



# The Bow Times

"Of the People, By the People, For the People"

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BOW, NH

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FREE

## Mitch Harrington is Bow's New Fire Chief



In 1994, at the age of 15 years old, Mitch joined the Lincoln Fire Department. He next served as firefighter/EMT in Gilmanton and he came to Bow in 2000 to serve as Captain/Training Officer.

Mitch is a lifelong learner and teacher. He holds an Associate's degree in Fire Science and a Bachelor's degree in Business Administration and Management.

He has also attended courses at the FEMA Emergency Management Institute and the National Fire Academy. He currently serves as

an instructor at the NH Fire Academy and Concord Regional Technical Center and he also taught fire technology at Lakes Region Community College.

In 2009, Mitch was one of the first 10 professionals in the country to earn the Center for Public Safety's Excellent Fire Officer Designation.

Said Town Manager David Stack: "We are lucky to have a person of such experience and knowledge serving the Town as our first full-time Fire Chief."

## Boutin Announces the Support of Bow Community Leaders

Former Senator David Boutin announced the endorsements of over 20 locally elected officials and community leaders from throughout district 16.

"I am humbled to have the support of so many community leaders from district 16.

I have had the pleasure of working with these folks to address the challenges facing our communities and I look forward to continuing to work with them to make our communities great places to start a business and raise a family," said David Boutin.

"I'm supporting David because he has always been crystal clear on his position when it comes to taxes – no income tax, no sales tax," said Representative Bill Kuch.

Community Leaders and Elected Officials Endorsing David Boutin for the July 25, State Senate Special Election from Bow are:

Representative Bill Kuch



**Former Senator David Boutin**

Board of Selectmen Vice Chair  
Eric Anderson

Selectman Benjamin Kiniry

Selectman Christopher  
Nicolopoulos

## THANK YOU BOW!

We have just moved into your new Public Safety Center. We are extremely pleased with this wonderful and functional building that will serve your needs well into the future.

It has been a long road to get here, but a necessary one, to find the proper solution the town would support.

We would like express our sincerest gratitude to Public Safety Center Committee members, Board of Selectman, Town Manager David Stack and the Public Safety Supporters over the years. This

would not have happened without each and every one of you.

We would also like to thank the men and women of the Bow Police, Fire, and Emergency Management departments for their many hours dedicated to this project. Your excitement and pride over the past few weeks is most admirable.

**Please visit us on July 13 for our open house from 4 to 7 p.m.**

Margarett Lougee-Police Chief Leland  
Kimball-Emergency Management Director  
Mitchell Harrington-Fire Chief

## Over 900 Attend Bow Rotary Car Show



**Class K - Mopars | 1969 Plymouth Roadrunner**  
Kathy Cramer, Bow NH



**Class D - 1960's | 1962 Chevy SS Convertible**  
Bob Dacko, Dunbarton, NH



**Class M - Rod & Custom (pre 49')**  
1931 Ford Roadster  
Terry Cramer, Bow NH

The Annual Bow Rotary Car Show, featuring an array of vintage vehicles recalling America's automotive history, was held on Saturday, May 20.

The event, was held in the field at 508 South Street, Bow, behind the Allied Insurance Agency offices and just north of Exit 1 off Interstate 89. More than 170 show cars were on display reflecting a variety of cars, trucks and motorcycles from the different eras of our motoring past.

Sixteen trophies were awarded including awards for People's Choice and Best of Show. Owners of the first 100 vehicles registered received a goodie bag and a dash plaque. Cars from all over New England were present with the furthest car owner driving from Connecticut. The car owners rate the Rotary Car Show as one of the better organized and fun filled shows in the area. To see all winners, go to <https://portal.clubrunner.ca/1612/SitePage/2017-winners-sponsors>.

Music from the 60's played over the speakers as hamburgers and sausage rolls were served from the field kitchen. Raffles and prizes were held throughout the day.

Over 900 spectators and friends

of the show enjoyed the great weather and fellowship. Winning cars and trucks by category can be seen at the web site [BowRotaryCarShow.com](http://BowRotaryCarShow.com). Supported by local sponsors and over 40 volunteers from the Rotary Club and friends, all proceeds from the event will be used to fund community and international projects of the Bow Rotary Club Foundation.

Established in 1970, the Rotary Club of Bow is a service organization of approximately 55 women and men who engage in a wide variety of volunteer activities, ranging from Summer Concerts, roadside pickups, scholarships, and community beatification projects in Bow to building schools and implementing clean water programs in Latin America.

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

## EDITORIALS

# LOW TAXES ARE THE RESULT OF LOW SPENDING

### The Bow Times

Publisher – The Bow Times, LLC  
Editor – Chuck Douglas 224-1988  
Co-Editor - Debra Douglas  
496-0265

Sales Manager – Gary Nylen  
496- 5239

[gary42bow@comcast.net](mailto:gary42bow@comcast.net)  
Technical Editor – Denise Ehmling  
724-7853

[dehmling@thebowtimes.com](mailto:dehmling@thebowtimes.com)

Travel Talk Editor - Chase Binder  
Food Editor - Debra Barnes  
Wine Editor - Nicole Habif  
Contributing Writers – Joyce Kimball, Faye Johnson, Donna Deos, Ben Kiniry, Dominic Lucente, Ron Lacroix  
Photographs - Eric Anderson  
Printer – Seacoast Media Group

**Mailing address for news or notices:** 40 Stone Sled Lane, Bow  
**Email:** [info@thebowtimes.com](mailto:info@thebowtimes.com)

**DEADLINES:** 1st of the month; classifieds must be prepaid -- cash, check or pay online at [www.thebowtimes.com](http://www.thebowtimes.com)

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**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.

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

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

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### Reading the Powerplant Judicial Tea Leaves

On June 2 the New Hampshire Supreme Court decided appeals by Public Service Co. and another utility involving assessments in 64 different towns. PSNH won some and lost some as did the New Hampshire Electric Cooperative, Inc. when the cases played out in front of the N.H. Board of Tax and Land Appeals. It denied more of the two utilities' appeals from local assessments than it granted.

The main point is that despite all the arguments on appeal, the court in its 33 pages of opinions affirmed everything that had been decided by the BTLA. Bow's expert on utilities, George Sansoucy, testified for the towns at the BTLA. The standard to win a utility tax case on appeal is to show that the BTLA or Superior Court decision was "clearly unreasonable or unlawful." Determining the fair market value of utility property "is an issue of fact."

Because it is so hard to place a value on such properties the court gives "considerable deference" to the decision makers and will only reverse when the evidence does not support them or they make a legal error.

Furthermore, because the appraisers who testify as experts for or against the value of a property have to make various judgment calls and estimates, they will have different persuasive arguments. The Supreme Court leaves their credibility to the BTLA or the trial judge as "a question of fact." In fact in the NH Electric Cooperative appeal the court said: "When faced with conflicting [expert] testimony, a trier of fact is free to accept or reject an expert's testimony in whole or in part." The court went on to say that the credibility of an expert is for the judge or BTLA hearing the case, so if there is some support for rejecting an appraiser's testimony the Supreme Court will not redetermine the issue in an appeal.

The bottom line is that in Bow's appeal Judge McNamara on several occasions did not find Mr. Sansoucy to be credible. The odds to win are slim to none based on the two recent cases that were affirmed 100% by our high court.

### Boutin Over Cavanaugh on July 25

Big name Democrats are lining up behind Manchester union organizer Kevin Cavanaugh.

Records show Cavanaugh has raised more than \$43,000, with some of the biggest checks coming from IBEW local 2320, where he works as an Assistant Business Manager.

Cavanaugh says casinos will bring good-paying jobs with benefits. "That would have been a great way to get people working in the state and get some tax revenue out of it."

Kevin Cavanaugh is on the Board of Aldermen for Manchester but has not called for the resignation of fellow Alderman Tommy Katsiontonis who has been charged with four counts of tax evasion and theft of \$423,000 in Room & Meals taxes.

**Minimum wage:** Cavanaugh said he supports increasing the minimum wage in New Hampshire, which currently relies on the federal rate of \$7.25.

**Business taxes:** Cavanaugh opposed continued cuts to the state's business enterprise and profit taxes that have helped our business climate.

**Tax cap:** Big spender Cavanaugh voted to override Manchester's tax cap on June 13 as he did last year.

Our Senate District does not need another union organizer but needs a strong voice for the taxpayer not a special interest.

The choice is Dave Boutin on July 25 in the State Senate special election.

### Connecticut Tax Comeuppance

**With the rich tapped out, the state may resort to "Puerto Rico bonds."**

*[Note for those who think tax and spend works the story of Connecticut is instructive]*

The Aetna insurance company has been based in Hartford, Conn., since 1853, but it said it is looking to move to another state. Governor Dannel Malloy pledged to match other states' financial incentives, but taxpayer money can't buy fiscal certainty and a less destructive business climate. That's the real problem in Connecticut, which saw GE vamoose to Boston last year and which even Mr. Malloy now seems to recognize.

Last month the Connecticut Office of Fiscal Analysis reduced its two-year revenue forecast by \$1.46 billion. Since January the agency has downgraded income-tax revenue for 2017 and 2018 by \$1.1 billion (6%). Sales and corporate-tax revenue are projected to fall by \$385 million (9%) and \$67 million (7%), respectively, this year. Pension contributions, which have doubled since 2010, will increase by a third over the next two years. The result: a \$5.1 billion deficit and three recent credit downgrades.

According to the fiscal analyst, income-tax collections declined this year for the first time since the recession due to lower earnings at the top. Many wealthy residents decamped for lower-tax states after Mr. Malloy and his Republican predecessor Jodi Rell raised the top individual rate on more than \$500,000 of income to 6.99% from 5%. In the past five years 27,400 Connecticut residents, including Ms. Rell, have moved to no-income-tax Florida, and seven of the state's eight counties have lost population since 2010. Population flight has depressed economic growth—Connecticut's real GDP has shrunk by 0.1% since 2010—as well as home values and sales-tax revenues.

Mr. Malloy is also seeking \$1.6 billion in concessions from unions, which would be easier to achieve if collective bargaining weren't mandated by law. He's suggested increasing municipal pension contributions and cutting state-revenue sharing, both of which could drive up property taxes and imperil insolvent cities like Hartford. Mr. Malloy's budget includes a \$50 million bailout for Hartford to prevent bankruptcy, which might occur in any case if Aetna—its fourth largest taxpayer—leaves.

The state treasurer has advocated "credit bonds" securitized by income-tax revenues to reduce the state's borrowing costs. Investors beware: Puerto Rico tried something similar with its sales tax, and bondholders might not get back a penny. Maybe Democrats should follow Jerry Seinfeld's advice to George Costanza and do the opposite of the instinct that has brought the state so low: Cut taxes. *Reprinted from the Wall St. Journal 6/3/17.*

**Chuck Douglas,**  
*For a free press, je suis Charlie*

**NOTICE: Because the May Survey was not available online to complete we are rerunning it. Please go to [www.thebowtimes.com](http://www.thebowtimes.com) to voice your opinion.**

## June Survey

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

Yes

No

Results calculated by [surveymonkey.com](http://surveymonkey.com)

# MEANING OF MEMORIAL DAY REMEMBERED

## Memorial Day at the Community Building Honors War Dead



Wreath Ceremony for Navy Personnel



Pete Burdette Tolling the Bell for the Fallen



Dick Dagavarian and Tim Morrison serve on behalf of the Men's Club



Lt. Col. David West, USAF Retired Speaks to the Group

## Eric Anderson Donates Flag and Flag Pole for Veterans Memorial



The American Flag is now proudly on display at the Veterans Memorial at the Evans Cemetery. If all goes well it will be illuminated with solar light every evening so long as the sun shines.

