



The Bow Times

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

ECRWSS
PRSR STD
U.S. POSTAGE
PAID
PERMIT #130
Portsmouth, NH
POSTAL CUSTOMER

BOW, NH VOL 25, NO. 6 June 2018 www.thebowtimes.com FREE

BOW FIREFIGHTER SAVES 2-YEAR OLD WHILE ON VACATION IN FLORIDA

Bow firefighter Brandon Skoglund has served as a firefighter/paramedic on the Bow Fire Department since 2006. In April he was in Florida with his family for a Disney visit in Orlando.

But he wasn't off duty as an EMS. One afternoon he and his family were outside their hotel at a swimming pool when a 2-year old boy began to drown. Brandon was at the end of the pool opposite the end where the lifeguard was on duty. Brandon raced to the child and used CPR and forced the water out of the boy's mouth and lungs. The child is fine.

Skoglund is married with two children and lives in Dunbarton. His life-saving day of vacation is obviously a memorable one but as Brandon said, "I'm not a very good spectator."

He is also an artist, having created the Bow Fire Department American Flag made out of painted forest fire hose. When you go into the Safety Center you will have an opportunity to see his hose art on the wall.

We salute life saver Brandon Skoglund who represents the best of the best.



Brandon Skoglund

HOPKINTON PAGE BEGINS THIS MONTH!

The Bow Times is now on the newsstands of several businesses in Hopkinton and Contoocook so it was an easy step to provide those readers with local news.

Chief Stephen Pecora has agreed to provide a monthly Police Department summary. Realtor Mary Cowan will provide the real estate sales each month and Kathleen Butcher will describe upcoming events.

The papers will be available for free at Dimitri's Pizza, Mr. Mikes, Colonial Pharmacy, the Cracker Barrel, Everyday Café and Lakehouse Tavern. See page 15.

A BUILDING BIGGER THAN EXEL COMING TO BOW

Matt Taylor, the Director of Community Development announced good news from the Planning Board. Said Taylor, "Coastal Forest Products was recently issued a permit for a building that will be the largest commercial structure in the Town of Bow. Coastal is relocating their corporate headquarters and main distribution center to a new 250,000 square foot facility on River Road. The availability of public water for fire suppression helped to make this project possible."

Coastal has been in business for over three decades and is one of the largest wholesale distributors of forest products in the northeast. Their extensive product range includes siding, decking, shingles, trim, engineered wood, and custom millwork. They currently have facilities on River Road and Dunklee Road. "the Town welcomes this new business expansion," said Taylor.

ANOTHER CRASH AT I-89 EXIT/ON RAMP

by Chuck Douglas



On May 30 a vehicle came off I-89 in Bow and went across the ground between Exit 1 and the Bow onramp to I-89 causing extensive damage to the guard rail on the right side of the ramp. Apparently no one else was T-boned getting onto I-89 at that time.

Chief Margaret Lougee said it was not a case investigated by Bow Police so she had no information on the condition of the driver.

This newspaper has requested details of this crash as well as all others in that area for the last year and a half. We have also requested details about the driver who killed Tyler Shaw on April 30 at Exit 1.



Bow residents Ben Kiniry and Danielle Ruane at the NHMS Thursday Night Bike Race.

BIKE RACING NOW AT LOUDON TRACK

New Hampshire Motor Speedway not only hosts car and motorcycle races, but it is also a welcoming venue for bicycle racing. For the last thirty years, there has been a bike race at the track on Thursday evenings from April through September. The bike races began in the 1980s when the speedway was called Bryar Motor Speedway, and NHMS has continued the tradition. The town of Bow is home to many bike enthusiasts, and several of our residents participate in the races at NHMS. The bike race has categories for different level abilities (beginner to expert), and new racers are always welcome. If you are interested in learning more about the race, visit www.sunapeeracing.com/nhms or contact Danielle Ruane at sunapeeracing@gmail.com.

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 Nylan

496- 5239 gary42bow@comcast.net

Staff Designer - Nadeane Mannion
nmannion1@comcast.net

Technical Editor - Denise Ehmling
dehmling@thebowtimes.com

Travel Talk Editor - Chase Binder

Food Editor - Debra Barnes

Wine Editor - Nicole Habif

Contributing Writers - Joyce Kimball,

Faye Johnson and Donna Deos

Photographs - Eric Anderson

Printer - Seacoast Media Group

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

DEADLINES: 1st of the month;
classifieds must be prepaid - cash, check
or pay online at www.thebowtimes.com

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

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

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.

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

**A proud member of the New
Hampshire Press Association.**

EDITORIAL

Is the Sky the Limit for School Superintendent Compensation?

According to the New Hampshire Department of Education's 2017-18 Roster of School Superintendents there are 82 full-time Superintendents. A few of the small School Administrative Units or SAU's have hourly or part-time Superintendents. That total comes to 15. Of the 82 full timers, 74 have salaries over \$100,000 and only 8 are paid below \$100,000.

Examples of the high end are Timberlane (\$165,909), Nashua (\$158,750) and Manchester (\$165,000).

The Bow/Dunbarton SAU has a Superintendent with a salary of \$137,015, but that is only part of the story. The package of benefits for Bow's Superintendent includes health insurance coverage (\$22,466), dental (\$1,980), retirement and an annuity payment of \$24,768 and FICA of \$10,482. When these and other benefits are added up they come to \$197,743 or just shy of \$200,000.

Should the school compensation continue on ever upward past \$200,000 or \$300,000 in total compensation? Have our "public servants" been given a limitless claim on the taxpayers?

Apparently, the answer is, yes.

In July, another 2% pay raise will put Bow's Superintendent over \$200,000, in total compensation. The President makes \$400,000.

Back in March, I wrote to every SAU board member in Bow and Dunbarton asking them to vote to cap the SAU compensation at \$200,000 which seemed reasonable given that the median family income in Bow is \$120,648.

A deafening silence came after my letter suggested the \$200,000 cap. The docile school boards just don't care about Bow's current situation and thus enable this endless call on tax dollars.

The model for limitless public servant compensation is Bell, California with a per capita income of only \$24,800. It had city councilors paid \$100,000 a year for a meeting once a month. The City Manager, Robert Rizzo, was earning \$800,000 to run a city of 35,864 people. Then came the indictments. (If you think I'm kidding, Google Bell, CA.).

Our Superintendent lives in Meredith where the tax rate is only \$15.23 a thousand or about half of Bow's rate. He could set an example as a selfless public servant by writing the SAU board and agreeing that \$200,000 is adequate for our little communities and he waives his 2% July raise. That is unless the SAU board chooses to act in the meantime. Don't hold your breath for either event.

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

JUNE SURVEY

Should teachers trained in the proper use of firearms
be able to bring guns to school (if properly secured)
to defend against a shooter?

☐ YES ☐ NO

GO TO www.thebowtimes.com

and select **JUNE SURVEY**

Results are tabulated by the national survey company
Survey Monkey, not by this paper.

THE ARMED CITIZEN

In South Carolina, an alleged burglar who broke a window and tried to enter a Greenville County home was shot by the armed homeowner. Police documents say the suspect was armed with a knife and threatened the lives of the people in the home before one of them shot in self-defense. The trespasser, who was charged with burglary and related crimes, is reported to have been released from jail on parole several weeks before the incident.

(foxcarolina.com, Greenville, S.C., 3/20/18)

LETTERS TO THE EDITOR

Dear Editor,

Your editorial on I-89's Exit 1 is spot on. That is, by far, the most dangerous intersection in the state.

Trent Spinner, Executive Editor
Union Leader

Dear Editor:

This is in regard the I-89 crash killing the nice young man from Concord. What a tragedy - an unnecessary death by a drunk driver.

Why have we not read anything about the driver who killed Tyler Shaw? Absolutely nothing and I don't understand why. He lived, and innocent Tyler is gone. This guy was as drunk as a skunk, obviously going way, way over the speed limit and we hear nothing? I don't understand. This man must know someone in the ranks who is keeping this hush hush. I cannot imagine what Tyler's family is going through - they have lost their son, brother, nephew, grandson and this guy is walking free. Why? It is not fair and I would like to see something in the Bow Times addressing this.

I have not gone onto 89 from Logging Hill for over 20+ years. Anyone who does is taking their life in their hands. It is a death trap. I think the Bow exit off 93 onto 89 is also dangerous. Both should be closed. To get onto 93, we go to Cimos at the end of South Street then to Rockingham then to 93.

When I am coming to Bow down 89 from the Clinton Street area, I drop to the speed limit as stated. I have people honking then horns at me, giving me the finger as they drive by me going 75+ MPH. Something needs to be done and I feel the state needs to start revamping those areas IMMEDIATELY. There are other road areas that are being worked on that are not a hazard like the Bow ramps are. And in the meantime have speed bumps there - the state needs to do something - ASAP.

Name withheld

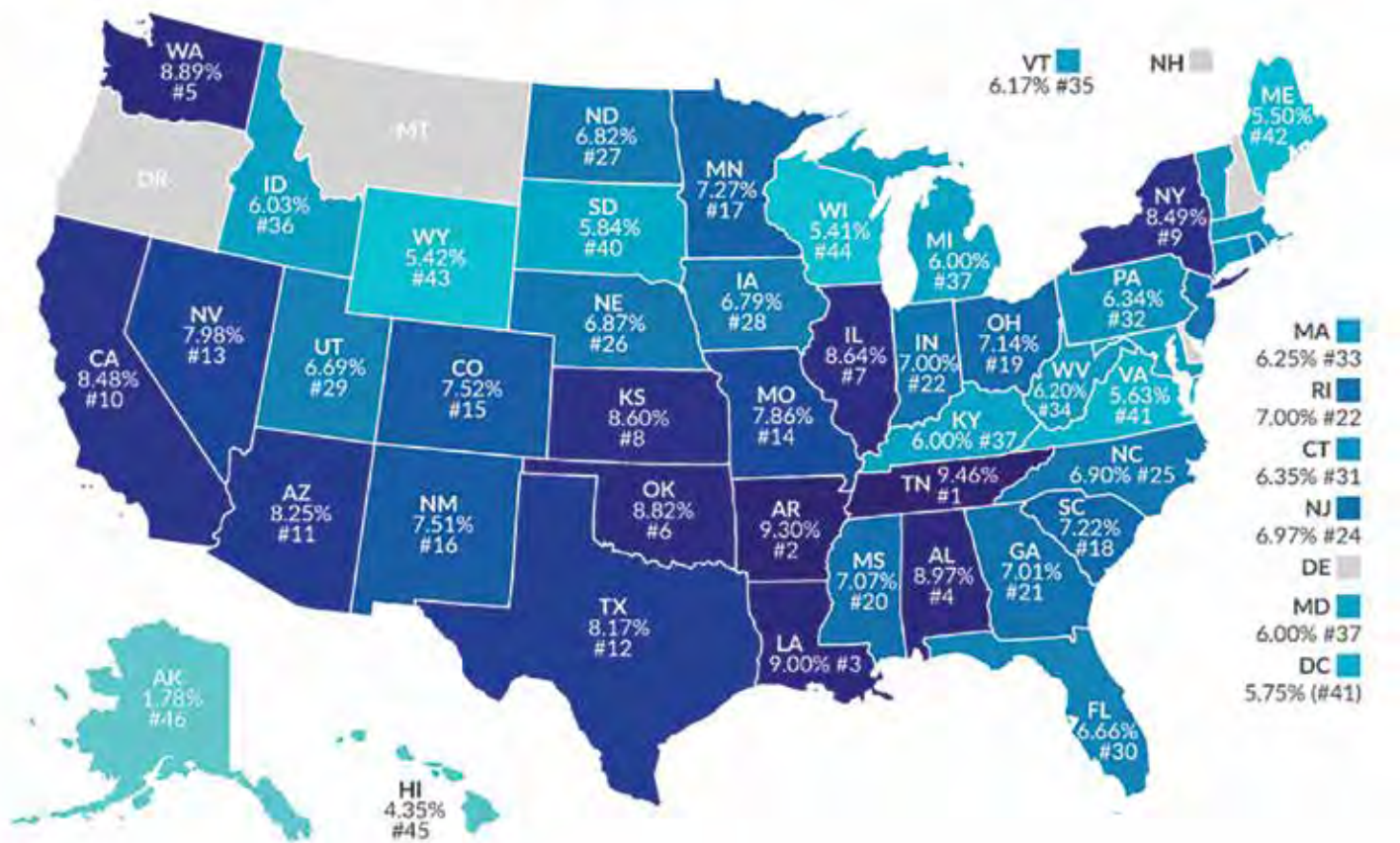
THOUGHT OF THE DAY

We may have all come
on different ships,
but we're in the
same boat now.

Martin Luther King, Jr.

HOW HIGH ARE SALES TAXES IN YOUR STATE?

