



The Bow Times

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FREE

BOW SCHOOLS STEP UP SECURITY PLANNING

by Dr. Dean Cascadden, Superintendent

Editors Note: In light of the 17 killed at Parkland-Douglas High School in Florida we asked our Superintendent to share with Bow and Dunbarton the approach to school shootings for our communities.



Incident Commander, Principal Brian O'Connell at Lockdown drill May 8th. (Photo by Connor Parzick)

School safety and security is an important and necessary part of today's educational practice. We remember the more lethal events such as Columbine (1999), Virginia Tech (2007), Sandy Hook (2012), and Parkland (2018), and all told there has been at least 25 fatal shooting events since Columbine. In response to this, we at SAU 67 hope for the best, but plan for the worst.

We have a three pronged approach which includes: 1) Building a culture and community of caring inclusion while actively addressing bullying and harassment; 2) Creating building level and district Safety and Response teams that actively plan potential responses to possible events and then run drills and exercises to refine those plans; and 3) Modifying physical aspects of the buildings to make it more difficult for intruders to gain access, make internal and external communication in response to possible events better and to make identification of locations for emergency responders more clear.

The first response to safety is cultural. Many perpetrators of violence have been people who felt ostracized by their peers or community and felt like outsiders. Also, many are suicidal, feeling that they are unwanted or unloved. The first part of our Mission Statement is to care for each person every day and that is a fundamental part of our system. We actively create events and programs to try to make sure that every student has a positive adult connection to the school community, and we have been emphasizing the need to address social and emotional learning as well as academic competencies. We have a very well developed suicide protocol and Response Teams.

A catch phrase for violence prevention is “See something, Say something,” (called S4) and I believe our students feel fairly comfortable in approaching teachers and administrators with concerns about themselves or friends. We have support to offer both inside and outside of the school community for students who need it. We have implemented the Change Direction NH initiative to educate people on the five signs of emotional or mental suffering and make it less taboo to talk about concerns and issues in order to address them.

(con't. p. 22)



Pictured L to R: Selectman Mike Wayne, Governor Chris Sununu and Debra Wayne

DEBRA WAYNE HONORED FOR WORK ON BEHALF OF SENIORS

Debbie Wayne of Bow was honored on May 8, as Merrimack County's volunteer of the year by the State Committee on Aging.

As a Concord Regional VNA volunteer, Debbie Serves as a Hospice House shopper, arranges flowers, sets up a coloring station for residents, families, and visitors and lends her artistic talents by helping to create volunteer bulletin boards and meaningful crafts. She lends her voice during the sing-a-longs at over 12 long term care facilities in the area.

This year marks the 56th anniversary of the Joseph D. Vaughn Awards memorializing the work of the Honorable Joseph D. Vaughn, a New Hampshire legislator.

The Vaughn Award is presented each year to individuals or couples, over the age of 60, who have shown outstanding leadership or demonstrated meritorious achievement as volunteers, on behalf of older citizens in New Hampshire. One award is made for each of New Hampshire's ten counties.



20 YEAR OLD CONCORD MAN DIES IN CRASH AT I-89 AND LOGGING HILL

On Monday April 30, Tyler Shaw, of Concord, was leaving Bow after playing video games at a friend's house in Bow. His Chevy Silverado was t-boned at around 9 o'clock that night by a car driven by a man from Derry who thought he was taking the exit to Manchester when he ran the stop sign at Exit 1 and plowed into Tyler Shaw's Chevy Silverado as it was driving on Logging Hill Road.

This tragedy was senseless according to Tyler's mother, Beth Shaw. “Everyone who knew Tyler said he was athletic, accountable, and ambitious and was a talented young man,” said Mrs. Shaw.

The cross the family erected at the intersection should be a reminder to all about how fleeting life can be.

8th Annual Bow Rotary Car Show

Saturday, May 19th 8:00 AM - 2:00 PM



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The Bow Times

Publisher - The Bow Times, LLC
 Editor - Chuck Douglas 224-1988
 Co-Editor - Debra Douglas 496-0265
 Sales Manager - Gary Nylén
 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
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Email: info@thebowtimes.com

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

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

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

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EDITORIALS

THE STATE NEEDS TO FIX EXIT 1 ON I-89!

The recent death of Tyler Shaw on April 30, is indicative of a lack of interest by the State Department of Transportation and the State Police in properly regulating this dangerous exit. More needs to be done such as rumble strips and better signage to make sure that people who are inattentive while talking or texting don't come off Exit 1 thinking they're rolling onto Manchester.

That entire area needs a State Police crackdown with a lighted device showing your speed. Those of us who live in Bow have a difficult time getting on I-89 because of the high speed that people are engaged in coming from our left. Do we need another fatal collision for the State to actually do something?

There is a sign that says it's 40 mph coming to exit 1 and the onramp for I-89, but I don't ever think I've seen a car traveling under 60 mph in that area. Some morning and evening enforcement by troopers will hopefully save another life, but it's too late for Tyler Shaw.

We extend our sympathies to his family on the loss of this fine young man.

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

LETTERS TO THE EDITOR

SENATOR CAVANAUGH OWES US AN EXPLANATION

Dear Editor:

Last summer, Kevin Cavanaugh was eager to paint himself as a bipartisan, pragmatic voice who would represent the interest in District 16 in the State Senate.

He has been nothing more than further from being a partisan puppet. Last week, Senator Cavanaugh voted against a senate floor amendment that would have added \$10 million to a school safety infrastructure fund.

Why did Senator Cavanaugh vote against this crucial amendment? It isn't really clear, but he was voting lockstep with the liberal Senate Democratic leader. Is voting the way the liberal Senate Democrat leader tells him to vote really the way District 16 wants to be represented?

Senator Cavanaugh got into office through a midsummer special election - this November he'll be on the ballot with a pretty bad record to run on.

Let's hope the people of Senator Cavanaugh's district remember this come November.

Respectfully submitted,
 Don Winterton
 Hooksett, NH

SURVEY

SHOULD BOW ADOPT A CONFLICT OF INTEREST ORDINANCE FOR TOWN OFFICIALS?

YES NO

GO TO www.thebowtimes.com

and select **MAY SURVEY**

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

2nd Congressional District Candidates' Forum put on by the Bow Republican Committee.



Pictured L to R: Vice Chair of the Bow Republican Committee Janice Koch, 2nd District Candidates Steve Negron, Bob Burns, Lynne Blankenbeker, Dr. Stewart Levenson, and Chair of the Bow Republican Committee, Betsey Patten. (Photos by Eric Anderson)



Dr. Stewart Levenson - Candidate for the 2nd Congressional District



Marge Welch asks Candidate Steve Negron a follow-on question



Candidate Lynne Blankenbeker talks with NH Rep Bill Koch.

TOWN OF BOW

Bulletin

www.bownh.gov

TOWN MANAGER'S REPORT

Birchdale Bridge Project Work on the project will begin soon. A re-mobilization meeting with the engineer and contractor was held on May 7 to discuss the current status of the project and to establish a completion date.

BOW POLICE DEPARTMENT

Master Patrol Officer Pratte and K-9 Roxy were involved in a serious motor vehicle accident and both are doing fine, thank you for your kinds words and support to our K-9 Team. Matt is back to full duty, however Roxy is only attending trainings, but is not on full patrol, as we are working on obtaining a cruiser for them, as his was totaled.

Chief Margaret Lougee attended the 2 of 5 Emergency Responder Working Group meetings as part of the Governor's School Safety Preparedness Task Force. We are confident this committee will make realistic recommendations to the Governor on Emergency Response to Schools. The Town and School District are working hard on our "Reunification process" and continue to drill/exercise our alarms and work on the climates of each school. At this point, we urge parents to **update** and monitor emails, text and calls from the Schools and Town Emergency Officials for any emergency information needed.

Unauthorized Use of Firearms Information

Unauthorized Use of Firearms NH RSA 644:13

A person is guilty of a violation if, within the compact part of a town or city, such person fires or discharges any cannon, gun, pistol, or other firearm, except by written permission of the chief of police or governing body. For the purposes of this section: "Compact part" means the territory within a town or city comprised of the following:

- Any nonresidential, commercial building, including, but not limited to, industrial, educational, or medical buildings, plus a perimeter 300 feet wide around all such buildings without permission of the owner.
- Any park, playground, or other outdoor public gathering place designated by the legislative body of the city or town.
- Any contiguous area containing 6 or more buildings which are used as either part-time or permanent dwellings and the spaces between them where each such building is within 300 feet of at least one of the others, plus a perimeter 300 feet wide around all the buildings in such area.

Dogs Running At Large

§ 44-1. Adoption of statutory provisions Dogs Running at Large

The Town voted to adopt the provisions of RSA 466:30-a which makes it unlawful for any dog to run at large, except when accompanied by the owner or custodian, and when the dog is used for hunting, herding, supervised competition and exhibition or training for such.

Please have a collar with tags or microchip your dogs. Bow Police is no longer using the old kennel behind Public Works, we are bringing the dogs to Pope SPCA on Clinton Street if an owner is not found from the tags or microchip. We do have a microchip scanner at the Safety Center.

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

PUBLIC WORKS DEPARTMENT

Spring Clean up has begun! Sweeping has begun and frost heave and weight limit signs were removed. Damaged mailboxes were repaired and new ones installed.

Cemeteries - All of the Cemeteries are now open. The crews continue pruning trees and moving debris from the cemeteries.

Buildings and Grounds - Dan Freeman, accepted a position as Ground Superintendent at Lochmere Golf and Country Club in Tilton, NH. Dan has been a driving force in the improvement of the Town's recreation fields. We all wish him well.

Chip Craig is now the new groundskeeper, he has been working vigorously cleaning the ball fields, and spring cleaning the areas around the Town buildings. If you see him out and about please don't hesitate to introduce yourself.

Fleet Maintenance - All of our heavy trucks have been serviced and are ready for spring and summer seasons. The equipment trailers have been serviced and are prepared for use in the coming months. The grounds maintenance equipment was serviced. All standby generators are in the process of being serviced.

BOW HERITAGE COMMISSION

Baker Heritage Room hours - The Baker Heritage Room at the Baker Free Library will be open the second Thursday and third Saturday from 10 AM to 2 PM thru June, and by appointment. Bow Heritage Commission staff has been pleased with the interest shown, and historical information exchanged, as people and places in photos are identified and genealogy exchanged.

