taxable and subject to a 10% IRS early withdrawal penalty as well.^{2,3}

Withdrawals don't affect taxation of Social Security benefits. If your total taxable income exceeds a certain threshold – \$25,000 for single filers, \$32,000 for joint filers – then your Social Security benefits may be taxed. An RMD from a traditional IRA represents taxable income, which may push retirees over the threshold – but a qualified distribution from a Roth IRA isn't taxable income, and doesn't count toward it.⁴

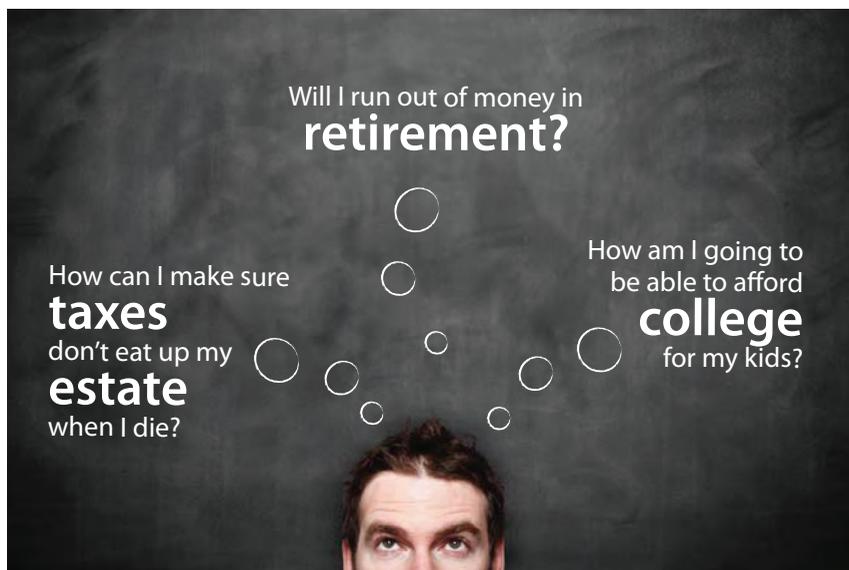
How much can you contribute to a Roth IRA annually? The 2016 contribution limit is \$5,500, with an additional \$1,000 “catch-up” contribution allowed for those 50 and older. (The annual contribution limit is adjusted periodically for inflation.)⁵

You can keep making annual Roth IRA contributions all your life. You can't make annual contributions to a traditional IRA once you reach age 70½.²

Does a Roth IRA have any drawbacks? Actually, yes. One, you will generally be hit with a 10% penalty by the IRS if you withdraw Roth IRA funds before age 59½ or you haven't owned the IRA for at least five years. (This is in addition to the regular income tax you will pay on funds withdrawn prior to age 59 1/2, of course.) Two, you can't deduct Roth IRA contributions on your 1040 form as you can do with contributions to a traditional IRA or the typical workplace retirement plan. Three, you might not be able to contribute to a Roth IRA as a consequence of your filing status and income; if you earn a great deal of money, you may be able to make only a partial contribution or none at all.^{3,5}

A chat with the financial professional you know and trust will help you evaluate whether or not a Roth IRA is right for you given your particular tax situation and retirement horizon.

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Citations.

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BOW GARDEN CLUB

By JOYCE KIMBALL

The Bow Garden Club will present an educational program on owls and bats entitled "Wings of the Night" at their October 3rd meeting.

Hilary Chapman from the New Hampshire Audubon Society will be the presenter. Hilary is an Education Specialist at the Audubon, having worked previously in education and outreach for the U.S. Fish and Wildlife Service and the U.S. Forest Service. She also served in the U.S. Peace Corps in Guatemala and has a Bachelor's of Science degree and a Master's in Education. Hilary will talk about owls and bats –both nocturnal, pointing out both their

differences and their similarities as winged creatures of the night.

All our welcome. Doors open at 6 p.m. for social time and refreshments followed by the hour-long program at 6:30 p.m. There will be a brief business meeting following the program.