Combined State and Average Sales Tax Rate Jan. 1, 2016



State and Local Sales Tax Rates 2018

- Forty-five states and the District of Columbia collect statewide sales taxes.
- The five states with the highest average combined state and local sales tax rates are Louisiana (10.02 percent), Tennessee (9.46 percent), Arkansas (9.41 percent), Washington (9.18 percent), and Alabama (9.10 percent).
- New Hampshire has no sales tax

**NO BLEACH
ROOF STAIN
REMOVAL**
RoofSHAMPOO.com
603-682-3747

**Safe
Too Small For Your
Important Papers**

*Residential
Commercial
Accessories*

ADAMS LOCK & SAFE
130 Hall Street Concord, NH
www.adamslock.com
(603) 224-1652

**Ask
About
Propane**

FAMILY OWNED SINCE 1940
HEATING OIL • PROPANE • SERVICE • INSTALLATIONS

Johnny Prescott
Heating Oil Propane

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

A STITCH IN TIME SAVE NINE!

BY BEN KINIRY, ESQ.T

Your doctor likely gets a little frustrated when you show up long after you started experiencing symptoms. Similarly, I'm sure your auto mechanic gets equally irritated when you have completely destroyed your automobiles brakes because you didn't make an appointment when you first started "hearing a noise."

As an elder law attorney it is somewhat exasperating when I stress to people the need to set up a Durable Power of Attorney ("DPOA") (not to mention the Durable Power of Attorney for Health Care) in case they should become incapacitated.

Let's be realistic, you are going to get sick, your brakes are going to wear out and you will become incapacitated and need the help of others.

In all of these instances, a stitch in time may very well be your best friend.

If you go see your doctor when your symptoms start, then we can agree that it may be less costly in many ways than waiting. Similarly, going to your mechanic when you hear a noise in your brakes is likely more cost effective than waiting until your brakes fail. In the realm of disability planning it



is certainly better to be proactive than reactive.

Following I have written some examples of client's I have worked with in order to provide you with real life stories of the types of things that happen in everyday life to good people like you.

Case study one - Cash value of a life insurance policy: the first example took place in Connecticut over 10 years ago. I was requested to go to Hartford Hospital to meet a new client and her son. My new client, "Barbara," was rather ill and wanted to give her son the authority to make her health care decisions in case she should become incapacitated. In counseling Barbara, I suggested that she also set up a Durable Power of Attorney so that her son could manage

her financial affairs if it became necessary. Though I pleaded with Barbara to create a DPOA she ultimately declined.

We accomplished the signing of the Durable Power of Attorney for Health Care the very next day. Approximately a week later Barbara's son, "Tom," called me to inform me that his mom had "fallen into a coma" and Sun Life Financial denied him access to the cash value in Barbara's life insurance policy. When Tom made his request to withdraw funds to pay for his mother's care, Sun Life Financial responded they would be happy to oblige but only upon receipt of the DPOA.

Case study two - United States savings bonds: in another case about seven years ago a family

came to me as their mother, "Nancy" (who was unfortunately diagnosed with Alzheimer's), had run out of funds in her checking account to pay for her nursing care and other fees. Nancy was well off financially and actually lived in an assisted living facility and paid for a full time nurse to stay with her. Nancy was not out of money, it was just that the bulk of her money was tied up in United States savings bonds. Nancy had never created an estate plan, and therefore did not provide any of her children with the DPOA and they were unable to cash in the savings bonds to pay for their mother's care.

What do these three families have in common? Three words, time, stress and cost.

(con't. p. 9)



CHAMPNY'S FIREWORKS

New Hampshire's Fireworks Outlet

New Lower Prices ! Same Great Service

50-70% OFF
YEAR ROUND!

ROCKETS, FIRECRACKERS & SMOKE
NOW LEGAL & AVAILABLE



Whacky Tobacky

ON SALE
\$ 69



Excalibur
On Sale
\$59



TITANIUM
BOTTLE
ROCKETS

144 PIECES
PERFORMANCE
SILVER TAIL TO REPORT



RDS-ROCKET
DEFENSE SYSTEM

1222 Rte. 3-A Bow, NH 03304

603-225-7353

www.champnysfireworks.com

Must be 21 years or older. Check with local authorities for permissible use.



TWO YOUNG INVENTORS IN BOW COMPETING NATIONALLY

Bow 4th and 5th graders Hannah McCloud and Kate Millerick of Bow Elementary and Bow Middle School competed in the National Invention Convention and Entrepreneurship Exposition with the Young Inventors Program of Northern New England, a program of The Academy of Applied Science (AAS) in Concord, NH. AAS which was founded in 1963, has instilled a passion for science, hands-on learning and inventions in today's youth.

At a recent meeting of the Men's Club the Young Inventors Program was explained by Director Nicole Bellabona, who leads the annual Regional event held at SNHU where both young ladies received awards. Nicole works with 70 New Hampshire and Massachusetts schools that run Invention Conventions to teach invention education and problem-solving. The annual Nationals event was held at the Henry Ford Museum in Dearborn, Michigan this past month. More information can be found at www.aas-world.org.

BOW CREWS BATTLE 5 ACRE BRUSH FIRE

FIRE CAUSED BY STRAY BULLET



Deputy Fire Chief Van Dyke at Command Vehicle

On May 13, 2018, at 1:15 pm a resident from Golden View reported seeing smoke looking off in the distance to the West. Bow Forestry #1 met the caller and confirmed a brush fire appearing to be in the Bow Bog area and relocated in that direction. A second call reported smoke in the area of Branch Londonderry Turnpike East. Forestry #1 determined the best access to be off the unmaintained sections of Branch Londonderry Turnpike.

The Second and Third Alarm brush responses were requested with a special call for two forestry tankers. The fire grew to five acres before it could be fully extinguished. No injuries were reported and no houses were threatened. Crews were out of the woods by dusk.

Upon investigation it was determined a bullet ricocheted off a rock caused the fire. Someone was target practicing in the immediate area before the smoke was reported. This investigation is ongoing and being conducted by the NH Division of Forest and Lands and the Bow Fire Department.

Anyone that has information that would help identify those responsible please contact **Chief Mitchell Harrington at 223-3960** or the anonymous tip line at 226-3100.

**Different needs.
Different lives.
Different checking accounts.**



Designed with you in mind.

• Premium Plus Checking

A loyalty account for customers with a combined deposit and loan balance of \$15,000.

• GenGold® Checking*

For those who want the benefits of the GenGold® Savings and Identity Theft Program.

• Mobile Checking

Geared towards people who are on the go or travel regularly and appreciate the convenience of eStatements and using a debit card.

• Senior Checking

A benefits-rich checking account for those who are 65+.

• Just Checking

For customers who want a no-frills account with low fees.

All of our checking and savings accounts come with a host of valuable conveniences and security services at no additional cost.

Learn more or open an account at any of our convenient branches. Because finding the right bank makes all the difference in the world.



MERRIMACK
COUNTY SAVINGS BANK

800.541.0006 themerrimack.com

*Merrimack County Savings Bank has selected Generations Gold, Inc., a fully independent third party service provider, to provide travel and other discount services on an exclusive basis directly to GenGold® members. Merrimack County Savings Bank assumes no liability for any of the providers in fulfilling their services.



Doris presented the Boston Cane in October 2017. (Photo Eric Anderson)

OBITUARY

Doris Evelyn (Swain) Stebbins, of Bow, passed away Friday, June 1, 2018, at Hospice House at the age of 100.

She was born in Enfield, raised in Concord and resided for the past 50 years in Bow. Her family includes her three daughters, Patricia Wheeler and partner, Peter Rayno of Concord, Joyce Simard and predeceased, Ben Simard of Maine and Linda Haller and husband, David of Concord; eight grandchildren, 14 great-grandchildren, nieces and nephews.

Doris was predeceased by her husband, Frank Stebbins and daughter, Joan Stebbins.

There will be no calling hours or services.

To share fond memories and expressions for the Stebbins family, please visit Bennettfuneralhome.com.

Hometown Banking.
it's just better.

Since 1895, Sugar River Bank has been your Hometown Bank. So, what makes hometown banking at Sugar River Bank better?

- We are a Mutual Bank, which means we cannot be bought or sold
- Our employees are committed to our local communities
 - We have convenient drive-thrus with ATMs
- With our Instant Issue Debit Cards, you don't have to wait to use your money.

We have always been your Hometown Bank and always will be. How can we help you?



Sugar River Bank
Est. 1895

Newport | Concord | Grantham | New London | Sunapee | Warner
800.562.3145 | sugarriverbank.com | Member FDIC | EQUAL HOUSING LENDER | Like us on Facebook!

6 SMART MONEY MOVES FOR NEW COLLEGE GRADUATES

More than 70 percent of college graduates began their career owing more than \$37,000 in student loans in 2017. Considering the additional living expenses they'll soon face, new college graduates would be wise to focus on their financial future right now, says the American Bankers Association. Sugar River Bank has highlighted six smart financial decisions college graduates should consider to position themselves for financial success as they embark on their next phase of life.

"The habits new graduates develop right now will have a big effect on their financial future," said Corey Carlisle, executive director of the ABA Foundation. "Living expenses add up quickly once you're out on your own, and many young adults who didn't plan ahead are delaying major milestones like getting married or buying a home because of their financial situation. The good news is that you can have a bright financial future if you think strategically about money right out of the gate."

Sugar River Bank recommends the following financial tips for new college graduates:

■ **LIVE WITHIN YOUR MEANS** Supporting yourself can be expensive, and you can quickly find yourself struggling financially if you don't take time to create a budget. Calculate the amount of money you're taking home after taxes, then figure out how much money you can afford to spend each month while contributing to your savings. Be sure to factor in recurring expenses such as student loans, monthly rent, utilities, groceries, transportation expenses and car loans.

■ **PAY BILLS ON TIME** Missed payments can hurt your credit history for up to seven years and can affect your ability to get loans, the interest rates you pay and your ability to get a job or rent an apartment. Consider setting up automatic payments for regular expenses like student loans, car payments and phone bills. Take advantage of any reminders or notification features. You can also contact creditors and lenders to request a different monthly due date from the one provided by default (e.g., switching from the 1st of the month to the 15th).

■ **AVOID RACKING UP TOO MUCH DEBT** Understand the responsibilities and benefits of credit. Shop around for a card that best suits your needs, and spend only what you can afford to pay back. Credit is a great tool, but only if you use it responsibly.

■ **PLAN FOR RETIREMENT** It may seem odd since you're just beginning your career, but now is the best time to start planning for your retirement. Contribute to retirement accounts like a Roth IRA or your employer's 401(k), especially if there is a company match. Invest enough to qualify for your company's full match – it's free money that adds up to a significant chunk of change over the years. Automatic retirement contributions quickly become part of your financial lifestyle without having to think about it.

■ **PREPARE FOR EMERGENCIES** Hardships can happen in a split second. Start an emergency fund and do your best to set aside the equivalent of three to six months' worth of living expenses. Start saving immediately, no matter how small the amount. Make saving a part of your lifestyle with automatic payroll deductions or automatic transfers from checking to savings. Put your tax refund toward saving instead of an impulse buy.

■ **GET FREE HELP FROM YOUR BANK** Many banks offer personalized financial checkups to help you identify and meet your financial goals. You can also take advantage of their free digital banking tools that let you check balances, pay bills, deposit checks, monitor transaction history and track your budget.

Sugar River Bank



Member FDIC

www.sugarriverbank.com

Source: American Bankers Association

June is
"Adopt a Shelter Cat"
Month

Your new feline friend is waiting for you!

Visiting Hours:

Tues/Thurs 12-7 pm

Wed/Fri/Sat 12-5 pm

Visit us on the web at:
popememorialsPCA.org



94 Silk Farm Road
Concord, NH
(603) 856-8756

BE KIND TO ANIMALS

FOCUS AUTOMOTIVE INC. GIVES BACK TO THE COMMUNITY!

During the month of March, customers were asked to vote for their favorite non-profit organization. And the winner was: The SPECIAL OLYMPICS NH!

During the month of April Focus Automotive donated \$5 from every oil change performed to the Special Olympics organization and donated a check for \$200. We are tremendously grateful to our customers for their generosity. This will help the team pay for the upcoming Summer Games at UNH on June 1 and 2.

Focus Automotive is proud to be a Special Olympics sponsor for many years. We hope to be an example to other business leaders in our community. The Concord Golden Eagles is our hometown team consisting of 50 athletes from the area.



On hand to receive the check L to R: Deb Hull, parent, Robin O'Dougherty, coach, Brooke Hull, athlete, Liam Dennehy, athlete, Mike Dennehy, program coordinator, Michelle & Joe Cogan, owners of Focus Automotive.

Staying on Track While Traveling

By Jim Olson

With travel season officially upon us, we thought it would be perfect for us to share some of our favorite travel strategies for staying on track!

Whether you're traveling for work or pleasure, frequent travel can have detrimental effects on your nutrition and fitness if you are not prepared, so here are our best tips!

Choose the best hotel location. If possible, plan in advance a location that is near grocery stores and healthy restaurants. Also, look for a hotel with a gym. If your hotel doesn't have a gym though, it's not a reason to skip your workouts! There are plenty of effective body weight exercises that can be done in intervals in your hotel room.

Get a room with a kitchenette, or at the very least, a fridge. Get healthy grocery items that you can snack on like fruits and veggies, bottled water, yogurt, cooked chicken, nuts, or sliced meats.



Jim Olson

Bring a cooler. If you have long days in meetings or out and about, you'll be tempted to grab quick lunches and dinners. Prepare for this by having something packed.