Bow Heritage Commission is Moving - The Bow Heritage Commission will be moving to their new location on Robinson Rd. (former Bow Police Station) in May. We look forward to working in this larger and more environmentally friendly space.

Save the Date - Saturday, June 23, 10:30 a.m. to 2:00 p.m.

You will be able to tour the Benjamin Bean House built by Francis Carr in 1760 and learn how it has been preserved, restored and re-purposed over the years. Meet at the Old Town Hall between 10:30 AM and 2:00 PM to sign up for the tour, learn more about Capt. Bean and Mr. Carr and enjoy the historic items on display. The Bow Men's Club will have lunch for sale between 11:30 AM and 12:30 PM. The 1894 School House will be Open as well. Questions Contact Faye Johnson 603-228-8149.

UPCOMING ELECTIONS

The State Primary election is on **Tuesday , September 11, 2018**

The State General election is on **Tuesday , November 6, 2018**

Correction to what was posted on the May issue of the Town Bulletin

The last day to **change party affiliation** before the State primary is JUNE 5th. No changes to party affiliation will be made from June 6th until September 12th per RSA 654:32. You need to come into the Town Clerk's office with your ID and fill out the form to change party. The Supervisors will be in session on Tuesday, June 5th from 7:00 PM to 7:30 PM in Town Hall Meeting Room B if you cannot make it before the Town offices closes at 4:00 PM.

TOWN OF BOW BOARD OF SELECTMEN SEEKING VOLUNTEERS FOR TOWN BOARDS, COMMITTEES AND COMMISSIONS

The Board of Selectmen is seeking residents interested in serving the community as a member of a Town board, committee or commission. Currently there are openings on the following boards, committees and commissions:

- Business Development Commission
- Capital Improvements Program Committee (CIP)
- Conservation Commission
- Recycling & Solid Waste Committee
- Zoning Board of Adjustment

If you are interested in serving on any of the above boards, committees and commissions please visit the Town of Bow's website at www.bownh.gov for more information.

If you have any questions please contact Tonia Lindquist at 603-223-3910 or by email at tlindquist@bownh.gov.

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Destination is Primary in Packing Plan!

by Chase Binder

Last month I wrote about the importance of adding some safety items to your packing list when heading out on vacation. But really, safety items represent just a tiny percentage of what we worry about when we pack for trip. Mostly, Bud and I think about how comfortable we'll be and what we'll look like—from head to toe, from beginning to end of the vacation! Here's how we go about making decisions.

But before I begin, let me point out that Bud and I each assume responsibility for our own packing. We have several travel companions, both relatives and friends, who don't do things that way. The wife always packs for the husband. There are lots of possible reasons why this might work for a couple: wives sometimes like to "dress" husbands who have less-than-attentive attitudes towards fashion; men sometimes prefer to delegate; and men sometimes can even be (face it) a bit lazy. Me? I would never, ever try to pack for Bud...nor would he ever ask me. That being said, we often begin the process in side-by-side fashion, chatting back and forth about what to bring.

We start, of course, with basic packing imperatives—where are we going, how are we traveling and how long will we be there?

Destination is the primary driver. Europe... the Caribbean... Las Vegas... a Transatlantic cruise... a coastal or lakeside home with the whole family. They all require different wardrobes and different approaches and we always start with basic research. Bud loves finding out about the weather. What's the expected temperature range? Rainfall (or snowfall)? Humidity—often more important to know than the temperature! There are lot of websites, but we like wunderground.com for its great historical data as well as forecasting, but Bud also likes weather.com. We have accumulated a stash of layered rain gear, small travel umbrellas and wind breakers—all very lightweight, that we're still using years after we first purchased them. We attribute this to buying quality to begin with—and like to start at Fort Eddy's Plaza's Eastern Mountain Sports, especially on sale days!

I like to research local customs and cautions, and often just use Google—"how to dress in...wherever". In general, if we



Chase Binder

are going out of the country our main concern is to blend in as much as possible. In Europe we pack black and neutral clothes, never sneakers. I bring a handbag with a sturdy cross-body strap, large enough to hide my camera and any other electronic devices I'll carry. Ebags.com and travelsmith.com both have great selections, or you can try local stores like Kohl's. After many trips to the tropical areas like the Caribbean and Florida, we've found that restaurants are more casual than ever and that our lifestyle revolves around beach or poolside and tennis—no dressy clothes needed, or perhaps a single outfit at most. If we're facing lots of humidity, I make sure we have lightweight cottons and linens, as well as the nifty new breathable microfiber fabrics with built-in SPF 40 or 50. These are ubiquitous now... everywhere from Target to amazon.com.

Once we have decided what to bring, the next thing is how much to bring. This is a matter of math (number of days/nights) and laundry options. I'll admit that each year we bring less and

less. When we have a washer and dryer, it's no problem. But even without laundry facilities, quick-dry fabrics make handwashing so easy that we can really cut down and LG Laundry Detergent Sheets (amazon.com \$10.99) replace liquid, pods or powder and work great! For a two-week trip, we'll typically take 4-5 pants/shorts, 6-8 shirts, underwear for 4 days and 2 sets of nightclothes. I dress things up with scarves and jewelry and always, always care Tide Sticks to deal with occasional spots.

Footwear is a critical aspect of packing. But again, we are taking fewer and fewer pairs of shoes/sandals and making sure that they will work for the weather, are truly and completely broken in and comfortable for possible long hours on our feet or in the air. Bud always carries moleskin for possible blisters—a lifesaver!

Adopting a thoughtful plan for packing should also incorporate your mode of travel. Taking a road trip? Not much of a problem. Flying? That can be tough! Bud and I both plan our "airplane" outfits with comfort and convenience in mind. Layers help keep us warm/cool. Minimizing jewelry/belts/lace-up shoes or boots makes getting through security easier. Minimizing "stuff" altogether means reducing luggage fees as well as making it easier to get around the airport.

In all honesty, we haven't made the transition to "carry-on only" that some friends have. The ultimate in that approach was a couple we met cruising the Irrawaddy River in Burma. They travel for 2 months at a time using just carry-on—and they always looked fabulous at dinner! Perhaps someday!

World Travelers Return!

Back in January this column outlined the upcoming world cruise of Bow residents, Bruce and Lorraine Harris.

After four months at sea, sailing from Los Angeles to London, the Harris's are back!

During their voyage they have kept in touch with us, recording their thoughts and observations about the world they encountered.

Next month's expanded Travel Talk will give lots of details about their trip and provide stunning photos as well as keen insights into world cruising. **Don't miss it!**



World travelers Bruce and Lorraine Harris pose in front of London's Westminster Cathedral with a well-worn copy of the Bow Times! The December issue has been traveling throughout the world with them!

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MERRIMACK COUNTY SAVINGS BANK NAMED SMALL BUSINESS OF THE YEAR BY HOOKSETT KIWANIS

Merrimack County Savings Bank (the Merrimack) has been named Small Business of the Year by the Hooksett Kiwanis. The award was given out at the Hooksett Kiwanis Community Leaders event on Tuesday, April 3rd at the Southern New Hampshire University Dining Center in Manchester. Several hundred guests attended to celebrate volunteers, educators and businesses who demonstrate professional excellence and outstanding commitment to the Hooksett community. The Merrimack was selected as one of the event's top honorees.

"I'm honored and absolutely humbled by this recognition," said Philip Emma, President of the Merrimack. "It's especially significant because our second Hooksett branch has been open for less than a year's time and we recently celebrated our 150th anniversary in 2017. I am grateful for our employees' tireless efforts to serve others and their commitment to the greater good. I could not be prouder of them and all they've done to improve the communities we serve – now and over the last 150 years!"

The Merrimack opened its second Hooksett branch, located at the intersection of Route 3 and the Route 28 bypass on 360 Londonderry Turnpike in May 2017. The Merrimack's Hooksett Welcome Center branch, which opened in 2015, is located on 530 West River Road and features entrances from both Route 3A and the I-93 North Welcome Center. Stephanie Andruss, Assistant Vice President, Branch and Business Development Manager, oversees both locations.

Since its founding in 1867, the Merrimack has contributed to and supported organizations, non-profits and projects that improve the quality of life for local citizens. The Bank recently celebrated its 150th year anniversary of serving the people, businesses, non-profits and municipalities in central and southern New Hampshire. The Bank and its employees are inspired by Merrimack style, which is guided by the values of accountability, mutuality, excellence, respect, integrity, teamwork and stewardship. The Merrimack was honored with the 2017 Business of the Year Pinnacle Award by the Greater Concord Chamber of Commerce, was voted "Best Bank" by the Capital Area's People's Preferences for the 9th consecutive year and named 2017's "Bank of the Year" by the Capital Regional Development Council. To learn more, visit any of the local offices in Bow, Concord, Contoocook, Hooksett and Nashua, call 800.541.0006 or visit themerrimack.com.



Ribbon Cutting of the second Merrimack Branch in Hooksett (from left to right) Christiana Thornton, NH Bankers' Association President, Linda Lorden, SVP Retail Administration, Dean Shankle, Hooksett Town Administrator, Stephanie Andruss, AVP, Branch and Business Development Manager, Jeff Downing of Conneston Construction, Inc., Philip Emma, Merrimack County Savings Bank President, Paul Provost, MillRiver Wealth Management President, Alison Whynot, VP, Facilities, Jerry Little, NH Banking Commissioner, Sam Laverack, New Hampshire Mutual Bancorp President and CEO, Paul Rizzi, Merrimack County Savings Bank Board Director and New Hampshire Mutual Bancorp Board of Trustees, Ed Caron, EVP, Commercial Lending.

Total business solutions. Total commitment to your success.



At Merrimack County Savings Bank we know how hard you work to make your business succeed. And we work just as hard to deliver the business checking products and personal attention you need. Our bankers know the local area and will help you choose the solutions that are right for your business.

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- Non-profit Checking
- IOLTA – for law firms who want to support the NH Bar Association



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KRISTIN CLARK PROMOTED TO BUSINESS BANKING DEVELOPMENT OFFICER FOR MERRIMACK COUNTY SAVINGS BANK

Kristin Clark has been promoted to Business Banking Development Officer at Merrimack County Savings Bank (the Merrimack). Previous to this position, Clark was a Mortgage Loan Originator at the Merrimack's main office located at 89 North Main Street in Concord. Clark will be working out of the bank's new Hooksett office at the intersection of Route 3 and the Route 28 bypass on 360 Londonderry Turnpike.