Eric Anderson, a retired Air Force officer, gave special thanks to the Board of Selectmen for permitting him and his wife Cheryl to install the pole and flag at the Veterans Memorial.

“I also want to thank Scout Andrew Nicholls for taking this Memorial on as an Eagle Scout Project in the first place. And finally, I want to thank the DPW along Todd and Dana for doing the work to prepare the site for receiving and displaying the American Flag,” said Anderson.

## Contratulations to Our Advertisers Who Won the People's Choice Award or CAPPIS for 2017

- Best Gourmet Food Store – Wellington's Marketplace
- Best Dentist – Generations Dental Care
- Best Tanning – TurboTan
- Best Credit Union – NH Federal Credit Union
- Best Bank – Merrimack County Savings Bank
- Best Financial Adviser – MillRiver Wealth Management
- Best Plumber – Bow Plumbing & Heating
- Best Insurance Agency – Allied Insurance (3<sup>rd</sup> place)
- Best Real Estate Agency – Duval Team Real Estate
- Best Deli – Cimos South End Deli (2<sup>nd</sup> Place)  
Wellington's Marketplace (3<sup>rd</sup> Place)
- Best Butcher Shop – Quality Cash Market (2<sup>nd</sup> place)

### Selectmen Reappoint Many to 3 Year Terms

On April 11 the Board of Selectmen reappointed the following for three year terms of office:

- John Meissner, Business Development Commission
- Larry Haynes, Business Development Commission
- Stan Emanuel, Business Development Commission
- Dik Dagavarian, CIP Committee
- Stephen Buckley, CNHRPC
- Richard Kraybill, Drinking Water Protection Committee
- Wendy Waskin, Drinking Water Protection Committee
- Darren Benoit, Heritage Commission
- Susan Wheeler, Heritage Commission
- Allen Lindquist, Planning Board
- Christopher Fortin, Planning Board (Alternate)
- Sandra Crystall, Planning Board
- Beth Titus, Recycling & Solid Waste Committee
- Donald Burns, Zoning Board of Adjustment
- Robert Ives, Zoning Board of Adjustment

## School Board Considers Transgender Issues

At a recent school board meeting Dean Cascadden, the Superintendent for SAU 67, summarized activity concerning transgender issues. Dr. Cascadden went over the current Non-Discrimination Policy, upcoming Policy review, the likelihood that the current law will be clarified, the bullying law, promoting privacy, and making decisions on a case-by-case-basis. Attendees were told what the District has done to support those desiring more privacy.

School counsel, Matt Upton, reviewed transgender student guidelines, which he went over for attendees. Board members had a few letters from students expressing concerns and offering suggestions. Dr. Cascadden described various scenarios and how they have been handled. NHIAA's policy respects school decisions; Dr. Cascadden told attendees about sports activity accommodations. After discussions the school administrative team has decided to handle matters on a case-by-case-basis.

Monica Swenson attending the meeting and said it was important that all students, including the transgendered, be treated with respect and accepted. She added that the American Academy of Pediatrics conducted a broad study of transgender suicide and murder rates and discovered that the generation having already gone through the school system had elevated anxiety and high suicide rates, but those within the current system are validated and more accepted leading to less anxiety. Being transgendered does not in and of itself result in high anxiety and suicide rates, but society's response to the transgendered does. She said it is important that all human beings be accepted as part of the community. Ms. Swenson indicated that adults need to hold other adults responsible for the lack of acceptance by some. She encouraged establishing a clear policy statement.

Attendees discussed state versus school policies, student recognition, a policy helping to hold adults within the system accountable, gender identity, students having a voice and various schools addressing gender identity.

Dr. Cascadden pointed out that the school lawyers have encouraged taking one case at a time. Attendees expressed being hopeful about the future because of younger students' acceptance of, and respect for, one another.

## 2017 STATE SPECIAL PRIMARY ELECTION RESULTS TOWN OF BOW FOR STATE SENATOR

### REPUBLICAN:

<b>David Boutin</b>	<b>79</b>
<b>Write in</b>	<b>9</b>

### DEMOCRATIC:

<b>Kevin J. Cavanaugh</b>	<b>213</b>
<b>Jim Normand</b>	<b>78</b>
<b>Write In</b>	<b>2</b>

### LIBERTARIAN :

<b>Jason A Dubrow</b>	<b>1</b>
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<b>TOTAL BALLOTS CAST</b>	<b><u>383</u></b>
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### VOLUNTEER OPPORTUNITIES FOR TOWN GOVERNMENT

There are currently opening on the Conservation Commission (Alternate), Drinking Water Protection Committee, Zoning Board of Adjustment (Alternate), and the Recycling & Solid Waste Committee. Volunteer applications are available at the Town Manager's Office and at <http://www.bownh.gov/306/Volunteers>.

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**Bow Resident  
Thompson Parker  
Publishes Science  
Fiction/Fantasy Novel**



We are proud to announce the recent publication of *The Phalanx of Faith* by Bow resident Thompson Parker.

The plot of the novel involves a cleric that has to give up all that is important to his faith to find the woman he loves, yet to find answers he may imperil civilization.

Seven years after helping save the world from destruction, agnostic-turned-vicar Jakem Pyce is plagued by doubt. He learns his spiritual mentor and secret love Ariane may not have perished in her selfless act of sacrifice, and now seeks answers in the mystery surrounding her disappearance. Yet to find answers, he must decide whether to use a forbidden magic counter to his Devout Seeker faith that may put the rest of the world in danger, and his wavering faith in a silent Deity is a constant barrier.

Helped by Caliha Aze, an earnest young dwarf who has fled her oppressive society, the pair must face a gauntlet of obstacles including shadowy agents, relentless magic foes, uncontrollable sorcery, and vengeance seekers, all against the backdrop of a bitter civil war and shifting alliances among friends, enemies, and those with unclear

motives. Jakem must depend on his shaken faith to learn Ariane's fate and keep the people around him safe when all other hope is lost.

*The Phalanx of Faith* is the first book in the epic fantasy series *The Dragon Hymn of the Republic*, set in a lush and gritty fictional world who geopolitics reflect our own uncertain times. Print and e-book versions are now available on Amazon and other online retailers.

Thompson Parker is a 20 year resident of Bow and a graduate of the University of New Hampshire and Rensselaer Polytechnic Institute. A life-long fan of science fiction and fantasy, he is also working on a series of short stories that explore New Hampshire's history from prehistoric times to the current era.

The book is available on Amazon.com.

**Bow Young at Heart Club**

By Faye Johnson

All seniors 55 and over are welcome at the Bow Young at Heart Club. Dues are \$15.00 per year. Meetings are held the 2nd and 4th Wednesdays of the month at 11:30 throughout the summer and fall. Bring a brown bag lunch. Beverage and dessert will be provided.

Our 12:30 programs are always interesting and open to the general public. Here is what is coming up:

June 28	Lucia Cote	Age with Grace
July 12	Lori Fisher	Latest & Greatest @ the BFL
July 26	Robert Vallieres	Eagles and Falcons
July 26	is also Pizza Day.	Members place their orders at 7/12 meeting.
August 9	Norma Boyce, AARP	Medicare Frauds & Scams

**UPCOMING TRIPS:**

July 13 - Pickity Place for a Gourmet Luncheon. In 1948 it was used for the illustrations of "Little Red Riding Hood." View herb and perennial gardens and browse a rustic Herb shop, a Garden Shop and Greenhouse. A stop will also be made at Parker's Maple Barn to check out their gift shop. Cost \$86.00 per person. Payment due June 28.

August 16 - A buffet Lunch at the Indian Head Resort followed by a production of Annie at Jean's Playhouse in Lincoln. Cost is \$81.00 per person and payment is due August 9. All seniors are welcome on our trips to fill seats not taken by members. For trip info contact Carol Walter 753-8000.

We have a great season planned. Come join us.

Faye Johnson, Publicity 228-8149

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BACK ROW (L-R)

**Kathy Croatti**  
Account Administrator, Office Manager  
603.640.3709  
kathy.croatti@ledyardbank.com

**Diane DeStefano, CFP®, CTFA**  
Senior Financial Advisor  
603.640.2708  
diane.destefano@ledyardbank.com

**Diane Mullin**  
Senior Financial Advisor  
603.640.2736  
diane.mullin@ledyardbank.com

FRONT ROW (L-R)

**Monique T. Brown**  
Senior Financial Advisor  
603.513.4082  
monique.brown@ledyardbank.com

**Jeffrey Trombly**  
Senior Portfolio Manager  
603.640.2733  
jeff.trombly@ledyardbank.com

**Karen Crump**  
Senior Portfolio Manager  
603.640.2741  
karen.crump@ledyardbank.com



## CONGRATULATIONS BOW HIGH SCHOOL CLASS OF 2017

\*OLIVIA JOAN KRAUSE  
CHANDLER EVANS  
\*NANDITA M. KASIREDDY  
NICOLE MARY AUGER  
\*LAUREN NICOLE CRAVEN  
\*SARA ELIZABETH ANOLI  
\*SOHANI ANTONIA ROYS DEMIAN  
TIMOTHY JOHN UNDERHILL  
\*ELYSIA TONNING WOODY  
CRISTA MARY ALFANO  
EVAN FORTE ALFANO  
ALLISON J. ARCAND  
ALEXANDER PAUL AUGER  
HUNTER WILLIAM BAKOS  
JONATHAN THOMAS BARA  
JACKSON JOSEPH BATOR  
\*AUSTIN RICHARD BEAUDETTE  
\*KRISTEN FRANCES BENSON  
NICOLE ERIN BERNARD  
ALEXANDER THOMAS BERUBE  
\*DUKE MICHAEL BIEHL  
\*SULLIVAN W. BLAIR  
SAARA EMMA BLISS  
NOAH BENJAMIN BULT  
PAVEL ANTHONY BURKE  
WILLOW GABRIELLE BYNUM  
\*CARMEN ANTHONY CELENZA  
\*GIANNA ELIZABETH CELENZA  
BRIAN MICHAEL CHAGNON  
CHASE HUNTER CHAMBERLIN  
DOUGLAS EVAN CHAMPAGNE  
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JOHN SALVATORE COLQUITT  
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ANDREW BENNETT CUTTER  
MICHAEL JONATHAN DARRACH  
TAYLOR L. DARRELL  
CAMERON JAMES DESFOSSES  
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ATHINA F. FANARAS  
JAMES WOLFGANG FERSCH  
\*ELIORAH BEATRICE FINKELSON  
HENRY SCOTT FLEURY  
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KYLE JOSEPH FRISBIE  
DEREK ADAM GARDNER  
MOLLY CHRISTINE GARRETT  
ALEXANDER D. GOTT  
\*SEBASTIAN JACK GRASSO  
AEDAN THOMAS GRAVES  
MATTHEW PAUL HADDOCK  
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BENJAMIN ERIK JOHNSON  
\*PAIGE NICOLE JOHNSON  
ZACHARY JOSEPH JUKOSKI  
\*REBECCA ANNE KATZ  
ALEXANDER LIAM KILLION  
MAC EDWARD KIMBALL  
ALEXANDRIA KLUG  
AIDAN ROBERT KOORNNEEF  
MALENA MARIE LAFRENIERE  
EMILY MARIE LANE  
DEVON MAREE LECOMPTE  
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\*JOSEPH THEODORE LULKA  
MEGAN ROSE MARSHALL  
RYAN MATTHEW MASINGILL  
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CASSANDRA LOUISE MEANEY  
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\*CLAIRE ELLY MULVANEY  
MACKENZIE MURDOCH  
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\*BRENDAN ELLIS WINCH  
SAMUEL MCKENNA WINDSOR  
MICHAEL ROBERT YORK, JR.