Look at restaurant menus in advance. Not looking at the menu when you're hungry will prevent you from being tempted by less healthy options.

Bring protein-based supplements like bars or shakes.

Choose custom meals when eating out in restaurants. It doesn't always have to be salad either! Grilled protein and veggies are available almost anywhere!

Walk as much as possible!

If you are having hang ups in your nutrition, it's vitally important to keep a food journal, even while traveling. This will keep you honest to what's really going on!

Other things that are also helpful are food photo journals (take pictures of what you're eating instead of writing it down) or even looking over grocery receipts.

These are great accountability tools, and if you're a member, you can share them with your coaches for even more accountability and better results!



GET SUMMER FIT WITH IF

TIME TO MUSCLE UP AND TRIM DOWN

Whatever your motive, Individual Fitness is here to help you reach your lifestyle goals. Call today to schedule your complimentary consultation and get started towards reaching your goals.



INDIVIDUAL FITNESS
PERSONAL TRAINING STUDIO

individualfitnessllc.com
80 South Main Street
Concord, NH 03301

603-224-8096

BAKER FREE LIBRARY NEWS

by Lori Fisher

SUMMER READING KICK-OFF EVENT ON 6/22

Friday 6/22 from 4 pm to 7 pm! The theme is "Reading Takes You Places," with our focus being on travel, cultures, and ethnicity around the world. The kick-off will feature food, activities, and fun for families, and everyone will get to meet our new Youth Services Librarian! The Summer Reading program will run through August 22nd, and all ages can register at the Kick-Off event to participate and win great prizes. Hope to see you there! **Save the Date: the Summer Reading End Celebration will occur on Wednesday 8/22 at 5:30 pm with an African drumming session that all can join!**

DROP-IN FAMILY STORYTIME & ACTIVE LISTENERS STARTS THE LAST WEEK IN JUNE

Our summertime drop-in Family Storytime and Active Listeners class begin the last week of June! No registration is required - just show up! Family Storytime will run Tuesdays 6/26 through 8/21, and Active Listeners will run Thursday 6/28 through 8/23. Remember that Family Storytime is for families with multiple ages (0-6) and includes a craft. Active Listeners is for 0-3 years of age, and has more movement and fingerplays for that age group. Questions? Email Juliana at juliana@bakerfreelib.org.

FAIR LABOR STANDARDS ACT FOR SMALL BUSINESSES: MONDAY 6/18 AT 5:30 PM

Join Steve McKinney from the US Department of Labor for an informative overview of the Fair Labor Standards Act as it applies to Small Businesses. Topics to be covered include: Questions surrounding hours worked; overtime; exemptions; child labor; internships (paid and unpaid); volunteers; independent contractors vs. employees. To register online, visit https://sba_nh.eventbrite.com. Questions? Email betsy@bakerfreelib.org.

BAKER HERITAGE ROOM OPEN IN JUNE

The Baker Heritage Room in the Baker Free Library will open the 2nd Thursday and third Saturday of the month from 10 am to 2 pm through June, as well as by appointment with the Bow Heritage Commission. June dates are Thursday 6/14 and Saturday 6/16. For more information or to make an appointment, contact Faye Johnson at 228-8149 or fjohnson915@myfairpoint.net.

SAVE THE DATE: BOOKS IN BLOOM ON 8/3 & 8/4

Bow Garden Club, in cooperation with the Library, will hold an exhibit of creative floral designs at the Library on Friday 8/3 and Saturday 8/4. Floral designers will pre-select a book from the Library and create a fresh flower arrangement to have on display during the exhibit, interpreting some facet of the book they have chosen (title, a character, the jacket



Juliana Gallo is the new Youth Services Librarian at the Baker Free Library! She's busy meeting all of the kids in grades K-6 this month prior to our Summer Reading Kick-Off... please say "hello" when you see her at the schools or the library!
Photo by Eric Anderson

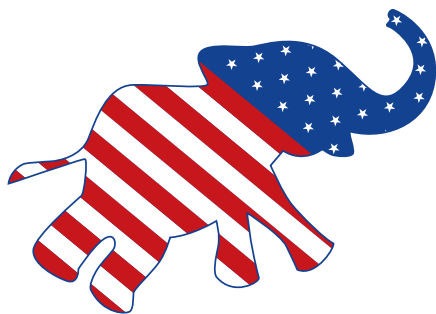
cover design, etc). Each book and the accompanying floral piece will be displayed together on small tables located throughout the Library for viewing. The exhibit's opening will be Friday evening from 5:30 to 8 pm with light refreshments available from 5:30 to 7 pm. The exhibition will remain open through the Library's regular hours on Saturday, 10 am to 4 pm. Note: The Friday night opening event is for adults only; families with children are encouraged to visit the library any time on Saturday to view the displays and participate in special children's activities.. For more information or if you wish to contribute a floral design, contact Joyce Kimball at joycekimball@comcast.net.

FRIENDS OF BAKER FREE LIBRARY NEWS

The Friends of BFL will hold a Gift Basket Raffle at the Summer Reading Kick-off party on Friday June 22nd from 4 pm to 7 pm. Take a chance on one or more of our great gift baskets – tickets are \$1 each, or 3 for \$5, or \$5 for 10. Proceeds will help the Friends maintain the Library's Museum Pass program.

Support the Friends at their Orange Leaf fundraiser on Thursday June 28th from 5 pm to 9 pm. Just mention the Baker Free Library at the checkout and the Friends will receive 20% of the sale!

The Friends of the Baker Free Library are accepting book donations on the last Saturday of the month. Next donation date is Saturday 6/30, from 10 am to 2 pm. Questions? Email info@bakerfreelib.org.



BOW/DUNBARTON GOP CANDIDATES NIGHT

The July 11 meeting of the Bow/Dunbarton Republican Committee will be held at the Old Town Hall at 91 Bow Center Road. The meeting will begin at **6:30 pm.**

All of the Republican candidates running for office in the town of Bow will be invited to speak.

County candidates will be the focus of the August 8th meeting. For information call Janis Kuch, Vice Chair at 603-856-0957

603 682 3747

Get a
ROOF SHAMPOO

Roof Stain Removal
WWW.ROOFSHAMPOO.COM

 **Allied Insurance Agency Inc.**
Your protection is our profession.

500 South Street
Bow, NH 03304
224-5394
alliedia.com

We are happy to announce that Allied Insurance Agency now offers **PET INSURANCE**. Avoid that stress that can come from unexpected vet bills, even routine care can be covered.

Call today to find out more!

FIGO
PET INSURANCE



What is “Authentic” Travel?

by Chase Binder

Recently I saw an ad for a tour company that promised “authentic” vacations around the world. Guaranteed! Interesting, I thought. I wondered how they defined the word, and how that would translate into their itineraries. After all, no matter your reason for traveling, you undoubtedly seek an authentic encounter. Otherwise, why go to Paris when you can see a replica of the Eiffel Tower in Las Vegas? Why go to Africa when you can see big cats in the “wild” at Disney World?

After a look at the tour company’s website, I suspected the company had figured out that the word “authentic” is one of the newer phrases in marketing travel. It grabs the attention of millennials and newly-retired baby boomers alike. But in actuality, this particular company had merely updated their itineraries to include afternoons on your own for exploring and a few small group opportunities to visit a local family for lunch. Everything else was by-the-book.

For us, the word authentic is more nuanced, especially as it relates to our travel. When Bud and I leave home, we always try to shed the concept of being tourists and delve into a destination as deeply as possible—be it another state or country. This approach has led us to some truly authentic, truly memorable experiences. Like years ago, when we asked a very local cabbie to show us around the Puerto Plata in the Dominican Republic. He drove us all around, speaking very little English, but somehow crafting communication that served nicely. Part way through, he veered off to a modest but well-cared for local neighborhood. It was lunch time and he took us to his home! His wife seemed a bit surprised, but cheerfully gave us drinks and snacks. There was a lot more smiling than conversation—we speak just a few words of Spanish. But how unforgettable! This wasn’t a paid-in-advance, manufactured experience. This was spontaneous and surprisingly authentic.

So what is authentic travel? In my mind it’s travel that provides meaningful interaction at the personal and cultural levels. It’s engaging and interactive. It’s fun and memorable. It can lead to surprising and lasting friendships. It can help us see and



Chase Binder

understand both how different and how similar we really all are. It can educate us and lift us above all the noise surrounding global (and even our own) politics. And it’s really, really hard to schedule or buy in advance. It kind of just happens.

So how do you have an authentic travel experience? First, open your yourself to the new and different. Instead of booking a pre-packaged tour, try FIT (Foreign Independent Travel—see December 2017 Travel Talk). Work with someone who truly knows the area you want to visit, tell them you want lots of time for exploring—and use that time! Bud and I spent a day in Prague just riding the mass transit routes out to the suburbs. We got to see the city from a new perspective, had some very interesting conversations—all for a very few dollars. A Vancouver resident suggested the idea to us many years ago and we have used it often. It gets you another level closer to the actual city from the canned hop-on/hop-off tour.

One thing that helps make connections is knowing the language - or at least a few basic phrases. We like to learn at least please, thank you, excuse me and (importantly) where is the bathroom? In truth, many, many countries teach English as a second language. And often residents will want to practice their English, especially if you are way, way off the beaten path. But how nice for them to see us Americans making an effort to be kind and considerate!! You will find learning a few phrases brings smiles and opens unexpected doors.

Few things mark a culture more than the food served. Again, try and be open-minded (though I did draw the line at fried crickets

in Cambodia). Try and avoid tourist restaurants (they are more expensive anyway) and go really local. How do you find these? If you have a car, drive around and look for restaurants with parking lots full of local cars. See a big tourist bus? Drive on by! Or ask the bell boy (NOT the concierge who could get kick-backs from certain restaurants) where he and his family go to celebrate family events. We had one of the best meals ever in Rome using this trick! But don’t be afraid to try international chains—they will most certainly look at menu items and even service differently than you are used to. We ate at a Pizza Hut in Beijing once and were stunned to see waiters in tuxes with white gloves and a wine steward! What a hoot!

Another way to connect locally is to rent local houses instead of staying at hotels. This is easier than ever with the internet, but Bud and I have been doing it since long before online searches and booking. The trick? Go really, really local once you’re there. Take walks. Buy food in the local grocery store. Visit local department stores where the residents shop—prices will be better and I guarantee you’ll find it interesting. Pop into the corner market—this is how we found a local grandmother near Sorrento, Italy who made table wine for the locals. Five dollars for a five-gallon jug, red or white—but you had to return the jug. I won’t tell you how many jugs we went through!

We’re in the planning stages now for a trip to the UK—not touristy London, but a tiny village in the Cotswolds followed by a trip to the Scottish highlands. My dream? It will be all about local pubs and hedgerow-lined lanes.

NEVER FEAR! The pieces on the Harris’s world cruise is in progress and will be coming soon. We appreciate your patience as we work out some technical issues for a great story!.



Laboe Tasker con’d. from p. 4

Time: They had to take the time to come see me, gather significant documentation and then petition the probate court for Guardianship. It can easily take six weeks or longer from the time that a person walks in the front door until the date a decree is received from the court.

Stress: The fact that their loved one was already not doing well was creating enough stress for each of these families. Now, the family is told they can’t access the assets, that they need to go through a process they don’t understand, and of course they need the money to pay for X (whatever X is, X is important and they would like to have the money for X immediately, if not sooner). Of course, there is significantly more stress if there is a family disagreement over who should be appointed as guardian, however, that is another issue entirely.

Cost: There is also the quantifiable cost, the money actually spent to acquire access to the assets in the above three case studies. All the families mentioned above incurred the expense of petitioning the probate court to be appointed as the guardian over the estate of their loved one. Though these clients understood that petitioning the court was an absolute necessity, this does not remove the thought they were paying a significant increase in cost to accomplish the same ends that could have been easily accomplished by an agent under a DPOA.

So you ask, what does it cost to petition the probate court? I can tell you that in order to set up a guardianship over the person, with all expenses included, is significantly more costly than creating a DPOA. In fact I would say that it would be at a bare minimum of ten (10) times the expense, and likely significantly more. Another comparison worth mentioning is that the cost of petitioning the court is more than the cost of the typical estate plan for a married couple. Keep in mind, this is just the cost to get your foot in the probate court door, then there is the bond, inventory and future accountings as required by the court. Did I mention that this is all completely avoidable if you have someone that you trust named in a DPOA?

I urge you, if you haven’t done so already, to seek out competent legal counsel to set up of the durable power of attorney over financial matters (and durable power of attorney for health care matters). This is what I consider to be the bare minimum of estate planning and should be completed for everyone over the age of 18. If you are over the age of 50 years and you have not created a DPOA or DPOA for Health Care, I would suggest that you start stitching.

In case you were wondering, all names have been changed to protect the innocent and this article does not constitute legal advice.



SUMMER/FALL PREVIEW

July 11 at 12:30 p.m.

Tad's Place at Heritage Heights

149 East Side Drive, Concord

Hear about classes planned from August thru December

Information and course catalog available online at
<http://OLLI.granite.edu> or call 603-513-1377 for a copy

Learning for the fun of it!