Kristin Clark

"I look forward to seeing how small business lending will expand and evolve under Kristin's leadership," said Linda Lorden, Senior Vice President, Retail Banking Services Officer. "She brings incredible drive and enthusiasm to the team. With more than 25 years of retail banking experience, she draws from a strong background to provide the products and services that best meet the needs of each customer. It's an honor to promote Kristin to this exciting new role."

Clark has been an active volunteer with Families in Transition. She has also been a long-time volunteer of the Lakes Region community, donating time to the Lakes Region United Way and the Wolfeboro Children's Center. Additionally, she served as Chair for Belmont Senior Center.

Clark joined the Merrimack in 2014 as Assistant Branch Manager, and was later promoted to Branch Services Manager in 2015 and Mortgage Originator in 2017.

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HOW TO PROTECT YOUR LOVED ONE FROM FINANCIAL ABUSE

Sugar River Bank offers tips to help families and individuals stop elder financial abuse.

Financial exploitation is one of the most common forms of abuse committed against older Americans. According to a Metlife study, an estimated \$2.9 billion is lost annually to scams explicitly targeting seniors. In recognition of World Elder Abuse Awareness Day on June 15, the American Bankers Association Foundation is urging older Americans and their caregivers to join the fight against financial abuse and take active steps to protect their finances from fraud.

"Older Americans currently hold more than two-thirds of all U.S. deposits, making them highly susceptible to scams, exploitation and abuse," said Corey Carlisle, ABA Foundation executive director. "It's critical that seniors and their loved ones recognize the signs of financial abuse before it's too late and get help immediately if they think they've been victimized."

To help older Americans and their caregivers protect themselves or their loved ones from financial abuse, here are some tips to follow:

- **PLAN AHEAD** to protect your assets and to ensure your wishes are followed. Talk to someone at your financial institution, an attorney, or financial advisor about the best options for you.
- **CAREFULLY CHOOSE A TRUSTWORTHY PERSON** to act as your agent in all estate-planning matters. Select someone who has your best interest at heart.
- **NEVER GIVE PERSONAL INFORMATION**, including your Social Security, account number or other financial information to anyone over the phone unless you initiated the call and the other party is trusted.
- **STAY ALERT TO COMMON FRAUD SCHEMES.** Never pay a fee or taxes to collect sweepstakes or lottery "winnings."
- **NEVER RUSH INTO A FINANCIAL DECISION.** Ask for details in writing and consult with a financial advisor or attorney before signing any document you don't understand.
- **CHECK REFERENCES AND CREDENTIALS BEFORE HIRING ANYONE.** Don't allow workers to have access to information about your finances and make sure to lock up your checkbook, account statements and other sensitive information when others will be in your home.
- **PAY WITH CHECKS AND CREDIT CARDS** instead of cash to keep a paper trail.
- **YOU HAVE THE RIGHT NOT TO BE THREATENED OR INTIMIDATED.** If you believe you are a victim of elder financial abuse, contact your local Adult Protective Services, tell someone at your bank or call your local police for help.

Sugar River Bank



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www.sugarriverbank.com

Source: American Bankers Association



Town of Bow

Memorial Day Ceremony and Community Picnic
Monday, May 28, 2018

3:15 p.m.
WREATH CEREMONY at Town Pond

3:30 p.m.
MEMORIAL CEREMONY at Town Gazebo

5:00 to 7:00 p.m.
COMMUNITY PICNIC at Town Gazebo

Sausage and Peppers • Cheeseburgers,
Hot Dogs • Potato Salad • Beans • Beverages

Bows Community Men's Club

Music by the **FRESE BROTHERS BIG BAND**

Bring your Blankets and Chairs

Shuttle Bus service will be provided to and from Bow Memorial School starting at 2:45 p.m.



Bow Young at Heart Club members enjoyed a delicious Pot-luck Lunch at their April 27 meeting, which proved once again that good cooks last a lifetime.

On May 23, join us for a long awaited visit from Roxy, Bow's Police dog.

On June 27 we will have our monthly business meeting, and Strawberry Shortcake.

Members can sign up for the August 23rd trip to the Winnetoes Playhouse to see "Ghost the Musical." with lunch at Canoe Restaurant & Tavern.

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. Annual dues are \$15 for residents and \$25 for non-residents. Stop in and check us out.

Faye Johnson, Publicity -603-228-8149

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Natural Pain Remedies

By Jim Olson

Ouch! Beat the Sore Muscles and Achy Joints with These Natural Remedies.

You just had an awesome workout and now you're paying the price? Or is the cold and rain making your joints extra achy? When ice packs and heating pads aren't enough, give your liver a break and make use of these chemical-free tips to get back into action!

Move

First, repeat the movements that caused the soreness at very low intensity, and gently massage the muscles. Drink lots of water and make sure to stay away from salty foods since sodium dehydrates muscles, keeping the lactic acid stuck in your muscles. (Lactic acid is the main culprit of after-work out sore muscles.)

Take a Bath

Soak in a warm bath with 2 cups of Epsom Salts or 2 cups of white



Jim Olson

vinegar. Pour the vinegar or salt into the tub as it's filling and soak for 30 minutes. Epsom salt contains magnesium sulfate that helps replace lost magnesium in the body. Vinegar helps draw out lactic acid from the sore muscles.

Menthol, a component of peppermint, can be of great benefit when added to a hot,

steamy bath. Chamomile can also be added to that bath.

Make a Compress

Compresses soaked in apple cider vinegar should be applied to the sore muscle for 20 minutes. Again, drawing out the lactic acid is a great way to alleviate soreness.

Arnica is a wildflower used in European folk medicine. It is an anti-inflammatory and a pain reliever that can be used to make a compress. Many conventional creams, gels, and ointments contain Arnica.

Make an Ointment

Squeeze the juice of fresh, grated ginger and combine with equal parts of olive or sesame oil to massage into the skin for relief of muscle pain. You can also take bay leaves in a little olive oil to help with pain as well as swelling and sprains.

Capsaicin ointment, made from

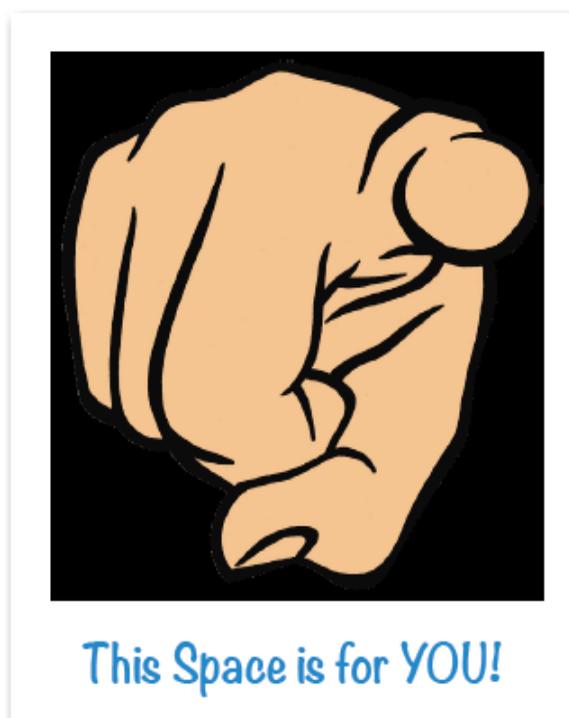
fiery cayenne peppers, can make your joints feel as good as new by interrupting pain signals. Just mix a little cayenne pepper with olive oil and rub the ointment into your joints every few hours. You may feel a mild burning sensation in your skin when you first apply it, but any discomfort will subside in a few minutes.

It can reduce pain at skin level as well as possibly help with deeper musculoskeletal pain; it increases blood flow and warms the area. Be sure to keep your hands away from your eyes until you've washed them thoroughly.

Have a Drink

Avoid alcohol, because it dehydrates your system and locks in painful lactic acid. Try one of these drinks instead:

Chamomile Tea - helps your brain to relax and tells your muscles to start unwinding. **(con't. p. 11)**



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BAKER FREE LIBRARY NEWS

by Lori Fisher

PARKING AT THE LIBRARY

Just a reminder for the many groups/individuals who are part of a group using our library meeting spaces... please help us to adhere to the parking agreements we put in place with our neighbors! Here are the highlights you need to know:

1. If you are visiting the library to check out or return materials, or to participate in a library class/event, please use our main parking lot.
2. If you are coming to the library for a *daytime non-Library sponsored group meeting or event*, please DO NOT park in the main library lot. During the daytime on weekdays, the parking to use is at Bow Mills United Methodist Church at 505 South Street, or at the end of the NHADA parking lot where our staff parks. DO NOT PARK IN BOVIE SCREEN PRINTING PARKING LOTS BEFORE 4 PM. If you do, your car could be towed, at your expense.
3. If you are coming to the library for *an evening or weekend non-Library group meeting or event*, please DO NOT park in the main library lot. On evenings and weekends, you may use the Bovie Screen Printing parking, or the NHADA parking. The exception to this is Sundays, when the library is closed. Anyone using our meeting rooms on a Sunday may park in the main library parking lot.
4. Take a look at the pdf Parking Map on our website www.bowbakerfreelibrary.org and please be courteous to our neighbors by following these designations. Questions? Email info@bakerfreelib.org.



Bow Police Chief Margaret Lougee reads to our Storytime group on Tuesday 4/17. Photo by Eric Anderson

SHIMMY & SHAKE STORYTIME 6-week session starts 5/17 You've asked, we've delivered! Shimmy & Shake Storytime with Mrs. Holdsworth is here starting May 17th! In place of our usual Family Storytime and Active Listeners until we return to full staffing later this Spring, this six-week storytime session for ages 0-6 will be held on Thursdays from 10:30 to 11 am. The series will start on Thursday 5/17 and run through Thursday 6/21. This is a family storytime that will focus on movement and music as well as great picture book stories, and will NOT include a craft so that the younger babies can participate. Registration is required, so visit the Library's calendar page and click on the hand symbol on the Thursdays that have Shimmy & Shake Storytime listed! Questions? Call Lori at 224-7113 or email lori@bakerfreelib.org.

