



The Bow Times

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

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FREE

Planning Board Approves New Impact Fee

New building in Bow will require a one-time fee to help offset the cost of the town's new public safety building. Based on a plan approved by the town's planning board anyone looking to build a single family home would pay \$1,037 and those building duplexes, apartments or accessory dwelling units would pay \$723. Commercial properties are exempt from having to pay impact fees for this project, since they are seen as a tax positive addition to the town and don't impact other tax-based services, like the school system.

"It's basically just a simple calculation for cost sharing of the public safety building," said Matt Taylor, the community development director. This number is based off the project's overall cost; the cost per square foot; the size of the current public safety buildings and the new one; the average square footage of newly built

homes or the like; and the additional number of residents that the new public safety building will be able to serve.

Those who apply for a building permit after June 1 will have to pay the impact fee. It will be collected when the applicant gets their condition of occupancy permit and is a one time cost. "Impact fees are designed to have the new residents share some of the cost of the Safety Building," said Taylor. The town will stop collecting the impact fee once \$739,422 is collected or when the bond is paid off entirely.

With a good portion of the structure already up, work for the last few months has been primarily indoors; picking wall, carpet, tile and cabinet colors; installing the sheetrock; and designing the security, camera and communication systems. The entire project is expected to be ready for occupancy in June.

Bow Fire Chief Abbott Retires After 50 Years



Photo by Bob Arnold

Dana Abbott formally retired this month after working for the Bow Fire Department for 50 years and has served as a part-time chief for 27 years.

Abbott has served as President of the Capital Area Fire Mutual Aid Compact from 1995-2003 and acted as a state forest fire warden for 27 years.

He has received the Bow Rotary Club's Community Service Award in 1998, the Bow Citizen of the year award in 2003 and the Bow Rotary Club's Paul Harris Fellow award in 2010.

BOW ROTARY CAR SHOW

From 8:00 to 2:00

Saturday May 20, 2017

508 South St, Bow (The Fields at Concord Group)

just off Exit 1 on I-89

No Rain Date

Earth Day Road Cleanup a Success Due to Scouts



On a cold Saturday, April 22, the Bow Community Men's Club and Bow Scout Troop 72 beautified Bow by picking up 45 bags of litter along our roads from Chen Yang Li to the top of Woodhill Road. Our thanks to those who have to clean up after jerks and slobbs who throw cans, bottles, etc. out of their windows. It was a great Earth Day project.

Police Chief Reports Bow PD At Full Strength

By Chuck Douglas



After five months on the job, Police Chief Margaret Lougee is very happy. The reason? For the first time in 21 years Bow has its full complement of twelve sworn full time officers. "It isn't easy getting to this point, but we finally did it," said Lougee. To be a police officer in Bow the candidates must pass physical agility and strength tests that eliminate many.

There is a background investigation and a three person oral board to navigate. There is also psychological testing to weed out anger management problems and a polygraph exam to screen for honesty versus deception in a person. The Chief said the polygraph can wash out up to 50% of candidates when they are not forthcoming. The Chief said it "usually involves questions about pill abuse or drug history."

The Chief seeks a force that recognizes the nature of the Bow community which does not need the SWAT/Bearcat approach to law enforcement. She prefers "training in 'verbal Judo' to talk people out of violence and trying to de-escalate situations rather than using lethal force." In my interview we talked about the source of most of the arrest log that appears each month in this paper. For instance the 27 arrests in March included only three Bow residents, but six homeless people. The homeless are usually at the Hampton Inn and overstay their welcome when the room isn't paid for rather than people living in the woods.

The large number of people from other towns and cities (17 in March) are usually the result of traffic stops on Route 3A. When "wants or warrants" are checked in the database Bow makes the arrest for what are usually crimes committed outside of Bow.

The drug and opioid crisis sweeping our state hits Bow, but less severely so far. On average the Chief says about once a month the

Chief con't. on p. 2



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

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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ADVERTISEMENT ERRORS: We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue using space equal to the items in error.

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

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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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A proud member of the New Hampshire Press Association

Chief con't. on p. 2

force must use CPR and/or Narcan to bring someone down from an overdose. So far no fatalities, “but it is only a matter of time” fears Chief Lougee. Most of the overdoses are people in their 20’s and 30’s.

Finally, the Bow Police look forward to their move into the new safety building next month. A “sally port” and holding cells will finally be theirs.



Bow High School 5th Best

Bow High School was in the top 10 for New Hampshire schools according to rankings by US News & World Report.

Bow had a 94% graduation rate and was ranked 5th in the State.

Hollis Brookline High School was 1st and Hopkinton High was second for 2016.

WHITE ROCK NEWS



White Rock Senior Living Community

Bake Sale

Saturday May 20, 2017

10 AM – 12PM

PROCEEDS GO TO

“No Kid Hungry”

Support This 7 Year Old
Bow Elementary
School Student’s
Bake Sale

Schools Consider Later Start Time

Concord Pediatrics pediatrician Dr. Thomas Albushies met with the school board to discuss high school start times. In 2014, the American Academy of Pediatrics issued fairly strong statements favoring later start times (for high school as well as middle school students); studies have revealed students perform better (from standpoints of mental health, academics, overall well-being, general safety, and happiness) when later school start times are put into place. He has talked about it with hundreds of parents through the years, and everyone has reacted favorably.

Dr. Albushies has talked about it with hundreds of parents through the years and everyone has reacted favorably. Dr. Albushies pointed out reasons why it should be a natural transition for Bow, and he suggested forming a committee to investigate the practicality and, if determined advantageous, come up with next steps.

Attendees discussed Bow schools’ current start times, younger students being perkier in the morning compared to middle school and (especially) high school students.

Two student representatives present, Sohani Demian and Gwen Mullin, agreed. Discussion continued about avoiding pushing out the

end of the school day, flexing schedules (cutting class periods by ten minutes and advisory in half), reconfiguring and coordinating transportation, more complicated end of day bussing, consulting with Union officials because of contracts, hour-based versus day-based NH school districts, and rolling out BHS’s time shift before considering BMS.

Sohani Demian (a BHS senior) shared that she arises at 5:40 a.m. and stated that the later time start would greatly benefit students tending to be tardy and, probably, not negatively impact education.

Gwen Mullin (a BHS junior) favors a later school day start. She manages to sleep until 6:20 a.m. and arrives at school when the bells are ringing. She goes to bed early, has a hard time getting up in the morning, and “dies” during 1st period classes; but she is “awake” by the 4th period (9:30ish).

Schools having made the shift (Portsmouth and Oyster River) will be contacted for feedback. Dr. Cascadden would like for the incoming BHS principal to be part of the process, and he suggested starting internally/administratively followed by establishing an ad hoc committee so the entire community is involved. Attendees approved of the suggestions.

May Survey

Should school start times be moved one hour later
to help teenagers be more alert in class?

Yes

No

Go to www.thebowtimes.com to take the survey. Results calculated by surveymonkey.com

SPECIAL STATE PRIMARY AND SPECIAL ELECTION

There will be two more elections this year to fill the State Senate vacancy:

Tuesday, June 6, 2017 - Special State Primary

Tuesday, July 25, 2017 - Special Election

ANNOUNCEMENT

The next issue of The Bow Times will be
mailed on June 23rd.

Bow Rotary Club's Annual "Four way Test Speech Contest" Winners



L to R Paul Rizzi, Kailey Andrew & Sohani Demain

The Bow Rotary Club held its annual "Four way Test Speech Contest" on March 29th at 7:00 PM at the White Rock Senior Center in Bow.

Each speech must include the tenants of the Rotary Four-Way-Test, which is, "in everything we think, say or do..."

- Is it the Truth?
- Is it Fair to All Concerned?
- Will it Build Good Will and Better Friendships?
- Will it be Beneficial to all Concerned?"

The contestants were rated on how they included these tests into their topic. They were required to speak for a minimum of 5 minutes to a maximum of 7 minutes.

The 2017 Four-Way-Test Speech Contest winners are as follows:

- 1st Place - Kailey Andrew**
- 2nd Place - Sohani Demain**
- 3rd Place - Sarah Jarrar**

All of these ladies did a wonderful job giving passionate talks about their subjects which ranged from Gratitude to Tradition to Food Insecurity. If you missed this event you missed seeing some of the best of the best that Bow has to offer!

Our first place winner, Kailey Andrew, went on to compete in the Regional competition in Henniker and earned a spot at the Finals which were held at the Rotary District 7870 annual District Conference on Saturday, April 29th in Nashua, NH.

She did not take the winning slot at that contest but my sources report she did a phenomenal job!

Bow Heritage Commission
HISTORIC QUILT EXHIBIT
 11:00 -300 Saturday, June 3
 Baker Free Library



BOW 250TH ANNIVERSARY QUILT

1:00 PM
 Pamela Weeks
 "N. E. Quilts and the Stories They Tell."

Pamela, the Binney Family Curator of the N.E. Quilt Museum and author of the book *Civil War Quilts*, weaves world, women's, and industrial history, and wonderful stories into her presentation. **Participants are invited to bring one quilt for identification and/or story sharing.**

People wishing to exhibit their quilts should contact: Faye Johnson 228-8149 or fjohnson915@myfairpoint.net or Sue Wheeler at 774-3751.

Town Tries to Reach Out to Concord to Improve Water at Bow Junction

For the last few months, members of the Bow Business Development Commission have been trying to meet with Concord officials to discuss options for water line extension and revenue sharing at Bow Junction, but without success so far.

Bow Junction consists of a handful of businesses and roughly a dozen residential homes.

The water in the area is so corrosive that businesses like Grappone Automotive Group are choosing to serve bottled water instead of using tap water, even though the tap water is treated. Larry Haynes, President and CEO of Grappone Automotive Group, said the company has to replace its hot water heater about once a year because of the corrosiveness of the water.

It's not the first time this idea has been proposed to officials from the neighboring capitol city.

Community Development

Director Matt Taylor said he has spoken with the Greater Concord Chamber of Commerce to see if they can assist in reaching out to Concord officials. "They understand that economic development is regional", according to Taylor.

The town's Drinking water Protection Committee will also apply for funding from the State from the NH Department of Environmental Services' MTBE Bureau. The MTBE fund is due to a multi-million dollar court case against Exxon and others.

Dick Kraybill, a member of both the Drinking Water Protection Committee and the Business Development Commission, said that funding could be available for design and construction to extend Concord's water line to the junction. The only cost to the businesses would be the hookup cost if State funding were obtained.



Criteria Established for "The Boston Post Cane"

Photo and ending paragraph compliments of The Boston Post Cane Information Center

On Tuesday May 9, 2017, the Bow Board of Selectmen, after much previous discussion decided what the eligibility and criteria for a recipient of the "Boston Post Cane" must meet. That criteria is as follows:

Being the oldest person in Bow, and having resided in Bow for a minimum of twelve years prior to its award. The Board of Selectmen will post notice not later than early June (3-months following this vacancy) that candidates who meet the criteria can apply, and the Boston Post Cane award should occur not later than early September (6-months following this vacancy).