*Courtesy of Martha Rae, Bow High School*



### The Rotary Club of Bow Summer Concert Series!

By Ben Kiniry

How would you like to relax outdoors while listening to the pleasing sounds of live music for **FREE**? You can, every Sunday evening from 6:00 to 8:00 pm at the Gazebo (band stand) in Bow (across the street from the community center). Not only do we have a band each week, we also have Refreshments provided by the "Bow Community Men's Club" and a 50/50 raffle. Bring you blankets and chairs!

The following are the bands and the dates they will be entertaining us:

July 9, 2017, The Concord Coachmen/Laconia Chordsmen

July 16, 2017, The Jordan Tirrel-Wysocki Band

July 23, 2017, The Mink Hills Band

July 30, 2017, The Canyon Run Band

August 6, 2017, The Freese Brothers Band

August 13, 2017, The South Street Blues Band

In inclement weather, the fun continues, as we will move the concert inside of the Bow Community Building.

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AT  
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# Best Ways To Lose Weight Faster

BY JIM OLSON

Has your fat loss stalled? Burn more calories and lose more weight by trying one of these 5 techniques!

I'm sure everyone has that one friend who is so genetically blessed that he can blink an eye and magically drop to sub-10-percent body fat. Everyone else has to dial in their diet and tweak their training.

Sometimes, despite your best efforts, fat doesn't evacuate from your body as quickly as you'd like. The first instinct might be to dramatically increase calorie deficit and caloric expenditure, but that can bring about detrimental long-term effects on your body.

Instead, try weaving in one or more of these techniques to tell that final layer of fat to take a hike. Not all techniques are meant to work for everyone, but finding one that works for you should help you see the changes and progress you desire.

### Utilize Intermittent Fasting

Many folks, particularly men, have seen great success with intermittent fasting. Intermittent fasting allows only a small feeding window—typically, eight hours—before and after which you don't eat anything. The idea is that the practice would force your body to subsist on body fat storage for fuel



Jim Olson

during the fasting window, improve insulin sensitivity, and allow you to eat more diverse foods during your feeding window.

You may not want to do this all the time since its long-term effects on hormones, especially in women, are somewhat dubious at this point. However, for a period of one or two weeks, it can speed things along.

### Make Your Meal Plan Mindless

You need to ditch your habits of weighing your food to the gram at your desk and crunching numbers throughout the day. The less you stress about eating, the better are your chances to stick with your

eating plan and avoid making decisions that could set you back. After all, it just takes one giant binge to completely erase a week's worth of effort, so make every bite count.

Just take one day of the week—say, Sunday—and spend all day in the kitchen, preparing and portioning out all your food among towers of Tupperware. While your friends and family may snort at the sight, you know a week's worth of muscle-fueling, fat-bashing food will be within arm's reach.

### Perform Compound Supersets

Many people default to a full-body workout program to include intense compound exercises and make workouts more efficient. Why not add compound supersets?

By pairing two major exercises back-to-back like this—the squat and bench press, for example—you end up recruiting many more muscle fibers over a shorter period of time. You'll not only burn more calories during your workout, but you'll continue to burn more once it's over.

### Dial-In Form

As you move closer and closer toward your ideal body fat count, your energy levels may start to wa-

ver from the accumulated energy deficit. You might not be able to sustain as much volume in the gym as you're used to since you're not eating as much and your muscle glycogen is never fully saturated. Overall, you've just seen better days.

This isn't permission to allow some slack. Rather than cheating every rep, concentrate harder on perfecting your form. By focusing on each muscle contraction and isolating the working muscle group, you can maximize the training benefits you get from each working set. This makes a lower volume workout that much more effective.

### Skip A Day

While you definitely don't want to get into the habit of regularly skipping workout sessions, you might benefit greatly from taking a full rest day. Listen to your body. If it's bludgeoning you over the head with various aches and discomfort, let your body rest, for crying out loud.

No matter if you're trying to get lean or strong, an adequate rest is an integral part of the process for results.

If your gym session isn't going to be productive because you're not

Olson cont. p. 8

## IT'S NOT TOO LATE...TO GIVE DAD WHAT HE REALLY WANTED FOR FATHER'S DAY... HIS BODY BACK

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

Stop by Individual Fitness today and pick up a gift card for dad to help him get started with his journey.



When Dad comes in, he will receive this FREE gift!

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## TRAVEL TALK

# Overseas With Cash and Credit Cards

By Chase Binder

Sometimes the most inspiring travel articles read like novels, with compelling prose, divine imagery and even a suspenseful plot or two. But sometimes the articles with a practical focus impart more technical, nuts-and-bolts information. They may be dry and bit boring to read, but years later you are still wowed by their impact on your traveling life.

This article is of the latter type. It's about paying for things while you're out of the country. When and how to use cash. When and how to use credit and/or debit cards. How to keep all your resources safe from theft and what to do if your wallet gets stolen. Yawn, yawn, yawn!

Bud and I often like to use cash when we're abroad. Having cash in the local currency can save money—I remember the deals we would get using Czech crowns in Prague and out in the countryside. We've also found that having some good old US dollars in various denominations can open doors as well as put big smiles on the faces of folks like concierges and bell boys.

And don't forget that merchants pay a fee to use credit cards, so it's not unusual to find cash discounts at shops and restaurants.

After a lot of experimenting, we've found the best access to cash abroad begins right here at home with your own bank and your own debit card. Even as many as a dozen years ago, ATM machines (often called Bancomats in Europe and elsewhere) were very efficient at giving the best currency exchange rate, and generally with minimal fees, as long as you stayed within the network (CIRRUS, NYCE, MC, etc.—look on the back of your card).

Of course, there are a few confounding variables. Debit cards normally have per-day withdrawal caps set by the issuing bank...usually \$300-600 a day. Great, except suppose you need or want more? Your bank might very well lift that limit to as much as \$1000/day—just go in and ask. If you keep good balances in your accounts, it's sometimes as easy as that.



Chase Binder

And let's say you have a joint checking account with your spouse and each of you have a debit card attached to the joint account. Each card will have a different number (why not look right now and see?), and so each card will have the \$1000/day limit. That's \$2000/day you can use—provided, of course, you have the funds in your account!—for any emergency or non-emergency.

The other limit you'll encounter will be the limit of the bank that owns the ATM or Bancomat in London or Madrid or wherever, often \$600. How do you get the other \$400? Easy...go to another Bancomat. By the way, don't forget to adjust your limit by the fee—sometimes \$2-5.

And also consider setting up a separate checking account just for your travel, keeping just the amount you need for any given trip in it. If the worst happens and the card is stolen, the thief will be limited to that one account.

But credit cards are a vital part of travel. Which one to use? It's personal, of course. Some like the airline affinity cards that provide reward miles and upgrades on their favorite airlines. Some will only use a card with no annual fee. The variations are endless.

What's important in terms of the actual cost going about your travel day in Rome or Bangkok? The policy on foreign transaction

fees (an additional fee every time you use the card in a foreign country) and currency conversion fees (an additional fee to do the math of converting pounds or euros to dollars).

Capital One was among the first to issue credit cards with no foreign transaction or conversion fees, and Bud and I snapped one up and it has been our go-to travel card for years.

Most important, don't forget to call your bank *and* your credit card company and tell them about your travel plans. Credit card companies have algorithms that monitor your normal spending patterns and can automatically cancel your card if they seem something out of character—like dinner at a fabulous pub in Dublin. I have seen this happen and it ain't pretty!

The difficulty in getting a new card can range from annoying to impossible—which I witnessed once on a cruise ship in the middle of the Atlantic. Ouch!

Lastly, remember the importance of having a Plan B.

Have a back-up card all activated and ready for duty.

Have the phone numbers of your banker and your credit card companies (along with the account numbers, expiration dates and 3-digit security codes) recorded somewhere handy...*not* in your wallet with your cards!



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(Olson cont. fr. p. 7) feeling great, you'll only do more harm than good by unnecessarily pushing yourself. Rest up and go harder the next day!

Would you like some help with your fitness?


Would you like to improve your body and/or overall fitness?

Are you ready to look better, feel better, increase your self confidence and improve your overall quality of life?

Please feel free to call or email me now and I would be happy to help you with anything you need.

Committed to Your Fitness,

Jim Olson



*Be an informed voter*

### Meet and Greet the Candidates For New Hampshire Senate District 16

**Bow, Dunbarton, Candia, Hooksett and Manchester – Wards  
1, 2 and 12**


**Wednesday, June 28  
7:00 – 8:30 p.m.**

**Baker Free Library  
509 South Street, Bow**  
[www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org)

**\*\*Special Election to be held on Tuesday, July  
25 to fill unexpired term of Senator Scott  
McGilvray.**

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# BAKER FREE LIBRARY NEWS

By Lori Fisher

## New Meeting Room Reservation Interface

**Our new meeting room reservation interface through Library-Insight has gone live!**

The process for reserving a meeting room remains the same - visit our website [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org), and click on the button Reserve A Meeting Room on the right side. Fill in the form, and click submit. A confirmation email will be sent from a staff member once your reservation is reviewed and accepted. The new interface has images of each room, the ability to select additional services (such as a digital projector, white board, screen, etc.), and automatically sends a copy of our meeting room agreement after a request has been submitted. Let us know what your experience is with this new interface by emailing [info@bakerfreelib.org](mailto:info@bakerfreelib.org).

## Library as a Passport Acceptance Facility starting July 10th

**The Baker Free Library has been approved by the US Department of State to be a Passport Acceptance Facility starting on July 10th!**

We are only the 2<sup>nd</sup> library in the state to receive approval (Dover Public Library started their program in January 2017). This means that if you need to apply for a NEW passport, you can do so at our library. You need to bring all appropriate documentation and a passport photo. We hope to offer the ability to generate passport photos later this year. An extra fee of \$25 is assessed to have us accept your passport, but those monies stay at our library to fund our services. Passports applications can be accepted anytime we are open, until a half hour before we close. We encourage you to call ahead and make an appointment so that you don't have a wait time.

Questions? Contact Lori Fisher, Library Director, at [lori@bakerfreelib.org](mailto:lori@bakerfreelib.org) or call 224-7113. For information on passport documentation needed, visit <https://travel.state.gov/content/passports/en/passports.html>.

## Library Director and Former Trustee Receive Bow Rotary Community Service Award

**Tom Ives, former Library Trustee, and Lori Fisher, Library Director, were honored with the 2017 Rotary Club of Bow Community Service award on Thursday 6/1.**

They were chosen to receive this award due to their leadership efforts to finish the Library's Lower Level for the community over the past five years. Others honored at the ceremony, along with photographs of award recipients, can be found at [www.bowrotary.org](http://www.bowrotary.org).

## NH Senate District 16 Election Information

**The Election for NH Senate District 16 will take place at Bow Memorial School on Tuesday July 25, from 7 am to 7 pm.**

Information about the three candidates can be found on our website, [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org), or in hardcopy in the Library, starting on June 23<sup>rd</sup>.

We will also provide this information to the four other libraries in this Senate district for distribution (Hooksett, Dunbarton, Candia, and Manchester).