FREE YOGA CLASSES for Bow residents - 5/16 and 6/2. Due to a collaboration with YogaNH (Concord, NH), the library is pleased to offer FREE 1-hour yoga classes each month to Bow residents and library card holders! These classes are suitable for all levels, and the classes for May/June will be on Wednesday 5/16, 12 noon to 1 pm, and Saturday 6/2, 9 am to 10 am. REGISTRATION IS REQUIRED! Classes will be held in the Library's Merrimack County Savings Bank Room in the Lower Level. Because the Saturday classes are being held outside of library operating hours, participants will need to enter through the Lower Level door near the handicapped parking and ramp. To register, contact Lori Fisher at 224-7113 or lori@bakerfreelib.org. Thank you to YogaNH for giving back to the Bow community as part of their paid use of our facilities for events and workshops!

SAVE THE DATE Summer Reading Kick-Off event on 6/22.

Our annual Summer Reading Kick-Off party will take place on 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...

LIBRARY CLOSURES IN MAY The Library will close early on Saturday, 5/26 at 2 p.m. in order for the main floor carpets to be cleaned, and will remain closed through Monday 5/28 for Memorial Day. We'll re-open on Tuesday 5/29 at 10 a.m.

2 VOLUNTEER DIRECTORS WANTED The Baker Free Library Foundation is seeking two volunteer directors for three year terms on the Foundation board. The BFL Foundation was created in 2013 to facilitate the long-term growth and sustainability of the Baker Free Library. The Foundation completed the private fundraising, holding, and distribution of funds for the Lower Level Renovation project in 2017, and is now focused on creating a long-term endowment fund to help Bow taxpayers sustain the library with less tax burden for generations to come. There are seven directors, each serving 3-year terms. Meetings are held quarterly for approximately 1 hour each. This is a great way to give back to the Bow community and support the mission of the Library for a minimal time commitment. For more information or to indicate interest, please contact Mark Leven at markhleven11@gmail.com.

TOWN CLUBS REPORT ON ACTIVITIES

The Old Town Hall accessibility project is winding down. The bathrooms are done and the ramp will be completed soon when the weather turns for the better. 1-2 days of work are expected to complete the project.

2 community project ideas were discussed for next year:

- 1 The Men's Club talked about adding a cement pad with structure to support a roof and picnic table, similar to the snow roller structure in town. This would be located on the side of the sledding hill maybe half way up, tucked into the woods. The area would have electrical power to it as well as it's location is close to an existing power line.
- 2 After broaching the idea with Dave Stack and Cindy Rose, Rotary President Bryant Stevener said he included in the Rotary budget for next year the possibility of painting the inside of the community building. This would be planned as a community organized event similar to when community members helped paint the trim on the Town Office a few years back as part of community spirit week. The area would include the Rec Dept office, bathrooms and the gym.

JUNE 1 Musical

The Fourth Grade students and teachers at Bow Elementary School cordially invite you to their musical production, *New Hampshire Our Home!*

Friday, June 1st at 6:00 pm
at the Bow High School Auditorium

This production will highlight various time periods throughout New Hampshire history.

We look forward to seeing you there!
All are welcome.



IRA BENEFICIARY TRUSTS: To Stretch or not to Stretch?

BY BEN KINIRY, ESQ.T

No, the title is not referencing a question for your exercise routine, rather a retirement planning tool you should be utilizing to protect the next generation from themselves and others. The tool is called an **IRA Beneficiary Trust** and may be one of the best investments you will ever make for your loved ones.

RETIREMENT PLANS

In modern times, retirement plan savings make up a larger percentage of a retiree's portfolio than any other time in history. This is due in part to significant tax benefits provided by such plans. By "Retirement Plan" I mean an account that is subject to the minimum distribution rules (RMDs) of section 401(a)(9) of the Internal Revenue Code, such as 401(k) and IRA plans.

REQUIRED MINIMUM DISTRIBUTIONS AND THE TAX STRETCH

If you have such a retirement plan, then you must take required minimum distributions (RMDs) starting in the year after you attain the age of 70 ½ years or face severe penalties. These RMDs are based on your life expectancy under the uniform lifetime table and the amount of your retirement plan holdings at the end of each calendar year. For example, under the uniform lifetime table a 72 year old has a divisor (looks like a life expectancy) of 25.6 and given \$100,000 account balance as of December 31 of the prior year is required to take a RMD of \$3,906.25. It is important to note that these accounts are not available to most creditors, such as those involved in a bankruptcy (these assets are available for the purposes Medicaid, a fact that shocks many of my clients).

Like any asset in your portfolio, you should have named a beneficiary to receive the retirement account upon your death and, as you can imagine, there is another set of rules that apply to the RMDs of the named beneficiary (for the sake of brevity this article does not discuss the complex issue of the "designated beneficiary" rules).

Upon your death, your named beneficiary has the right to request all funds in the retirement plan be distributed to him over a relatively short period of time, such as one to five years. If your named beneficiary chooses the short period pay out, then she will incur a substantial tax bill and, at the same time, be giving up substantial tax deferred (or



tax free) growth. Unfortunately, a very high number of retirement plan named beneficiaries (perhaps as high as 80%) are giving up the Tax Stretch option as well as the compounding of interest. This is a result that, in my opinion, you should find rather upsetting, especially given that your named beneficiary may very well need the inherited retirement income for their own retirement security.

The *smart tax option* is for the named beneficiary to *receive the RMDs over his life expectancy* and thereby continue the tax deferred status of the retirement account. When an individual defers the taxes over many years, the growth can be significant. Following is an example from Fidelity Investments: Should you leave your 45 year old beneficiary the sum of \$100,000, with a given life expectancy of 38.8 years (pursuant to the appropriate table) and assuming a 7% rate of return and a 25% federal tax bracket, as well as reinvestment of income dividends and capital gains distribu-

tions, would result in the following: 10 years - \$145,760; 20 years - \$275,889; 30 years; \$508,006; and 40 years - \$905,958. This example illustrates the power of tax deferral and compounding of interest over a beneficiary's lifetime.

We can imagine why some of these named beneficiaries are not taking advantage of the Tax Stretch. I'm sure many would state they "need" the money now due to life circumstances. We all know that "need" is a relative term. There are, of course, many other possibilities. Perhaps the named beneficiary is not sophisticated enough to understand the financially devastating decision they are making or is a spendthrift and couldn't wait to get his hands on *your money* to buy an expensive car, truck, boat, cruise... (honestly, how would finish this sentence?). Another possibility is the pressure from an overbearing spouse to cash it in for immediate gratification (after all it is not your child that is doing the spending, it's that person they married). Unfortunately, we

are all aware of the problems of drug and substance abuse, as well as gambling, in our society.

Whatever the rationale, we all can agree that in many cases it isn't necessary and *the financial cost of taking early distributions is way too high*.

A GOLDEN OPPORTUNITY: RETIREMENT TAX STRETCH/ ASSET PROTECTION TRUST

In my opinion, one of the best planning opportunities in recent times is the use of a Retirement Tax Stretch/Asset Protection Trust (a.k.a. IRA Trust). I don't say this as an Elder Law Attorney, rather as an individual who understands the time value of money and the instant gratification credit card society we live in.

These are revocable trusts (mostly) that you set up during your lifetime, in which you name the trust, rather than your child, as the beneficiary of all or a portion of your retirement account. For example: "50% to Abraham Lincoln, as Trustee of the Retirement Benefit Trust for George Washington." (con't. p. 20)

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Learning for the fun of it!

What's Happening in OLLI?

By Jacki Fogarty

"I have a very particular set of skills; skills I have acquired over a very long career . . ." (Bryan Mills, played by Liam Neeson, in the movie *Taken*.)

If that's you and you've retired, but wish you could find a market for your skills, OLLI at Granite State College probably has a place for you. OLLI, the Osher Lifelong Learning Institute, is known for its outstanding array of affordable classes for adults over age 50. Behind that fascinating curriculum is a small army of volunteers who power the organization.

Volunteer for the Health of It is a popular slogan among nonprofits. As it's especially applicable to an organization of "seasoned adults," OLLI provides a warm welcome to members who have honed skills through their work life, hobbies, or natural abilities. Teachers, writers, computer geeks, bakers, proofreaders, party-planners, speakers, marketers and project managers are part of a community of retired (and still active) members, joined by those who just want to be useful in any way they can – and they all have a role to play in OLLI.



OLLI volunteers Beryl Leggett and Nancy Brown prepare catalogs for distribution to libraries, town halls, doctors' offices and elsewhere, spreading the word about OLLI.

In this last year, I have personally thanked:

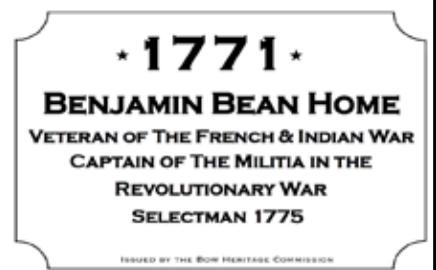
- Someone who created the most imaginative centerpieces for a holiday party
- Someone who turned a mess of statistical data into a beautiful, concise report
- Someone who placed labels on 800 catalogs and quite a few someones who dropped those catalogs in public locations in the greater Concord area
- Someone who has served as an inspirational leader on a committee
- Someone who provided a most delicious dessert for an event... and then shared the recipe
- Someone who created and ran a slide presentation at our semi-annual Class Preview
- Someone who called 50 members to work on a project
- Someone who served as a class assistant, helping one of our classes run smoothly
- Someone who helped our new members navigate our online class registration system
- Someone who facilitated a terrific discussion for a task force
- Someone who wrote an entertaining and informative article for our newsletter
- Someone who did data entry into our membership database
- Many someones who have enriched my life by teaching a course that I loved

I'm an OLLI volunteer from Bow and I'm proud to say that of our 36 members from Bow, half are also volunteers, most in multiple capacities. We have found the joy of staying relevant in our retirement, being rewarded by the feel-good results of being useful, and making this great organization accessible to our peers across the greater Concord area and the state of New Hampshire.

Information about year-round volunteer opportunities and classes still available through the end of our Spring Term in June can be found on the "Get Involved" page of our website at OLLI.granite.edu.