What's Happening in OLLI?

By Jacki Fogarty

Summer vacation for grown-ups doesn't necessarily mean there's no school! OLLI at Granite State College is going to enjoy a very special summer program. A Summer Lecture Series, presented by Osher at Dartmouth, will be offered by OLLI at Granite State College.

The Summer Series is a set of six lectures organized around a theme and conducted by nationally-acclaimed experts. The theme for 2018 is "Our Divided Country: How to Find Common Ground." Each of the six prominent speakers will frame the key issues of the series, probe challenges to finding common ground, and provide insights on how to most constructively unite America to solve them.

Among those featured in the series are: Steve Levitsky, coauthor of *How Democracies Die*, Susan Dentzer, former correspondent for PBS News Hour and Newsweek and Senator George Mitchell, former Senate Majority Leader.

OLLI members and the general public will be able to view the lectures on the Concord campus of GSC, 9:00 to 11:30 a.m. Registration in advance is required and will be available online at olli.granite.edu (credit card payment) or by registering in person at the OLLI office at 25 Hall Street (payment by check). The cost of individual lectures is \$20 each or for the entire series for \$95. The series runs every Thursday, July 12 through August 16.

Also coming in July is OLLI's semi-annual class preview. On July 11, 12:30 p.m. at Tad's Place, Heritage Heights, many of the class presenters for the Summer/Fall term will be on hand to describe the Concord courses available from August through December.

OLLI is known for offering a wide variety of non-academic courses reasonably priced and accessible to the community over age 50. The first two weeks of the Summer/Fall term offer these courses: "Creation of the Appalachian Trail and My 28 Year Hike," Coloring with Eye Shadow, Italian Travels and Language, a Narrated Sunapee Cruise and A Review of the Supreme Court's 2017-18 Term.



**Our Divided Country:
How to Find Common Ground**

EMS: NOT JUST AMBULANCE DRIVERS ANYMORE



By: Chief Mitch Harrington

In celebration of National EMS Week last month I would like to share a brief take on the **Emergency Medical Services (EMS)** evolution. During the early years of Emergency Medical Services 1950's through 1960's, patients requiring care were loaded into the back of a hearse or police wagon and rushed to the hospital. Often the patient was left alone as the driver raced to the hospital.

Over the years, many lessons learned from soldier casualties in battle were implemented on our streets. Specifically, stabilization of traumatic injuries, controlling bleeding, and treating shock led to drastically improved patient outcomes.

The 1970s saw the introduction of National EMS Standards and improvement in equipment. Now EMTs were providing basic 1st aid care, trauma stabilization, CPR and defibrillation. The 1970s TV Show *Emergency* brought modernized EMS awareness to the forefront. The show, based on real life, depicted the synergy between LA Fire Department Paramedics and hospital staff performing advanced care in the field.

The 1980s relationships between EMTs and physicians continued to expand and EMS systems around the country were developed and strengthened. Also, more emphasis was placed on treating medical conditions such as chest pain, asthma attacks, child birth and strokes.

EMS systems, partnerships, providers, and equipment have continued to evolve. In fact, in December 2017, the Bow Fire Department Paramedics was authorized by the State of NH to perform Surgical Cricothyrotomies in the field. Your EMTs and Paramedics, here in Bow, can administer Narcan and 44 other medications.

Today we continue to adapt as we embrace Warm Zone EMS. Warm Zone EMS is the practice of training and equipping EMS providers to enter Active Threat/Hostile situations under the security of law enforcement personnel. EMS and law enforcement teams systematically treat and extract victims of the hostile environment drastically increasing survivability. Through grant funding the Bow Fire Department is doing joint training and certification in these practices with the Bow Police Department and our regional partners.

The Procedures the Bow EMS can perform include:

- Intravenous Injections
- Intramuscular Injections
- Basic airway adjuncts
- Endotracheal Intubation
- 12 Lead EKG Monitoring and Telemetry
- Synchronized Cardioversion
(slowing down a fast heart with electricity)
- Transcutaneous Pacing
(speeding up a slow heart with electricity)
- Continuous Positive Airway Pressure
- Chest Decompression
- Blood gas monitoring and interpretation
- Trauma splinting and advanced spinal assessment

compactors, skidsteers, saws, wrenches, hammers, rakes

NOW OPEN!

FLIP

TOOLS & EQUIPMENT

736-FLIP
2100 DOVER RD.
EPSOM, NH
www.fliptoolshed.com

Over 4000 items in stock!

diamond blades, power tools

wheel barrows, compressors

Probiotics and Your Guide to Gut Health

Calcium needs vary widely based on your age and stage of life. This mineral is most known for its role in building and maintaining bones. It is also needed for blood clotting, as well as muscle function and nerve transmission. Calcium has been documented in preventing and lowering high blood pressure, as it is required for vascular contraction and vasodilation.

The amount of calcium you need depends on your age. Young children need calcium, mostly for growing their bones. Nearly half of the body’s bones form during the teen years. In your twenties and thirties, calcium is needed to fortify your bones, increasing and maximizing bone density. As the adage goes “it’s all downhill from there.” Older adults, especially women after menopause, lose calcium from bones more rapidly, often weakening their bones. You can prevent calcium loss in the bones, and thus stave off osteoporosis/osteopenia, by getting enough calcium per day.

Recommended Dietary Allowances* (RDAs) for Calcium

AGE	MALE	FEMALE	PREGNANT
0-6 months	200 mg	200 mg	
7-12 months	260 mg	260 mg	
1-3 years	700 mg	700 mg	
4-8 years	1,000 mg	1,000 mg	
9-13 years	1,300 mg	1,300 mg	
14-18 years	1,300 mg	1,300 mg	1,300 mg
19-50 years	1,000 mg	1,000 mg	1,000 mg
51-70 year	1,000 mg	1,200 mg	
71+ years	1,200 mg	1,200 mg	

*RDAs are the average daily level of intake sufficient to meet the nutrient requirements of nearly all (97%–98%) healthy individuals. These levels are developed by the Food and Nutrition Board (FNB) at the Institute of Medicine of the National Academies. Chart provided by the Institute of Medicine.

Three cups of dairy foods per day, plus some calcium-rich choices from other food groups, will likely provide enough calcium for any age group. Here are some examples of Calcium-rich foods:

300mg or more: 1 cup milk, 1/3cup dry milk powder, 1 cup yogurt, 1 cup calcium-fortified soy milk or nut milk, 1 cup calcium fortified 100% fruit juice, 1 oz cheese, cup ricotta cheese, or 1/2cup tofu.

250mg: 1 cup Greek yogurt, 3 oz canned salmon or sardines (with bones), 1 cup calcium fortified cereal.

150mg: 1 cup cottage cheese, 1/2cup cooked spinach.

3 high calcium choices per day may seem difficult to start, here are some easy ways to ensure you are meeting your needs!

- Prepare hot cereals and soups with milk instead of water
- Make sandwiches with calcium-fortified bread and cheese
- Use canned salmon instead of tuna in sandwiches or salad toppings
- Toss pasta & vegetables with sauce made of ricotta cheese, milk & herbs
- Sprinkle shredded cheese on casseroles, chilies, stews, soups, or salads
- Eat fresh vegetables with a dip made of yogurt and spices
- Keep snacks at work such as cheese sticks, yogurt, or cottage cheese
- Make a smoothie with milk, yogurt, or 100% calcium fortified fruit juice

If you feel you are not consuming enough calcium, talk to your PCP about supplementation. Some individuals who take calcium supplements might experience gastrointestinal side effects including gas, bloating, constipation, or a combination of these symptoms. Calcium carbonate appears to cause more of these side effects than calcium citrate, so consider switching if this is a problem for you.

Meagan Phelan of Bow, is a Registered Dietitian, avid cook, gardener intraining, 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 unique wellness goals at Nourished Nutrition Counseling in downtown Concord. Visit NourishedNH.com or call (603) 393-3896 for more information.



Nourished Nutrition provides a family-based approach to health and wellness. No cleanses, no counting, no diets, just real food for everyone in your home to enjoy!

Conveniently located in downtown Concord with nutrition services covered under most insurance plans.

Call 603-393-3896 or visit NourishedNH.com to schedule your initial consultation!

BOW MEN COMPETE FOR LIONS CUP

The Lions Twin State Soccer Association is proud to announce the 44th annual “Lions Cup” matches will be held on July 21 at Castleton College in Castleton, Vermont. Both the women’s and men’s teams will be comprised of All-Star Seniors representing Vermont and New Hampshire. The women’s game kicks off at 4:00 pm with the men’s game following at 6:30 pm. Admission is \$5.00 and free for children under age 12.

The Lions Twin State Soccer Association was established in 1975 with the mission to devote itself to the celebration of athletic achievement while promoting fellowship through combined charitable acts and interpersonal relations. Since its inception, the Association has raised approximately \$600,000 and donated it equally between Vermont Lions Charities and the Lions Sight & Hearing Foundation of New Hampshire. The funds have assisted those in need of eyeglasses, eye surgeries, hearing aids and sending children to summer camp.

Competing from Bow are Jay Vogt and Chris Gallier.



Our graphics staff can design an ad for you that stands out and delivers results!
(A free service for our advertisers)

SPRING CLEANING UPGRADE SPECIAL



BUY 2, GET 1 FREE

“Expert Fit”
Measuring & Installation
FREE In-Home Consultation

BUDGET BLINDS

Style and service for every budget.

(603)369-6597

www.budgetblinds.com/concordnh

Each Franchise Independently Owned and Operated
©2011 Budget Blinds, Inc. All Rights Reserved

Green Cord Wood

\$200 per Cord

Cut/Split/Delivered



J and M Morse Trucking LLC
Henniker, NH.

603-428-3423

Servicing the area since 1986

On The Water



With Ron



Here are the winners of May 18-20th Meredith Rotary Salmon Derby, Fred Smith of Nottingham released a 5.12 lb., 23-1/2" Salmon on Friday to win first place.

In the Junior Division Calissa Bell, of Merrimack landed a 23-1/2", 3.85 lb. Salmon, very nice.

In the Lake Trout Division, John Parker of Littleton landed a 12.18 lb. monster at 33 inches, very big fish, nice job.

On a somber note, on May 17th we lost the great Ellis Hatch. He was the founder and past President of the Hackle and Tackle Club of Rochester. He served as a Fish & Game Commissioner of Strafford County for 24 years. He was a world renowned fly tier, receiving many awards. In 2003 he was awarded the NH Governor's Art Award for fly tying. Ellis had a great respect for the outdoors and conservation.

He worked tirelessly to preserve and protect the Jones Brook Wildlife Area, which in 2004 was renamed the Ellis Hatch Jr. Wildlife Management Area in his honor. Each year awards are given out in his name by the Fish & Game for work in conservation.

Many years ago he once told me, "when you see a fly fisherman stop and ask what fly he was using and wish him well, when you see a bait fisherman just nod your head and walk on by".

On the Turkey front, Dale from the Tackle Shop in Newbury reports over 150 birds registered, up from last season and the average bird was larger topping off at 23 lbs. At Wildlife in Manchester the count was also higher, about 160 birds, the largest being 25-3/4 lbs.

AJ's in Meredith and the tackle Shack in Newbury have been authorized by Fish & Game to buy back lead jigs for a \$10.00 voucher.

On another note, take time to put your PFD on while in a boat. It does no good just sitting on the seat. Take it from one who has taken a plunge in cold water. **Be Safe and Use Your PFD...RON**

Join us for History Day

Saturday June 23, 2018

Meet at the One Room Schoolhouse on Bow Center Rd. and Sign-up for the Tour of the

Benjamin Bean Home

10:30-1:30 PM



Photo By Eric Anderson



Lunch by the Bow Men's Club

11:00 - 12:30

Donation \$6.00

Baker Heritage Room Open 10-2 June 14th & 16th

TOWN OF BOW

Bulletin

www.bownh.gov

BIRCHDALE BRIDGE PROJECT UPDATE

The contractor "RMP" re-mobilized on May 29 and the scheduled date of substantial project completion is July 19. The Town engineer contractor and Unital recently met on-site to determine the best way to move utility lines without a service outage. This needs to be done in order to accommodate the crane that will be used to set the concrete structures, as well as remove the cofferdam.

COMMUNITY TRAINING

Members of the Department were invited and participated in a Civilian Active Shooter training sponsored by the USDA for Federal Employees. While the majority of incidents involve the use of firearms, the term "active shooter" also encompasses an individual armed with any other type of weapon (e.g., "knife, explosives, vehicle) The "active" aspect of the event inherently implies that both law enforcement personnel and citizens still have the potential to affect the outcome of the event based upon their responses. As a result, the USDA Office of Homeland Security and Emergency Coordination (OHSEC), in collaboration with the USDA Security Council and USDA Executive Leadership, recently launched an Active Shooter Program. The intent of this department-wide initiative is to promote increased employee awareness and preparedness. According to the 911 Commission Report, "Training is the most fundamental element in preparing to survive a violent event.