The posting of this notice to all who are eligible by and through various communication vehicles is essential to continuing this long standing tradition.

In August of 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, a newspaper forwarded to the Board of Selectmen in 700 towns in New England a gold headed ebony cane with the request that it be presented with the compliments of The Boston Post to the oldest male citizen of the town, to be used by him as long as he lives, (or moves from the town), and at his death handed down to the next oldest citizen of the town. In 1930, eligibility for the cane was opened to women as well.

Gary D. Nylan, Chairman the Bow Heritage Commission

Bow Native Crowned Miss New Hampshire 2017



Lauren Percy, a 23-year-old graduate student at Columbia University Teachers College in New York City was crowned Miss New Hampshire 2017 and received a \$15,000 scholarship award during the 71st crowning live from Pinkerton Academy's Stockbridge Theatre in Derry earlier this month.

A native of Bow, Lauren performed a Contemporary Ballet en Pointe to "America" from West Side Story during the talent phase of competition. She will spread awareness about her personal platform Reach Higher: Making Higher Education Possible around the State over the next year and in Atlantic City, N.J., in September when she competes for Miss America 2018.

The Miss New Hampshire Scholarship Program, a state chapter of the Miss America Organization, and a 501(c)4 non-profit corporation, provides thousands of dollars in annual college scholarship assistance making it the largest scholarship program for women in New Hampshire.

Never Forget, Forever Honor

The Bow Community Mens Club Invites You to Join Us For Our Annual Memorial Day Ceremony/Remembrance and Cookout
May 29, 2017
A Wreath Ceremony will be Held at the Town Pond at 4:15 to Honor all Maritime Branches.
Bring your chairs and blankets.
Memorial Day Ceremony at the Gazebo
4:30—5:15
Food and Beverages 5:00—7:00, Sausage and Peppers, Cheeseburgers and Hotdogs. All meals include Potato Salad, Beans and beverage.
Music/Entertainment Provided by the Freese Brothers Big Band 5:15—7:00
Shuttle Bus service will be provided to and from Memorial School starting at 3:30.

Falcons Booster Club Thanks You!

Thank you to all who came out on March 23rd to the Falcons Booster Club annual "Taste of Bow Spirit" Wine and Beer Tasting and Silent Auction at the Baker Free Library. You helped us raise over \$6,000 for Bow High School athletes and athletic programs.

The Club would also like to extend a big thank you to our all of our sponsors:

Merlot Sponsors

Cobb Hill Construction
Sanel Auto Parts Co.

Stout Sponsors

Derry Medical Center
Gary Chicoine Construction Corporation
Nelson Analytical Lab

Chardonnay Sponsors

Bow Youth Center
Cross Insurance
ENE Systems
LMK Emergency Planning Associates

In-Kind Sponsors

Berube's Truck Accessories & BTA Graphics
Lindt Chocolate
Moonlight Meadery
Steve Gallier

And finally, thank you to all of our amazing supporters for the donations of time, items and supplies. Your generosity ensures that our silent auction was a big success.

Johnny Prescott

Heating Oil Propane



OPEN HOUSE

Saturday June 3, 2017 10:00 AM – 3:00 PM



What's Happening at the Open House

- ◆ Tour the Museum
- ◆ The Abbot-Downing Society will be present
With 2 stage coaches & 6 other Abbot-Downing vehicles
 - ◆ Enter a drawing to win 100 gallons of fuel
 - ◆ Hamburgers, hot dogs, popcorn, refreshments
 - ◆ The City of Concord will be here with the St. Paul's School Barge

About the Museum

- ◆ E. Howard Street Clock-1890
- ◆ 12 Passenger Concord Coach-1880
- ◆ 6 Passenger Concord Coach- 1862
- ◆ Wire Sculptures by local artist Tom Devaney



SEE YOU THERE



Enjoy the History
Have some Food
Talk with Friends

122 Airport Road, Concord, NH

About Johnny Prescott Oil & Propane

- ◆ Founded in 1940 by John & Teeney Prescott
- ◆ Now being operated by Tom Prescott (2nd generation) and his children (3rd generation)
- ◆ Member of Oil Heat Council of NH, Better Business Bureau, (we have an A+ rating), New England Fuel Institute, New Hampshire Motor Transport, Propane Gas Association of New England



122 Airport Road, Concord, NH * 603-225-5991 * www.prescottoil.com

**Bow
Community Men's Club**
91 Bow Center Road
Bow, NH. 03304



Old Town Hall

Flags Across Bow Enrollment Form 2017

Members of the Bow Community Men's Club will place the "Stars & Strips" on your property near the end of your driveway before each of the following patriotic holiday weekends of 2017. Memorial Day, Flag Day, Independence Day, Labor day, and Veterans Day. They will be removed following each weekend and reinstalled for the next upcoming holiday.

The US made flags measure 3' x 5' and are made of 2-ply spun polyester with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a ten inch ground spike.

Your payment of \$40 will be used to support youth programs and local charities within our community. Please make your check payable to the "Bow Community Men's Club." For this payment you will share in our community's display of all our great nation stands for.

Mail this form and payment to: Dick Dagavarian, 2 Bela View Drive Bow, NH. 03304

Name:	1.
Street Address	2.
Town	3.
Contact Phone	4.
E-mail Address	5.

Place an "X" below for your preferred flag location. Please identify any underground utilities, sprinklers, or other buried items in the vicinity of flag locations.



Web Site: <http://www.bowmensclub.org> Email: info@bowmensclub.org

Bow Rotary Summer Concert Series!

By Ben Kiniry



Photo by Eric Anderson

- July 9th Concord Coachmen & Laconia Chordsmen
- July 16th Jordan Tireel-Wysocki Band
- July 23rd Mink Hills Band
- July 30th Canyon Run Band
- August 6th The Freese Brothers Big Band
- August 13th South Street Blues Band

These concerts are still Free to the Public and will be held at the Bow Band Stand/Gazebo by the Fire Station. Sunday's at 6pm.

PUBLIC SAFETY BUILDING MAKING PROGRESS

Photos by Eric Anderson



Fire Equipment Bays
Public Safety Center



Treat's
Sugarhouse
3 Hop Kiln Road, Bow
496-1671 Text
brucectreat@gmail.com
Informative off season tours
distinctive syrup tastings
by appointment

**BREAKFAST
AT
VEANO'S**

Have a Nice Quiet
Breakfast !

Breakfast Served
Tue-Fri 7AM-11AM
Sat & Sun 7AM-1PM
Mon. No Breakfast open 11AM

30 Manchester St.
Concord, NH

(603) 715-1695

HOW TO GET A LEAN WAISTLINE

BY JIM OLSON

Getting a lean / muscular mid-section could possibly be the most common fitness goal, as well as the most misunderstood. I think it's safe to say that I've seen more time and effort wasted on abdominal exercises that are ineffective, than I have for any other body part. And yet, it's really very simple. That doesn't mean "without effort." It just means "uncomplicated." Here's the scoop.



Jim Olson

There are three reasons WHY achieving a lean midsection is so misunderstood:

1. Misleading advertising and/or misguided instruction
2. Wishful thinking
3. Lack of understanding of how the body works

How To Get Leaner Overall - Part One: The Diet

You must make dietary changes in order to lose body fat. Specifically, you must reduce your calories, but - perhaps more importantly - you must reduce or eliminate certain types of food, and replace them with better choices. Starches and sugars cause the body to produce more insulin, and that will cause your body to store more body fat - and/or restrict fat loss - even if you are exercising every day, and even

if your caloric intake is not exceptionally high. Some people produce more insulin than others. If you tend to have a weight problem, it's likely that you are one of those people. Dietary fat is actually less of a problem - in terms of body fat - than are starches and sugars.

Starches and sugars are considered "high-glycemic", which means that they convert quickly to glucose, and therefore result in a dramatic rise in your insulin production. Instead, try getting your carbohydrates from vegetables (broccoli, cauliflower, zucchini, squash, tomatoes, peas, carrots, etc.) and legumes (lentils, black beans, kidney

beans, etc.) and - to a lesser degree - some fruits.

Try to reduce - as much as possible - flour products (breads, pasta, crackers, flour tortillas, etc.), as well as potatoes, white rice, and sugar. And don't be afraid to eat nuts, avocados, olive oil, cheese, etc. Although there are still those who advocate a low-fat, high-carb diet, there is plenty of evidence that obesity levels rise dramatically with that type of diet. Further, new research has demonstrated that a reduction of starches and sugars, and a slight increase of healthy fats, has produced more fat loss and better health.

Try eating four or five small meals, and make sure that each of them has a protein source, a low-glycemic carbohydrate source, and a little fat. For example, grilled chicken, steamed vegetables with a little olive oil, and an avocado. Or, scrambled eggs, with ham and black beans. Or, a steak, a salad with dressing, and some fruit.

How To Get Leaner Overall - Part Two: The Exercise Program

The best approach is a combination of aerobic exercise and whole-body resistance training. Both types of exercise have a different fat loss effect. Resistance training makes

all of your muscles more metabolically active, meaning that they burn more calories all day long, when they are strong. Plus, those who do only aerobic exercise tend to become more "efficient" at it. Meaning that their body eventually learns to conserve fuel while doing aerobic exercise, which means less fat loss. Those who combine weight training with aerobic exercise have a much better rate of fat loss.

When doing your weight training, try to emphasize working the larger muscle groups, like your legs, your back and your pectoral muscles. The smaller muscles, like the shoulders and arms, contribute much less to the overall metabolism. For best results, try weight training 2 - 5 days per week (with either a full-body workout, or a split program where you work different body parts on different days). The more often you exercise, the better the result, obviously.

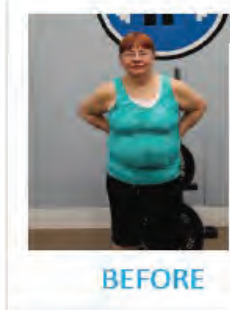
Summary - If you are one of those people who does endless reps of teeny-tiny ab crunches, you are wasting your time and energy. You will not get any sort of result that way. You are neither burning fat, nor developing muscle. Instead, use a 3-prong approach.

Olson cont. p. 9

IT'S NOT TOO LATE...TO GIVE YOUR MOTHER WHAT SHE REALLY WANTED FOR MOTHER'S DAY... HER BODY BACK

Simply put, modern-day moms are super heroes. Whether they are a stay-at-home mom or working full-time, their ability to juggle it all is truly admirable. Although Mother's Day has already passed, it is still not too late to get mom what she really wanted... her body back!

Stop by Individual Fitness today and pick up a gift card for mom to help her get started with her journey.



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



BEFORE



AFTER



When Mom comes in, she will receive this FREE gift!