**Tentatively there will be a Candidates' Night at the Library on Wednesday June 28 at 6:30 pm. Please check the Library website for details and final verification.**

## 3-D Printing Now Regionally Available

**Baker Free Library is coordinating the use of a 3-D printer for use by libraries in the central region of New Hampshire!**

As part of a NH State Library initiative, 3-D printers are being made available for use at all public libraries.

We will have our regional printer on display and for public use through June, with demos running during our Summer Reading Kick-

Off event on Friday, June 23. If you've heard about 3-D printing but really don't know what it's about, check out the printer we have on site now, and speak with our trained librarians (Betsy, Kate, or Jennifer) to learn more.

## Summer Reading Kickoff: Friday June 23, 4 – 7 pm

**Get ready for some summer reading fun with our "Once Upon A Summer Reading" kickoff event!**

Children will be able to register to participate in the 8-week program, and we'll have all sorts of festivities to enjoy: food for the whole family, catapult games, coloring, crown-making, and more!

Bring the whole family - adults and teens can also find out how to participate and win prizes all summer.

For more information, contact Betsy at 224-7113 or [betsy@bakerfreelib.org](mailto:betsy@bakerfreelib.org). For a list of all of our events/classes, visit [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org).

Last day to submit items read for prizes is Friday August 18, 2017.

## BOW RECYCLING COMMITTEE 2017 POSTER AWARDEES



The Bow Recycling Committee sponsored a poster contest at the Elementary School to promote recycling. The posters we recognized have been reproduced and are being displayed in public buildings around town.

The people in the photo are (back row) Sarah Brown, Chair, and (bottom row l-r) Ryder Michaud, grade K, Aurora Clark, grade K, and Stella Dovidio-Alvey, grade 3.

Photos courtesy of Bow Recycling Committee.

## Castaway Farm Flea Market

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# BOW GARDEN CLUB

By Joyce Kimball

Bow resident Joyce Kimball (right) was installed as President of the New Hampshire Federation of Garden Clubs, Inc. (NHFGC) at their 84<sup>th</sup> annual meeting held at the Birch Wood Vineyard Event Center on May 24<sup>th</sup>. Kimball will serve as State President of this volunteer organization of 20 area clubs and approximately 1200 members for the 2017-2019 term. NHFGC promotes the love of gardening, floral design, civic beautification and both civic and environmental responsibility and provides education, resources, mentoring and state-wide networking opportunities for its members.

Kimball joined the Bow Garden Club in 2000, was elected to serve as NHFGC's District II Director, the liaison for the Bow, Goffstown, Hooksett and Weare garden clubs in 2002, served as Bow Garden Club President 2003-2005, NHFGC State President 2006-2009 and was elected to the position of New England Region Director for 2011-2013.

As State President, Kimball will serve on the National Garden Clubs, Inc.'s Board of Directors during her two-year term. Kimball is a Master Gardener and currently



*Joyce Kimball - Newly elected President of the NH Federation of Garden Clubs, Inc.*

serves on the Community Forestry Advisory Council (DRED) and the Governor's Lilac and Wildflower Commission.

She and her husband Allan have lived in Bow most of their married life and their four children attended Bow schools as did several of their grandchildren and live in the Concord area.

## Members of the Bow Garden Club that attended the NHFGC Annual Meeting



Sitting, l-r, Lorraine Dacko, Susan Johnson, Rebecca Kropp, Catherine Wittliff, Ruth Brack. Standing, l-r, Sharon Pearce, Beverly Gamlin, BGC President, Joyce Kimball, Virginia Urdi, Janis Kuch

The Bow Garden Club received the following awards during the organization's Award Luncheon:

**Club Scrapbook** – 2<sup>nd</sup> Place, Medium-size club.

**Club Yearbook** – 2<sup>nd</sup> Place, Medium-size club.

**Silver Seal Citation** – Member Susan Johnson was presented with a Silver Seal Award for her special contributions to the club over the years.

**Community Star Award** – Dan Freeman, Groundskeeper for the Town of Bow was nominated by the Bow Garden Club to receive this award acknowledging his continuing support and assistance to the garden club with their civic beautification efforts.

**Photography Contest** – Member Cathy Ahrens was a finalist in the National Garden Clubs, Inc. (NGC) Photography contest themed "Look deeply into nature and you will understand". Both photos were displayed at NGC's 85<sup>th</sup> Annual Convention held in Richmond, VA in May. One of her photos was selected by the National Garden Clubs President as her First Choice.

**President's District Bowl** – NHFGC's District II, which includes the Bow, Goffstown, Hooksett, Manchester and Opechee Garden Clubs, received this award as the district that most advanced the objectives of the NH Federation of Garden Clubs, Inc. and National Garden Club during 2016.



Bow 5th grader, Aryaa Bhusar made a selection from one of the many members' plants available for sale at the Bow Garden Club's recent Spring Plant Sale.

Submitted by Joyce Kimball

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- Fought for Granite Hammer funding – busting Lawrence drug dealers
- Honored to be an inductee of the N.H. Domestic Violence Hall of Fame

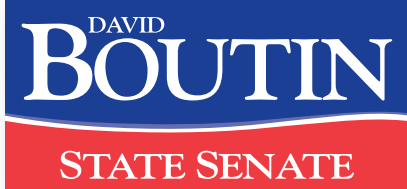
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Sources:

<sup>1</sup> Senate Bill 1 & 2 – 2015, House Bill 2 – 2015

<sup>2</sup> New Hampshire Business Review – May 26, 2017

<sup>3</sup> The New Hampshire Union Leader September 29, 2016

Paid for and authorized by David Boutin for State Senate. David Boutin, Treasurer.



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**Summer Term Opens June 30**  
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# OLLI Springs into Summer

By Jacki Fogarty



### Nottingcook Forest Class

Bow's Nottingcook Forest hosted one of the final Spring classes for the Osher Lifelong Learning Institute (OLLI) in May.

Under the expert guidance of Bob Lux, a member and "orienteer" of Bow Open Spaces, 12 members from Bow, Bedford, Hampton, Hooksett, Concord and Goffstown walked 2.7 miles across the beautiful Nottingcook Forest.

Introducing the group to "bushwhacking," walking off-trail using compass settings, Bob ensured everyone got safely back to their cars before ending this popular OLLI class.

Summer term begins June 30 for the population of adults over age 50 who look to OLLI for a variety of high quality, low cost educational programs.

Although affiliated with Granite State College, OLLI independently produces courses of 1 to 6 sessions,

taught by volunteer presenters who "teach their passion."

Often involving tours and field trips (Out & Abouts), OLLI classes are designed to appeal to the broad interests of its members who share a love of learning, desire to be active and enjoyment of spirited discussion with peers.

Registration for Summer classes begins June 12. Courses are available to both members and non-members, but one benefit of membership (\$40/year) is a \$20 discount on every class.

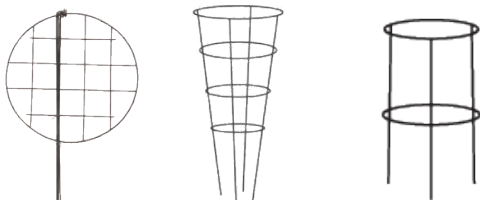
OLLI also offers group travel from day trips such as a Lunch/Theater trip to Barnstormers Theater, 2-3 day/night trips such as our trip to the Finger Lakes in September and, for the first time, international travel in the form of a trip to Ireland in 2018. For more information about OLLI at Granite State College, to join or to register for classes, visit the website: [OLLI.granite.edu](http://OLLI.granite.edu).



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**We are excited to welcome Dr. Christina McCann!**

Dr. McCann is a NH native and is looking forward to caring for our community's dental needs. Comprehensive, conservative and quality dental care is a passion of hers.

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**Birchdale Road Bridge News**

The engineer estimates that Bow will have all approvals and will award the construction contract and start construction by August 1st, and complete construction by November 31, 2017.

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net while Ron was heading to still waters on the north shore.  
 Ron caught a number of smaller brookies while I only caught 2 9-11" fish in the next hour. I was getting nervous before heading back to Ron's shallow water area as I suddenly saw him catch a monster brookie.

Here are our two beauties:



Here's my beauty,  
 1 Oz. Less Than 5 Lbs.



We took both fish for review

by NHF&G Biologists John Viar & Ben Nugent and they graciously arranged to have the fish formerly weighed and measured for the NH F&G Trophy Fish Program:



PS: Ron's little BKT is 10" long for comparison.

If you like to fly fish, get out to our remote and northern ponds right now as conditions are excellent. I will tell you that I caught my Big BKT on Ron's tied "The Usual" and Ron caught his on a Yellow Hornberg dropper.

Thanks go to our terrific Region 2 Guys John & Ben plus the office General Chris Harmon who organized the formal weighing of our fish at a local store. Ron & I both love to stop by to see all these fine F&G people. So, If you fish, Get out there and look for both Ron & me on our northern Ponds,

Don & Ron  
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## DUVALTEAM REAL ESTATE MARKET UPDATE

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



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# WHAT'S IN IT FOR YOU?

By Donna Deos

Typically when I talk to you I tell stories and cover a specific subject that I often help people with. I use recurring themes that I notice in my discussions with others. I figure if many people have already brought it up to me, there must be lots of others who could benefit from the information too!

The one that I keep seeing and hearing lately is that no matter what you are talking about, people need to know what is in it for them. How do they benefit from something?

I am told over and over again that people can be marginally polite and listen to someone else, but ultimately, if you aren't speaking to them about something they can relate to or easily see the benefit of, then they tune out and move on.

It's not that people are selfish or uncaring; they are simply way too busy these days to have the attention span to pay attention to things that don't fit into their immediate situation. Someday, down the road, when they are in the similar situation, they will come looking for your help and for you to listen to them because they remember you trying to talk to them about it when it was important to you. That is just how things work these days (unfortunately).

So, how does hiring someone like me benefit you? A.K.A. What's in it for you to pay for my expertise? [Am I really worth it, in other words...]

Okay, well, first off, I actually do listen to you. I do care what you have to say and what your issues are because I am here to help you. You hire me to help you figure things out and get to the desired goal quicker. So to do that, I listen to what you want and I ask questions so I truly understand. After all, if I don't know where you want to get to, how can I possibly help get you there?!

Second, I provide you with tangible things you can and should be doing. So, you get direction/guidance. In this same action you also receive things you CAN control. Most of what we face in crisis management and caring for our loved ones is outside of our control. We spend most of our time reacting to new information and feel very out of control, very reactionary.

I help you find things you can control among the uncontrollable.



Plus, I lead you down the right path for now and give you a head's up on what you can expect to likely be coming next.

Third, I save you time and fourth, I save you money. How do I do this? Well, I know what you can expect. I can get you the results you want faster, which saves you both time and money, because I know the players and the angles of the situations. I know this because the fifth thing you get is my real world knowledge and advice from having lived what you are now facing. This is not my first rodeo. I'm not making it up as I go along. I have been there and done that and I know what worked and what did not.

Here's an example: for me personally, when I need work done on my car or home, I don't even try to handle it myself. Why? Because I have very few skills in this area. I have learned the hard way that trying to do things yourself that others have mastered just to save money usually ends up costing you more time and money in the long run and you get an inferior product than if you simply paid a professional to do it in the first place! I'm sure you can all think of examples of this in your own lives. You know you can...

Sixth, you have a partner on your journey. You are not alone in this. I will walk the walk with you, hold your hand, and help you have the conversations with others that you are afraid of and so on. Sometimes it's easier for me to say the hard things with you or ask the tough questions for you.

