

WHAT YOU DON'T KNOW ABOUT YOUR WATER COULD BE SLOWLY KILLING YOU!

By Ben Kiniry

A few events in my life, as discussed below, have compelled me to write a public service announcement in lieu of an article regarding Trust & Estates.

Prior to moving to the town of Bow my wife, Tammy, and I never owned a private well, therefore, we never needed to consider the makeup of the water we utilized in our homes. We just turned on the tap and there it was, water believed to be healthy enough for consumption and for other purposes.

BOW HAS SERIOUS WATER ISSUES

We started our search for a home in Bow in 2013. We enlisted the help of a local realtor, Chris Evans, a long time Bow resident. Mr. Evans aided us in our efforts to find a good home for our family. One thing we did not expect was the warning from Mr. Evans about the serious water "issues" in the town. We were still stunned to find out that most of the homes we entered had some system of mysterious tanks. Thankfully, Mr. Evans is rather knowledgeable about the local water issues and was able to identify the types of systems in each home. Although some homes did not have water systems, Mr. Evans warned the water should be tested as there was no way of knowing if the previous owners had the water tested, or if they did, did they care enough about the water issue(s) to do anything about it? Okay, we received the message, Bow has serious water issues, which were intimidating.

WE PURCHASED A HOME, NOW WHAT?

We eventually found the home that was right for our family located on Van Ger Drive. As it turns out, there are a number of issues with the water in this area of town, mainly radon, arsenic and brine. Our water test indicated unhealthy levels of Radon and Arsenic.

Since our collective knowledge of water treatment was nil, I conducted some research online to see what I could learn, and what I learned is that, though the internet is great, it has limitations.

We then enlisted the services of a couple companies to review our test results and to provide us with recommendations. It was upsetting to receive two significantly varied proposed fixes, with wildly deferring price tags attached to them. Honestly, at this point I was thinking about taking no action, was the water quality really an issue?

After getting over the initial shock of the estimates, and not knowing of any other resources, and knowing we needed to take action, we ultimately settled on a system and had it installed. We, of

course, had to rely on their expertise and hoped the company had given us a solid plan to provide the family with safe water at a reasonable price. How would we know?

MORE INFORMATION AND A NEW TOOL

In 2015, I became a member of Bow's Board of Selectmen. The Board oversees many of Bow's committees, one of them is the Drinking Water Protection Committee (members: Noel Gourley, Wendy Waskin, Sandy Crystall, Cindy Klevens, Dick Kraybill, Matt Taylor and new member Blake Hooper). The well credentialed and knowledgeable Committee conducted an extensive study on the Brown Hill Road area and presented their results to the Board in April of this year (a full report will soon be posted on the Town website www.bow-nh.gov.com). I

I'm not going to go into the details of the findings or the varying issue (I'm most definitely not qualified), but simplistically speaking, I was astounded by the number of issues that Bow residents face with our water (arsenic, radon, lead, copper, uranium to name a few). It was upsetting to learn that in some cases the water systems (softeners) installed may be doing more harm than good.

The committee's presentation reinvigorated my interest in the topic, so I attended the New Hampshire Department of Environmental Services Drinking Water Source Protection Conference in May. Though I learned many things at the conference, there are two that are most noteworthy.

First and foremost, I learned that some water contaminants can kill you, slowly. Arsenic, for example, consumed over time is analogous to smoking. A little each day causes small amounts of damage and eventually will damage your internal organs. Most Bow residents are likely aware of this fact, however, attending the seminar on the topic made it very real for me, which is why I needed to write to you my fellow citizens.

The second item I learned about and want to impart upon you, is the existence of a new web based tool created by the NH Department of Environmental Services called "**Be Well Informed.**" This site is designed to give you guidance on the selection of water treatment options. How does it work? First, for approximately \$100 you can have your water tested (there are three locations in Concord alone). Even if you have a water treatment system many people don't test their water after a system is installed, which means they don't know whether or not the system is effective at removing a particular concern. If you had



your water tested years ago (some systems actually harm your drinking water and as I understand it, the makeup of your water can change over time), I would highly recommend that you get retested.

With your results in hand (the results will state your water issues, but nothing more) go to the New Hampshire Department of Environmental Services "**Be Well Informed**" website and plug in your results (<https://xml2.des.state.nh.us/DWITool/Welcome.aspx>) (this and other helpful links can be located on the Bow website). The site will tell you what kind of remedial action you can take to meet your needs. At the very least it is a worthwhile exercise to review the information provided on the site, you may learn something that will help keep you or someone you love, safe and healthy.

CALL TO ACTION!

In the end, **this is a call to action!** For approximately \$100 and a little of your time, you can find out whether or not your water is safe and learn what can be done to rectify any issues you may have. We are all lucky to have the members of the Bow Drinking Water Committee, as a resource you should be utilizing. If you need or desire further help, I would suggest you reach out to them at bowdrinkingwater@gmail.com.

MATT BROWN'S TRUCK REPAIR EXPANDS

By Matt Taylor, Community
Development Director

Another local business has recently expanded! Matt Brown's Truck Repair relocated from Robinson Road to its new facility on Thibeault Drive. Finishing touches were made on the new 17,600 square foot building this Spring and Matt and his staff are hard at work in their new state of the art repair center keeping trucks rolling in and out of Bow's thriving logistics center. Matt has been in business in Bow for over ten years and with this major expansion it looks like he'll be doing business here for many years to come.



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