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

603-224-8096

TRAVEL TALK - WHY NOT TRY NEW HAMPSHIRE!

By Chase Binder

When friends and family think of Bud and me and travel, I suspect they think of places like Patagonia, South Africa's Kruger National Park, Norway's stunning fjords or exotic Myanmar—some of our favorite destinations. Sure, we love traveling to faraway places. After all, we have been to 97 countries around the world—very close to the "100 countries" criteria for membership in the Century Club!

But every so often we're minded of the charms of our very own New Hampshire. After all, millions of people come from the US and all over the world each year to enjoy everything that New Hampshire has to offer. Luckily for me, I'm a travel writer and get daily emails with links to travel planning platforms of all types. Just a few weeks ago I got a link to a website called Only in Your State (www.onlyinyourstate.com). Hmm, I thought...why not poke around on the website and sign up for emails? What do I have to lose?

Turns out it was what I have to win! As it happened, the email arrived as Bud and I were on our way home from our winter in Florida. We always hit the road with tons of enthusiasm for reconnecting with family and friends, re-settling into our beloved condo at Stone Sled Farm in Bow, and seeing what's new in New Hampshire. The timing was perfect and the content of onlyinyourstate.com was engaging, fresh and organized just the way I like it—with themes.

One theme that immediately caught my eye was "8 Scrumptious Restaurants in NH You Never Knew Existed." Bud and I consider ourselves minor foodies, so right away I wanted to see if we had been to any of the eight listed. And, yes we had—but only one of them, **Mediterrano** in Hillsborough (mediterrano.com, 680-4319), a great place with Turkish cuisine that took us right back to Istanbul!

The eateries listed ranged from Pittsburg to Nashua—all looked interesting—but we needed something closer by for a spontaneous Friday night supper with some great friends we hadn't seen in a while.

We picked # 5, **The Flying Goose Brew Pub and Grill** in New London (flyinggoose.com, 526-6899). Turns out that our friends (truly devoted foodies) knew about it, but hadn't been there in a while. Bingo—a great evening out, wonderful food (amazing fish and chips!) and they even take reservations. Love that!

I now look at onlyinyourstate.com often for inspiration, and I'm betting that some of the features will inspire you too. How about "10 Awesome Things You Can Do in NH



Chase Binder

Without Opening Your Wallet," or why not visit all of the "10 Towns In NH With The Best, Most Lively Main Streets"? If you like to shop, try reading "7 Amazing Flea Markets In NH You Absolutely Have to Visit." If you like walking/hiking trails with a twist, how about "4 Trails in NH That Lead to Amazing Ruins?"

These themes are just the tip of the iceberg—there's lots more! I found the content accurate and timely and each article presents needed contact info and directions as well as a rich assortment of hi-resolution images. And, of course, you can get the same level of quality info on and the rest of our 49 states.

But back to New Hampshire. Granted, there are other online platforms that provide themes and info—not the least of which is the official state tourism website, visitnh.gov, where you can find extensive material on everything from state parks to lodging, events and activities, nicely organized by the calendar and the map. Looking for something to do in July on Lake Winnepesaukee? Start here.

Bud often points out that we are so fortunate to live in such a beautiful state. He grew up in Nebraska—no mountains, no crystal clear lakes, no ocean beaches, and certainly not 89% covered with lush green forest. Why not celebrate a bit of New Hampshire and make a point to travel in our own home state this year?



Announcement of Jim Normand -- Democratic State Senate Candidate

I have filed for the N.H. State Senate to represent Manchester's Wards 1, 2, and 12, and Bow, Candia, Dunbarton and Hooksett. I want to do my part to help the people of this state.

As I file for the State Senate, I appreciate the challenges ahead. We have to improve educational opportunities for our young, improve health care for all of our citizens, fight the way that drugs and addiction affect those who live here, and support our business community so that the people of our state will be prosperous and succeed in their lives.

I will work hard to offer a fresh view for our state government. Having served as a N.H. State Representative for six years in the 1970s, and then as a member of the Governor's Council in the 1990s when Jeanne Shaheen was Governor, I believe that I can bring back the cooperative spirit of working together in government that we've lost sight of in recent years. Perhaps, more

than anything, that is what we need right now.

Last week, I retired from the Executive Branch Ethics Committee, where I had served for eight years. Gov. John Lynch had created the committee as a way to bring more transparency and openness to state government, and I worked with others to achieve that. I pledge to continue the work of ethics in government in the State Senate.

My experience during the past 35 years in the practice of law fighting for the residents of the state when they have been injured has given me a unique, personal, close-up view of how the healthcare system is not working for the people. Many of us are just one injury or illness away from massive medical bills putting us completely underwater. I will work to fix the health care system that is supposed to protect people. This is not just a federal issue.

SUDOKU PUZZLER

#6

By Ian Riensche

www.sudoku-puzzler.com

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

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

Olson cont.from p. 7

1. Make the appropriate changes to your diet
2. Combine smart aerobic exercise with full-body resistance training
3. Work your ab muscles no differently than you would any other muscle (non-consecutive days, 15-20 reps per set, 4-8 total sets per workout, full-range of motion with deliberate contraction)

This type of program will give you the best odds of achieving your goal. Genetics also plays a role in determining your ultimate result, as does any hormonal or metabolic problems you may have. It would be a mistake to assume that everyone who uses the same program gets the same result. As they say, "re-

sults may vary". I recommend that the amount of effort you use should be "reasonable," as determined by your own sensibilities - unless you're preparing for physique competition, or you have a temporary, short-term goal, like a high school reunion, after which you can return to a more balanced program.

The bottom line is that the ONLY smart way to achieve a lean midsection is by addressing the big picture: your overall body fat level. And the way to do that is by addressing your diet and your overall exercise program - of which your actual abdominal exercises are only a small part, as ironic as that may seem.



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Planning to Sell? Be sure and De-clutter!
Clutter Eats Up Your Home Equity

By Ann Dippold

Taking the time to prepare your home for sale is time well spent! If you're like most people, and you've lived in your house for many years, you've probably gathered lots of treasured items from raising kids, travel, etc., and these items are proudly on display throughout your house.

That's great - as long as you live there and aren't planning to sell.

However, if you're planning on or preparing to sell, these items are now taking up valuable space in your home and leaving them in place can cost you.

Clutter is one of the biggest distractions for potential real estate buyers and will literally eat up the equity you have in your home. When a room is cluttered, here's what happens:

The first impression is a crowded disorganized one. It's hard for buyers to see their things in your space and see the home's potential.

Buyers can't take in the room itself because their eyes jump around to all the little bits and pieces - and often the conversation turns from talking about the house to talking about the "stuff" in the house. When they think back about your house after a long day of touring others, they recall the personal items and not the valuable features.

Rooms look more crowded than they need to, a problem with buyers who are craving more space than they currently have.

Home buyers assume there isn't enough storage space and put that in their mental negative column as they tour your home, and think back on it later.

Clutter takes up space not only physically and mentally - buyers feel overwhelmed by your stuff which does not put them in a buying mood. So as much as you may be accustomed to living with your own clutter, realize that it must go before you put your home on the real estate market. Your clutter is costing your money because your house will take longer to sell and it won't sell for as much money.

Why? Because potential buyers won't be as excited as they should be about the possibility of living there. If there's no buyer excitement, there's no offer! Or there's only a very low-ball offer.



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BOW GARDEN CLUB

By Joyce Kimball

"LEARN TO LIVE WITH BEARS"



The Bow Garden Club's June meeting will be held on Monday, June 12th at the Old Town Hall, 91 Bow Center Road beginning at 6:30 p.m. Light refreshments and social time begin at 6:00 p.m.

The evening's educational program will be "Learn to Live with Bears." This presentation by NH Fish and Wildlife personnel will discuss the natural history of black bears, their habitat needs and how homeowners can keep them out of their backyards. (This program was postponed from last fall).

All area residents are welcome to attend as guests or potential members. There is no fee to attend.

For more information about the Bow Garden Club please visit www.bowgardenclub.org, contact President Beverly Gamlin at: bevnherbs@gmail.com or Membership Chairman Janis Kuch at jani-kuch@gmail.com.



BOW GARDEN CLUB REPRESENTED AT BOSTON FLOWER SHOW



"Invisibility," a creative floral design by Susan S. Johnson of the Bow Garden Club.

Bow Garden Club member Susan S. Johnson participated in the 2017 Boston Flower and Garden Show "Superheroes of the Garden" held March 22nd through 26th at the Seaport World Trade Center in Boston.

Johnson received Second Place distinction for her "Freedom of style" entry in the show's Design I

Division class entitled "Invisibility." Johnson is a National Garden Club accredited Master Flower Show Judge and enters the annual Boston Flower Show regularly, receiving numerous awards and accolades for her work. Johnson is the immediate past-president of the Bow Garden Club.

ANNUAL SPRING PLANT SALE ON TAP FOR MAY 27TH

The garden club will hold their annual Spring Plant Sale on Saturday, May 27th at the Bow Community Building, 3 Bow Center Road from 8:00 AM to noon. Annuals, Perennials, Herbs and gorgeous Hanging Plants will be available for purchase as well as "tried and true" perennials divided from members' gardens. There will also be a display of "Pollinator-Friendly Plants" that attract important bees, butterflies and birds to your garden. The plants will be for sale. All proceeds benefit the club's Bow High School Scholarship Fund and their ongoing civic beautification projects around town. Garden club members will be on hand to provide personal assistance and advice to plant sale patrons on request in regard to selecting plants and or planting their purchases.



BOW RESIDENT RECEIVES 2017 OUTSTANDING CIVIL ENGINEERING STUDENT AWARD



Hamden, Conn. – April 19 – Paige Wilber, of Bow, New Hampshire, a civil engineering student at Quinnipiac University, recently received the 2017 Outstanding Civil Engineering Student Award from the Connecticut Society of Civil Engineers (CSCE).

The award is given to a civil engineering student who is nominated by his or her school. The student must be in good academic standing and actively involved in their American Society of Civil Engineers' student chapter.

A senior, Wilber established Quinnipiac's CSC chapter and serves as president.

"I am extremely honored by the award," she said. "I spent a lot of time helping to establish the student chapter at Quinnipiac University, so I am very grateful my hard work was recognized."

Girls Basketball Clinic

Dates: Monday July 24th, Tuesday July 25th, Wednesday July 26th & Thursday July 27th

Ages: Rising 5 - 8th Grade Girls

Time: 6-8pm @ Bow High School Gym

Cost: \$80 (Fee will include a tee shirt, water bottle and indoor/outdoor basketball)

**** Family Discount-** if siblings are registered the second athlete will be charged \$60

Join the Bow High School Girls Varsity Basketball Team and Coaches on the court to learn and practice skills, drills, shooting, dribbling, passing, and defense!