People react differently to me asking them because I don't have the comfortable familial relationship with them that you do so all of that button pushing and reacting that you may receive typically doesn't

get directed to me (that's not to say it never does...but you understand). I help you find other ways to communicate with each other too.

Sometimes it takes the stranger in the room, the counselor, to ask the questions that make people see things in a different light, to see another's point of view or to think of things they hadn't yet considered.

Seven, you are not reinventing the wheel by trying to figure it all out yourself. Refer to one through six if you need examples.

And eighth, you get what is most important over all ~ Peace of

Mind! Having all of the previous gifts above on your side you are free to be you more. Free to feel better and to know that things will go as good as they can and that you have a team behind you to help with that.

If you're looking for the easier way through all of this, I'm your girl! I look forward to speaking with you!

All my best,

Donna

## Dan Freeman Receives NHFGC "Community Star Award"



Dan Freeman (l), Joyce Kimball (r)

Dan Freeman was presented with the New Hampshire Federation of Garden Club's (NHFGC) "Community Star Award" at the Bow Garden Club's June 12<sup>th</sup> membership meeting.

Making the presentation was Joyce Kimball, Bow Garden Club Awards Chairman and newly installed NHFGC President.

Freeman is the Grounds Keeper for the Town of Bow and was nominated for this award by the club for his continuing assistance and support in regard to their planting projects and civic beautification efforts on behalf of the Town.

The organization's Community Star is awarded,

*"if merited, only once annually per district to an individual, non-profit organization or business at the community/club level to recognize a particular person, organization, etc. that has made a contribution of time and/or materials that have directly benefited their community in the previous year."*

The Bow Garden Club is a member of NHFGC District II which also includes the Goffstown, Hooksett, Manchester and Opechee Garden Clubs.

*Photo courtesy of Joyce Kimball.*

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# BOW REAL ESTATE SALES

May 2017

3 Whittier Dr, 3331 gla, glaag 2680, 4 br, 3.5 bath, 2 car under, 1.32 acres, Sold \$459,900 5/8/17

22 Buckingham Dr, 4020 gla, glaag 3420, 4 br, 3.5 bath, 2 car att., 2.21 acres, Sold \$454,500 5/15/17

5 Fieldstone Dr, 3802 gla. Glaag 3802, 4 br, 3.0 bath, 3 car att, 3.13 acres, Sold \$420,000 5/10/17

68 Woodhill Rd, 2630 gla, glaag 2630, 5 br, 2.0 baths 4 car att., 3.0 acres, Sold \$415,000 5/18/17

81 Woodhill Rd, 2524 gla, glaag 2025, 3 br, 2.0 baths, 2 car att., 8.90 acres, Sold \$397,500 5/5/17

15 Tonga DR, 2816 gla, glaag 2816, 3 br, 2.5 baths, 3 car Att., 2.43 acres, Sold \$375,750 5/25/17

70 Brown Hill Rd, 1896 gla, glaag 1896, 3 br, 2.0 bath, 2 car att, 3.5 acres, Sold \$372,500 5/1/17

13 South Bow Rd, 2944 gla, glaag 2944, 4 br, 2.5 baths, 2 car att., 2.90 acres, Sold \$360,000 5/8/17

12 Merrill Crossing, 2110 gla, glaag 2110, 3 br, 2.5 bath, 2 car att, 3.73 acres, Sold \$356,700 5/16/17

14 Pepin Dr, 2398 gla, glaag 2398, 4 br, 3.0 bath', 2 car det. 1.55 acres, Sold \$349,900 5/30/17

7 Stoneybrook, 2881 gla, glaag 2881, 4 br, 3.5 bath', 3 car under, 2.01 acres, Sold \$315,000 5/1/17

73 Bow Center, 2228 gla, glaag 2228, 3 br, 2.0 bath', 1 car under, 2.01 acres, Sold \$297,826 5/30/17

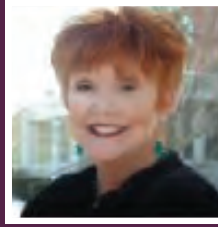
38 Knox Rd, 1990 gla, glaag 1344, 3 br, 3.0 bath, 2 car att, 2.42 acres, Sold \$289,900 5/18/17

3 Dow Rd, 1690 gla, glaag 1690, 3 br, 2.5 bath', 2 car att. 1.10 acres, Sold \$287,000 5/15/17

55 Albin Rd, 2692 gla, glaag 2692, 3 br, 2.0 bath', 2 car att, 1.8 acres, Sold \$272,001 5/19/17

52 White Rock Hill, 1610 gla, glaag 1352, 3 br, 2.0 bath', 3 car under, 1.0 acres, Sold \$259,900 5/5/17

27 Knox Rd, 936 gla, glaag 936, 3 br, 1.5 bath, No Garage, 1.1 acres, Sold \$254,000 5/3/17



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5 Hollow Rd, 1053 gla, glaag 1053, 2 br, 1.5 bath', 1 car att. 2.40 acres, Sold \$215,000 5/5/17

42 Brown Hill, 1148 gla, glaag 1148, 3 br, 1.0 bath', 1 car under, 1.18 acres, Sold \$180,000 5/8/17

**LAND**

12 Merrill Crossing, 3.22 acres, Sold \$52,300 5/24/17

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

These statistics are for all Bow Sales for the period 05-1-17 thru 05-31-17, 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.**

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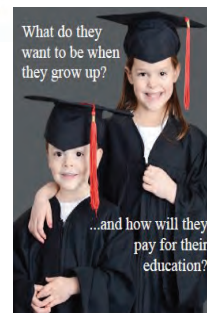
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## Eat Your Heart Out: Fish is the Perfect Catch

By Meagan Phelan

The Mediterranean diet is widely known as one of the healthiest lifestyle changes one can make. It is shown to reduce the likelihood of obesity, cardiovascular disease, cancer, and neurological conditions such as Dementia and Alzheimer's. This is primarily due to reduction of meat, chicken, and processed grains, along with increased consumption of fish, fruits, and vegetables. Most people realize that consuming fruits and vegetables are good for you (surprise, the dietitian tells you to eat veggies!), but many don't fully understand all the benefits from consuming fish.

Fish contain unsaturated fatty acids, which, when substituted for saturated fatty acids such as those in meat, may lower your cholesterol. But the main beneficial nutrient appears to be omega-3 fatty acids. Omega-3 fatty acids are a type of unsaturated fatty acid that may reduce inflammation, decrease triglycerides, lower blood pressure slightly, reduce blood clotting, as well as decrease stroke and heart failure risk.

The American Heart Association recommends eating a minimum of two servings of fish (particularly fatty fish) per week. Each serving is 3.5 ounce cooked, or about  $\frac{3}{4}$  cup of flaked fish. Fatty fish like salmon, mackerel, herring, lake trout, sardines and albacore tuna are high in omega-3s. Other non-fish food options that contain some omega-3s (though not as much) include flaxseed, flaxseed oil, walnuts, canola oil, soybeans and soybean oil. While other fish do not have as many omega-3s, they are still likely lower in saturated fat compared to other animal-based proteins, so finding a balance between fatty and non-fatty fish is still beneficial.

While increasing omega-3 fatty acid consumption through foods is preferable, those with coronary artery disease, may not get enough omega-3 by diet alone. These people may want to talk to their doctor and dietitian about supplements. And for those with high triglycerides, even larger doses could help. Those taking more than 3 grams of omega-3

fatty acids from capsules should do so only under a physician's care. High intakes could cause excessive bleeding in some people, especially those taking blood thinners such as Coumadin.

New to eating fish? Go to your local fish market to get the freshest catch and ask for recipes. Making dietary changes takes time, so start with adding fish once per week (think Fish Friday), and build from there. Not all fish is created equal, so experiment with the types of fish you purchase and how they are prepared.

### Dietitian's Tips for Eating More Fish

- Order from a Community Shared Fishery (CSF). This is a weekly fish pickup where you get the catch of the week at a set price! In Bow, we are lucky to have pickup spots at Cole Gardens and the Contoocook Farmers Market.
- Find 1 dinner per week and swap your usual protein with fish. Examples: fish tacos, grilled fish, fish kabobs, salmon burgers, salmon or shrimp on salad, or a hearty fish stew.
- Not your mother's canned tuna – there are many new canned fish options available. I prefer the fish pouch varieties which are pre-seasoned; you can simply open and eat as a snack or as a part of your lunch!
- Order fish when dining out. Restaurants are more likely to have quality fresh fish. Considering most Americans dine out at least once a week, making a standing rule of fish gives you a perfect opportunity!

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 Nourished Nutrition Counseling in downtown Concord. Visit [NourishedNH.com](http://NourishedNH.com) or call (603) 393-3896 for more information.



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## "I'm Not Giving My House Away"

By Ann Dippold

As a Realtor, I hear this frequently from homeowners who inform me that unless they get what they want for their house, they will not sell it, that they are not trying to give the house away. I assure them I won't let them give their house away but they can only sell for what the market value is and what a buyer is willing to pay for it. House prices depend on the price similar houses sold for in the last 90 days, not what they are selling for 3 or 4 years ago.

As Realtors we often encounter home owners that think they can get more than what the market value is. Some will actually get less if they insist on having the sales price higher than what it can sell for, because the longer a house is on the market the more likely it is to sell for less.

All home owners want more money for their houses, and think that updates and renovations they've done will make the houses significantly sell higher when compared to other similar houses in their neighborhood. Renovation and updates are a good way to increase property value, and your house will sell for more than your neighbors if you have more upgrades and more amenities (all other things being equal) but it's important to know the money spent for these upgrades are not going to be returned dollar for dollar when selling the house.

Additionally, a house can be over improved, so it is not the amount of the improvement, but the type of improvement that will return the most value. A good example is a tile & glass shower – a popular feature among today's buyers. Buyers will love your Carrera tile upgrade, but very few will be willing to pay more for it than a less expensive and equally attractive tile selection.

The lesson here is while we are in a seller's market now a house still needs to be priced accordingly to get an offer. An overpriced house will languish in the market until the price is at what buyers will pay for it.

How will you know your house is overpriced in this market or any market? If the house has been in the market for over 30 days with few showings, it may be overpriced.

Also important to keep in mind is the lenders role in the purchase. Any house being sold with a loan to the buyer is sold twice - first to the buyer, then to the lender. That means regardless of what the price the buyer agrees to, the house has to be appraised and must meet the lender requirements for financing.

If you'd like a pricing analysis on your home, call/ email/ or text me. Consultation is always complimentary and confidential.

Ann Dippold is a Realtor with Better Homes & Gardens/The Masiello Group and (20 year) resident of Bow.

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## Introduction to Laboe & Tasker, Part II, Kerri S. Tasker

BY BEN KINIRY, ESQ.

Last month I gave you little background on how it is that I joined forces with the law firm of Laboe & Tasker. In that article I also introduced you to Attorney John E. Laboe. This month I would like to take the opportunity to tell you about Attorney Kerri S. Tasker.

Similar to John, I first met Kerri Tasker at community events that we Elder Law types tend to frequent. Events such as the New Hampshire Chapter of the National Academy of Elder Law Attorneys (NAELA) and the New Hampshire Bar Association Trust and Estate Section meetings to name a couple.

Also, like John, it was evident that my peers have great respect for Kerri and listen to her opinions on matters involving our common practice areas. I noted on several occasions, when Kerri was not a presenter, she was often deferred to in responding to participant questions and given great liberty to speak.