Location: Bow's Old Town Hall, 91 Bow Center Road. Come see what our club is all about and enjoy the program as our guest! For additional information, please visit www.bowgardenclub.org or contact BGC President Sue Johnson at 224-9808 or Schiltgen6@comcast.net.



The Bow Mills United Methodist Church, 505 South St., Bow, is hosting its 12th Annual Pumpkin Patch from October 4th to 31st.

Times and hours are:

Saturdays 10 am – 6 pm; Sundays 12-6 pm; and weekdays 3 -6 pm.

Proceeds to support local food banks, Friends For Forgotten Children and church missions.

Stop by to take pictures or select that special one from over 1000 pumpkins!!

For more info contact www.bowmillsumc.org, Bow Mills

Church at 603-224-0884 or Susan at 603-224-5457.

BOW ROTARY HONORS PAUL RIZZI AND DICK SWETT – TWO EXEMPLARY COMMUNITY MEMBERS



DICK SWETT (L), PAUL RIZZI (R) PHOTO BY ERIC ANDERSON

The Bow Rotary Club was pleased to honor two exemplary community Citizens with service awards.

The first was a vocational service award which is given to an individual who through their work demonstrates the Rotary ideals of fairness and helpfulness. As the former President of Merrimack County Savings Bank, Paul Rizzi, was easily selected for his excellent performance as the Bank President and in that role his exemplary support of Bow Rotary and his fulfillment of the four way test in the conduct of his profession. The Rotary International four way test states, "In everything we think, say or do, 1. Is it the truth? 2. Is it fair to all concerned? 3. Will it build good will and better friendships? And, 4. Is it beneficial to all concerned?"

Paul Rizzi, embodies these ideals and has given so much to our community both personally and professionally, that we were honored to be able to award him with the Vocational Service Award.

Our second award was an International Service Award, which is

presented to an individual who has spread the spirit of Rotary internationally.

This year's winner has shown us quite recently, as a two week presenter to our club on his role as a United States Ambassador, just how much he did internationally, even though not under the auspices of Rotary at the time, he has certainly worked for peace in many countries.

He was also nominated for a community service award based on his attitude and willingness to serve at any and all of our events and even in helping other Rotarians on side projects, like shoveling off a member's roof when he wasn't even a member yet!

Dick certainly exemplifies the Rotary International motto of "Service Above Self" and our own Bow Club Motto of "We Help Others." He truly represents our club and Rotary values in great ways and he represented our country as an Ambassador!

It was our distinct honor and privilege to present him with the International Service Award.

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BOW POLICE LOG

August 2016 Arrest Log

Arrests- 11

Motor Vehicle Stops- 256

Warnings- 217

Citations- 39

Accidents- 12

Parking Tickets- 0

Restraining Orders-1

Incident/Investigation Reports-52

Arrests:

08/01 Gavin Lacroix-Lacourciere, 18, 1 Briarwood Dr, was arrested for facilitating an underage alcohol house party and unlawful possession of alcohol. 2 Minors were arrested for unlawful possession of alcohol.

08/07 Ronnie M. Stephens, 31, 32

S. South Spring St, Apt #2, Concord, was arrested for driving after revocation/suspension and a warrant; Rhianna Frenette, 37, 53 S Main St, Apt #6, Concord, was arrested on warrants and allowing an improper person to operate a motor vehicle.

08/10 Joshua Forrester, 28, 26 Janet Le CT, Apt#2, Manchester, was arrested on a warrant.

08/20 James-Evans Jerome Murray, 22, 3 Kessler Farm Dr, Apt #117, Nashua, was arrested for driving while intoxicated.

08/21 Heath J. Scheffer, 23, 12 Foster Rd, Canterbury, was arrested on a bench warrant.

08/24 Daniel W. Campbell, 26, 45 Tee Dee, Belmont, was arrested for being an habitual offender.

There was one protective custody arrest and one involuntary emergency admission during the month of August.

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 6:00 pm and are held in room 1311 of the Bow High School. Thank you.

Robert Louf, Chair, Bow School Board



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IS IT TIME TO REPLACE YOUR FRONT DOOR?

By Ann Dippold



Your front door is one of the first things guests notice when visiting your home.