For more information visit: <https://sites.google.com/bownet.org/bhsgirlsbasketballclinic/home>

To register visit: <https://goo.gl/forms/i7r6y8Gq17ASp2X03>

Concord Young Professionals Hosting Networking Event at New Hampshire Motor Speedway

The Greater Concord Chamber of Commerce and its Concord Young Professionals Network (CYPN) invite members and other young professionals to its upcoming event at the New Hampshire Motor Speedway on Wednesday, May 17, from 5:30-7:30 p.m. Admission is complimentary - appetizers, drinks, door prizes and more await your arrival. Spend the evening in the comfort of the VIP Suite or take advantage of 1 of 2 tram tours. Tours begin at 5:45 and 6:30 p.m. and include a lap on the track and

a stop at the start/finish line (granite stripe). CYPN is a professional and personal development initiative of the Greater Concord Chamber of Commerce that offers networking, community involvement and social opportunities. Each month, CYPN holds networking and enrichment events at various greater Concord venues where young professionals of all ages (generally 22-40s) can interact socially, build a contact base and exchange ideas.

For more information or to register, please visit www.concordnhchamber.com or email events@concordnhchamber.com. The Greater Concord Chamber of Commerce is dedicated to developing economic opportunities, a strong business climate and enhanced quality of life in its communities throughout the region.

BAKER FREE LIBRARY NEWS

By Lori Fisher

Parking at the Library

With the large influx of new groups meeting in the Lower Level, parking has become a frequent question for our staff. We spent 3 years making parking agreements with Bovie Screen Printing, NH Automobile Dealers Association, and Bow Mills United Methodist Church. Here are the highlights you need to know:

1. If you are visiting the library to check out or return materials, or to participate in a library class/event, please use our main parking lot.

2. If you are coming to the library for a *daytime non-Library group meeting or event*, please DO NOT park in the main library lot. During the daytime on weekdays, the parking to use is at Bow Mills United Methodist Church at 505 South Street, or at the end of the NHADA parking lot where our staff parks. DO NOT PARK IN BOVIE SCREEN PRINTING PARKING LOTS BEFORE 4 PM. If you do, your car could be towed, at your expense.

3. If you are coming to the library for an *evening or weekend non-Library group meeting or event*, please DO NOT park in the main library lot. On evenings and weekends, you may use the Bovie Screen Printing parking, or the NHADA parking. The exception to this is Sundays, when the library is closed. Anyone using our meeting rooms on a Sunday may park in the main library parking lot.

4. Take a look at the pdf Parking Map below and on our website www.bowbakerfreelibrary.org and please be courteous to our neighbors by following these designations. Questions? Email info@bakerfreelib.org.

Library Class/Event Highlights

Detox with Essential Oils - Sunscreen/After Sun: Sat. May 20th 1-2:30 p.m.

It's that time of year! We're so excited to be outside that we forget how damaged our skin can become with a sunburn. Come learn recipes for making your own sunscreen, and make an after-sun blend to take with you that day! Led by Lori Fisher, Library Director and Independent Distributor of Young Living Essential Oils. Registration is required due to supplies needed. To register, email lori@bakerfreelib.org or call 224-7113 by Wednesday May 16th.

Thank you to Cobb Hill Construction

The renovation of our Lower Level was completed by Cobb Hill Construction, and they did a super job! This renovation was not an easy one, given that we had to split the project into two phases and it took two years to complete the actual construction process due to fundraising needs. Through it all, the Cobb Hill staff were fantastic – professional, with a keen eye for detail, and a sense of humor.

Special thanks to our project

manager, Chuck Lowth, and our project supervisor, Todd Kelly. Both of these men communicated well with the staff and Library trustees, and always viewed the project through the lens of long-term maintenance for the library (which ended up saving us money!). We are very happy with the work completed by Cobb Hill, and appreciate the support from fellow Bow resident and company president Jerry Kingwill.

If you haven't stopped by to see

the finished renovation, please do! The spaces are open to the public during our regular open hours.

Library Closures in May

The Library will close early on Saturday, May 27th at 2 p.m. in order for the main floor carpets to be cleaned, and will remain closed through Monday May 29th for Memorial Day. We'll re-open on Tuesday May 30th at 10 a.m.



Photo by Eric Anderson

Selectman Harry Judd speaks with Bill Hickey of H. L. Turner Group during the Baker Free Library Foundation's Donor Appreciation event on Saturday 4/8. H.L. Turner was the architectural firm for the Lower Level Renovation, which opened to the public on March 1st.



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BAKER FREE LIBRARY PARKING MAP

Black = Library Parking Lot (do NOT park here for meetings unless it is Sunday)

Blue = Areas where meeting/event attendees can park BEFORE 5 pm, Monday - Friday

Red = Areas where meeting/event attendees can park on weekends and AFTER 5 pm Monday - Friday

April 13, 2017

Data shown on this map is provided for planning and informational purposes only. The municipality and CAI Technologies are not responsible for any use for other purposes or misuse or misrepresentation of this map.

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Composting Is For Everyone!

By Sara Brown, Bow Recycling Committee

Yard and garden wastes account for almost 20% of the total trash thrown out every year. By composting this material, you can keep down the cost of trash disposal, help lower the amount of material being sent to landfills and save the cost and effort of bagging leaves and grass clippings. You will also turn organic household and yard waste into a rich fertilizer which is highly beneficial to your garden.



There are a few basics to the process. You need materials such as leaves, grass clippings, straw, vegetable and fruit scraps, coffee grounds, livestock manure, sawdust and shredded paper. You don't need to be a chemist, just provide the food, moisture and oxygen that the naturally occurring bacteria needs to do its work. This process uses aerobic bacteria (ones that need oxygen, not the smelly anaerobic kind) and fungi, protozoans, millipedes, beetles and worms. No-nos for the compost pile are diseased plants, meat scraps, dairy and dog or cat manure.

to use compostable bags that can be tied up and stored in a lidded bucket or bin until you throw them into the outdoor pile. Composting is as easy or complex as you want to make it. The more effort you put in the faster you will produce a finished product. Composting is either a fast/hot or slow/cold process depending on how much work you wish to do. The pros and cons of each process and details of how to proceed can be found online, from the agricultural extension office and other conservation minded agencies. At the recent Wild NH day event, several agencies were providing handouts about composting. The Baker Free Library has entire books on how to compost. So with a bit of effort and time you too can produce high quality compost!

The second essential is of course a place to put your compost "pile." There are many options – a structure made of bricks, sticks, straw/hay bales, wire fencing, wood slats. These can be round, square, 1 pile or multiple bins. You can also literally put the material in a pile. Other options are commercially made bins, tumblers or trash cans. Composting articles always tell there is no smell. That depends on your definition of "smell"! If you choose to compost your household organic matter: vegetable peelings, stale bread, coffee grounds, spoiled fruit and vegetables and you don't empty your collection pail daily there will definitely be a "rotting fruit" odor. A way to avoid this is



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June 11th

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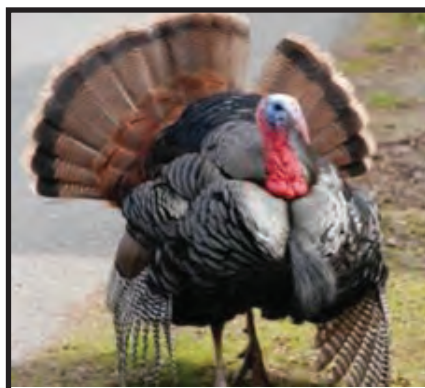
“NICE!” On the first day of Trout Season I spent the day packing for our annual spring trip to the Miramachi in New Brunswick. This can be outstanding with some very large salmon to catch. Last season I was lucky to land a 40-inch monster.

Mr. Jason Smith and his staff do an exemplary job with our trout program. They make sure that there are many quality trout out there. Around the first week in June, they put fish in about 48 remote trout ponds via helicopter. These fingerlings, in a couple of years, can produce some serious trout fishing. I have seen this stocking about eight times; the last one was at Little Bear Pond north of Errol.

There have been many sightings of deer and turkey moving about. Unfortunately I have already seen too many road kill deer.

PLEASE DRIVE CAREFULLY!

By Ron Lacroix



The first week of April was a cold week. At the big lake there was a lot of open water in the Broads and Ellacoya area and ice was still moving. We fished the traditional drop offs where we have had a lot of action for many years. This time it was not happening and soon I realized why. The smelt had run early and moved off shore and the salmon had followed them.

The next week we dodged ice at Belknap Point area and started catching fish. The fish, however, seemed to be moving on a daily basis chasing smelt. In years past, we would fish in the same area for a week or even more, but not this time. The fish were not exactly standing in line, but you had to work for them. My friend Don took the best fish at 23 inches.

The report from Lake Sunapee is that some folds have had consistent catches, others not so lucky. The Gray Ghost is still the fly of choice.

The biggest salmon reported so far is a very fat six pound fish,

CONGRATULATIONS DR. JENNA!

WELCOME TO BOW!



On Saturday May 6th, Vibrant Health Chiropractic opened its doors to the community for their “Grand Opening” celebration event. Light fare, prizes, screenings and games for the kids brought in family and friends from the surrounding areas to show their support.

Six months ago, Dr. Jenna Borbidge made her dream a reality by opening her own chiropractic practice in her hometown of Bow in the old Ruggles building on Route 3A. Dr. Jenna’s vision is to help everyone lead a happy and healthy lifestyle which she believes can be done through adjustments and education in optimal health.

Vibrant Health Chiropractic wants to personally thank their friends, family, community members and sponsors for making this a successful event!

Vibrant Health Chiropractic is located at 783 Route 3A, Bow NH 03304. Call 603-856-7790 to make an appointment!

DUVALTEAM REAL ESTATE MARKET UPDATE

MERRIMACK COUNTY REAL ESTATE ACTIVITY FOR MARCH 2017

SOLD/CLOSED 127 HOMES UNDER CONTRACT 114 HOMES NEW LISTINGS 220 HOMES

Based on info from NEREN, Inc. all activity, all agencies. Statistics are reliable but not guaranteed.

Q. The current market seems to be moving quickly. As a buyer how can I have the edge in getting my offer accepted?

A. Each buyer agent may have their own approach, that is why it is important to find an agent who fits well with your goals. It's great to ask these types of questions before hiring a buyer agent to represent you.

Q. As a seller we would hope for multiple offers so that we can choose the one best for us. How can we create this situation?

A. Each price range offers unique circumstances and buyer pool. Pricing within the market is key. Overpricing can slow your showings and offers. Buyers are much more savvy as to pricing. Discuss the pricing pyramid with your listing agent and list within your target goal of price/timeframe. Also discuss proper home staging. As the saying goes, “you cannot sell a home the same way you live in it.” Paint your walls neutral tones. Insure a welcome entry, clean the windows, make repairs as needed. Depersonalize by removing all photos and replace with framed art. Empty the kitchen countertops, add a fruit bowl and flowers. Pillows! On the sofa, beds, chairs. Ask your listing agent if they have had any training in home staging or if they can refer you to a home stager to work with you.