Though I enjoy receiving intelligent responses to my and my colleague's questions, the thing that was even more memorable about Kerri was her ability to give responses in an entertaining fashion. I have to say I had not, until such date, been exposed to any attorneys who had the ability to make attending these types of meetings seem, well, fun. I truly don't mean any disrespect to my counterparts, but we are not, taken as a whole, the life of the party.

Since walking in the door of Laboe & Tasker I have come to realize the jovial personality I was exposed to at those meetings is the real Kerri. This is just how she lives on a daily basis. When we are discussing almost any matter in the office, I can look forward to Kerri giving a smile, perhaps more of a grin, and then saying something funny, and almost certainly involving sarcasm.

On the more serious side of Kerri, there is wealth of knowledge that she brings to the table, so to speak. As you will see below, Kerri has written on topics of interest to our colleagues and is often a presenter at New Hampshire Bar and other events.



Kerri received a B.S. in biology from St. Michael's College. She went on to graduate from the Suffolk University's Sawyer School of Management, with a Masters of Business Administration and received her Juris Doctorate from Suffolk University Law School.

Her practice areas are Estate Planning; Elder Law; Medicaid Planning, Applications and Appeals; Probate and Estate Administration; Guardianships; Special Needs Trusts; Elder Exploitation, Abuse and Neglect; Nursing Home Discharges.

Kerri counsels families and individuals in the area of Medicaid planning. There are numerous areas she can help your family within the Medicaid process, such as preparing to make an application, actually making the application, correcting an application that may have been denied, appealing a denial and after a person dies, dealing with the issue of estate recovery (monies owed to the Department of Health and Human Services after the death of the person receiving Medicaid benefits). Once in a nursing home, Kerri can protect your rights should the nursing home attempt to discharge you illegally or otherwise mistreat you.

Kerri also has significant experience in the areas of Probate Estate and Trust Administration. As you are aware, when people die that is not the end of it. There are many things that need to be accomplished such as paying creditors, filing tax returns and, of course, distribution of the assets. Whether there is a Trust or Last Will & Testament, Kerri has the knowledge to aid the

# LABOE & TASKER PLLC

Trustee or Executor, as the case may be, through the countless issues that often crop up during the time of administration. Kerri can also help those dealing with dementia or other disability. For example, applying for guardianships. A guardianship may be needed when a loved one becomes incapacitated and no one has legal authority over that person's property and/or medical decision making. Another example is Special Needs Planning. This area deals more with individuals who, due to a disability, generally are unable to take care of themselves and/or unable to obtain adequate employment for sustaining themselves financially. In this practice, it is necessary to know how to protect the disabled person's assets or inheritance, if any, and what the criteria are for public benefits that the disabled individual will likely need, such as housing, food, and medical benefits.

Kerri is well known for her knowledge of the law in these practice areas and that is why she is often requested to present on these topics and more (don't forget she is rather entertaining). Following is a list of some her publications and presentations over the past several years:

*Transfers of Assets & Penalties and Planning Considerations after the Deficit Reduction Act*, Medicaid for Long-Term Care Services, National Business Institute, January 2008. (co-author & presenter).

*Protecting the At-Home Spouse from Nursing Home Costs: Annuitying the Spend-down*, New Hampshire Bar News, Vol. 20, No. 4, September 2009. (co-author).

*Medicaid for Long-Term Care in New Hampshire*, New Hampshire Elder Law 2011, Health Education Network, LLC, November 2011. (co-author & presenter).

*Elder Law in New Hampshire 2013*, New Hampshire Bar Association, Continuing Legal Education Program, September 2013. (co-author & presenter).

*NH Advanced Medicaid Practical Skills Seminar for Lawyers & Paralegals*, NH NAELA, November 2013. (co-author & presenter).

*Nuts & Bolts of Applying for Nursing Facility Medicaid*, Medicaid Practical Skills for Lawyers & Paralegals, NH NAELA, October 2014. (co-author & presenter).

*Financial Exploitation of the Elderly: The Invisible Epidemic*, New Hampshire Bar Association, Continuing Legal Education Program, June 2015. (co-author & presenter).

*Elder Law and Medicaid in NH*, New Hampshire Bar Association, Continuing Legal Education Program, September 2016. (co-author & presenter).

*Financial Exploitation: What You Need to Know to Protects You and Your Clients*. NH NAELA, November 2016. (co-author & presenter).

I tend to believe, and hope you would agree, that Kerri's work shows her passion for helping our clients. Her contributions have not been overlooked by our peers. In both 2010 and 2013, Kerri was presented with The Ann N. Butenhof Award by the NH Chapter of NAELA in recognition of her distinguished service and dedication to the Chapter and Elders in New Hampshire. In 2015 Kerri was recognized again, this time she was named as one of the 2015 National Academy of Elder Law Attorneys (NAELA) Outstanding Chapter Members in recognition of her demonstration of outstanding initiative and leadership on behalf of the New Hampshire Chapter.

I hope you enjoyed learning a little bit about Attorney Kerri S. Tasker and that you will come see us when you make the decision to create your estate plan.

Attorney Benjamin J. Kiniry Email: [BKiniry@LaboeLaw.com](mailto:BKiniry@LaboeLaw.com), Phone: (603) 224-8700

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## N. E. Quilts and the Stories They Tell with Pamela Weeks

By Faye Johnson, Bow Heritage Commission



What a wonderful afternoon for the women (and men) who attended this event. With three times as many quilts as attendees, there were plenty of quilts, quilt tops, and even a 200 year old coverlet loomed by a 16 year old young Vermont woman to view, inquire about and be amazed by some of the answers.

Pamela is an expert on N. E. and Civil War quilts and period fabrics and conducted a fast-paced discussion, including every attendee and every quilt. She is also a presenter for the N. H. Humanities Council, and I strongly recommend this event to quilters and quilt lovers. We learned that a well-organized group of N. E.

women made and distributed over 200,000 quilts to Civil War soldiers, and there are 20 still in existence. We also learned that the silk, satin, and velvet embroidered crazy quilts of the 1800s did not denote the wealth of the owners, as the fabric scraps (including some already embroidered and painted) could be purchased from Sears. Our quilts were dated on the basis of the fabric in them (some spanning 30 to 50 years), and received advice on how to care, store and identify them for future generations. We all walked away knowing the names of the patterns and age of our quilts and a deeper appreciation of the quilts and the people who made them.

## Bow High School Girls' Tennis Claims D-III Title Over Berlin 6-3

Seniors Mulvaney and Nandita Kasireddy were the only two players from last year's top six that returned this season. "It's great to come back and win it after being so close last year," Bow Coach Jonsey Rainville said. "And especially with a group of girls that I really truly believed were rebuilding."

## Boys' Varsity Track and Field Finishes 5<sup>th</sup> in Championship

Bow took fifth as a team with 39 points and brought home an individual championship as Mike Perry finished first in the triple jump with a mark of 41-8.25. "It seems every meet Mike was getting a little better, he's been doing 36, 37, 38," Bow Coach Jon Uhouse said. "And then he just peaked at the right moment and hit 40." Brian Bushnell was second in the 100 for the Falcons, and he was part of the first-place 4x100 relay team with Matt Nicholls, Grady Beaulieu and Conor O'Mahony.

## Boys Varsity Baseball Lose to Souhegan in DII Quarterfinals

Game Date: Jun 3, 2017

Score: FALCONS: 1      SOUHEGAN HIGH SCHOOL: 6

Brendan Winch was 2-for-3 with an RBI for Bow.

## Girls Varsity Lacrosse Lose in Semi-Finals to Kearsarge

Game Date Jun 3, 2017

Score:FALCONS: 4      KEARSARGE HIGH SCHOOL: 8

Taylor Darrell scored two goals in the final six minutes of the first half, cutting the lead 5-2 by halftime. Emma Gagne then scored in the second half and Darrell scored the third and final goal. She will play at Division I University of Delaware next year.

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# Ways the Middle Class Can Make a Difference for Charity

BY DOMINIC LUCENTE

*You don't need to be wealthy to make an impact & get a win-win.*

Do you have to make a multimillion-dollar gift to a charity to receive immediate or future financial benefits? No. Consider the following options, which may bring you immediate or future tax deductions.

**Partnership gifts.** These gifts are made via long-term arrangements between donors and recipient charities or non-profits, usually with income resulting for the donor and an eventual transfer of the principal to the charity at the donor's death.

For example, a charitable remainder trust allows you to pay yourself a dependable income (perhaps for life) derived from assets placed within the trust. When you die or the trust term ends, the remaining trust principal can go to charity. A charitable lead trust works the opposite way. It makes annual, charitable gifts, giving you the potential to reduce gift and estate taxes; your beneficiaries get the leftover trust assets at the end of your life or the trust term.<sup>1</sup>

If you don't have enough funds to make one of these trusts worthwhile, you might opt to invest some of your assets in a pooled income fund. Your charitable gift goes into a "pool" of assets invested by the money manager of a charity or university endowment fund; you get an income stream from the fund for life (which varies yearly per the fund's return). Eventually, the principal amount of your gift goes to the school or charity.<sup>2</sup>

If you like the idea of a family foundation, but don't quite have the money and don't want the bureaucracy, you could consider setting up a donor-advised fund with the help of a community foundation. You make an irrevocable contribution to a third-party fund; in the process, you get an immediate, charitable income-tax deduction and decrease the size of your taxable estate. The fund invests the cash or securities for you; the invested assets grow without being taxed. True to the name, you can advise the fund sponsor (i.e., the financial company administrating the fund) where donations should go, but the sponsor will have the final say.<sup>2,3</sup>

**Lifetime gifts.** These are charitable gifts in which the donor retains no powers or other controls over the gift once it is made. You simply give money away or relinquish ownership of assets. Lifetime gifts include outright donations of cash and gifts of appreciated assets, such as stocks or collectibles. Donating cash has a drawback: the charitable tax deduction on a cash gift to a charity is commonly capped at 50% of your

adjusted gross income (AGI).<sup>4</sup>

Alternately, if you donate appreciated securities that you have held for at least a year to a qualified charity or non-profit, you may be able to take an immediate income-tax deduction for their fair market value, and you will also avoid capital gains tax that would come from selling them. If you donate a car, a boat, a valuable artwork, or some other big-ticket item to a qualified charity, you are also in line to take an immediate income-tax deduction for its full, fair market value – but if the car, boat, or collectible is worth more than \$5,000, an appraisal may be needed before the gift can be made.<sup>4</sup>

Similarly, you can transfer a real estate deed to a qualified charity in exchange for tax breaks and avoid capital gains taxes that may result from a property's sale. If you have held the appreciated property for at least a year, the full value of the asset is deductible, but limited to 30% of your AGI.<sup>5</sup>

**Estate gifts.** These are deferred gifts you make after your lifetime – without impact on your current lifestyle. You can make a bequest to a charity through your will or a revocable living trust, which can reduce your taxable estate. A gift of a paid-up life insurance policy to a university or qualified charity can give you an immediate income-tax deduction equal to its replacement value. You can also gift an IRA or retirement plan account to a qualified charity or non-profit organization upon your death.<sup>2,6</sup>

**The caveats.** If your income increases, you may face limits on the charitable gifts you can deduct. The I.R.S. says that your charitable deductions for any tax year cannot be more than 50% of your AGI (possibly 30% or 20% depending on the nature of your gifts). But if you exceed such limits, the I.R.S. lets you carry forward excess contributions for up to five years.<sup>5</sup>

**Would you like to learn more?** Okay, so they may not name a hospital wing or a library after you, but your charitable gifting can have real effect, even if you don't have a fortune. Keep in mind that your unique circumstances need to be weighed before making any decision. As with all tax and estate planning, please consult your financial advisor, attorney, or tax advisor to affirm your degree of potential benefit from charitable deductions.