In addition to providing security and protection, your front door can make a bold statement and reflect your personal style.

But whether or not your current front door matches your home’s interior and your taste, if you feel a draft, see any cracks or hear squeaky joints or scraping sounds, it may be time to replace it. Consider your options with some of the most common front door materials and features.

Materials

- Wood: Though beautiful, solid wood doors are expensive and sensitive to the elements. Some modern wood doors come with steel cores to minimize warping and reduce cost.
- Fiberglass: A durable and cost-effective option is a fiberglass composite door. Their foam cores are good insulators, and they can withstand harsh climates.
- Steel: Strong but subject to dents, steel doors are the least expensive of the three. They have shorter life spans and aren’t well-suited for extreme climates, but depending on

their core, they can be energy efficient.

Styles

There are multiple styles to choose from, including:

- Solid panel doors
- Arched doors
- Dutch or split doors
- Double doors
- Decorative doors with glass inserts
- Frosted glass doors with ornamental wrought iron overlaid for added security

You could even complement your front door with sidelights or a transom window while also letting in more outside light.

Colors

The color of your front door should depend mostly on the exterior style and colors of your house, your personal taste and the type of door chosen. If your house is mostly neutral in color, don’t be afraid to go bold with your front door. Use these tips to help make your front door an inviting entrance that not only offers protection from the elements but also reflects your personal style.

BOW SCHOOL SPORTS HIGHLIGHTS

BOW GIRLS' VARSITY SOCCER TEAM IN NEW DIVISION WITH OPENING WIN OVER LEBANON



Game Date Aug 26, 2016
Score FALCONS: 5, LEBANON: 0

They may be in a new division, but it was business as usual for the Falcons. After spending the last six years in Division III, and winning four titles in six championship game appearances during that time, the Bow girls' soccer team opened up its brand new D-II schedule with a 5-0 win against Lebanon.

"We played very well," Bow Coach Jay Vogt said. "It was a good first game, a good win for us."

DANNI DESRUISSEAU'S GOAL IN 2ND OT GIVES GIRLS' VARSITY SOCCER BIG WIN OVER GOFFSTOWN!

Game Date Aug 29, 2016
Score: FALCONS: 1
GOFFSTOWN: 0

Key players: Danni DesRuisseaux (goal), Abbey Horner (assist), Kayleigh Marshall (assist), Bridget Ehrenberg (shutout)

Highlights/key moments:

DesRuisseaux hit a great shot over the Grizzlies' keeper and under the crossbar to give the Falcons the victory in double overtime.

Coach's quote: "This was a hard-fought match and the team with the wind at their back had the advantage. Our defense did an excellent job dealing with the balls being played over the top. We got some great play out of our midfielders Kayleigh Marshall, Amanda Marshall, Isabella Urbina, Lauren Goyette and Andrea Fortin. Savannah Twombly and Abbey Horner had a good game up top. It was great to see some players come off the bench and give us quality minutes." – Bow's Jay Vogt

GIRLS VARSITY FIELD HOCKEY OPENS SEASON WITH BIG WIN OVER WHITE MOUNTAINS

Game Date Aug 31, 2016
Score: FALCONS: 5
WHITE MOUNTAINS: 1

Key players: Claire Mulvaney (goal), Sonya Delorie (goal, assist), Brenna Novakowski (goal), Dom Biron (goal), Dillon Hicks (goal), Cassey Meaney (assist)

Highlights/key moments:

The Falcons and Spartans were tied 1-1 at halftime, but Bow scored three goals in the first nine minutes into the second half to seal the win.

Defenders Mulvaney and Hicks scored their first goals and Novakowski scored her first varsity goal.

Coach's quote: "It was a good opener. Bow played hard for 60 minutes." – Bow's Tracy Berube

BOW FOOTBALL TEAM PASSES DIVISION II TEST WITH HUGE WIN OVER PEMBROKE

By Coach Paul Cohen

Game Date: September 3, 2016
Score: FALCONS: 42
PEMBROKE: 0

A truly satisfying start to our foray into Div II! Outstanding tenacious unyielding, relentless defense, coupled with explosive offensive exploits resulted in complete domination of our first opponent of this autumn. This was a HUGE confidence boost to this team. I am very pleased and proud of Bow Varsity Football-well done.