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



Lunch by the Bow Men's Club
11:00 - 12:30
Donation \$6.00

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



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On The Water



With Ron



With this late Spring and very little open water, my first Salmon came on May 14th. It was a 19" prime hen Salmon. On the 20th, windy conditions moved a lot of ice. The fish were not exactly standing in line, they came very hard. Some of the Salmon were the best I have seen in years. The ice out was declared on the 26th. On May 1st, the temps heated up and so did the fishing. The water had warmed and the Salmon were very active, some of them jumped several times. Top flies seemed to be my Mickey Marvel and Blood & Guts.



Over on Lake Sunapee, Dale reports some fine salmon showing up. They too are coming hard. The flies of choice on Lake Sunapee are the Gray Ghost of several variations.

Dale also reports some good fish caught on Pleasant Lake in Elkins.

In late April some surplus Atlantic Salmon were stocked at the Franklin Dam. These are federal Fish, not State fish.

On the Trout scene, some of the ponds in central and northern part of the state are still frozen and the stocking schedule has been backed up with the late Spring.

Dan Bergeron reports that the deer herd is in good shape. The WSI "Winter Severity Index," was again below the long term average for the winter of 2016-2017. The index is the amount of snow above 18" and temps 0 degrees or below for however many days. His report also state that the Southern and Coastal parts of the state have too many deer, and more deer days maybe implemented.

There are many reports of Turkey around. I have not seen many myself. **Have a good sports day!**

RON.

Individual Fitness (cont'd. from p. 7)

Tart Cherry Juice - Cherries contain varied antioxidants, including Kaempferol and Quercetin. These compounds, particularly Quercetin, may have anti-inflammatory effects that are similar to those of non-steroidal anti-inflammatory drugs (NSAIDs) such as aspirin and ibuprofen (Advil, Motrin) which are helpful for sore muscles and achy joints.

Reduce the Inflammation

Digested fish oil breaks down into hormone-like chemicals called prostaglandins, which reduce inflammation. In one study, about 40 percent of rheumatoid arthritis patients who took cod-liver oil every day were able to cut their NSAID use by more than a third.

Taking 1,000 mg is proven to help your heart, but you should up the dose for pain. For osteoarthritis, try 2,000 to 4,000 mg daily; for rheumatoid arthritis and autoimmune diseases associated with joint pain (such as lupus), consider a much higher dose of upwards of 8,000 mg daily - but ask your doctor about such a large amount first.

Rebuild the Tissue

Take Vitamin C and E supplements to help build that tissue back up.

Calcium and potassium supplements can also be of help. Load up on bananas and watermelon, as they are high in potassium and vitamin C.

Obviously, if you have severe pain, no amount of snake oil is going to fix you, you need to consult with a doctor! And as always, if you are pregnant or nursing you need to check with your doctor before using any of these remedies.

Eat Dessert

Throw equal parts watermelon and bananas in a blender with fresh brewed green tea. Add a splash of stevia for sweetness. Freeze in your ice cube tray.

You can eat them as mini popsicles or blend with your favorite protein mix as a shake. Or, get extra fancy and blend, serve over plain vanilla yogurt with a sprig of fresh peppermint for ultimate muscle relief.

Would You Like Some Help With Your Fitness?

Would you like to improve your body and/or overall fitness? Are you ready feel better, look better, increase your energy and improve your overall quality of life? Please feel free to call me and I would be very happy to help! Jim

Scouts & Men's Club do Spring Roadside Cleanup

A crew of Boy Scouts *and* Girl Scouts joined members of the Men's Club to pick up roadside trash on April 14. The groups split up to cover the Concord border all the way out to the top of Woodhill Road. 40 bags of trash made the day worthwhile cleaning up after careless folks who litter our roads.



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26 Bela View Drive	3 BR, 2 BA	2042 sq ft	1.08 acre	\$266,100
79 Allen Road	3 BR, 3 BA	2504 sq ft	2.0 acre	\$290,000
99 Brown Hill Road	3 BR, 3 BA	3112 sq ft	1.6 acre	\$330,000
70 Robinson Road	3 BR, 3 BA	2724 sq ft	2.20 acre	\$350,000
3 Laurel Drive	4 BR, 3 BA	2072 sq ft	2.0 acre	\$335,000
8 Chelsea Drive	4 BR, 3 BA	3484 sq ft	3.8 acre	\$453,000

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

ANNUAL TEST YOUR WELL DAY JUNE 2ND, 8 AM TO NOON, BOW COMMUNITY CENTER

The past few years, Bow's Drinking Water Protection Committee has facilitated annual water testing events to help residents to test their well water. This year's "Test your Well" day will again be held in conjunction with the Boy Scouts Yard Sale on Saturday, June 2, 2018, from 8 am to Noon. Committee volunteers will hand out sample kits with instructions, and residents return the filled bottles to the Community Center on Sunday, June 3rd, between 10 and Noon, along with a check for \$85 (standard suite), or \$105 (standard + radon). The samples will be delivered to the State lab in Concord for processing. In 2017 the Committee collected samples from 38 residents, testing for common contaminants including arsenic, lead, radon, uranium and bacteria, among others.

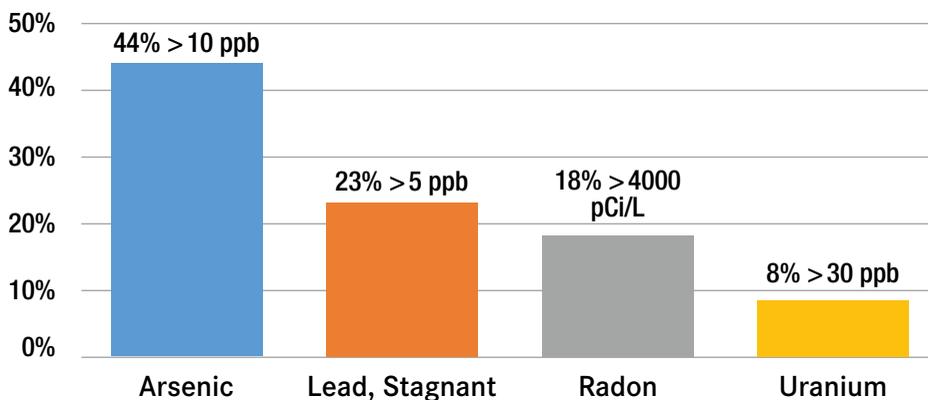
Did you know that close to half (44%) of historical tests from Bow residential wells have shown Arsenic above the standard of 10 parts per billion (ppb)? The second most common contaminant in our residential wells has been lead, with about 1 in 4 or 23% showing levels above 5 ppb, the recommended maximum to protect public health, especially for young children. Other important parameters to test, and remediate if found, are radon and uranium (see chart and table below).

This year, after residents receive their water results, the Drinking Water Committee will hold a public information session in August at the Baker Free Library to help interpret your lab results and evaluate treatment options. Arsenic and uranium are best treated by a Point of Use filter at your kitchen sink, since there is no concern with contaminant absorption

through the skin. On the other hand, whole house treatment is required for radon and water corrosivity (for lead). Other useful resources on treatment options and health effects from these and other well water contaminants are the New Hampshire Department of Environmental Resources "Be Well Informed" webtool, and Dartmouth's "Arsenic and You" website. If you have questions about well water testing or treatment in Bow, please contact the Drinking Water Committee at Bowdrinkingwater@gmail.com.

Bow Private Well Testing, 2015-2018

State of New Hampshire Laboratory, March 2018



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**Which Tire Will
You
Choose**



Tires, tires, tires. Here we are at the end of the winter season. Summer will be here before we know it! As many people dismount their snow tires and put on the summer ones, I'd like to take this opportunity to put some questions to rest. So much has changed in the tire industry in the past decade. Tire technology has improved, larger number of manufacturers, more choices of tires and mostly a large range of tire prices! I find picking out tires to be a challenging task. Number one, I'm fussy. And number two, I want something that is going to last. Very rarely do people stick to the same tires their cars came with when it's time for replacement. Most repair facilities will make suggestions for your vehicle. Most often these suggestions are based on: value, the least amount of comebacks due to a defective tires, dissatisfied customers and, lastly, what is readily available. No repair shop wants to sell you something you won't be happy with. This is a good motivator for them to give you sound advice. All that aside, this is how I pick my tires. I prefer to go with a well-known brand. I find the larger companies easier to deal with when you have a defective tire and need to replace it. This also comes down to a good tire distributor! I have my brands that I'm partial to. This is based on my experiences with each of them. Next I look at the tread pattern. For a regular street tire that you're going to commute with everyday I don't go for performance style tires or something aggressive. I like the regular tried and true block style tread design. Next is the tread wear factor. A good solid middle of the road wear factor to start with is 500. The higher the number the longer the tire will last. The lower the number, the tire is usually a softer composition and wear will show quickly. Lastly, I look at the design of the side wall. Here again is a compliment to more modern design. I prefer the type of side wall that extends out to meet the edge of the rim. This is your first defense against curb rash. It makes the rubber side of the tire extend just enough past the rim to give you some protection when you're too close to a curb. Yes, it will still scratch your wheel if you're really rubbing it, but it will help minimize the damage. Because there is so much competition in the tire market, many tire companies are offering mileage guarantees. Granted, a list of strict criteria must be met to be sure the warranty isn't void. Some of them are documentation of routine balance and rotations and annual alignments. Don't be fooled, most of these warranties are prorated. Where you purchase your tires is also a considerable factor. A larger service center that sells a moderate number of tires will typically be easier in the case of a warranty claim. Also larger tire retailers offer in some cases free mounting, seasonal swap overs and maintenance plans, not to mention road hazard insurance. Yes, a lot to consider. In summary, if you're bringing your car to a reputable repair facility they will be of great assistance in your tire purchase. As with any car issue, if you ever have issues with a previous repair, a good repair shop will take care of that issue immediately, same goes for your tires. If you have any questions about your car or have an automotive topic you would like to read, contact me at the email address below. And, 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:
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14TH ANNUAL HOOKSETT HERITAGE DAY

Sunday May 20, 2018

Please join the Heritage Commission, Town Hall Preservation Committee, Head School Society, Robie's Country Store Historic Preservation Corp., Historical Society, and Roots at Robie's Country Store who are cosponsoring the 14th Annual Hooksett Heritage Day on Sunday, May 20, 2018, with activities from 7 a.m. to 3 p.m.