We're happy to answer any real estate questions you may have. Feel free to contact us by phone, text, email or find us on Facebook and send us a message.



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FAITH

By Donna Deos

As my daughter gets ready to move to Minneapolis, MN for her dream job in visual merchandising, she hands me a little quote on canvas. It's small, about 5 inches by 7 inches. It has beautiful script print and a background that looks like a sunrise. It says:

"Faith is daring the soul to go beyond what the eyes can see."

She says, "Here, Mom. This is totally you. You should keep it."

So, I said thank you (with a tear in my eye) and hung it on the wall in my office behind my desk, next to my "Amethyst Angel" print of Arch Angel Haniel and above my porcelain doll sculpture of Jesus with 2 children that is to represent "and Jesus said, let the children come to me." That was what The Reverend Jim Batten said every Sunday at Wesley United Methodist Church in Concord when I was a child attending there. It was his segue to do a little children's lesson to move us from church with our parents into our Sunday school classrooms. It has stuck with me my whole life.

Haniel is the Arch Angel of Creativity and Love. Two things I try to bring to everything that I do. That is why she is always right behind me in my daily work. There are many times that I ask the folks that I work with, and my family, friends, and essentially everyone I meet, to have faith in themselves, in things they do not understand and cannot see and in knowing that whatever comes will be right for them.

It doesn't always look or feel right, I know. Many times it feels like the worst possible thing ever. And then, as you work through it, as you face the storm, put up your chin and bravely march forward as you move through that storm. When you come out, you are in a much better place. You have a better understanding of life and how important the PEOPLE in our lives are.

Let's face it, stuff is just stuff. It may be stuff that you have had and loved for your entire life. It may be stuff that belonged to someone you have loved and lost. However, at the end of the day it is still just



stuff. You cannot take it with you when you go. I'm not saying stuff isn't important, doesn't have value or meaning and that you should get rid of it all. What I am saying is that when it comes right down to what is MOST important at the end of the day is WHO we have in our lives and how we treat them, and how they treat us.

Surround yourself with people you love and show them that you do. Life is too short and has lots of unexpected twists and turns to miss your opportunity to tell them what they mean to you each and every time that you can.

Also, please believe in good things. Please know that the greatest lessons with the biggest rewards in our lives come from the most challenging of circumstances.

Diamonds are created under pressure, they say. Well, we are all diamonds in our own right. We have felt the pressures and we have emerged bright and shiny.

I wish you and yours all the faith you can muster. I dare you to let your soul go beyond what the eyes can see. Beautiful things await you there, my friends.

And always know that you are not alone. I am here, we are all right here with you on your journey – cheering you on and wishing you the bright sunny skies of coming out on the other side of whatever challenges you face.

Much love, Donna

Caution - Horses

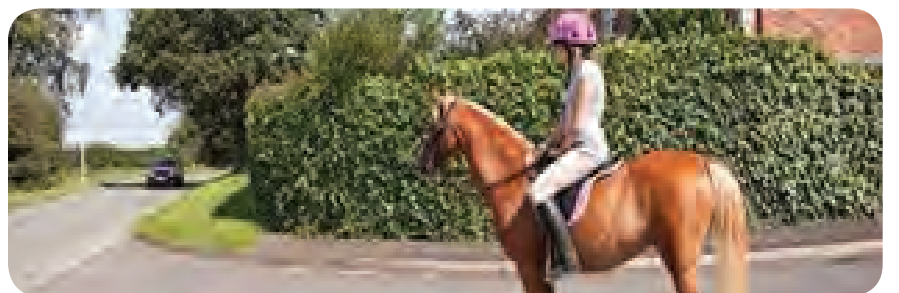
By Gina Dyke



With the good weather, we are all out and about enjoying the sun. There are a few laws that we all need to keep in mind as we venture outside.

- NH Law indicates that if you see a horse walking on the side of the road, the horse has the right away. To keep everyone safe, it indicates that the driver of a vehicle must slow down and pass quietly and wide.
- If the horse is having a problem, the vehicle must come to a complete stop. Where slow is a relative term, what is the best speed? The average speed limit in Bow is 30 miles an hour. This is not considered slow to a horse. Slow to them is anywhere from 0-15 miles.
- Do not wave out the window, accelerate or turn up the radio.
- The average horse is over 1000 pounds. They are prey animals and have survived by either fighting or flight. A rearing horse is quick and strong. The damage to a vehicle can be extensive. Holding back 1000 pounds of a scared horse is difficult at best.
- Now horse owners have obligations also. They should wear something visible to traffic and stay as far off the road as possible. They should be thoughtful and clean up after their animals if riding on the road.
- Bow also **does not** permit bikes, 4 wheelers or loose dogs on the trails in town. The penalty can be steep. Besides being fined, the police can and will confiscate your vehicle.
- Should you meet a rider on the trails, stop, remain quiet and let them pass. It is also a good idea to go the other side of the trail or road.

So, let's all try to make this season a safe and fun time for all to enjoy.



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BOW REAL ESTATE SALES

April 2017 Sales in Bow

11 Ogden Dr, 3634 gla, glaag 2830, 4 br, 4.0 bath, 2 car att, 2.46 acres, Sold \$483,000 4/21/17.

13 Merrill Crossing, 2726 gla, glaag 2726, 5 br, 2.5 bath, 2 car att.,3.11 acres, Sold \$420,000 4/28/17.

71 Stone Sled , CONDO, 2940 gla. Glaag 1798,2 br,3.0 bath,2 car att.,.0 acres, Sold \$437,000 4/21/17.

9 Surrey Dr, 2872 gla,glaag 2872, 4 br, 2.5 baths 2 car att., 1.08 acres, Sold \$339,900 4/21/17.

34 Dunbarton Ctr, 2014 gla, glaag 2014, 4 br, 2.5 baths, 2 car att., 2.00 acres, Sold \$315,000 4/20/17.

8 Deer Run Rd, 2041 gla, glaag 1872, 3 br, 2.5 baths, 1 car Under, 8.9 acres, Sold \$290,000 4/14/17.

11 Pepin Dr, 2068 gla, glaag 1308, 3 br, 2.0 bath, 2 car att, 1.05 acres, Sold \$283,000 4/03/16.

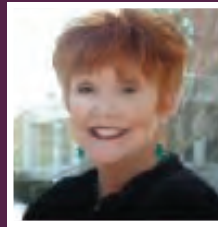
6 Allen Road, 2580 gla, glaag 2100, 3 br, 2.0 baths, 2 car det, 1.3 acres, Sold \$250,000 4/19/17.

10 Sharon Dr, 2819 gla, glaag 2315, 4 br, 2.5 bath, 2 car att, 2.31 acres, Sold \$225,000 4/25/17.

619 Pagel Rd, 1629 gla, glaag 1629, 3 br, 2.0 bath', 2 car att. 1.10 acres, Sold \$224,900 4/3/17.

LAND - None Reported

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



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These statistics are for all Bow Sales for the period 04-1-17 thru 04-30-17, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

Real Estate Consumers: Please click on the link and read this document, which I am required to present to you BEFORE we look at or discuss any specific real estate. <http://bit.ly/KOLvyG>

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
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Merrimack County Savings Bank Named Lead Sponsor for Rock 'N Race



Merrimack County Savings Bank has once again been named lead sponsor of the Rock 'N Race to benefit Concord Hospital Payson Center for Cancer Care. This is the Bank's ninth consecutive year as naming sponsor of the Merrimack County Savings Bank Rock 'N Race. The Merrimack has also contributed more than \$330,000 to Payson Center and has supported the event since its inception.

With more than 6,000 participants, the Rock 'N Race is the largest 5K race/walk north of Boston, raising more than \$4.4 million since its first event in 2003. All proceeds ensure patients receive the highest quality medical care and best treatment options available.

"We are very grateful to the Merrimack for sponsoring Rock 'N Race and for championing our ef-

orts to do all we can do to provide exceptional care to cancer patients and their loved ones," said Pamela Puleo, Executive Director of Concord Hospital Trust. "The Bank's generous support over the years has allowed us to offer state-of-the-art medical care to patients close to their homes. We couldn't do it without the wonderful support of corporate neighbors, like the Merrimack."

"We're honored, in our 150th anniversary year, to continue supporting Payson Center for Cancer Care," said Philip Emma, President of Merrimack County Savings Bank. "The Rock 'N Race brings our entire community together to honor, celebrate and pay tribute to loved ones who've been touched by cancer." We're thrilled to continue supporting this outstanding event."

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Meeting in Bow WED's at 8:15am.
More info: Pete Duval 603-344-4433

A member-run organization providing lifelong learning and social opportunities for adults over 50. *Learning for the Fun of It!*

Spring Term Classes Still Open

Sebastian Lockwood offers *Beowulf Comes Alive*; *Discovering Magic* with Andrew Pinard; *Dry Yankee Humor* by Dudley Laufman; *Moose Tour*; *Opiate-Opioid Public Health Crisis* by James Vara; Michelle Sherburn on *St. Albans Raid*; *Tai Chi*; Carl Lindblade on *The Weeks Act*, and *Intro to Bees*

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OLLI Attracts Couples in Bow

By Jacki Fogarty

OLLI at Granite State College is a lifelong learning organization for adults over age 50. It offers affordable classes taught by volunteer presenters on a broad variety of topics. And, in addition to classes, OLLI offers opportunities.

For our members who loved their jobs before they retired, there are often opportunities to use those pre-retirement skills in a variety of capacities within OLLI. For our members who were really glad to leave those jobs in order to pursue beloved hobbies, we often find them sharing those passions with fellow OLLI members.

Classes, special events and committee work offer opportunities to meet new people, engage in stimulating conversation with contemporaries and also to enjoy new activities with one's spouse!

Of the 39 Bow members of OLLI, we have nine married couples! For some, taking classes together is part of the fun, especially "Out & Abouts" which are field trips to tour local sites. Visiting an alpaca farm and visiting the New Boston Air Force Station are examples of Out & Abouts. Ed and Regina McMonagle enjoyed touring the research labs at UNH a few weeks ago.

Phyllis and Herb Benoit will join OLLI friends on a moose hunt (shooting limited to cameras only). Mary and Bob Davies have taken full advantage of tours all around the state from a Gundalow Harbor Cruise in Portsmouth to Mt. Washington Hotel. Dan and Jacki Fogarty have toured the Federal Courthouse and a Blackhawk helicopter at the National Guard Armory.

Most of our couples did not join together, but rather the first spouse to retire was the first to join. Obviously the fun was contagious since the second spouse seemed to join up as soon as the retirement papers were dry. However, all of the couples interviewed say they enjoy pursuing their separate class interests as much as their togetherness. Five of our couples have also been active volunteers, working on committees and projects.