Dominic may be reached at 603.645.8131 or [dominic.lucente@LPL.com](mailto:dominic.lucente@LPL.com)

[dlucente.com](http://dlucente.com)

## 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**  
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#### Citations.

- 1 - [gobankingrates.com/retirement/revocable-irrevocable-trusts-trust-accounts/](http://gobankingrates.com/retirement/revocable-irrevocable-trusts-trust-accounts/) [9/30/16]
- 2 - [wellsfargoadvisors.com/estateguide/charitable-giving.htm](http://wellsfargoadvisors.com/estateguide/charitable-giving.htm) [4/5/17]
- 3 - [cnbc.com/2016/12/12/donor-advised-funds-can-be-great-if-you-know-the-rules.html](http://cnbc.com/2016/12/12/donor-advised-funds-can-be-great-if-you-know-the-rules.html) [12/12/16]
- 4 - [tinyurl.com/nx25l8k](http://tinyurl.com/nx25l8k) [12/29/16]
- 5 - [wwcgift.org/giftlaw/glawpro\\_subsection.jsp?WebID=GL1999-0001&CC=1&SS=1&SS2=3](http://wwcgift.org/giftlaw/glawpro_subsection.jsp?WebID=GL1999-0001&CC=1&SS=1&SS2=3) [4/6/17]
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## College-bound High School Seniors Encouraged to Register for College Essay Workshop in Concord

College-bound high school seniors are encouraged to register for a College Essay Workshop, a four-hour guided learning program, offered by The NHHEAF Network Organizations' Center for College Planning (CCP) as part of the Organizations' Summer Boot Camp programming.

During this workshop, the Organizations' college counselors will guide college-bound high school seniors as they begin the college essay process. Participants will:

- Review successful college admission essays
- Learn what colleges are looking for in a college essay
- Practice brainstorming using Common Application essay prompts
- Start composing a draft essay
- Receive individual time to discuss essay topic choice with experienced college counselors

"This is a great opportunity for high school seniors looking to start work on their college essay in a relaxed, small-group setting," states Angela Castonguay, Summer Boot Camp coordinator.

**What:** Summer Boot Camp – College Essay Workshop

**When:** 9:30 a.m. to 1:30 p.m. Offered daily Monday, July 17 – Thursday, July 20, 2017

**Where:** The NHHEAF Network Organizations, 4 Barrell Court, Concord, NH 03301

**Cost:** \$25

**Registration:** Call 800.525.2577, ext. 119

**For more information:** [nhheaf.org/summer-boot-camp](http://nhheaf.org/summer-boot-camp)

## Police Department News

**Detective/Sergeant Stacey Blanchette** attended training on Leadership Liability Lessons Learned: Domestic Violence, Sexual Assault, and Stalking at Police Standards and Training, sponsored by the Sexual Assault Resource Team (SART) Program at the NH Attorney General's Office. This course is designed for police leaders, command staff, and supervisors and emphasizes the important role of leadership and supervision to promote improved victim and officer safety initiatives, increased offender accountability, reduced liability, and to encourage greater public trust in law enforcement response to domestic violence,

sexual assault and stalking.

**School Resource Officer/Officer Michael Carpenter** attended a two day training sponsored by Riverbend Community Mental Health called Youth Mental Health First Aid. The course taught risk factors and warning signs of a variety of mental health challenges common among youth, and how to support a youth developing signs and symptoms of an illness or an emotional crisis by applying a core five-step action plan.

**The new address for the Bow Police Department is #7 Knox Road. Phone numbers will still be the same – Emergency (228-0511 or 9-1-1) & Administration (228-1240).**

## Merrimack County Savings Bank Receives Pinnacle Award for Business of the Year from Greater Concord Chamber of Commerce

Merrimack County Savings Bank (the Merrimack) recently received the Greater Concord Chamber of Commerce Pinnacle Award for Business of the Year. Several hundred guests attended the 12<sup>th</sup> Annual Pinnacle Awards luncheon on Thursday, June 1<sup>st</sup> to celebrate businesses, non-profits and individuals who have demonstrated profes-

sional excellence and commitment to the Chamber and the community. The Merrimack was selected as one of the event's top honorees.

"I'm honored and absolutely humbled by this recognition," said Philip Emma, President of the Merrimack. "It's especially significant because the award occurs during our 150<sup>th</sup> anniversary year. I am grateful for our employees' tireless efforts to serve others and their commitment to the greater good. I could not be prouder of them and all they've done to improve the communities we serve – now and over the last 150 years!"

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# BOW POLICE LOG

## May 2017 STATS

Arrests – 21; Motor Vehicle Stops – 200  
 Warnings – 177; Citations – 23  
 Accidents – 8; Parking Tickets – 5  
 Restraining Orders – 1  
 Incident/Investigation Reports – 29

### May 2017 Arrest Log

5/03 Corey M. Douglas, 28, Manchester St, Manchester, was arrested for breach of bail.

5/04 John Pickering, 41, Suncook Valley Highway, Epsom, was arrested on a bench warrant.

5/11 Shane Biron, 32, Sargent Station Road, Weare, was arrested on a warrant; Ashley M. Boisvert, 31, Sargent Station Rd, Weare, was arrested for possession of a controlled drug and a warrant.

5/12 Virginia Gilpatrick, 35, Loudon Road, Concord, was issued a summons for driving after revocation/suspension; Joseph W. Huard, 69, Wheeler Rd, New Ipswich, was issued a summons for driving after revocation/suspension.

5/13 Charity Eddy, 41, Karatzas Ave, Manchester, was arrested on a warrant; Jocelyn Bouchard, 19, Sharon Dr, Bow, was arrested for criminal trespass; An adult male was taken into protective custody for intoxication.

5/16 Heidi L. Miller, 51, Estates Cir, Laconia, was arrested for operating without a valid license and driving after revocation/suspension.

5/17 Megan R. Champagne, 31, Central St, Pembroke, was arrested for driving after revocation/suspension and two bench warrants.

5/21 Rebecca Testa, 38, Tonga Dr, Bow, was arrested for aggravated driving while intoxicated; Nicole L. Picknell, 33, Bow Bog Rd, Bow, was arrested on a bench warrant; Charles Maynard, Birch Hill Rd, Hooksett, was issued a summons for driving after revocation/suspension.

5/23 Daniel M. Mukete, 30 Hyde Park Ave, Boston MA, was issued a summons for driving after revocation/suspension.

5/24 Paul Drouin, 57, Leavitt Rd, Pittsfield, was arrested for driving under the influence.

5/26 Diane K. Senechal, 31, Janet Lee Ct, Manchester, was arrested for receiving stolen property; Melissa A. Briand, 40, Second St, Manchester, was arrested on a warrant and bench warrant; an adult female was taken into protective custody for intoxication; Victoria L. Baillargion, 23, Second St, Manchester, was arrested on a bench warrant.

5/29 Kenneth Bean, 53, Hollow Root Rd, Loudon, was arrested on a bench warrant.

# DUNBARTON NEWS

By Nora LeDuc

## June 24 to July 22

The Dunbarton Library's "Build a Better World" Summer Reading Program will run June 27 to Aug. 3. On Tues, June 27 at 2pm, Dan the Awesome Balloon Man will help kick off the summer reading program. Sign up the week of June 27.

struments can be tuned and left upstairs before your performance. Typically, there is ample time to perform again! FMI contact Lizz at lizz@dunbartonucc.org.

### Thurs., July 20 at 8:30pm:

NH Astronomical Society Skywatch is scheduled at the library.

### Tuesday, July 11 and 18, 2017, 9:00 am.

Try Tai Chi on the library lawn! Hosted by Concord Hospital. Teens and Adults only, please.

### MEDICAL INFO SESSION

### Attention Ukulele Fans!

The Whipple Free Library Ukulele group will be back playing on the Dunbarton Band Stand Wednesday, July 12th at 6:30 pm. Bring your chair and better bring that bug spray! FREE!

The Bow and Dunbarton Police Departments, in conjunction with the Goffstown Police Department's Communication Center, is pleased to announce a Medical/Mental Health Registration Event to be held on Monday, July 17 from 5:30 pm to 7:30 pm in the Bow High School Library located at 55 Falcon Way, Bow, NH 03304. The Medical/Mental Health Registration program allows any citizen to provide information regarding themselves, a family member or friend so police can be better prepared to effectively assist an individual that may be suffering from a mental health emergency or medical condition. Any questions about this event may be directed to Dunbarton Police Sergeant Christopher Remillard at [chrisremillard@gsi-net.net](mailto:chrisremillard@gsi-net.net).

### Spireside Coffeehouse Sat. July 15 at 7:30 p.m.

Suggested Donation \$5.00. It will be Open Stage Night. The Spireside welcomes all types of music, including groups and individuals, as well as stories, poetry, etc. Performers draw numbers out of a hat and perform up to two selections for the first round. In-

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 for bringing the  
 Abbott-Downing Concord Truck  
 To Everyone Who Attended This  
 Event

## BOW HIGH SCHOOL SENIOR AWARDS

On Tuesday, June 6 Bow High School celebrated student's accomplishments at their Senior Awards Night. Through the generosity of many state and local organizations seniors were recognized for their achievements.

The recipients were as follows: **Angela Porter Memorial Scholarship** – Samuel Neff, **Bond Family Scholarship Fund** – Duke Biehl, Taylor Darrell, Olivia Krause, Gianna Celenza, Shannon Mullen, Lucas Cohen, Isabella Urbina, Megan Marshall, Samuel Neff, **Bow Education Association Christa McAuliffe Scholarship** – Olivia Krause, **Bow Falcons Booster Club Scholarship** – Andrea Fortin, Duke Biehl and Aidan Koornneef, **Bow Falcons Booster Club Fallen Falcon Memorial Scholarship** – Brendan Winch, Austin Beaudette and Nandita Kasireddy, **John George Queenan Memorial Scholarship** – Gianna Celenza, Sarah Jarrar, Samuel Neff and Isabella Urbina, **The Michelle L. Cadorette Scholarship** – Noah Bult and Duke Biehl, **The Purple Ribbon Run and National Honor Society Scholarship** – Sohani Demian, **The Stephen Charles Cmar Memorial Scholarship** – Sohani Demian and Isabella Urbina, **Bow Garden Club Scholarship** – Sohani Demian, **Bow High School Most Outstanding Student in Theatre Arts Award** – Eli Finkelson, **Bow High School Senior Athletic Awards** – Douglas Champagne and Isabella Urbina, **Bow High School Student Athlete Leadership Scholarship** – Gianna Celenza, **Bow High School Student Senate Scholarship** – Austin Beaudette, **Bow Men's Club Scholarship** – Leah Mitnitsky, **Bow Pops Award** - Sammy Perry, **Bow Pops Instrumental Award** - Lauren Craven, **Bow Pops Chorus Award** - Shannon Mullen, **Bow Pops Theatrical Award** - Kenzie Murdoch, **Bow PTO Christopher Richter Memorial Community Service Scholarship** – Samantha Perry and Austin Beaudette, **Bow Rotary Scholarship** – Michael Mullen, Samantha Perry, Nandita Kasireddy, Lucas Cohen and Sarah Jarrar, **Charles A. Coffin, Jr. Scholarship** – Abigail Horner, **Class of 2015 Pay It Forward Scholarship** – Nandita Kasireddy, **Club Z Annual Achievement Award** – Juliana Hager (*National Award - honorable mention*) and Alexandria Klug (*Local Winner*), **Cobb Hill Construction Scholarship** – Sadie Warburton, **Comcast Leaders and Achievers Scholarship** – Andrew Nicholls, **Concord Education Association Scholarship** – Elysia Woody, **Daughters of the American Revolution Award and Certificate**