Thank you for all you do to keep New Hampshire roadways safe, stay safe and if you **See Something Say Something**. It takes a community to protect a community **REPORT SUSPICIOUS ACTIVITY!**

CONTACTING US

Reminder, Bow Police is dispatched through the Merrimack County Sheriff's Department in Boscawen. For Police Emergencies call 228-0511 or 9-1-1 and for Police Administration call the Public Safety Center at 223-3950.

SUMMER ACTIVITIES

It's time to sign up for Summer Activities. Our Summer Brochure is out and it is filled with fun for all ages. We have Fitness, Tennis, Photography, Princess Camp, Archery and so much more. It's going to be a fun summer with Bow Recreation! Registration for all our programs is first come, first serve, and many will fill up! Find our flyer on the town website www.bownh.gov.

SUMMER DAY CAMP

The staff has been hired, the counselors in training (CIT) interviewed, supplies are ordered, training and planning is right around the corner and we will welcome campers to a summer of fun on Tuesday, June 26th. We can hardly wait! Six weeks of games, sports, crafts, special events, trips and fun!

Check us out at [f](https://www.facebook.com/BowParksRecreation) Bow Parks & Recreation, updated regularly to keep you informed of Parks & Recreation events here in Bow.



Pictured is a group of students at the Wheel of Reality at the CU 4.

BOW REALITY FAIR

Students from Bow Middle School being "Schooled" in personal finance May 10, 2018.

Reality Fair is co-sponsored by St. Mary's Bank and NH Federal Credit Union. Students spin the wheel to find out what kind of unplanned expense or windfall awaits them as they build their monthly spending plan.

BOW GARDEN CLUB

by Joyce Kimball



SPRING PLANT SALE RESULTS

Bow residents came out in droves on the morning of May 26th to patronize the Bow Garden Club's annual Spring Plant Sale. Characteristically the garden holds this fundraiser on the Saturday of Memorial Weekend and town residents know they need to get to the sale early in the morning for the best selection of locally grown flowering annuals, perennial plants, grasses, herbs, vegetable starters and hanging plants. Members also donated an abundance of divisions of their own "tried and true" plantings to the sale which the club was able to sell to the public very inexpensively. This year members potted up some mini kitchen gardens filled with a selection of herb plants ready to take home and pinch off to use in the purchasers' favorite recipes. Another addition this year was the "Children's Potting Shed". Member Margaret Leary provided a large selection of vegetable and flower seeds for young plant sale patrons to choose from and then plant while they waited for their parent(s) to make their plant purchases. Margaret talked to the young would-be gardeners about the type of soil they were using and instructed them in how deep to plant the seeds and how to care for them in terms of sun and water. This was very popular and will undoubtedly be repeated next year. The garden club would like to thank all the Bow residents that patronized their plant sale this year as well as in previous years. This is the club's major fundraiser for the year and helps subsidize their ongoing civic beautification efforts and scholarship fund.



BOOKS IN BLOOM?

SAVE THE DATE! The Bow Garden Club will join the Baker Free Library to host an exhibit of creative floral designs at the Library on Friday, August 3rd and Saturday, August 4th. Garden club members as well as a few independent designers will pre-select a book from the Library and then create a fresh or dried flower arrangement interpreting some facet of the book they have chosen to reflect (the book's title, subject, a character from the book, the cover design, etc.). The arrangements will be staged, with the book, on small tables scattered around the Library for public viewing. Each vignette will note the floral designer and the plant material that was incorporated into the floral design.



The exhibit will open on Friday evening at 5:30 p.m. with light refreshments being available until 7 p.m. and the exhibit will remain open until 8:00 p.m. The exhibit will re-open on Saturday and will remain open during the Library's regular hours of 10 a.m. to 4 p.m. Please note: The Friday night event is open to adults only; families with children are encouraged to visit the Library any time on Saturday to view the displays and to participate in special children's activities. For more information, please contact Joyce Kimball at joycekimball@comcast.net. See you in August!



Presenter Cori Belanger Cahow with the container planting she created for a sunny area.

environmentally-friendly methods and materials. Cori brought these talents to the garden club, creating three different container plantings—one for sunny areas, another for shade and a third featuring edibles, i.e. lettuce and herbs. She filled beautiful ceramic pots with organic soil, gave tips on how to use less soil with the same effect and instructed the large group of members and guests in attendance in proper planting and maintenance practices to achieve the best results. Bow Garden Club meetings are generally held on the 2nd Monday of the month April-June and September-November with other gardening activities and social activities held in the remaining months. Garden club meetings are held at the Old Town Hall, 91 Bow Center Road, BOW. Meetings begin at 6:00 p.m. with social time and refreshments and the evening's educational program follows at 6:30 p.m. All are invited to attend these meetings, as a guest and/or prospective member. Visit www.bowgardenclub.org or for more information please contact Club President Beverly Gamlin at bevnherbs@gmail.com or 340-0202.

Cori Belanger Cahow, owner and operator of Organic Garden Girl, LLC, was the featured presenter at the Bow Garden Club's May 7th Members' Meeting. Cori has 16 years of experience in garden design and holds a degree in horticulture from the University of New Hampshire. She is also a Certified Professional with the NH Landscape Association (NHLA) and serves as a director on their board. Cori regularly provides services in garden design, container planting and fine-gardening maintenance. She enjoys educating her clients about how to obtain year-round color, interest and texture in their gardens, utilizing

NO MEMBERS MEETING IN JULY!

The garden club will not hold a members' meeting in July, but will host their **Annual Progressive Dinner and Garden Tour** on July 16th. Members will tour three fellow member's gardens, and enjoy food courses, prepared by the group along the way. This is always a highlight of the Bow Garden Club.

Our mission is to foster emotional and physical growth in all athletes who participate in IGA programs. We teach transferable skills that will lead to success in and out of the gym.

What we offer...

- Gymnastics (ages walking – 18)
- Free Movement/Tricking
- Open Gyms
- Private lessons
- Birthday Parties
- Special Events
- Trampoline Classes
- Junior Olympic Boys Team
- Xcel Girl's Team
- Separate Ninja Gym
- Summer Clinics

If we make even a small impact on your child's development, then we have met our goal!



Summer Clinics @ Impact Gymnastics Academy

Ninja / Free Movement (Ages 6 – 15)

July 23rd – July 27th 12:00 – 4:00pm

Trampoline & Aerial Clinic (Ages 6-15)

July 30th – August 3rd 12:00 – 4:00pm

Gymnastics Clinic (ages 5+)

August 13th – August 17th

Full Day 9:00 – 4:00pm

Half Day 9:00 – 12:00pm

***Call to reserve your clinic spot now. For all clinics, there is a 10% discount if paid in full by July 1st, 2018**

Impact Gymnastics Academy

301 River Road Bow, NH 03304

www.impact-gymnastics.com

603-219-0343

Impact Gymnastics Academy (IGA) opened its doors on May 1st, 2018 by Craig Thibaudeau (resident of Bow). Prior to opening IGA, Craig was the head coach of the boy's Junior Olympic program at Granite State Gymnastics. Over the course of the 15 years that Craig coached at Granite State Gymnastics, the boys program enjoyed a great deal of success at the local, regional, and national levels. Recently, four of his athletes competed at the highest level of the Junior Olympic program (2018 Junior Olympic National Championships, Oklahoma City), where they brought home 10 national medals, including first place all-around for Level 10 (age 17).

The vision for Impact Gymnastics came from the same process through which the boys program found success. Namely, by engaging in an active process of emotional and physical development in a positive and supportive atmosphere, children learn the value of trusting themselves to overcome obstacles to reach their true potential.

At Impact Gymnastics Academy, each of our many programs offer opportunities for boys and girls to overcome fears, set reachable goals, handle disappointment... all while having fun! There are various levels within each of our programs, from beginner through advanced.

IGA offers Ninja classes, recreational gymnastics, free movement/tricking, boys and girls competitive gymnastics, open gyms, birthday parties, and much more. It is our belief that Impact Gymnastics Academy will be a welcomed addition to a community where children are encouraged to overcome challenge, yet valued for their strengths. Classes are already running, and our space will be newly renovated for our grand opening on August 18th, 2018.

Check out what we have to offer at www.impact-gymnastics.com!

BRICKS ARE IN PLACE AT THE SAFETY CENTER



(Photo Courtesy Eric Anderson)

The bricks with the names of firefighters who have dedicated more than 10 years of service to the Bow Fire Department or its Rescue Squad are now in place in the front of the Safety Center. To the right of the entrance are also the bricks paid for by those who donated money to the Safety Center project and will now be remembered for their extra effort at making this building a success.



(Photo Courtesy Eric Anderson)



COWAN & ZELLERS

REAL ESTATE PROFESSIONAL, LLC.

30 South Main Street
Concord, NH 03301
603-225-3333
info@cowanandzellers.com

“Serving Hopkinton
and surrounding communities.”



Mary Cowan



Calvin Herst



Suzanne Zellers-Beck



Sandy Heino




Molly Hardenbergh

HOPKINTON REAL ESTATE SALES MAY 2018

ADDRESS	BR/BA	SQFT	ACRES	PRICE
175 Rolfe Pond Drive	2 BR, 1 BA	896	0.48	\$175,000
146 South Road	2 BR, 1 BA	864	0.37	\$185,000
798 Farrington Corner Road	2 BR, 2 BA	1699	1.1	\$250,000
166 Pleasant Pond Road	2 BR, 2 BA	1820	5.3	\$260,000
146 Amesbury Road	4 BR, 2 BA	1790	0.54	\$286,000
Lot 60 Park Avenue	3 BR, 2 BA	1557	0.36	\$337,000
436 Gould Hill Road	4 BR, 2 BA	2660	1.9	\$359,000
69 George Road	4 BR, 3 BA	3202	18	\$370,000
7 Greenleaf Lane	3 BR, 4 BA	4385	15.3	\$470,000

COWAN & ZELLERS

The areas #1 Independent Real Estate Company
Based on 2017 Real Estate Sales in Merrimack County, MLS.



LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!



Welcome to the
Hopkinton - Contoocook
TOWN CRIER!
by Kathleen Butcher

My name is Kathleen Butcher and I have resided in town for over 20 years. I am very excited to have a column here!

- We invite you to join us on Saturday, June 16th at 10am in front of Hopkinton High School for a tribute to Kenny Coburn, Class of 2017. We will commemorate Kenny with a memorial tree and perennials planted in his honor.
- Owen Farm, 580 Brockway - there will be a Flea market and craft fair on Father’s day Sunday June 17th 1pm-5pm with local artists and live music. Summer Camp will be held the weeks of July 9-13, 16-20 and 23-27. Call 225-2252 or email owenfarmnh@gmail.com.
- Concord Regional VNA is holding a Senior Health Clinic at Slusser Senior Center on Wednesday, July 5 from 10 a.m. to 1 p.m. and at Park Avenue Apartments on Monday, July 9 from 9 a.m. to 3 p.m.. All Senior Health Clinic services are provided for a suggested donation of \$10, however,

services are provided regardless of a person’s ability to pay. Services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

- Hopkinton Recreation Department Programs: Evening Yoga at the Cabins is June 18-July 13 for Adult (Mondays 6-7pm) or Family (Thursdays 6-7 pm); Music Camp August 13-16 8 am- noon; Boys Lax Camp Mondays, July 9,16, 23 at 5-8 pm; Men’s Pickup Basketball Sundays, July 15 - August 26 5-7 pm. Register online at www.HopkintonRec.com.
- Slusser Center activities for adults 50yrs and older: Zentangle and Mindful Art (bring own projects or borrow some provided) 1st & 3rd Monday of the month, Crocheting Group (lessons available) Every Thursday 1:30. More information is online at www.HopkintonRec.com. Senior lunch every Wednesday at 12 noon. Donation

\$4.00 Information at 746-8265.

- Please help send a Hopkinton youth to summer camp. We have a number of families that would greatly benefit from camp scholarships this summer season. The cost for one week is \$125.00, which is a reasonable price but out of reach for so many families. We also have several sports camps and swimming lessons. If you wish to contribute please make checks payable to Town of Hopkinton Human Services and mail to 330 Main street, Hopkinton NH, 03229. Thank you for your support of this worthy program.
- The Contoocook Farmers’ Market, every Saturday behind the Train Depot by the Gazebo in Contoocook Village. Join us for another great season of food and fun every week, 9:00 to 12:00,

(cont’d. on p. 20)

HOPKINTON POLICE LOG

TOWN OF HOPKINTON POLICE DEPARTMENT

MAY 2018 STATS

Arrests - 6 Accidents - 11 Traffic Stops -578

ARREST LOG

05/10 Jasmine Kobel, 19, 155 North Main St, Newport was arrested for operating without a valid license

05/12 Leo Peasley, 20, 25 Park St, Henniker was arrested on a warrant

05/21 John McCormack, 37, 234 Battle St, Webster was arrested on a warrant

05/24 Peter Lawless, 68, 187 White Plains Rd, Webster was arrested for aggravated driving under the influence

05/25 Nathan Akers, 30, 12 Williams Rd, Hillsboro was arrested for conduct after accident and criminal mischief

05/25 Alexander Kamau, 20, 26 Grove St, Concord was arrested for suspension of vehicle registration

Goodness Gracious - Great Balls of Fire!