To be sure OLLI couples AND OLLI members who are not couples do not lack for conversational topics at home. OLLI always provides!

Bow Parks & Recreation Department

Dance Recital

Our Annual Dance Recital will be held at the Bow High School Auditorium on Sunday, May 21st at 2:00 p.m. Our dancers have been working hard with their teachers, Karen Krause and Lindsay Kirouac, since September. It is sure to be a delightful show.

Sugar River Bank Announces Shawn Bard as the New Assistant Vice President/Commercial Loan Officer in Newport



Sugar River Bank is pleased to announce the recent hire of Shawn Bard to the position of Assistant Vice President/Commercial Loan Officer. With over 9 years of banking experience, Mr. Bard will serve customers in the Newport area, working out of the Sugar River Bank Main Office at 10 North Main Street.

Prior to joining Sugar River Bank, he worked for Ledyard National Bank in Hanover as the Corporate Office Bank Manager and the Small Business Commercial Lender.

Mr. Bard, of Lebanon, is active in the community, donating his time to numerous non-profit organizations, some of which includes serving for three years on the board of the Upper Valley Housing Coalition and three years of service to the Hanover Rotary Club.

A graduate of the University of Maine, he also has successfully completed banking programs throughout his career, including the ABA Commercial Lending School and ABA's Financial Statement Analysis for Lenders.

Mark Pitkin, President and CEO, stated that "Sugar River Bank is fortunate to have Shawn as our newest team member in the Commercial Lending Department. He offers extensive knowledge, experience working with local businesses, and professionalism to help serve his commercial customers and help them achieve their goals."

"Founded in 1895, Sugar River Bank is a full-service retail and business bank with six offices serving the communities of Newport, Grantham, Sunapee, New London, Warner and Concord.

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CHANGE FOR THE BETTER

BY BEN KINIRY, ESQ.

When I first moved back to the State of New Hampshire, I interviewed at several law firms in the greater area. I did not however, find a good fit for me. Why? First, I knew I wanted to continue to specialize in *Trusts and Estates*, or what is also often referenced as *Estate Planning*. As you have learned from reading these articles, within Estate planning there is also a relatively new sub-specialty called *Elder Law*, which only a handful of Estate Planning attorneys practice. Second, I have never really wanted to work for a larger firm, but rather a boutique firm focused in these practice areas, as I did in Connecticut.

Why a boutique firm? The technical demands placed upon attorneys practicing Estate Planning and Elder Law are great. Having a focused team would logically be a great way to both keep up with the law and to provide competent and timely professional services. Larger firms practice in many areas of the law and my preference is to be focused in these areas. Also, my level of involvement in a smaller firm places me in a better position to ultimately impact my clients in many respects.

Over my years of practicing law, I have come to realize that clients receive a great personal benefit when a proper estate plan has been developed for them and that a good Estate Planner/Elder Law Attorney "earns their keep" for the client many times over by creating an appropriate plan. These truths are limited, however, by the overall competence of the Attorneys involved and firm culture. Since I have always desired to perform at my very best, I have concluded that being a part of a similarly focused team will only improve my ability to serve my client's planning needs.

The Right Fit

Mid last year I was surprised (and ultimately pleased) to receive a phone call from Attorney John E. Laboe of Bow. John, and his partner, Kerri S. Tasker, are the founding partners of Laboe & Tasker, PLLC located in Concord. John relayed to me that they were also aware of my presence in the community from the time I moved back



from Connecticut and they came to realize that we shared the same commitment to client service and to technical excellence that this area of the law demands. They proposed that we could commence building a "professional acquaintanceship."

I accepted the offer. Why, you ask? Since arriving back in New Hampshire I have had numerous opportunities to interact with both John and Kerri at social and educational events. From these interactions and my personal observations, it was clear to me that John and Kerri are well respected by their peers and are sought out as authorities on difficult questions of law in the Trust and Estates community.

Thereafter, while I continued to maintain my separate practice, I integrated myself into the daily client work at Laboe & Tasker and in the end our initial mutual impressions of each other were confirmed.

What I Learned About Laboe & Tasker

Attorneys John Laboe and Kerri Tasker, have been part of the same law practice for about 12 years. They share a philosophy and outlook about the role estate planning lawyers should have in their communities; specifically, that the law is intended to serve the needs of everyone in the community. Both John & Kerri believe that in the area of "estate planning," there is an immense amount of good that can be derived from the proper use of the law and their primary goal is to harness the law to best serve the wants and needs of their clients.

Moving Forward

I'm now pleased to report that I'm a part of the Laboe & Tasker

LABOE & TASKER PLLC

Law Firm. John, Kerri and I are now working as an integrated team. We collaborate with each other every day to assure that our clients get the very best we can offer.

What is the Fate of These Articles?

I have enjoyed writing these articles and the questions I receive in response to them. So these writings were certainly a consideration in my move to Laboe & Tasker. You will be glad to know we intend to continue this monthly writing to educate all of you regarding the world of Elder Law, Trusts and Estates and Probate Law.

Perhaps, someday, John and/or Kerri will be writing in my stead and you will get to know them, as you have come to know me.

Introduction to John Laboe

I want to take this opportunity to introduce you to John (next month I will introduce you to Kerri S. Tasker). Following are some highlights regarding John.

John E. Laboe received a B.A. from Boston College, where he was a member of Phi Beta Kappa and then graduated from the Georgetown University Law Center with his Juris Doctorate in 1979. His practice areas are Business Planning; Estate Planning; Elder Law; Medicaid Planning, Trust and Estate Administration; Taxation, Litigation; Administrative Agency Appeals and Real Estate.

John counsels businesses, families and individuals in the topic areas of business planning and estate planning, together with providing advice and representation in the closely related areas of taxation and real estate. The formation and operation of charitable entities is included in John's scope of practice. John

also has an extensive background in litigation and administrative agency appeal work related to these topic areas.




John is well known for his presentations on topics such as Applying for Medicaid and Medicaid Eligibility, Business Succession Planning Using the LLC, Undue Influence in Transactions with the Elderly. John has also authored a number of publications such as the following:

Protecting the At-Home Spouse from Nursing Home Costs: Annuitizing the Spend-down, NH Bar News, Vol. 20, No. 4, September 18, 2009. (Co-authored with Kerri S. Tasker, Esq.)

John's passion for helping his clients has been recognized by his peers. John was presented with the Outstanding Chapter Member Award in 2010. In 2012 he was the recipient of the "Ann N. Butenhof Award." Both awards were presented to him by the NH Chapter of NAELA in recognition of his distinguished service and dedication to the Chapter and Elders in New Hampshire. John has been involved in our greater community both in regards to the law and his Christian faith. He is a Trustee on the Board of Trustees for the New Hampshire Supreme Court Society; member of the Christian Legal Society (National and NH Chapters); Member of the Religious Education Planning Committee, Christ the King Parish, Concord, NH; and actively involved in whole community catechesis.

I'm hopeful that those of you who continue to read these articles will come see us when you make the decision to seek out legal counsel regarding your personal family affairs.

Attorney Benjamin J. Kiniry
Email: BKiniry@LaboeLaw.com,
Phone: (603) 224-8700. Address: 6 Loudon Road, Suite 502, Concord, New Hampshire 03301

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COME JOIN US FOR A DAY OF FUN AND NEW FRIENDS !

Big Changes in Your Pantry: New Food Labels Coming Soon

By Meagan Phelan

After 23 years, the FDA has approved new regulations and designs for food labels. These regulations will reflect the latest Dietary Guidelines for Americans, and an updated design will make label-reading easier for consumers. These essential revisions reflect breakthroughs in nutrition science and increases in nutrition-related diseases over the past decade.

So why the wait? Government standards play a large role in what consumers view as healthy, and can drastically change the sales of food. The process for changing the nutrition facts panel has taken over two years, with tens of thousands of stakeholders weighing in on potential changes.

The new label will bring greater attention to calories and added sugars, and reflect more realistic serving sizes for consumers. Calories from fat, something nutrition science no longer emphasizes, will no longer appear on the label. New evidence shows that the amount of fat consumed has less of a health effect than the types of fat consumed. Therefore, types of fat will remain on the new label. Added sugars will be featured as a new category, as a result of the obesity epidemic and the link between added sugars and weight gain.

Other changes include a visual emphasis on the number of calories, updating the percent daily values to reflect the most recent dietary guidelines, providing specific amounts (as well as daily value percentages) for vitamins and minerals, and replacing Vitamins C and A with Potassium and Vitamin D.

Backlash from the food industry caused much of the delay in updating the label. Many of the changes represent losses for the food industry because they essentially put some of the blame for our poor health on added sugars, eating overly large quantities of servings,

and consuming too many calories. For instance, many beverage companies, specifically soda companies, opposed the inclusion of added sugars on the new label, insisting that added sugars were included within the "Total Carbohydrate" section.

Nutrition professionals have long advocated for added sugars to be included on the label because it is impossible for consumers to know how much sugar in an item is naturally occurring, like that in fruit and dairy products, and how much is added by the manufacturer. This addition also reflects the most recent Dietary Guidelines, which emphasized reducing added sugars to no more than 10% of total calories per day.

Many manufacturers did not agree with adjusting the suggested serving size, as servings per container are listed. However, many consumers are not aware that their bag of chips may have multiple servings – a trick that many manufacturers use to make their products appear healthier. The new FDA regulations insist that consumers should be aware of what they are actually eating, not what the "ideal" amount is.

As a Registered Dietitian-Nutritionist, I believe these changes are a positive step towards improving public health. Communicating relevant nutrition information in a format that is easy to digest (pun intended) will allow consumers to make more informed food choices. As a consumer myself, I am most excited by the adjusted serving size, as I have also been duped (many times) into consuming an entire package, only to realize I just ate 3 servings. I would encourage consumers to reach out and investigate how some ingredients affect health (e.g., saturated fat, added sugars), as these explanations will not be found on the new label. With obesity and its numerous health complications on the rise, changes across many sectors are needed to fight this epidemic. At the very least, I hope the "buzz" around these changes raises awareness of considering the nutrients within food prior to purchasing it.

Administering these changes will take time, as manufacturers will have to retest their products based on adjusted serving sizes

and remake labels accordingly. The FDA has given a deadline of July 28, 2018, for the new labels to be completely implemented.

Meagan Phelan of Bow is a Registered Dietitian, avid cook, gardener in-training, and dog

lover. With experience in nutrition education, research, and counseling, Meagan works with people to expand their knowledge of nutrition and motivate them towards their wellness goals at The Nutrition Counseling Center in New London.

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, bolder type

New: added sugars

Change in nutrients required

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	0%

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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INSURANCE AND INVESTMENTS

BY DOMINIC LUCENTE

A good financial strategy is not just about "making money;" it is also about protection.

Some people mistake investing for financial planning. Their "financial strategy" is an investing strategy, in which they chase the return and focus on the yield of their portfolio. As they do so, they miss the big picture.