The boys next game is away on Saturday, September 10th vs. Hillsboro-Deering at 1:00.



Vote for a Proven Fiscal Conservative on September 13th.

Please vote for a Constitutional Conservative who has:

- Opposed Obamacare Expansion
- Supported lowering Personal and Business taxes
- Sponsored Right To Work bills
- Supported our 2nd Amendment rights
- Sponsored Right-To-Life legislation
- Supported Parental Choice in Education

Remember, on September 13th, you have the chance to vote for one of the few Reps that voted against the massive \$555 Million (\$425/person) budget increase this past session.

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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
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Celebrate our Heritage
And Enjoy
The Festivities

Photos by Bob Anderson

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

The Bow Times

can be picked up at these locations!

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

<p>September 13th: STATE PRIMARY ELECTION</p> <p>September 17th: Bow Heritage Day</p> <p>September 18th: Baker Free Library's Big Read - LaBelle Winery, Amherst 4-7 p.m.</p> <p>October 1st: Hazardous Waste Day (see p. 13)</p> <p>October 5th: Baker Free Library Hosts Ronald Edsforth White Rock Community Bldg 11:00 a.m.</p>	<p>October 29th: Supervisors meet at Town Hall from 11:00-11:30 a.m. for registration</p> <p>November 5th: Bow Rotary Scholarship Auction Bow Community Building 6-9 p.m.</p> <p>November 8th: General Election</p> <p>November 12th: White Rock Annual Craft Fair 9 a.m. - 2 p.m.</p>
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BOW YOUNG AT HEART CLUB SPONSORS “YOUR HIT PARADE” 25 YEARS PRESENTING AMERICA’S TOP POPULAR SONGS

By: Calvin Knickerbocker
Date/Time: Wednesday, September 28, 1:00 - 2:15
Place: Bow Community Building
 3 Bow Center Rd., Bow, NH 03304

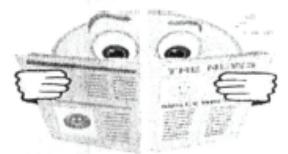
“Your Hit Parade” chronicled the changes in popular music from its debut in 1935 to its “death by Rock and Roll” in 1959. Learn about the origin of the show, its evolution, their well-known vocalists, and its influence on musical trends. Also covered is the connection with the show’s sponsor, *Lucky Strike* cigarettes. Much of the program is devoted to playing excerpts from recordings of songs played on actual broadcasts.

Contact: Faye Johnson 603-228-8149 This free program is made possible with a grant from New Hampshire Humanities.

RECREATION PROJECTS

Much work was completed at the **Hanson Memorial Recreation Area**. The Department of Public Works installed 210’ of 4” drainage pipe and drain holes on Gergler Field; finished the installation of all new irrigation, including thirty new sprinkler heads over five zones; fertilized all fields and public lawns; removed 90’ of 4’ chain-link fence; installed 90’ of 8’ chain link fence at Gordon Field; and constructed a bleacher pad to allow a bleacher on both sides of the in-field. The crews also installed two gates and split rail fence at Goodwin/Gordon Fields, along with installing boulders to secure all grassed in areas. Fields were prepared for the upcoming soccer season, which begins the first week of September. Dubois and King completed a full boundary topographical survey of the Hanson Memorial Recreation Area parcel, which is an important step toward planning for the possible expansion or development of playing fields. Eagle Scout candidate, Duke Biehl, completed his Eagle Scout Project by installing two bat boxes at the Hanson Memorial Recreation Area.

WHITE ROCK NEWS



White Rock Senior Living

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Meets on Tuesdays
At 9:00 AM
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— K. Dinon, *Saved: \$5,818*

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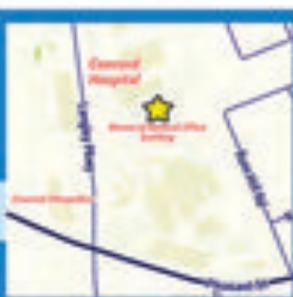


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