By Donna Deos

What could she possibly be talking about this month, you are asking yourself. Well, let me clue you in.

As I write this I get ready to head off to the Rotary District 7870 Annual District Conference, held in Brattleboro, VT this year, and I am contemplating my one-minute speech that I was asked to give on Saturday.

Yes, you read that correctly – I did say one-minute speech. Okay, you can stop laughing now, I too found it extremely funny. For, as you do know me by now, you realize there are no short stories with me! So, I was caught between “do I really have to keep it that short?” And, “Or does the person who asked me know me that well and told me super short so I would be fairly succinct?!” (Most likely the latter.)

Anyway, my one minute speech is about the goodness in the world. I know these days if you look at any form of media (TV, Print, social), all you see or hear about is how awful the world is and all of the bad people and bad things going on. All the vial Hatefulness one could ever fail to contemplate or understand. Well, I gave up TV long ago for this exact reason and I stay away from FaceBook as well except for family photos.

Conversely, as a Rotarian I truly do know about the Goodness in the world. I also know about the Graciousness in the people as well. I know about it because as Rotarians that is what we do. We help others, we make a positive difference in the lives of all those we touch. We do it because we believe in “Service Above Self.” That’s right, the opposite of Selfishness.

We pick up trash on the side of the road, we clean up Rotary



Park alongside the Garden Club, we host a summer concert series at the Gazebo – with the Men’s Club by our side providing food.

We host an annual Car Show – that just happened in May – and an annual Auction in November and sell Christmas Trees in December. We use the proceeds to help others. We provide scholarships, camperships and other community support.

We host a number of events in conjunction with the Bow Schools including a read-in, providing customized books to first graders, career day speeches to older kids, a 4-Way Test speech contest for High School kids. Plus we sponsor the Early Act Club (middle school age Rotarians) and the Interact Club (high school age Rotarians) to foster the ideals of Service Above Self to all age levels and generations.

Now, that’s just what our very own Bow Club does locally. Let’s look at International Service. We provide Clean Water for the World; Shelter Boxes to those surviving traumas of all sorts; build schools in Honduras; provide e-learning tools to children in need in India; medical and dental supplies and treatment to a variety of destinations around the globe; participate in National Immunization Days for eradicating Polio;

Giving you confidence and control in life’s toughest situations.

Call Now!



Donna Deos, LLC

Spiritual Teacher & Transitions Specialist

Counseling, Coaching & Education

for senior citizens and their adult children regarding the challenges of aging

603-224-4178

www.donnadeos.com

1-855-772-2622

and the list goes on.

We also have hosted and sponsored a Student Exchange Program within the District where high school age children spend their senior year abroad. They live in a foreign country with a few different host families during their stay. Likewise, kids from other countries come to the US to experience life here first hand. These kids – usually about 14 per year in our District – form lifelong connections and friendships and they become family with the host families who love and support them during their stay. These are bonds that last their entire lives. How do I know this? Because we just witnessed one of our inbound exchange students graduating college here in the US because one of his host families let him come back to live with them during his college years.

The grant we did to help provide e-learning tools to children in India was done in conjunction with the mother of another of our inbound exchange students who is now the President of a Rotary Club in India. The bonds we form are unbreakable and span the globe and generations.

What better way to find out the truth about a place and its people than to live there amongst

them?! We break down barriers of superstitions, false narratives, negative stereotypes, etc. all by providing a real life experience for the future generations of our world to see firsthand that what they see and hear about a country and its people is often not how that group really is when you actually know them.

The best way to change the world and make it a better place is to lead by example!

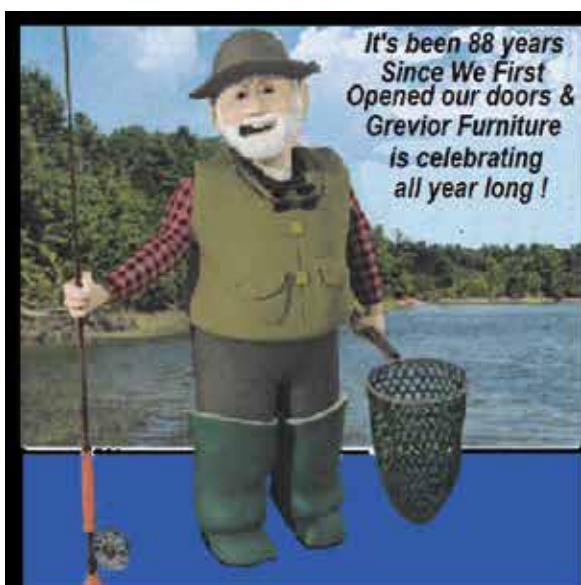
Be an example of Goodness and Graciousness.

Complaining and finger pointing really doesn’t help. Boots on the ground, digging in and getting good deeds done is where it’s at! Taking the time to get to know someone and something first hand instead of believing someone else’s take on it is much more valuable.

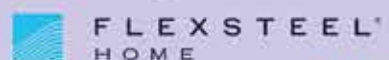
Likewise, promoting the bad instead of the good only propagates more bad. What the world needs is more people turning off negativity and tuning on positivity.

Goodness and light are prevalent in this world. Need to see it? – watch a Rotarian! Want to be part of it? Join us!

Goodness Gracious! How will I nutshell that into 60 seconds or less?!



Daniel's Amish FURNITURE 1ST



440 Central St. Franklin, NH
603-934-4159

M-F 9:30 am – 5:30 pm
Sat 9:30 – 5 pm
Sun 11 am – 4pm

Catch a Great Price When You Shop at Grevior Furniture

BOW REAL ESTATE SALES MAY 2018

6 Foote Road	2 BR, 3 B	1570 square feet	2.59 acres	\$285,000
21 Ridgewood Drive	3 BR, 2 BA	1518 square feet	1.20 acres	\$295,000
64 Foote Road	3 BR, 2 BA	2175 square feet	5 acres	\$338,000
5 Grandview Road	5 BR, 3 BA	2254 square feet	.95 acres	\$339,000
28 Longview Drive	4 BR, 3 BA	2476 square feet	2.81 acres	\$376,000
4 Nancy Drive	4 BR, 3 BA	3208 square feet	3.6 acres	\$400,000
9 Buckingham	3 BR, 4 BA	2533 square feet	2.54 acres	\$460,000
567 Page Road	4 BR, 3 BA	3013 square feet	1.26 acres	\$489,900
3 Hollow Road	5 BR, 6 BA	4900 square feet	1.5 acres	\$595,000



Ann Knows BOW!

Ann Dippold, REALTOR®

Better Homes & Gardens/The Masiello Group

4 Park Street, Concord NH 03301

603-228-0151 / 603-491-7753



**ANN DIPPOLD
REALTOR®**

603-228-0151

603-491-7753

anndippold@masiello.com

PSSST: It's a Seller's Market!

Even if you aren't thinking of selling, I bet you would like to know the value of your home. I'm a no pressure kind of person - I offer market data with consideration, honesty and integrity.

Curious what sold and for how much? Email me your property address and I'll send you a monthly report showing what's happening in YOUR neighborhood... or any other area you're interested in knowing home values in.

**Ann Dippold...
Serving Bow and Beyond**

CONGRATULATIONS TO OUR ADVERTISERS **WHO WON THE CAPPIES!**

The vote for the best in many categories is a capital area once a year event. The First Place Winners for this year's Cappies are the following:

**Best Bank – Merrimack
County Savings Bank**

**Best Credit Union
N.H. Federal Credit Union**

**Best Dentist
Generations Dental Care**

**Best Financial Advisor
Millriver Wealth Management**

**Best Plumber
Bow Plumbing & Heating
Corporation**

Best Tanning – Turbo Tan

Keno is Here !

**I-89
Bow**

**The Only
KENO**



**In BOW
Or
Concord**

Chen Yang Li Restaurant

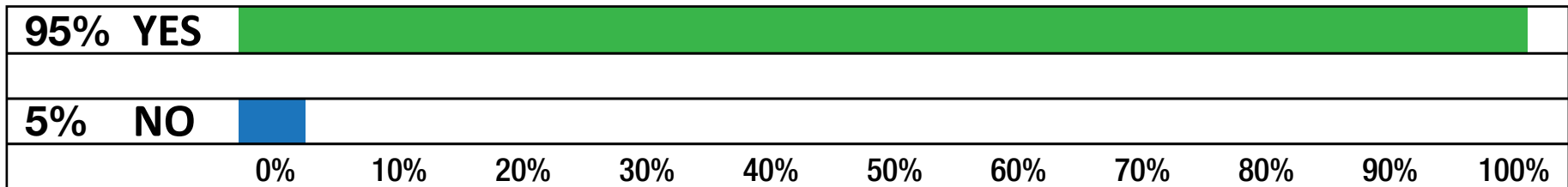
Phone 603-228-8508 * Fax 603-228-8308

520 South Street Bow, NH.

Chinese & Japanese Cuisine
Keno Located in our Downstairs Lounge
Lounge Open 12:00 PM to Close
Try our Fine Food & Drinks

RESULTS OF MAY SURVEY:

Q. Should the Town of Bow adopt a conflict of interest ordinance for town officials?



The Automotive Forum With Jon Chartier



**Garry's Service Center 323
South Main Street Concord,
NH 03301**



**Go To Garry's
& check out
your AC**

So here we are, on the verge of summer! Everything is green, birds are singing! It's the time of the year you find out if your AC works or not in your car. There's nothing worse on the first hot day than pushing that button or setting the temp to low, and all you get is warm air... Ugh! Your AC isn't working. You have a few options. First, it needs to be diagnosed. It could be an electrical issue. It could also be you're low or out of refrigerant. It could also be operator error (yes it happens) Your car's AC system is designed to prevent the AC compressor from coming on if the ac charge is low. This protects the components of the system. If the air coming out isn't cold enough to cool your car down, you may just be low on refrigerant. In my experience, most cars need AC service every four to five years. So here are some solutions. Many of us have seen the little cylinders of refrigerant at the local auto parts store. You can shoot a can of that in your system and it may work! My suggestion though is not to. The system is designed for a specific quantity of gas. When it is properly recharged, the system is pulled into a deep vacuum. This removes all the remaining gas, oxygen and any moisture that may have settled in the system. Also when the system is in a deep vacuum the technician holds it there for a duration to check for leaks. It may be a few bucks cheaper to try and do it yourself, but a system will only operate at its peak performance if the job is done right. Not to mention the possibility of damaging sensitive components. For the most part, this column is referring to vehicles that have an R-134 AC system. Older vehicles and newer vehicles are an entirely different ball game. Take your AC deprived vehicle to your automotive service center. When it's repaired you'll drive away cooler and have piece of mind. If you have any questions about your car or comments about this column, feel free to contact me with the address below. As always feel free to stop by Garry's service center and say hello!



**Jon Chartier
Fleet Manager
JEFKEL Enterprises 603-848-8842**

**E-Mail Your Questions
To: jcharts@ymail.com**

**Eurasian Auto Works
628 W. Main St. Tilton NH
603-286-8637**



INDEPENDENT SENIOR LIVING

- Optional Dining, Living and Health Services
- Vibrant Social Atmosphere-Weekly Activities
- Community Tour Every Wednesday at 12:30
- Affordable 1 & 2 Bedroom Apartments includes Heat and Electricity

Call 603.724.6256

6 Bow Center Road, Bow NH. 03304 www.SummitPMG.com

**Looking for an honest, established, and
trusted Auto Repair shop?
Look no further, we're right here!**



Garry's Service Center

A subsidiary of JEFKEL Enterprises

323 South Main Street
Concord, NH 03301
603.224.9541

<https://garrysservicecenter.com>

**Bring this ad in with you for 10% off your
first visit with us!**



EarlyAct Students Raise Money at the Bow Rotary Car Show

Bow Memorial School EarlyAct students held a bake sale at the Bow Rotary Car Show to raise money to support local and international charities. During the day the raised over \$250.00. Other EarlyAct students helped the Bow High School Interact Club run the children's area.

Pictured Front Row from left to right: Aryaa Bhusari, Kristen McKeen, and Kate Millerick.

Back Row from left to right: Jill Harpring, Courtney McKeen, Belle Blackburn and Kendall Conti.

Photo courtesy of the Bow Memorial School EarlyAct Club.

MANAGING MONEY WELL AS A COUPLE

by Dominic Lucente

What are the keys in planning to grow wealthy together?

When you marry or simply share a household with someone, your financial life changes – and your approach to managing your money may change as well. To succeed as a couple, you may also have to succeed financially. The good news is that is usually not so difficult.

At some point, you will have to ask yourselves some money questions – questions that pertain not only to your shared finances, but also to your individual finances. Waiting too long to ask (or answer) those questions might carry an emotional price. In the 2017 TD Bank Love & Money survey consumers who said they were in relationships, 68% of couples who described themselves as “unhappy” indicated that they did not have a monthly conversation about money.¹

First off, how will you make your money grow? Simply saving money will help you build an emergency fund, but unless you save an extraordinary amount of cash, your uninvested savings will not fund your retirement. Should you hold any joint investment accounts or some jointly titled assets? One of you may like to assume more risk than the other; spouses often have different individual investment preferences.