Investing represents but one facet of long-term financial planning. Trying to build wealth is one thing; trying to protect it is another. An effort must be made to manage risk.

Insurance can play a central role in wealth protection. That role is underappreciated – partly because some of the greatest risks to wealth go unnoticed in daily life. Five days a week, investors notice what happens on Wall Street; the market is constantly "top of mind." What about those "back of mind" things investors may not readily acknowledge?

What if an individual suddenly cannot work? Without disability insurance, a seriously injured or ill person out of the workforce may have to dip into savings to replace income – i.e., reduce his or her net worth. As the Council for Disability Awareness notes, the average length of a long-term disability claim is nearly three years. Workers' compensation insurance will only pay out if a disability directly relates to an incident that occurs at work, and most long-term disabilities are not workplace related. Disability insurance can commonly replace 40-70% of an individual's income. Minus disability coverage, imagine the financial impact of going, for instance, three years without work and what that could do to a person's net worth and retirement savings.¹

What if an individual suddenly dies? If a household relies on that person's income, how does it cope financially with that income abruptly disappearing? Does it spend down its savings or its invested assets? In such a crisis, life insurance can offer relief. The payout from a policy with a six-figure benefit can provide the equivalent of years of income. Optionally, that payout can be

invested. Life insurance proceeds are usually exempt from income tax; although any interest received is taxable.²

Most people want a say in what happens to their wealth after they die. Again, insurance can play a role. At a basic level, those with larger estates may use life insurance to address potentially large liabilities, such as business loans, mortgage payments, and estate taxes. An ILIT may also shield the cash value of a life insurance policy from "predators and creditors." Beyond that, a sizable life insurance policy can be creatively incorporated into an irrevocable life insurance trust (ILIT), through which an individual can plan to exclude life insurance proceeds from his or her taxable estate.³

Yes, the estate tax exemption is high right now: \$5.49 million. Even so, if a person dies in 2017 while owning a \$5 million life insurance policy and a \$500,000 home, his or her estate would be taxed. An ILIT would be a useful estate-planning tool in such a circumstance.³

Why do people underinsure themselves as they strive to build wealth? Partly, it is because death and disability are uncomfortable conversation topics. Many people neglect estate planning due to this same discomfort and because they lack knowledge of just how insurance can be used to promote wealth preservation.

The bottom line? Insurance is a vital, necessary aspect of a long-term financial plan. Insurance may not be as exciting to the average person as investments, but it can certainly help a household maintain some financial equilibrium in a crisis, and it also can become a crucial part of estate planning.

Dominic Lucente may be reached at 603.645.8131 or dominic.lucente@LPL.com
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WHAT'S NEXT?



Each year, nearly 150 million households file their federal tax returns: digging for receipts; gathering mortgage, retirement, and investment account statements; and trying to take advantage of every tax break the code permits.

This tax season, why not make the most of all that effort?

It's a perfect time to take a critical look at your financial situation. Let us help you analyze both where you are and where you'd like to be, and work with you to craft a plan to work towards financial well-being.



Dominic M. Lucente
CFP®, RFC®
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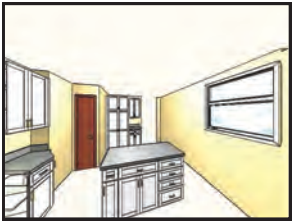
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RISE AGAIN OUTREACH TO HOST 9TH ANNUAL SILENT AUCTION

Rise Again Outreach, a local non-profit, faith-based charitable organization serving central New Hampshire, will hold its 9th Annual Silent Auction Fundraiser from **6:30 to 8:30 p.m. on Saturday, June 3, 2017**, at New Beginnings Church of the Nazarene, on 33 Staniels Road in Loudon. More than 100 items donated from businesses all over New Hampshire and beyond will be up for auction.

Some of the great items include Disney World tickets, theater shows, date nights and getaways, golf outings, family camping, automotive care packages, autographed sports memorabilia, sports venues, museums, family entertainment, fine dining and so much more! You won't want to miss out on some great deals while supporting a very worthwhile local charity.

Rise Again Outreach, with its mobile clothing pantries and many other programs, helps meet the needs of low-income families, homeless, refugees and others

in crisis situations throughout central New Hampshire. With its many volunteers, the organization has assisted thousands of New Hampshire families and individuals who need a helping hand in today's tough economic climate.

We need your help to continue this vital outreach. Contact Bob Pease via email at pawppawp@comcast.net for information about donating auction items. More importantly, support Rise Again Outreach by coming to the event and placing your bid on some items. There are always some great deals and it's all for a good cause – supporting our neighbors in the community and helping to make New Hampshire a better place for everyone!

There is no cost for attending the auction. Only cash and personal checks can be accepted for auction items. Come join us for a great time for an even greater cause!

With dozens of volunteers, the organization has assisted thousands of New Hampshire families and individuals in need of a helping hand. Programs of Rise Again Outreach are available to all who are in need, regardless of race, ethnicity, gender, sexual orientation or religious affiliation. For more information, please visit our website at www.riseagainoutreach.org.



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For More Information Contact:

Wendy Gazaway

wgazaway@comcast.net

Megan Rheinhardt

mrheinhardt@comcast.net

Rain Date: Sunday June 4th

Come join the FUN at this family friendly community wide event. All proceeds support cancer patients and their families through the **Payson Center for Cancer Care's Lend Me a Hand Fund.**

Leadership Greater Concord Accepting Applications for 2017-2018

Leadership Greater Concord, a program of the Greater Concord Chamber of Commerce that fosters civic awareness in the greater Concord community, is now accepting applications for the 2017-2018 program.

The program's steering committee seeks to identify individuals with distinctive leadership potential and enhance their knowledge of the area by exposing them to issues, opportunities and problems facing the Greater Concord community.

The individuals who are selected for the 2017-2018 Leadership class will begin work on the ten-month program in September, starting with a retreat and followed by a series of day-long work sessions from September through May and a graduation ceremony in June.

Each session focuses on a particular aspect of civic life in Con-

cord, including history and culture, environment and sustainability, economic development, education, communications and the media, government and politics, criminal justice, health and human services, and spirituality.

The application deadline is Friday, May 19, 2017, at 5 p.m.

For more information about Leadership Greater Concord, please contact Valerie Blake at (603) 224-2508.

To download an application, please visit www.concordnhchamber.com.

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Kristina Carlson, Communications Manager

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BOW POLICE LOG

APRIL

Motor vehicle stops: 176	Arrests: 23
Written Warnings: 144	Citations Issued: 23
Accidents: 9	Parking Tickets: 8
Incident/Investigation Reports: 29	Restraining Orders: 0

April 2: 16 year old juvenile from Bow was arrested for possession of a controlled drug, and a violation of original and youth operator's license.

April 3: Conrad W. Moriglioni, 26, Epsom, NH, arrested for driving after suspension or revocation, suspended vehicle registration, 3 charges for possession of controlled drug, and a bench warrant; Gavin Guay, 25, Concord, NH, arrested for unauthorized use of a motor vehicle.

April 4: Alan Keith Edwards, 46, Pittsfield, NH, arrested for driving after suspension or revocation and disobeying an officer; Arona G. Sagna, 27, Concord, NH, arrested for driving after suspension or revocation.

April 7: Jacob R, Bath, 28, Derry, NH, arrested for aggravated driving while intoxicated and driving while intoxicated subsequent offense.

April 9: Ronald R. Wiggin, 46, Manchester, NH, arrested for Cruelty to Animal.

April 10: Christopher L. Poire, 28, Bow, NH, arrested on 2 charges for possession of a controlled drug, driving after suspension or revocation, open container, and breach of bail; Tara Messner, 35, Hooksett, NH, arrested for Transportation of Drugs in Motor Vehicle; Corey Michael Douglas, 28, Manchester, NH, arrested for possession of controlled drug, and false report to a law enforcement officer.

April 12: James W. Fersch, 19, Bow, NH arrested for reckless operation and driving after suspension or revocation.

April 13: Mason Wyatt Rogalis, 24, Parkesburg, PA, arrested for driving after suspension or revocation.

April 14: Christopher L. Poire, 28, Bow, NH, possession of a controlled drug, Christopher L. Poire, 28, Bow, NH, arrested on a warrant; Jessica R. Tobine, 38, Bow, NH, allowing improper person to operate vehicle.

April 19: Adult person taken into protective custody-Alcohol; Allyson E. Eisenberg, 27, Henniker, NH, arrested for driving while intoxicated, driving after suspension or revocation, open container, yellow/solid line violation.

April 20: James Renaud, 52, Bow, NH, arrested for driving while intoxicated, driving while intoxicated subsequent offense, and open container.

April 22: Nicholas Rob Stultz, 28, Contoocook, NH, arrested for aggravated driving while intoxicated, possession of controlled drug, open container, and yellow/solid line violation.

April 26: Zachary Gove, 24, Concord, NH, arrested for driving after suspension or revocation and suspension of vehicle registration.

April 27: Brian D Griffin, 29, Boston MA, arrested for driving while intoxicated.

April 28: Timothy Eugene Wright, 34, Canaan, NH, arrested on a warrant.

April 30: Marie Eva Holbrook, 55, Warner, NH, arrested on a warrant.

DUNBARTON NEWS



On Thursday April 20th, Jenna Van Dyke and Nicole Bullis of the Dunbarton Silverbirch 4H Club participated in the Merrimack County 4-H Fashion Revue Show. Members of various 4H groups throughout Merrimack County model their outfits they have sewn during the 2016-2017 season. The Fashion Review was held at the Merrimack Valley Middle School. *Respectively submitted by Nicole Bullis, Reporter.*



On Friday April 14th, the Dunbarton Silverbirch 4H Club learned about gardening and potting plants. Mr. Ken Koerber, a Master Gardener, presented a program on gardening alongside with Mrs. Chanti Labrecque. The members prepared a potted plant to bring home. Pictured is Mr. Koerber and Mrs. Labrecque with the members. *Respectively submitted by Nicole Bullis, Reporter.*



SCHS Save a Stray 5K RUN/WALK

Saturday, May 20th, 2017
Sunapee Harbor
8:30 AM (Last Minute Registrations)
RUN STARTS AT 10:00 AM

Due to insurance and liability issues, no dogs are allowed at our event.
 \$20 PRE-REGISTRATION FEE
 \$25 SAME DAY REGISTRATION FEE

KIDS 12 & UNDER FREE - TO REGISTER TO RUN, WALK, OR SUPPORT A PARTICIPANT THROUGH PLEDGING, VISIT OUR WEBSITE:
sullivancountyhumanesociety.org
 FREE T-SHIRT FOR FIRST 100 SIGN-UPS!