7 AM TO 3 PM Roots at Robie's Country Store
\$5 coupons to visitors. Munchies on the porch.

10 AM to 2 PM At the Store
Robie's Country Store Historic Preservation Corp.
Visit the table filled with historic objects. Guess the "What's it?" piece.

Heritage Commission
Custom Hooksett merchandise including Cat's Meow of Lilac Bridge.

11 AM to 1 PM Prescott Historical Library Home of Historical Society.

Come and browse.

11 AM to 1:30 PM Old Town Hall
Open House. Members of the Town Hall Preservation Committee and Hooksett Heritage.

Commission will be available to talk about the future of this iconic building.

2PM
Head Cemetery, Head School
Birthday celebration for Hooksett's Governor Head. Open House at Head School.

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Ah spring! The babies have just arrived. (Photo courtesy of Eric Anderson)

BOW GARDEN CLUB

By Joyce Kimball

JUNE PROGRAM

Our June 11th meeting's educational program is titled "Jamming It Up" and will feature members Lorraine Dacko and Virginia Urdi "in the kitchen" at the Old Town Hall demonstrating how to make homemade strawberry jam using locally grown fruit. This will be a "hands on" presentation and meeting attendees will be encouraged to don an apron and help prepare the berries, cook them into a sweet and fragrant liquid, pouring the finished product into small jars for attendees to take home and enjoy. (A nominal fee will be requested of participants to cover the cost of the ingredients). Yum - homemade strawberry jam!

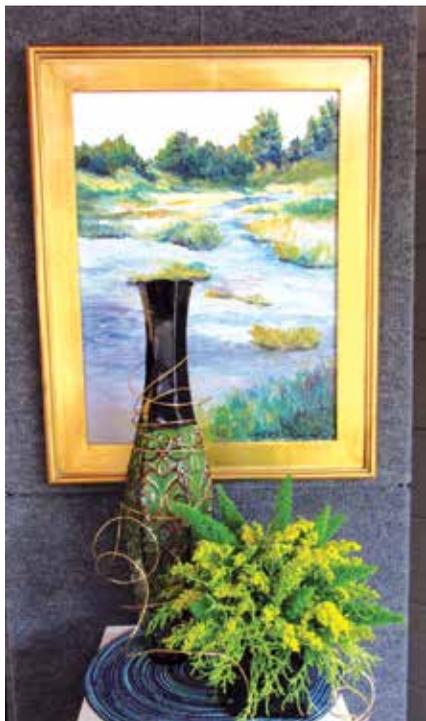


The meeting will be held at the Old Town Hall, 91 Bow Center Road, BOW at 6:30 PM, preceded by social time and refreshments at 6:00 PM. The cooking session will take place at 6:30, followed by a brief business meeting. All Bow Garden Club member meetings are open to the public and prospective members and guests are most welcome!



SPRING PLANT SALE

The garden club's annual Spring Plant Sale will be held on Saturday, May 26th, over Memorial Day Weekend, from 8 AM. to 12 noon. at the Bow Community Center, 3 Bow Center Road. Annuals, perennials, herbs, vegetable starters, gorgeous hanging plants and hardy plants culled from members' gardens will be available for purchase with proceeds to benefit the Bow High School Scholarship Program and the Club's ongoing civic beautification efforts around the Town of Bow. Garden club members will be available to provide personal assistance and advice to plant sale patrons on request, helping them select plants, providing instruction on planting their purchases, etc. A larger quantity and diversity of plants than last year are being ordered from the grower in an effort to meet all patrons' needs and members will soon be digging in their own gardens, dividing hardy perennials to contribute to the "Members Table" where "tried and true" plants can be purchased at low prices. For more information please contact BGC Fundraising Chairman Joyce Kimball at joyceakimball@comcast.net or visit www.bowgardenclub.org.



PETALS 2 PAINT

Amherst – Several members of the Bow Garden Club will be creating floral designs interpreting specific pieces of art for an exhibition to be held at the LaBelle Winery in Amherst on June 27 and 28. This is the fifteenth year the "Petals 2 Paint" exhibition has taken place, featuring creative floral displays designed by members of the New Hampshire Federation of Garden Clubs, Inc. interpreting paintings, sculpture, etc. pre-selected from a large grouping of East Colony Fine Art's members' collections. (Until 2016 "Petals 2 Paint" was held in the East Colony Fine Art's gallery located in the Manchester Mill Yard area). There will be an opening reception on Wednesday, June 27th

from 5 to 8 PM with complimentary wine tasting and light refreshments from 5 to 6:30 PM. The show re-opens on Thursday, the 28th from 11 AM to 7 PM. This exhibition is free and is open to the public. NOTE: The LaBelle Winery is located at 345 Route 101 in Amherst.



BGC MEMBERS ATTEND NHFGC EXECUTIVE BOARD MEETING:

Bow Garden Club President Beverly Gamlin was recently invited to attend the April 25th NH Federation of Garden Clubs, Inc. (NHFGC) bi-monthly executive board meeting along with her fellow club presidents of the Goffstown, Hooksett and Manchester garden clubs, all members of District 2. Any member of the four District 2 clubs was welcomed to attend this meeting with their respective club president to learn more about how the state board functions and to participate in a Q & A session. Two Power Point programs were featured during the course of the day, one highlighting the resources and vast amount of information that is available to federated club members from both their umbrella organization, National Garden Clubs, Inc., and the NH Federation's websites and another on how to produce an electronic scrapbook of club activities, programs, etc. to serve as a chronological historical reference, year by year, for posterity. Important and helpful feedback was received from all the meeting's participants with attendees sharing ideas i.e., how to attract new members, recommended educational programs for other clubs to consider when they plan their programs for the next garden club year.

(con't. p. 15)

Kimberly Place of Bow Joins MillRiver Wealth Management as Assistant VP and Chartered Financial Consultant

Kimberly Place has joined MillRiver Wealth Management as Assistant Vice President and Chartered Financial Consultant. In this role, Place oversees the development and implementation of comprehensive financial plans for individuals, businesses and organizations. She is based in MillRiver's Concord office on 89 North Main Street.

"Kimberly's expertise and exceptional ability to build relationships is an incredible asset," said Paul Provost, President of MillRiverWealth Management. "She shares a wonderful synergy with our team of financial advisors, and brings great insight and enthusiasm to the organization. Kimberly provides custom financial planning solutions that are best for her clients because she has really crafted and mastered her listening skills. It's a pleasure to welcome her aboard."

"What drew me most to MillRiver was their reputation for really educating themselves about their clients so they can fully understand their goals," added Place.



KIMBERLY PLACE, ASSISTANT VP Chartered Financial Consultant at MillRiver Wealth Management.

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(Bow Garden Club cont'd. p. 14)

All attendees enjoyed a "pot-luck luncheon" provided by the members of the NHFGC Executive Board. Twenty-five NHFGC members attended this meeting, including Bow Garden Club members Beverly Gamlin, President; Susan Johnson, Margaret Leary, Janis Kuch, Lorraine Dacko and Joyce Kimball (Kimball is the current State President and presided over the meeting).

The NHFGC Board is holding one of their bi-monthly meetings off-site in each of the four geographical districts during the 2017-2019 administration in an effort to make themselves more accessible to the membership at large and to further open up dialogue and promote idea exchanges between their member clubs.

The New Hampshire Federation of Garden Clubs, Inc. is a statewide non-profit volunteer organization providing education, resources and statewide networking opportunities for its individual member garden clubs to promote the love of gardening, floral design, civic beautification and both civic and environmental responsibility. For additional information, please visit www.nhfgc.org



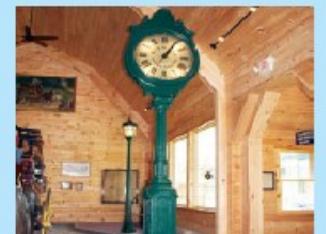
BOW 50-PLUS FITNESS CELEBRATES 25TH ANNIVERSARY OF NATIONAL SENIOR HEALTH & FITNESS DAY ON MAY 30

Bow Recreation's 50-Plus Fitness program is for older adults and features strength training, cardio fitness, balance and gait training, stretching, and neuroplasticity drills for brain health. The program meets on Mondays and Wednesdays from 9:45 to 10:40 am at the Bow Community Building. Each year, our participants look forward to this special class, not the usual fitness class, full of fun, games, and a luncheon afterwards. Participants vary in age up to 87 years young and are residents of Bow and surrounding towns. For more information, contact Michele Vecchione at 774-6160 or Bow Recreation at 228-2222.



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Compromise

By Donna Deos

Compromise. Such a tough word. When we want someone else to do it, it sounds nice. When they want us to do it, it brings on dread. Why is this?

It's because it implies that you are not getting what you want. You are giving up something you prefer so that someone else can have part of what they prefer as well.

Now, how does this apply to us and our aging loved ones? Well, in that case I think it's something we need to consider more. You see, usually when we are wanting them to do what we think they should do we never even consider their side and compromise. We usually just tell them they "ought to do this" or "they need to do that." We try to force them into doing what makes sense to us instead of stopping to think what they really want and need.

We don't even consider compromise, instead we argue and try to bully them into doing what works out best for us. How do I know this? I worked in the senior living industry for a decade. I watched people come and check out our community. I saw the interactions with family. The people who came in of their own accord to check things out were the happiest.

The ones who came in with their well-meaning adult children, yet had no interest what-so-ever in the lifestyle or even in making any type of change, were miserable and the arguing ensued.

You see, we like to do what we think is best. We all do. We have preconceived ideas – formed by the life we have lead up to that point – that formulate what we prefer to see happen. If we come up with something new on our



own we are much more likely to consider it. If someone uses words that try to pressure, persuade or even push us into something we will resist.

Nobody likes to be told what they should do. My mom had a friend who liked to try and call a spade a spade. She was very funny about it too. It was amusing, unless, what she said offended you or you disagreed with it. This is when I learned the difference between "saying it how it is" and "saying it how you see it". My mom would always say, "Pat just says it how it is." After one time when I didn't agree with Pat I said, "No, Mom. Pat says it how she sees it."