How you invest, together or separately, is less important than your commitment to investing. Some couples focus only on avoiding financial risk – to them, maintaining the status quo and not losing any money equals financial success. They could be setting themselves up for financial failure decades from now by rejecting investing and retirement planning.

An ongoing relationship with a financial professional may enhance your knowledge of the ways in which you could build your wealth and arrange to retire confidently.

How much will you spend & save? Budgeting can help you arrive at your answer. A simple budget, an elaborate budget, or any attempt at a budget can prove more informative than none at all. A thorough, line-item budget may seem a little over the top, but what you learn from it may be truly eye opening.

How often will you check up on your financial progress? When finances affect two people rather than one, credit card statements and bank balances become more important, so do IRA balances, insurance premiums,

and investment account yields. Looking in on these details once a month (or at least once a quarter) can keep you both informed, so that neither one of you have misconceptions about household finances or assets. Arguments can start when money misunderstandings are upended by reality.

What degree of independence do you want to maintain? Do you want to have separate bank accounts? Separate “fun money” accounts? To what extent do you want to comingle your money? Some spouses need individual financial “space” of their own. There is nothing wrong with this, unless a spouse uses such “space” to hide secrets that will eventually shock the other.

Can you be businesslike about your finances? Spouses who are inattentive or nonchalant about financial matters may encounter more financial trouble than they anticipate. So, watch where your money goes, and think about ways to repeatedly pay yourselves first rather than your creditors. Set shared short-term, medium-term, and long-term objectives, and strive to attain them.

Communication is key to all this. In the TD Bank survey, 78% of the respondents indicated they were comfortable talking about money with their partner, and 90% of couples describing themselves as “happy” claimed that a money talk happened once a month. Planning your progress together may well have benefits beyond the financial, so a regular conversation should be a goal.¹

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

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment.

Citations.

1 - newscenter.td.com/us/en/campaigns/love-and-money [1/2/18]

With You From Start To Finish...



... and Every Step Along the Way

WHETHER YOU'RE BUILDING A FAMILY, SAVING FOR YOUR CHILDREN'S EDUCATION, STRATEGIZING CARE FOR AGING PARENTS, OR PLANNING FOR A NEARING RETIREMENT, WE CAN HELP YOU CREATE A FINANCIAL PLAN TAILORED TO YOUR UNIQUE REQUIREMENTS AND DREAMS.

It's never too early, it's never too late.

CONTACT US TO START PLANNING TODAY!



Dominic M. Lucente, CFP®, RFC®

CERTIFIED FINANCIAL PLANNER™
NORTHEAST PLANNING ASSOCIATES, INC.

425 Hooksett Road · Manchester, NH 03104
(603) 645-8131
dlucente@northeastplanning.com
www.dominiclucente.com



Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial or its licensed affiliates. The Credit Union, NPA and LPL Financial are not affiliated. 18-174

Not NCUA Insured | No Credit Union Guarantee | May Lose Value

Financial Planning for All of Life's Seasons.

No matter where you are in life, we can help you plan for tomorrow.

Free Estimates



Call Dick Siciak
603-228-9535

7 Branch Londonderry Tnpk. W.
Bow, New Hampshire 03304

Big Bear
EXCAVATION

Repair & Replace
Septic Systems
Remove Stumps
Back Yards
Additions
Garages

www.BigBearExcavationNH.com

HUCKLEBERRY
Propane Heating Oil

"Local, honest and committed to keeping you warm"

796-2007

BOSCOWEN, NH

License #MBE1000505

Proudly serving Bow
for 16 years.

We Deliver:

Propane
Oil
Kerosene
Diesel

796-2007

(Town Crier con't. from p. 15)

through October. Featuring spring veggies, meat, jams, maple syrup, breads, pies and other baked goodies, granola, botanical products. SNAP/EBT is accepted. For more information, visit facebook.com/ContoocookFarmersMarket

• The Booster Club is prepping for the 2nd annual Color Run on June 15th. Online or print and mail registration at events.myschoolcolorrun.com. Or you can make a donation on line. This is an untimed fun run featuring a 1 mile course. Throughout the course participants will experience color splash.

• The Sixth Annual Summer Institute for Young Writers is happening at Maple Street School for two weeks this summer. For students entering grade 3 through high school, the camp is running the weeks of June 25 and August 20 from 9:00 AM to 3:00 PM, with extended hours available before and after camp. Please email Trish Walton at trishwalton65@gmail.com or Joan Follansbee at joanfollansbee@yahoo.com for more information and a registration form.

• HYSA and the Town Parks and Rec Department have teamed up with the USTA to fund upgrades to the tennis courts. The contractor has been working on fence and gate repairs, new net posts and will be completing the patching and court resurfacing and striping in the next couple of weeks. To celebrate the re-opening of the courts, we will be having a grand opening ceremony and play date on Saturday, June 23rd at 10-12 am. Representatives from HYSA, the Town, and USTA will be there to have some fun and games. Racquets and balls will be provided so no need to bring your own tennis gear. Refreshments will be provided.

•HYSA Summer Tennis program will be on Tuesday and Thursday evenings for three weeks starting July 17th. This will allow everyone (including the coaches) to enjoy their summer vacation weekends. Days will be 7/17 and 7/19, 7/24, 7/26, 7/31 and 8/2. Time will be 6-8 pm. HYSA Sports Registration forms can be found at: www.hysasportsnh.com.

Kathleen Butcher, 724-3452, kathb123@comcast.net.

TWO BOW STUDENTS COMPETE IN NATIONAL RUGBY PROGRAM

Bow senior Nolin Filteau will be going to Ontario, Canada for the high school All American Rugby competition. The 18 year will attend Norwich University in the fall and he plays with Amoskeag Youth Rugby in Manchester.

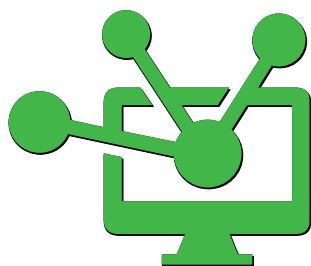
His brother Justin Filteau is a freshman at Bow High School and he will be going to the Eagle Impact Rugby Academy at age 16 in Ireland this July. He also plays with the Amoskeag team. The Bow Community Men's Club donated \$750 to help them towards costs of travel and wishes them all the best in their competition.

The Merrimack County Stamp Collectors

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow, on June 19, beginning at 1 pm. We invite all who are interested in stamp collecting to attend, share their interest, buy, sell and trade. Meet other collectors and learn more about their hobby and enjoy the fellowship of others with varied interests in Philatelic resources and issues. Gain new insight and knowledge, sharing news articles and stories about stamp collecting.

For more information call Dan Day at 603-228-1154.

READ THE BOW TIMES ONLINE!



Read all editions of The Bow Times online at www.thebowtimes.com



ROBERT C. KUEPPER, D.D.S.
Diplomate, American Board of
Oral & Maxillofacial Surgery

Robert C Kuepper, D.D.S.

at
Pembroke Place
5 Sheep Davis Road
Pembroke, NH. 03275

Tel: (603) 224-7831

G. Erickson

Building & Remodeling



Bow, N.H.

FOR ALL OF YOUR
BUILDING AND
REMODELING
NEEDS

603-224-8135

BOW ROTARY 2018 CAR SHOW

Held on May 19, the show was a great success!



Thanks to all volunteers, and to Eric Anderson for providing photographs!

View all winners at www.bowrotary.org.



**Your Ad
Could Be Here
ADVERTISE IN
THE BOW TIMES**

CALL GARY NYLEN AT 496-5239 OR
EMAIL: gary42bow@comcast.net

BOW HONEY   **Local Maple Syrup**
W P Alexander Dairy Farm LLC.
38 Robinson Rd. Bow, N.H.
Rick Nylén 603/496-5351

Fresh Eggs * Local Bow Honey * Apple Hill Jams
Maple Tree Farm Syrup in stock Pints, Half Pints, Quarts,
and Half Gallons. You can order gallons.

Cabot Cheese 8 oz. Bars, Seriously Sharp and More

MON-Fri 3PM-7PM Sat & Sun 9AM-6PM

DUNBARTON NEWS

By Nora LeDuc

THE DUNBARTON ELEMENTARY SCHOOL LIBRARY received a donation of 12 books focusing on cultural diversity from the Missions Committee of the Dunbarton Congregational Church. The books were donated in memory of late DCC member Dr. Leslie R. Williams of Teacher’s College, Columbia University, who was a leading authority on Multicultural Education. Retiring DES Assistant Librarian Donna Duchesneau (22 years at DES) received the new books with a grateful smile.

JOIN THE DUNBARTON CONGREGATIONAL CHURCH’S BOOK CLUB on July 5 for the Second Meeting. This month everyone will be reading The Dali Lama’s Cat. Meet in the 1800’s Vestry at 7 pm. All are Welcome!! Call 228-9298 with any questions.

DUNBARTON PUBLIC LIBRARY’S ANNUAL SUMMER READING PROGRAM is a wonderful and fun way to promote learning, and to build reading and language skills through the summer months. This year’s program is filling up with activities and events for ages 0 to 105+. The theme this year is “Libraries Rock”. Signups have begun but you can still get in on the fun. Programs will run June 26 to Aug. 3. If you have questions, please call the library, 774-3546.

DUNBARTON, THE FIRST DAFFODIL TOWN in NH, is featured in the May/June issue of NH Home Magazine. Congratulations to the entire town for its participation and support of this ten-year long project commemorating Dunbarton’s 250th Anniversary in 2015. Other towns in NH are now following. Be proud! And keep planting those daffodils.

SELECTMEN MEETING NOTICE SUMMER SCHEDULE for June, July & August. The Dunbarton Selectmen will hold a regularly scheduled meeting on the following dates: Thurs. June 14, 2018, Thurs. June 28, 2018, Thurs. July 12, 2018, Thurs. July 26, 2018, Thurs. August 9, 2018, Thurs. Aug. 23, 2018. Weekly meetings resume beginning Sept 6, 2018. The Meeting time begins at 7:00pm. For the weekly agenda specifics contact the Town Office Wednesday prior during normal business hours.

RECOLLECTIONS OF DUNBARTON Casual, armchair video interviews with Dunbarton elders talking about how they grew up, played, ran around barefoot, swam in ice ponds and streams, attended one-room schoolhouses, raised their own food and more. Hear how the generation before us lived right here in Dunbarton without electricity or phones. These are not Hollywood productions, just good ole’ Living History Stories that happened in your neighborhoods! Enjoy! A link for these videos will be on the town web site, just below the link to the BOS Meetings. Brought to you by The Dunbarton Historical Awareness Committee.

SPIRESIDE COFFEE HOUSE OPEN MIC will be July 21, 7:00 pm to 10:00 pm. Doors open for signups at 6:30pm. Suggested \$5.00 donation. The Spireside will have an open stage night with no feature to provide each open-mic performer additional time. Come see the regular crew of local musicians. Listen to an eclectic mix of 8 to 12 local performers. Please come for an evening of community fun, a traditional “Open Mic” Coffee House held in the intimate setting of a historic Congregational Church Vestry building situated on Dunbarton’s picturesque village green.

BOW POLICE LOG

BOW POLICE DEPARTMENT MAY 2018 STATISTICS

Arrests 34 Animal Complaint 28 Assist Fire Dept 53 Burglar Alarm 30
Citizen Assist 10 Directed Patrol 150 Disturbance 1 Domestic Disturbance 6
Domestic Violence Service 0 Fatal Motor Vehicle Accident 0 Follow-up Cases 15
Incident Reports 50 Motorist Assist 7 Motor Vehicle Complaint 20
Motor Vehicle Collision 14 Motor Vehicle Stops 357 Motor Vehicle Lockout 1 OHRV
Complaint 1 Pistol Permits 9 Suspicious Activity 3
Sex Offender Registration 2 Suspicious Person 11 Suspicious Vehicle 32
Theft Report 4 Walk and Talk 42 Vacant House Check 23
VIN Verification 5 Welfare Check 5

MAY 2018 ARREST LOG

05/01
Charles Dexter, 30, Penacook, was arrested for criminal mischief, and domestic violence; obstructing report of a crime/injury

05/06
Gabrielle Bouchard, 21, Manchester, was arrested for driving after revocation/suspension subsequent offense; Tiffany Vincent, 38, Goffstown, was arrested on a bench warrant

05/07
Matthew Perry, 35, no fixed address, was arrested on a warrant

05/08
Robert Hill, 38, Exeter, was arrested for issuing bad checks; Travis Hatfield, 33, Manchester, was arrested on a bench warrant

05/10
Cait-Lynne Schneider, 27, Pittsfield, received a summons for operating without a valid license
Aaron J. Henderson, 43, Warner, was arrested on a bench warrant

05/11
Derek Tillotson, 20, Bow, was arrested for driving under the influence, and manufacture/possess false identification

05/12
Louie Trudeau, 35, Bow, was arrested for driving under the influence; An adult received a summons for possession of marijuana

05/13
Jacob M. Noury, 38, Barrington, was arrested for reckless operation, open container, and yellow/solid line violation; Cecile Uwera, 35, Concord, received a summons for operating without a valid license; Arravind Resula, 25, Hoffman Estates IL, received summonses for driving after revocation/suspension, and speeding

05/14
Nicholas Novia, 27, Chatham, was arrested on a warrant

05/15
Albert Healey, 75, Bow, was arrested on a bench warrant

05/16
Raymond Ortiz, 38, Lowell, MA, was arrested for possession of a controlled drug, and two bench warrants

05/18
Christian J. Lassar, 19, Northfield, was arrested for transportation of an alcoholic beverage by a minor

05/20
A juvenile was arrested for reckless operation; Nicholas Novia, 27, Chatham, was arrested for false report to law enforcement

05/21
Samantha J. Lavoie, 34, Loudon, was arrested on a bench warrant; An adult received a summons for possession of marijuana; Chad L. Lothian, 25, Concord, was arrested for domestic violence; simple assault, and reckless conduct; domestic violence related

05/23
Matthew Stacy, 34, Warner, received summonses for driving after revocation/suspension, and unregistered vehicle

05/25
A juvenile was taken into protective custody for an involuntary emergency admission

05/26
Victor E. Boisse, 53, Canterbury, received summonses for operating without a valid license and suspended registrations; Virginia A. Gilpatrick, 36, Epsom, was arrested for driving after revocation/suspension subsequent offense, and suspended registrations; William Palladino, 30, Hillsboro, received a summons for negligent driving; Jesse J. Heselton, 37, Farmington, was arrested for falsifying physical evidence, unofficial inspection/registration decal, and a bench warrant

05/27
Amanda M. Lozeau, 39, Bow, was arrested for domestic violence; simple assault

05/28
Sabine McWane, 41, Hooksett, received a summons for operating without a valid license

05/29
Josue A. Urizar, 22, Cranston, RI, received a summons for driving after revocation/suspension
Jimmy Reyes-Alvarez, 30, Manchester, was arrested on a warrant

05/31
Michael C. Sigler, 27, Sanford, ME, was arrested as a fugitive from justice

Spring is Here

Mac's Are You ready ??