To benefit the Sullivan County Humane Society

Jim Normand
 State Senate
June 6, 2017
A Plan for New Hampshire

Colin P. Prusse, Fiscal Agent

BOW SCHOOL SPORTS HIGHLIGHTS

BOYS VARSITY BASEBALL

Boys Varsity Come From Behind to Defeat Sanborn Regional

Game Date May 11, 2017
Score FALCONS: 3
SANBORN REGIONAL: 2

Key players: Brendan Winch (7 IP, 2 R, 5 H, 3 K, 1 ER), Conner Lorenz (2-for-4), Austin Beaudette (2-for-4), Jack Corriveau (1-for-3, HBP). **Highlights/key moments:** Trailing 2-1 in the bottom of the seventh, Blandini hit a leadoff single and scored on a wild pitch. Lorenz brought home Corriveau with a walkoff single.

Boys Varsity Defeats Hollis-Brookline in Walk-Off

Game Date May 8, 2017
Score FALCONS: 6
HOLLIS-BROOKLINE: 5

Key players: Conner Lorenz (3-for-3, 3 RBI, 2 doubles, BB), Jack Corriveau (2-for-4, 2 RBI, run), Ben Guertin (2-for-3, run). **Highlights/key moments:** The Falcons trailed 5-3 in the bottom of the seventh with two outs, but Corriveau hit an RBI single and Lorenz hit a two-run walk-off single.

Boys Varsity Drops Close One to Coe-Brown Northwood Academy

Game Date May 4, 2017
Score FALCONS: 2
COE-BROWN NORTHWOOD ACADEMY: 4

Key players: Brendan Winch (2 IP, 1 R, 2 H; RBI single), Noah Bult (4 IP, 3 R, 2 H), Jack Corriveau (double).

GIRLS VARSITY SOFTBALL

Girls Varsity Lose to Merrimack Valley

Game Date Apr 18, 2017
Score FALCONS: 0
MERRIMACK VALLEY HIGH SCHOOL: 19

BOYS VARSITY LACROSSE

Boys Varsity Cruise Past Pembroke Academy

Game Date May 10, 2017
Score FALCONS: 18
PEMBROKE ACADEMY: 2

Key players: Mason Grasso (4 goals, 2 assists), Jared Reynolds (3 goals), Ryan Tobeler (goal, 3 assists), Alex Killion (goal, 2 assists), John Colquitt (won 9 of 10 face-offs). **Highlights/key moments:** After a close first quarter, Bow scored seven goals in the second to take a 10-2 halftime lead on its way to the win.

Boys Varsity Lose Close One to Keene

Game Date May 8, 2017
Score FALCONS: 7
KEENE HIGH SCHOOL: 8

Key Players: Brendan Ulrich (2 goals, assist), Jared Reynolds (goal, 2 assists), Ryan Tobeler (goal, 2 assists), Alex Killion (goal, 2 assists). **Highlights/Key Moments:** The Falcons' final shot went just wide of the goal as the horn sounded.

Boys Varsity Never Looks Back against Manchester West

Game Date May 3, 2017
Score FALCONS: 21
MANCHESTER WEST: 2

Key players: Mason Grasso (3 goals, 3 assists), John Colquitt (3 goals, assist), Ryan Tobeler (3 goals, 2 assists), Alex Killion (2 goals, 2 assists), Matt Gagne (2 goals, assist), Jack Wixson (2 goals, assist). **Highlights/key moments:** In their first game in more than two weeks, the Falcons opened an early 10-0 lead and never looked back.

GIRLS VARSITY LACROSSE

Girls Varsity Defeat Campbell High School

Game Date May 10, 2017
Score FALCONS: 10
CAMPBELL HIGH SCHOOL: 3

Key players: Taylor Darrell (2 goals, assist), Zoe Jukoski (goal, assist), Jeanine Roy (first varsity goal), Pinky Fleury (5 saves).

Bow Girls Secure Big Win Over Coe-Brown

Game Date May 9, 2017
Score FALCONS: 15
COE-BROWN NORTHWOOD ACADEMY: 5

In Bow Coach Christiane Raabe's mind, the early-season loss to Hopkinton was exactly what her team needed to fuel them for the season.

Girls Varsity Use Strong Defense to Defeat Pelham

Game Date May 3, 2017

Score FALCONS: 12
PELHAM: 6

Key players: Taylor Darrell (4 goals, 2 assists), Olivia Krause (3 goals), Zoe Jukoski (2 goals). **Highlights/key moments:** The Falcons used strong team defense and received one goal apiece from Maggie Vogt, Sofia Darrell and Charlotte Ulrich to double up the Pythons.

BOYS VARSITY TENNIS

Boys Varsity Sweep Past Kearsarge

Game Date May 10, 2017
Score FALCONS: 8
KEARSARGE: 1

Key players: Brayden Binder (8-5 win at No. 1), Caleb Olson (8-2 win at No. 3), Michael Mullen (8-2 win at No. 4), Dillon D'Allesandro (8-2 win at No. 5), Zach Mullen (8-1 win at No. 6). **Highlights/key moments:** The Falcons handed the Cougars their first loss in four matches, sweeping all three doubles matches in the process.

Boys Varsity Sweep Double Header From Monadnock Regional

Game Date May 8, 2017
Score FALCONS: 6
MONADNOCK REGIONAL: 0

Key Players: Brayden Binder (2 wins at No. 1 singles), Evan Alfano (2 wins at No. 2 singles), Michael Mullen (2 wins at No. 3 singles), Caleb Olson (2 wins at No. 4 singles), Nerraj Naik (2 wins at No. 5 singles).

Boys Varsity Defeat Sanborn Regional

Game Date May 4, 2017
Score FALCONS: 6
SANBORN REGIONAL HIGH SCHOOL: 3

Key players: Brayden Binder (win at No. 1), Caleb Olson (8-1 win at No. 4), Dillon D'Allesandro (8-2 win at No. 5), Zachary Mullen (8-0 win at No. 6). **Highlights/key moments:** Alfano and Binder won, 8-4, at No. 1 doubles while Seam O'Reilly and Dustin Wells won, 8-3, at No. 3.

Boys Varsity Lose Close Match to Portsmouth Christian Academy

Game Date May 3, 2017
Score FALCONS: 4
PORTSMOUTH CHRISTIAN ACADEMY: 5

Key players: Brayden Binder (8-6

win at No. 1 singles), Caleb Olson (8-5 win at No. 4). **Highlights/key moments:** Getting just two wins at singles hurt the Falcons, who received wins at both No. 2 and No. 3 doubles.

GIRLS VARSITY TENNIS

Girls Varsity Defeat Sanborn Regional

Game Date May 11, 2017
Score FALCONS: 7
SANBORN REGIONAL: 2

Key players: Claire Mulvaney (8-5 win at No. 2), Isabella Urbina (8-1 win at No. 3), Gwen Molind (8-5 win at No. 4), Lara Chern (8-2 win at No. 5), Miah Munro (8-2 win at No. 6). **Highlights/key moments:** The Falcons clinched the victory in singles play and added wins by Molind and Urbina (8-1) at No. 2 doubles and Mulvaney and Isabelle Dolcino (8-1) at No. 3.

Girls Varsity Stay Undefeated With Win Over Wilton-Lyndeborough

Game Date May 10, 2017
Score FALCONS: 9
WILTON-LYNDEBOROUGH: 0

Key players: Nandita Kasireddy (8-4 win at No. 1 singles), Claire Mulvaney (8-0 win at No. 2), Isabella Urbina (8-1 win at No. 3), Gwen Molind (8-1 win at No. 4), Lara Chern (8-2 win at No. 5), Emma Conley (8-1 win at No. 6). **Highlights/key moments:** The Falcons won every match to stay undefeated.

Girls Varsity Defeat Kearsarge

Game Date May 4, 2017
Score FALCONS: 8
KEARSARGE HS: 1

Key players: Nandita Kasireddy (8-0 win at No. 1), Claire Mulvaney (8-0 win at No. 2), Izzy Urbina (8-1 win at No. 3), Gwen Molind (8-1 win at No. 4), Lara Chern (8-1 win at No. 5), Isabelle Dolcino (8-1 win at No. 6). **Highlights/key moments:** The Falcons swept singles and only lost one doubles match. Mulvaney and Eva Blanz won, 8-4, at No. 2 doubles and Urbina and Madeline Lessard won, 8-4, at No. 1.



MARK YOUR CALENDARS!

- May 27th** - Bow Garden Club Annual Plant Sale
- May 29th** - Annual Memorial Day Ceremony, Remembrance & Cookout
- June 3rd** - Annual Yard Sale by Boy Scout Troop 75
- June 3rd** - Historic Quilt Exhibit with the Bow Heritage Commission
- June 6th** - Party Primary Voting Day for State Senate
- June 8th** - Young at Heart Trip - Lobster Bake and Show
- June 16th** - Town Employee Recognition Luncheon - Old Town Hall 11:30 a.m. - 1:00 p.m.
- June 28th** - Town Volunteer Thank You BBQ - Old Town Hall - 5:30 p.m.
- July 9th - August 13th** - Summer Concert Series. Sunday nights at the Gazebo - 6:00 p.m.
- July 25th** - Special Election for State Senate

SUDOKU ANSWER #6 By Ian Riensche
www.sudokupuzzler.com

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

The Bow Times can be picked up at these locations!

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

21st ANNUAL GOLF TOURNAMENT

Date: 06/23/2017
Start Time: 8:30am

Please join us for our 21st Annual Bow Falcons Booster Club golf outing at:

Stonebridge Country Club
 161 Gorham Pond Road
 Goffstown, NH 03045

Continental Breakfast provided @ 7:30am
 Looking forward to seeing you there!

Registration forms available on bowboosterclub.com

SAVE THE DATE

Bow Falcons Booster Club
Enriching the lives of all Bow High School Athletes





BOW ROTARY CAR SHOW

From 8:00 to 2:00
 Saturday May 20, 2017
508 South St, Bow (The Fields at Concord Group)
just off Exit 1 on I-89
 No Rain Date

Bow Drinking Water Committee

ANNUAL TEST YOUR WELL WATER

Community Building Bandstand, 2 Knox Road

Kit Pickup: Saturday, June 3rd, 8 am to 12 noon
 Dropoff and Payment: Sunday, June 4th, 9 am to 12 noon

Cynthia Klevens / for Bow Drinking Water
 271-3108 (day); 228-1956 (evening)

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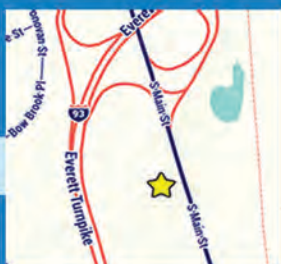
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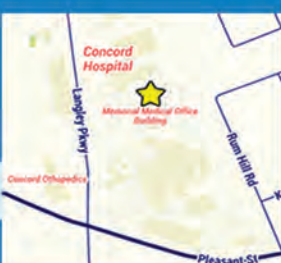
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