**of Recognition** – Sohani Demian (Good Citizen) and Elin Warwick and Andrew Nicholls (Community Service Awards), **Faculty Book Awards: BEST Award of Excellence** – Chase Chamberlin, **Business Award of Excellence** – Alexandria Klug, **Academic Excellence in Mathematics Award** – Bryce Northrop, **Excellence in Science Award** – Samuel Neff, **Distinguished Work in Engineering Award** – Michael Perry, **“We the People” Award of Excellence in Social Studies** – Mason Elle-Gellernter, **World Language Award for Excellence** – Sohani Demian, **“Rock Star Award” for Excellence in Music** – Elissa Parker, **“To Thine Own Self Be True” Award for Excellence in English** – Kailey Andrew, **Excellence in Art Award** – Henry Fleury, **Faculty and Staff Scholarships** – Samuel Neff and Kristen Benson, **National Honor Society Recognition** – Kaylee Andrew, Sara Anoli, Austin Beaudette, Kristen Benson, Duke Biehl, Sullivan Blair, Carmen Anthony Celenza, Gianna Celenza, Robert Ciotti, Lucas Cohen, Lauren Craven, Sohani Demian, Eli Finkelson, Mason Elle-Gelernter, Sebastian Grasso, Riley Hicks, Abigail Horner, Sarah Jarrar, Paige Johnson, Nandita Kasireddy, Rebecca Katz, Olivia Krause, Conner Lorenz, Hallie Lothrop, Joe Lulka, Emily Montebianchi, Michael Mullen, Claire Mulvaney, Samuel Neff, Bryce Northrop, Brandon Parker, Elizabeth Pizzi, Isabella Urbina, Jack Vachon, Sadie Warburton, Elin Warwick, Brendan Winch, Elysia Woody, **National Merit Scholarship Program Letter of Commendation** – Nandita Kasireddy, **National Merit Scholarship** – Austin Beaudette, **NH Red Sox Scholarship** – Willow Bynum, **NH State Scholars Program** – Crista Alfano, Evan Alfano, Sara Anoli, Nicole Bernard, Alexander Berube, Saara Bliss, Willow Bynum, Brian Chagnon, James Colquitt, Collin Cook, Michael Darrach, Taylor Darrell, Athina Fanaras, Derek Gardner, William Holmes, Alexander Killion, Mac Kimball, Ronan Lucey, Megan Marshall, Christopher Mead, **NH Scholars with STEM emphasis:** Allison Arcand, Hunter Bakos, Austin Beaudette, Kristen Benson, Duke Biehl, Sullivan Blair, Carmen Celenza, Gianna Celenza, Chase Chamberlin, Robert Ciotti, Lucas Cohen, Sohani Demian, Mason Elle-Gelernter, Andrea Fortin, Sebastian Grasso, Duncan Hall, Riley Hicks, Abigail Horner, Sarah Jarrar, Paige Johnson, Nandita Kasireddy, Rebecca Katz, Alexandria Klug, Aidan Koornneef, Olivia Krause, Conner Lorenz, Hallie Lothrop, Joseph Lulka, Cassandra Meaney,

Jon Merchan, Leah Mitnitsky, Emily Montebianchi, Justin Mooney, Molly Morrison, Michael Mullen, Shannon Mullen, Samuel Neff, Andrew Nicholls, Bryce Northrop, Skylar O'Reilly, Jack Olson, Brandon Parker, Michael Perry, Vincent Petersen, Elizabeth Pizzi, Colin Plumb, Zachary Ponzio, Henry Tanner, Richard Tischofer, Colin Tracy, Brendan Ulrich, Timothy Underhill, Isabella Urbina, Jack Vachon, Sadie Warburton, Lyndsey Wheeler, Kirsten Wiesner, Brendan Winch, Elysia Woody, **NH Scholars with ARTS emphasis:** Lauren Craven, Eliorah Finkelson, Henry Fleury, Samantha Perry, **Principal's Choice Award** – **BHS Senior Art Gallery** – Henry Fleury (Drawing) and Bryn Mayo (Watercolor), **Prudential Spirit of Community Service Awards** – Sohani Demian, **“Senior Talk” Awards** – Samantha Perry, Sohani Demian and Henry Tanner, **Society of Women Engineers Boston Section** – Sadie Warburton (highest honors), Isabella Urbina (high honors) and Sohani Demian (honors), **Tri-M Music Honor Society** - Kristen Benson, Lauren Craven, Eliorah Finkelson, Michael Mullen, Shannon Mullen, Mackenzie Murdoch, Elissa Parker, Samantha Perry, Sadie Warburton, **United States Army Reserve National Scholar/Athlete** – Sohani Demian and Austin Beaudette, **United States Marine Corps Distinguished Athlete Award** – Maggie Vogt and Chase Chamberlin, **United States Marine Corps Academic Excellence Award** – Samuel Neff, **United States Marine Corp Semper Fidelis Award for Musical Excellence** – Sadie Warburton and Andrew Nicholls, **William H. Hilton Community Service Award** – Sohani Demian, **Wire Association International New England Chapter Scholarship** – Isabella Urbina, **Sons of Italy Scholarship** – Taylor Darrell, **National Choral Award** - Shannon Mullen, **John Philip Sousa Band Award** - Kristen Benson, **Thomas Cleary “Rookie of the Year” Award** - Kailey Andrew, **Dr John House-Myers Award for Musical Excellence** - Lauren Craven, **Directors Award for Most Outstanding Student in Music** - Samantha Perry.

The Foreign Exchange Student, Cemre Uslu, was also recognized with the presentation of the United States flag.

Congratulations to the Class of 2017! Thank you to the Bow Community and surrounding communities for your generosity in making these scholarships and awards available to the students of Bow High School.

### Bow's Andrew Nicholls Receives Scholarship



We are pleased to announce that Bow's own Andrew Nicholls received Comcast's Leaders and Achievers Scholarship at a recent State House ceremony. Nicholls and 38 other High School seniors from around the Greater Boston Region were selected for their strong commitment to community service and academic achievement.

*Photo courtesy of Danielle Haley*

### Justin Robert Claire Graduates from Bethel University

Justin Robert Claire of Bow graduated from Bethel University during the school's Spring 2017 Commencement exercises on Saturday, May 6 at the school's main campus in McKenzie, Tenn.

Claire received a Master of Science in Physician Assistant Studies.

Celebrating 175 years of service, Bethel University is a 4-year university offering bachelor's, master's and associate degrees through a variety of learning platforms.



### NHTI Spring 2017 Graduates

The following students from Bow graduated from NHTI, Concord's Community College, during the Spring 2017 term:

Sara Fisher (Associate in Science in Early Care Education for Young Children with Disabilities)

Kathleen Grennen (Associate in Science in Nursing)

Taylor Marston (Associate in Science in General Studies)

Jordan Vachon (Associate in Science in General Studies)

With 95 full-time faculty and over 300 adjunct faculty, NHTI Concord's Community College offers more than 80 academic programs to more than 7,000 students.

# MARK YOUR CALENDARS!

- 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 13th** - Safety Building Open House - 4:00 p.m. - 7:00 p.m.
- July 17th** - Medical/Mental Health Registration - Bow High School - 5:30 p.m. - 7:30 p.m.
- July 25th** - Special Election for State Senate

## WHITE ROCK NEWS



**“Happy Hookers”  
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### Bow Parks & Recreation Department

With spring activities winding down, we are in full swing getting ready for our summer activities.

Camps: There currently are very limited openings in our Summer Day Camp (all the trips are now full).

- Calling all 4-8-year-old princesses! We will once again offer a week of Princess Camp. Join us for one or more days (the week of June 26th) for a week of all things princess.
- Get your basketball ready and join us for Mark Stewart’s Basketball Camp for boys and girls entering grades 1-4. This camp will be held June 26-30 at Bow Elementary School.

Other activities: Looking to keep busy this summer? Think about joining us for one or more of our summer activities.

We will have hikes around Bow, and fitness for all ages, including Yoga, Gentle Yoga, Boot Camp, Teen Fit Camp, Body Blast, tennis, dance camp, ultimate frisbee and more. For a complete listing and full information, check out our website at: <http://bownh.gov/256/Parks-Recreation>.

We are once again offering discount amusement tickets with the NH Recreation and Parks Association. This is a great way to purchase tickets ahead of time and save anywhere from \$6.00-\$22.00 per ticket! We have tickets to Funtown Splashtown, Water Country, Six Flags, Attitash Mountain and Bromley Mountain. We have a limited amount of tickets to each.

Did you know . . . All Bow recreation programs require pre-registration. A completed registration form and payment is due at registration. One registration form is good for each school year. We have a secure drop slot at the front of the Community Building for late night and early morning registrations.

### SAVE THE DATE: JULY 17, 2017 Medical/Mental Health Registration Event

**5:30 PM – 7:30 PM at Bow  
High School Library**

This program allows any citizen to provide information regarding themselves, a family member, or friend so that we can be better prepared to effectively assist an individual that may be suffering from a mental health emergency or medical condition.

This program is intended to aid police dispatchers and officers in their response to calls for assistance involving individuals with mental health or medical impairments in order to provide the best possible level of service. The registration may also include lock box information in the event there is an emergency at your home and first responders need to make entry into your home.

### 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             |

### Hurricane Preparedness

By  
**Lee Kimball, Bow Emergency  
Management Director**



Did you know that hurricanes are one of nature’s most powerful and destructive events that we face as a nation, and have caused eight of the ten costliest disasters in U.S. history? With the start of hurricane season upon us ( June 1 thru November 30), the Town of Bow Office of Emergency Management would like to remind all citizens and businesses that emergency preparedness starts at home and now is the time to be prepared.

It only takes one hurricane to change your life and your commu-

nity. Hurricanes are not just a coastal problem as high winds, heavy rainfall, tornadoes, and flooding can be felt hundreds of miles inland, potentially causing loss of life and catastrophic damage to property.

Hurricane Irene and Sandy remind us that significant impacts can occur without it being a major hurricane at landfall. Take action now to be prepared for the hurricane season. As the storm approaches, it is often too late to get ready.

Make sure your family has an evacuation plan, communications plan, an emergency supply kit, and evaluate your flood insurance needs.

For specific preparedness information visit the Town web site at [www.bownh.gov](http://www.bownh.gov) under departments and click on the office of emergency management to sign up for emergency alerts, preparedness information, and access to the functional needs survey for individuals with special needs requirements.

Director Kimball may be reached at 228-1187 x130 or at [lkimball@bownh.gov](mailto:lkimball@bownh.gov).

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**We're fraternal-**We offer benefits, social activities and volunteer opportunities to our members.  
**We're financial-**We help members plan for life with personalized advice and quality financial solutions. Let's talk.



**Modern Woodmen of America**  
Donald M. Legere, FK, LUTCF  
109 1/2 S. State Street  
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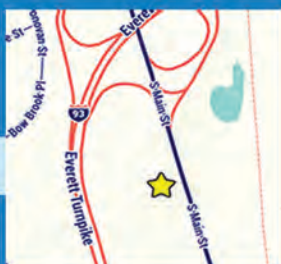
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