Small Engine Repair, LLC

- Mobile repair service
- Veteran owned & operated
- Prompt courteous service
- Insured





603-774-0180

"Servicing Bow, NH & Surrounding towns"

www.MacsSmallEngines.com



BOW HIGH PROM A SUCCESS!

by: Elizabeth Parker

The Bow High School Prom, held on May 19th, was a great success! The event was celebrated at the downtown Manchester Hotel (formerly the Radisson) with the student selected theme of “Summer Nights.” Many in attendance felt it was the perfect place to host the 330 students who attended.

Prom began with a pre-prom reception at Bow High School with picture taking and cotton candy stations which were both a big hit! Students were then transported to prom in style on coach buses sponsored by Exel, a local Bow company.

Prom is about food, fun and dancing. Prom is a great time to bust out your sick dance moves said one student, but before that, there was a stir-fry station, a carving station, a salad station and the infamous mac and cheese station. After dinner, there was plenty of dessert to be sampled.

Once the food was eaten, students made their way to the dance floor which filled for the rest of night. “I was a little nervous about the space because we had more people attend than originally expected, but everything worked out and I had a great time with friends!” said Emma Conley, a BHS junior.

The Prom committee has been working on creating the best prom possible for two years now and the hard work definitely paid off. “It was an amazing night spent dancing with so many great friends and teachers. It was an unforgettable year!” said junior Kylie Murphy.

Editor’s Note: Ms. Parker is a Junior at Bow High School



BOW GIRLS Sweep Division III Tennis Title 8-1



Willpower and talent has led the No. 1 Falcons (17-0) to two straight undefeated championship seasons. Bow has now won 35 straight matches, competed in eight straight D-III final fours and six of the last eight finals, and got four titles in that span.

Juniors Lauren Goyette and Miah Munro, best friends who are also outstanding soccer players, used their athletic abilities and strategy to overcome players with a touch more skill for a pair of wins on May 30.

Bow coach Jonsey Rainville had seen Goyette and Munro playing varsity soccer as freshmen and soon she was recruiting them to the tennis team.

Goyette and Munro never played tennis before joining as freshmen, but they were ready to make the move into the top six this spring and they had each other for support.

Munro, Goyette and Gwen Molind, Bow’s No. 1 singles player and the lone senior on the team, all helped Bow to the 2017 D-II girls’ soccer title, the 2015 D-III crown and, in Molind’s case, the 2014 D-III title.

BOW BOYS Win Division III Tennis Title 7-2



Winning the Division III boys’ tennis title in May meant more to the Bow players because they did it against Gilford, the five-time defending champions.

The second-ranked Falcons (15-2) won five of the six singles matches, making doubles irrelevant, on their way to a 7-2 win and Bow’s first championship since 2002. Bow won three straight titles between 2001-02 but the Falcons had lost in five of the last seven D-III finals they made it to. That stretch included a 6-3 loss to Gilford just last year, which marked the third time in four years that Bow’s season ended at the hands of the Gilford Golden Eagles.

“Honestly, I’ve waited four years for this,” said Brayden Binder, the No. 1 player and only senior on the Falcons’ roster. “The first day I was here as a freshmen it was, Gilford, Gilford, Gilford. The first match I watched (when he was in middle school) was between Bow and Gilford. I’m just really happy that I was the lucky one to be number one on the team that finally got the win.”

BOW COMMUNITY CALENDAR

June 11 - Bow Republican Committee Monthly Meeting
6:30 PM @ Bow Old Town Hall

June 13/ 27 - Bow Young At Heart Club Meeting
11:30 AM-2:00 PM @ Bow Community Building

June 14/ 21 - Shimmy & Shake Storytime
10:30 AM-11:15 AM @ Baker Free Library

June 14 - Bow Democratic Committee Monthly Meeting
7:00 PM @ Baker Free Library

June 15 - 22nd Annual BHS Falcons Booster Club
Golf Tournament
9:00 AM @ Stonebridge Country Club

June 15/22/29 - Bow Rotary Club Meeting
7:30 AM - 8:30 AM @ Bow Old Town Hall

June 19 - White Rock Monthly Book Talk
3:30 PM - 4:30 PM @ White Rock Senior Living

June 22 - Summer Reading Kick-Off!
4:00 PM - 7:00 PM @ Baker Free Library

June 27-28 - Bow Garden Club - *Petals 2 Paint*
20 Floral Designer interpret art piece from
the East Colony Fine Arts collection
Wednesday 5:00 PM - 8:00 PM with
Wine Tasting and Refreshments
Thursday 11:00 AM - 7:00 PM
@ La Belle Winery 345 Route 101, Amherst

The Bow Times

can be picked up at these locations!

Alltown Gas & Store

Baker Free Library

Blue Seal Feeds

Bow Mobil

Bow Recreation Building

Bow Town Offices

Chen Yang Lee

Cimos

Colonial Pharmacy-Contoocook

Cracker Barrel-Hopkinton

Concord Chamber of Commerce

Crust and Crumb

Dimitri's Pizza

Dunbarton Town Office

Everyday Café

Hooksett Northbound (93)

Individual Fitness

Johnson Golden Harvest

Lakehouse Tavern

Merrimack County Savings Bank

Merrimack Savings Bank

Mr. Mikes-Contoocook

Patty Lee's Kitchen

South St. Market

Sugar River Bank, Concord Hts.

Tucker's Restaurant

Veano's, Manchester St.

Wellington's Marketplace

White Rock Senior Center



Bow Young at Heart Club members enjoyed Bow Resident, Linda Johnson's program on NH Loons. She shared what she has learned studying the loons over the years at the lake she shares with them. Informational pamphlets were provided so that members can assist in their preservation. She also displayed her photos and several were raffled off to lucky members. Many thanks to Barb Francis for arranging this entertaining program.



Barbara Francis and Linda Johnson

UPCOMING EVENTS OF NOTE:

JUNE 27 Strawberry Shortcake

JULY 11 Longview Flower Garden Visit

JULY 25 Pizza Day

AUGUST 23 Trip to the Winnepesaukee Playhouse to see "Ghost the Musical." With lunch at Canoe Restaurant & Tavern. Sign up early.

We meet the 2nd and 4th Wednesdays at 11:30 am at the Bow Community Building on Bow Center Rd. Members and guests should bring a brown bag lunch. Beverage and dessert will be provided.

Faye Johnson, Publicity -603-228-8149

SOUPS & CHOWDERS



Operated by George Georgopoulos & Family

30 Manchester St.

Concord, NH.

Sun 7AM-8PM

Tue-Thu 7AM-9PM

Fri & Sat 7AM-10PM

* Closed on Mondays *



SANDWICHES

PIZZA



SALADS

Much * Much * More!

(603) 715 -1695

A-1 Enterprises STUMP GRINDING

Green and Seasoned Firewood

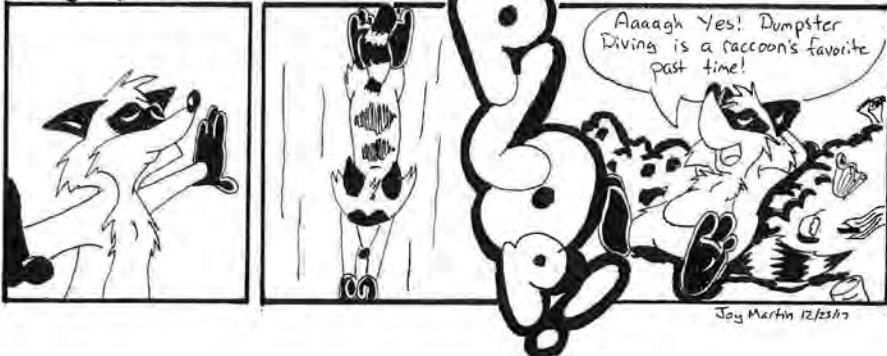
**** New Mobile Firewood Processing Service ****

Call Skip Trudeau For Details:

Cell: 603/557-9083 Shop 603/774-3725

1021 Montalona Rd. Dunbarton, NH. 03046

Way Up North





NHTI Spring 2018 Graduates and Dean’s List

CONCORD, NH — The following students from your area graduated from NHTI, Concord’s Community College, during the Spring 2018 term:

Bow NH: Jared Fisher (Associate in Arts with a Major in Liberal Arts), Coltrane Houlis (Associate in Science with a Major in Criminal Justice), Alexander Leger (Associate in Science with a Major in Mechanical Engineering Technology), Brian Nesbitt (Associate in Science with a Major in Information Technology: Networking), Corinne O’Flaherty (Associate in Science with a Major in Animation & Graphic Game Programming), Emilyn Ramos (Associate in Science with a Major in General Studies), Michael Sargent (Associate in Science with a Major in Computer Engineering Technology)

The following students from your area have been named to the Dean’s List at NHTI, Concord’s Community College, in recognition of their academic achievement during the Spring 2018 term. In order to qualify for Dean’s List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

Bow NH: Zachary Allen, Nicole Bernard, Rebekah Cozzi, Jared Fisher, Alexander Gott, Coltrane Houlis, Earica Huggins, Mya Levy, Brian Nesbitt, Corinne O’Flaherty, Jack Vachon

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving students, businesses and the community by creating pathways for lifelong learning, career advancement and civic engagement. With 95 full-time faculty and over 300 adjunct faculty, NHTI Concord’s Community College offers more than 90 academic programs to more than 7,000 students annually. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc., a nongovernmental, nationally recognized accrediting agency, since 1969.

Making a positive difference.
One member at a time.

“Thank you NHFCU for helping me get my home and bills caught up...for all the follow-up help and workshops. I wish everyone were as helpful as you.”
-E. Schmidt

Center for Finance & Education
PUBLIC WELCOME
OFFERING FINANCIAL WORKSHOPS, COACHING, CONSULTING AND MORE

(603) 224-7731
(800) 637-4039
70 Airport Road, Concord
47 N Main Street, Concord
71 Cabot Highway, Lee
www.nhfcu.org

New Hampshire
FEDERAL CREDIT UNION

NCUA
Federally insured by NCUA

Bow’s Choice for Dental Care
AT TWO CONVENIENT LOCATIONS

\$57 NEW PATIENT OFFER

CLEANING X-RAYS
EXAM TREATMENT PLAN

Additional services may be necessary. Paid at first visit.



GENTLE DENTAL CONCORD
410 S. Main Street, Concord, NH 03301
CALL TODAY: 603-224-1851
gentledental.com/concord
Dr. Pollack, General Dentist | Dr. Cash, Periodontist
Dr. Walsh, Orthodontist

GENTLE DENTAL CONCORD HOSPITAL
246 Pleasant St. Memorial Building
Concord Hospital Suite 225, Concord NH
CALL TODAY: 603-224-5424
gentledental.com/concordhospital
Dr. Persha, General Dentist

NOW ACCEPTING NEW PATIENTS!

- Emergencies seen same day
- Most insurance accepted
- Care Credit Available

ALL PHASES OF DENTAL CARE

- | | |
|-------------|---------------|
| Cleaning | Root Canals |
| Fillings | Whitening |
| Extractions | Implants |
| Crowns | Veneers |
| Bridges | Nitrous Oxide |

NOW OFFERING ORTHODONTICS!

BRACES & INVISALIGN