So, what's the lesson here? Well, if we really want to get what we want in life we need to take a step back and look at the bigger picture. What really is the biggest goal for us? Is it that we want our loved ones to be happy, safe and well cared for? I'd say that, in my experience, 90%+ of the time that is the case.

So, when you think your parents are no longer safe in their home and should look at a different situation; or when you think they should save a ton of money and

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stay right where they are (even if it isn't safe or providing the social outlets they may prefer); or when you think something else that they don't seem to want to go along with, it's time to go back to the bigger issues and find a way to compromise with them.

My mom wanted to stay home. I wanted her to be where she could be happy with lots of people to do things with where she didn't have to drive, she would be safe and still active. She wanted to stay home. My compromise was trying to find ways where I knew she was happy, safe and well cared for at home while finding ways to get her everywhere she needed to be without her needing to do the driving (because that was no longer safe).

It created far more work for me to make sure her meals were there and easy for her, to have her medications all set up, to arrange and mostly provide all of the transportation she needed and so on. It nearly killed me to pull that all off while working full time and maintaining two households, but we did accomplish what she wanted.

In the end, I'm glad I gave in and

she was able to have what she wanted. Will I ever put my kids in that position? Absolutely no way! We live and we learn. We give and we take. We figure out what works and what doesn't and we do the best we can from there.

If you remember nothing else from this missive, please remember that we need to think about what we really want for our loved ones on the highest level and then do everything we can to help them get that.

If you want someone to bounce ideas off of or talk strategy with, I am always here for you.

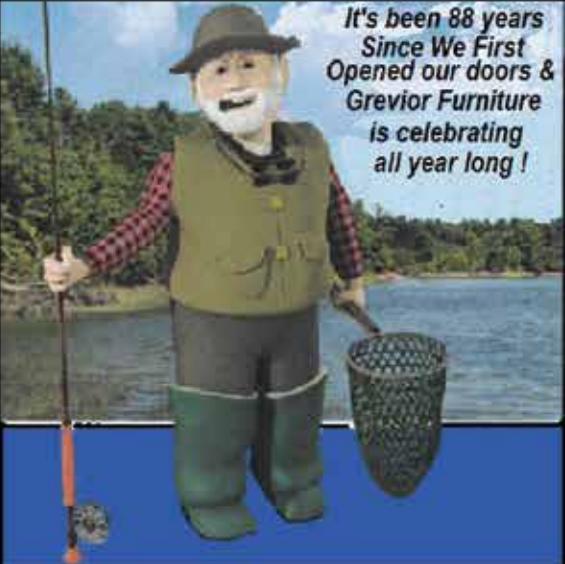
All my best,

Donna

THOUGHT FOR THE DAY

No matter what you've done for yourself or for humanity, if you can't look back on having given love and attention to your own family, **what have you really accomplished?**

Lee Iacocca



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Probiotics and Your Guide to Gut Health

An estimated 100 trillion microorganisms representing more than 500 different species inhabit every normal, healthy bowel. When people think of bacteria and food, it is common to think of illnesses such as E. Coli or Listeria. These illnesses are quite prevalent and are often treated with anti-biotics (which means “against life”). Anyone that has had a food-borne illness knows those bad bacteria are hard to forget! Probiotics (from pro and biota, meaning “for life”) are a beneficial bacteria that are also prevalent in our food and have been linked to numerous health benefits.

Most gut bacteria keep pathogens (harmful bacteria) in check, aid digestion and nutrient absorption, and contribute to immune function. But not all probiotics are the same. There are many general types of bacteria used as probiotics (the two most common ones are Lactobacillus and Bifidobacterium), and many different species. Different strains of each species of bacteria have different effects. For example, one strain may fight against cavity-causing organisms in our mouths and doesn't need to survive a trip through our guts, while another is needed to digest vitamin K and therefore needs to reach the intestines.

Research has shown probiotics can aid in treating or preventing diarrhea, irritable bowel syndrome (IBS), ulcerative colitis/Crohn's disease, H. pylori, vaginal and urinary tract infections, and eczema in children. There is also some evidence that suggests it can aid in constipation. In people who are healthy, probiotics have a strong safety record with few side effects (mainly increased gas). Those with weakened immune systems, such as those undergoing chemotherapy, or those who currently have an active infection, should avoid probiotics until medically safe to do so.

Probiotics are found naturally in many foods, namely fermented ones. Fermented vegetables, yogurt, kefir, miso soup, sauerkraut, kimchi, tempeh, and kombucha all contain substantial amounts of probiotics. To consume adequate amounts through food requires a well-planned diet that includes these foods daily. For some this may be difficult, particularly those who do not like sour foods, and therefore supplements can be used to fill in the gap. Because stomach acid will kill bacteria, it is recommended to supplement with at least 10 billion organisms to see a clinical benefit. These supplements are sold in grocery and health food stores, and through online retailers such as Amazon.



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In the United States, most probiotics are sold as dietary supplements, which do not undergo the testing and approval process that drugs do. Manufacturers are responsible for ensuring safety and that any claims made on the label are true. But there is no guarantee that the types of bacteria listed on a label are effective for the condition you're taking them for. Health benefits are strain-specific, and not all strains are necessarily useful, so you may want to consult a practitioner familiar with probiotics, such as your gastroenterologist, PCP, or dietitian, to discuss your options. Before starting any supplement, it is recommended you speak to your physician to ensure safety and limit side effects.

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.

8th Annual Bow Rotary Car Show

Saturday, May 19th 8:00 AM – 2:00 PM

508 South Street, Bow



Photo courtesy of Eric Anderson

Featuring a variety of cars, trucks and motorcycles reflecting the different eras of our motoring past. This event will be held in the field behind the Allied Insurance Agency offices and just north of Exit 1 off Interstate 89.

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Club of Bow
We Help Others

Kate Ess nominated for Volunteer Appreciation Month

Girl Scouts of the Green and White Mountains (GSGWM)

recognizes Bow resident Kate Ess, as nominee for its Volunteer of the Month program in celebration of Volunteer Appreciation Month. Girl Scout volunteers receive recognition for their powerful and inspiring contributions as role models and mentors for the nearly 10,000 girls served by GSGWM throughout New Hampshire and Vermont.



Kate Ess

Kate Ess sets an example and inspires Girl Scouts everyday through her confidence and courage, and by introducing girls to new experiences, unleashing their inner G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)TM and developing our future leaders of tomorrow.

A Volunteer Celebration Luncheon is planned for May 20, recognizing all GSGWM volunteers and includes a silent auction with basket donations made possible by the Girl Scouts, family members, volunteers, service units and community supporters. Proceeds from the silent auction benefit the GSGWM Campership Fund to send girls to camp who would not be able to attend otherwise.

Summer Open House & Wish List Drive



Thursday, May 24 12:00 - 2:00 pm
at Pope Memorial SPCA

Take a tour of the shelter and attend the dedication of our Catio. Bring an item from our wish list and enjoy ice cream on the 4th anniversary of our new facility.

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**All proceeds from the sale will support
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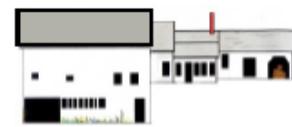
To schedule a team of scouts to pick up your donation: Go to: www.SignUpGenius.com using the email address YardSaleTroop75@gmail.com to schedule your pickup.

OR BRING YOUR DONATIONS

to the Bow Community Center, 2 Knox Road, Bow on Tuesdays in May from 7:00pm to 8:30pm

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FINANCING A COLLEGE EDUCATION

by Dominic Lucente

Financing a College Education

A primer for parents and grandparents.

A university education can often require financing and assuming debt. If your student fills out the Free Application for Federal Student Aid (FAFSA) and does not qualify for a Pell Grant or other kinds of help, and has no scholarship offers, what do you do? You probably search for a student loan.

A federal loan may make much more sense than a private loan. Federal student loans tend to offer kinder repayment terms and lower interest rates than private loans, so for many students, they are a clear first choice. The interest rate on a standard federal direct loan is 4.45%. Subsidized direct loans, which undergraduates who demonstrate financial need can arrange, have no interest so long as the student maintains at least half-time college enrollment.^{1,2}

Still, federal loans have borrowing limits, and those limits may seem too low. A freshman receiving financial support from parents may only borrow up to \$5,500 via a federal student loan, and an undergrad getting no financial assistance may be lent a maximum of \$57,500 before receiving a bachelor's degree. (That ceiling falls to \$23,000 for subsidized direct loans.) So, some families take out private loans as supplements to federal loans, even though it is hard to alter payment terms of private loans in a financial pinch.^{1,2}

You can use a student loan calculator to gauge what the monthly payments may be. There are dozens of them available online. A standard college loan has a 10-year repayment period, meaning 120 monthly payments. A 10-year, \$30,000 federal direct loan with a 4% interest rate presents your student with a monthly payment of \$304 and eventual total payments of \$36,448 given interest. The same loan, at a 6% interest rate, leaves your student with a \$333 monthly payment and total payments of \$39,967. (The minimum monthly payment on a standard student loan, if you are wondering, is typically \$50.)³

When must your student start repaying the loan? Good question. Both federal and private student loans offer borrowers a 6-month grace period before the repayment phase begins. The grace period, however, does not necessarily start at graduation. If a student with a federal loan does not maintain at least half-time enrollment, the grace period for the loan will begin. (Perkins loans have a 9-month grace period; the grace period for Stafford loans resets once the student resumes half-time enrollment.) Grace periods on private loans begin once a student graduates or drops below half-time enrollment, with no reset permitted.⁴

What if your student cannot pay the money back once the grace period ends? If you have a private student loan, you have a problem – and a very tough, and perhaps fruitless, negotiation ahead of you. If you have a federal student loan, you may have a chance to delay or lower those loan repayments.³

An unemployed borrower can request deferment of federal student loan payments. A borrower can also request forbearance, a deferral due to financial emergencies or hardships. Interest keeps building up on the loan balance during a forbearance, though.¹

At the moment, federal student loans can be forgiven through two avenues. The first, the Public Service Loan Forgiveness (PLSF) program, requires at least 10 years of public service, government, or non-profit employment, or at least 120 student loan payments already made from the individual. The second avenue, income-driven repayment plans, first lowers the monthly payment and extends the payment timeline based on what the borrower earns. If the balance is finally forgiven, the loan forgiveness is seen by the Internal Revenue Service as taxable income. (If you have student loan debt forgiven via the PLSF, no taxes have to be paid on the amount.)^{1,3}

Consult financial aid officers and high school guidance counselors before you borrow. Get to know them; request their knowledge and insight. They have helped other families through the process, and they are ready to try and help yours.

Lastly, avoid draining the Bank of Mom & Dad. If your student needs to finance a college education, remember that this financial need should come second to your need to save for retirement. Your student has a chance to arrange a college loan; you do not have a chance to arrange a retirement loan.

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

WHAT'S NEXT?



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Dominic M. Lucente
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Citations:

- 1- nbcnews.com/better/business/student-loan-debt-what-kids-their-parents-need-know-nca865336 [4/12/18]
- 2- www2.cuny.edu/financial-aid/student-loans/federal-direct-loans/ [4/19/18]
- 3- credible.com/blog/refinance-student-loans/how-much-will-you-actually-pay-for-a-30k-student-loan/ [12/4/17]
- 4- discover.com/student-loans/repayment/student-loans-semester-off.html [8/3/17]



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"Come see us at the Rotary Car Show May 19th"

Laboe Tasker cont'd. from p. 9

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IN REGARDS TO ASSET PROTECTION, if you should choose to name your child directly, then the retirement plan will be owned by him. If your child has, or develops, a creditor issue then the account is available to such creditor. The most common creditor example is divorce, in which case approximately one-half of what was your retirement savings (the security you wanted to benefit your child with) now belongs to your ex-son or daughter-in-law. In contrast, if you should choose to name a properly drafted Retirement Tax Stretch/Asset Protection Trust as the beneficiary of your retirement plan, your child would NOT be the owner of the inherited retirement plan

and therefore the funds held by the plan should not be available to your child's creditors. Did you just get goose bumps?

MY CHILD WILL ACT TAX SMART

In the case of a child who you firmly believe will make the tax smart decision and elect to take the RMDs over his life expectancy, you would still be wise to set up such a plan involving such trust in order to gain the asset protection element, unless you believe that your child will never get divorced, be sued, file for bankruptcy or have other creditor issues.

I urge you to come hold a conversation with me and learn more about this powerful planning tool, once you truly understand the long term security and value these trusts provide, you will be glad you did.



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DUNBARTON NEWS

By Nora LeDuc

THE DUNBARTON POLICE DEPARTMENT, in partnership with the Dunbarton Fire Department, the Dunbarton Elementary School, the Dunbarton Parent-Teacher Organization (PTO) and S&W Sports of Concord, will be hosting its first ever Bicycle Rodeo on Sunday, May 27th from 2 PM – 4 PM at the Dunbarton Elementary School (parking lot next to the gymnasium). This free family friendly event is open to all ages and levels of riding experience. Participants will have the opportunity to visit with their local police and fire departments, ride through a skills and agility course, discuss bicycle safety and enjoy some ice cream sandwiches! Thanks to a grant supplied by the Children's Hospital at Dartmouth (CHaD), the Dunbarton Police Department will be passing out a limited supply of free multi-sport bicycle helmets and bicycle safety equipment on a first come, first served basis. S&W Sports will also be conducting free bicycle safety inspections! Any questions about the event may be directed to Sergeant Christopher Remillard at chrisremillard@gsinet.net or (603) 774-5500.

NO SCHOOL MEMORIAL DAY, MAY 28.

SPRING CONCERT grades 4 to 6 Band & Strings on Wed May 30, 6:30 PM to 7:30 PM at the elementary school. Spring Concert grades k to 3, Thurs. May 31, 6pm to 7pm.

REGULAR DUNBARTON SCHOOL BOARD MEETING

Wednesday, June 6, 2018, 6:00 PM at Dunbarton Elementary School Library

SIXTH GRADE PROMOTION Wednesday, June 13 at 6:30 to 8:30 PM, ceremony will be held in the Community Center. Final Day of school (Full Day) will be Thurs. June 14.

VOLUNTEERS ARE NEEDED the weekend of June 15 and 16 between 8 AM and 3 PM (or any part thereof) to help clear items from classrooms for construction purposes. Contact School Board Member Heather Lalla through the DES office at 774-3181, extension 201. Friends of any and all abilities are welcome!

OPEN STAGE NIGHT at the Spireside Coffee House on June 16. Performances begin at 7:00 PM at the Dunbarton Congregational Church Vestry, 6 Stark Highway North. Coffeehouse Doors open for Open Mic signups at 6:30 PM. Musicians, poets and storytellers are welcome. Coffee, tea, soup and snacks are available. \$5.00 suggested donation at the door. FMI contact Lizz@dunbartonucc.org, Website www.dunbartonucc.org

THANKS TO THE DUNBARTON HISTORICAL AWARENESS COMMITTEE

for providing the library with a subscription to Ancestry Library Edition. Come on down to research your family tree. If you need some help, let the library know. They have a volunteer willing to help you get started. First Thursday of the month is Drop in Genealogy Gathering, 6:30 to 8 PM. Bring your materials, or just a family name. Use the library's subscription to Ancestry Library Edition to search census, vitals, military and immigration records. Please call the library to confirm gathering date and FMI 774-3546.

NH 1,000 BOOKS "Before Kindergarten" is a nationwide early literacy initiative that encourages families to read to their young children and to use resources available to them at their public libraries. The program is designed to be challenging and achievable. Register for the program at the Dunbarton Library. Pick up your first reading log. When you've finished your first 100 books bring in your reading log to the library. For every 100 books you read, you earn a special prize. After 500 books, you will receive your own NH 1,000 Books Before Kindergarten bag. All may participate. Questions or FMI call the library.

BOW POLICE LOG

BOW POLICE DEPARTMENT APRIL 2018 STATISTICS

ARREST LOG

- 4/1/18** Kieran T Vicente, 24 years old, Concord, NH, driving after revocation or suspension.
- 4/2/18:** Male adult taken into protective custody, transported to Merrimack County Jail.
- 4/5/18:** Brian Magistro, 48 years old, Bradford, NH, DUI, Drugs
- 4/8/18:** Michael J. Odonnell, 49 years old, Concord, NH, DUI subsequent offense, Operating after certification as Habitual Offender, Disobeying an Officer Yellow line violation
- 4/9/18** A juvenile was taken into custody for possession of marijuana.
- 4/11/18:** William H. Gamble, 49 years old, homeless, violation domestic protection order.
- 4/13/18** Brian L. Pike, 29 years old, Dunbarton, NH, 3 counts, felony possession of controlled drug, possession of controlled with intent to distribute.
- 4/16/18** Victor R. Anctil, 37 years old, Gilford, NH, Bench Warrant
Travis E. Reyes, 23 years old, Concord, NH, suspended registration, driving after suspension or revocation.
- 4/17/18** Nathan M Demers, 17 years old, Bow, NH, must appear hand summons for reckless operation.
- 4/19/18** Michael R Triplett, 28 years old, Millers Creek, NC, receiving stolen property, driving after suspension or revocation subsequent offense.
- Nicholas P. Scott, 29 years old, Manchester, NH, Aggravated DWI, Conduct After an Accident.
- 4/20/18:** Female Adult, Bow, NH, Protective Custody, IEA
Eugenio Rosario, 62 years old, Allenstown, NH, DWI
- 4/21/18** Morgan Hescoc-Scribner, 23 years old, Franklin, NH, Bench Warrant
- 4/23/18:** Meghan E. Briere, 34 years old, Manchester, NH, Felony Theft by Unauthorized Taking.
- 4/27/18:** Gerald A. Marsh, 21 years old, Warner, NH, Driving after revocation/suspension



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Oil Pastel by Grace Bresson grade 9

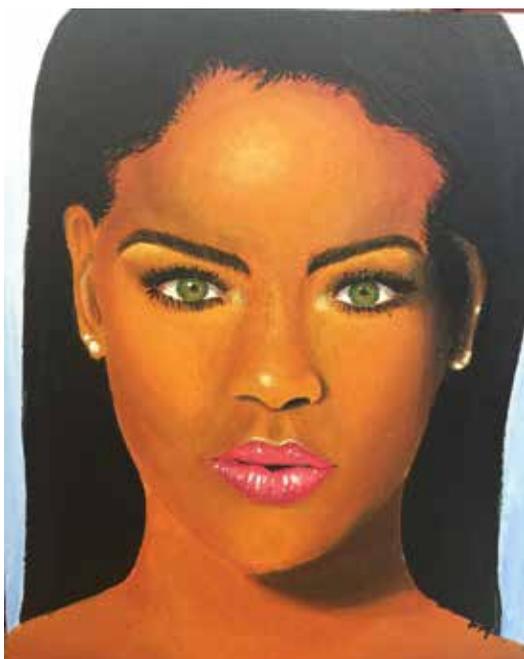
Bow High School

STUDENT

Gallery

Albert Einstein once said, "Imagination is more important than knowledge."

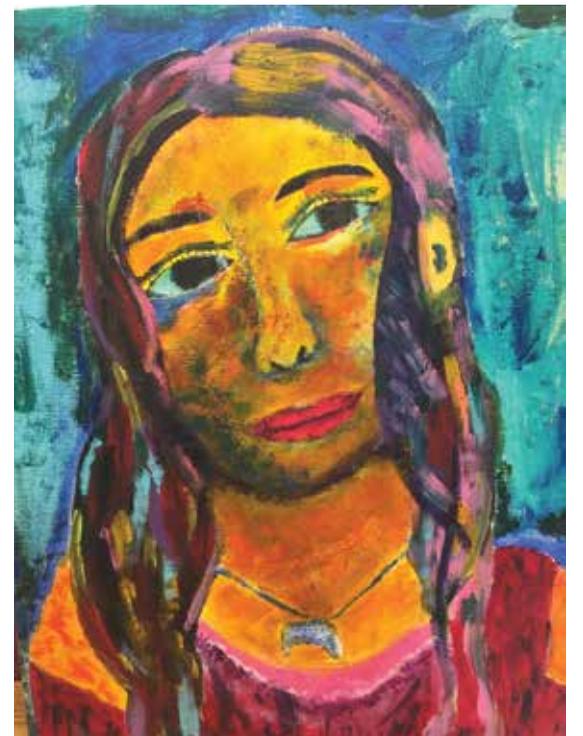
With this in mind, we salute students who use visual medium to express themselves, their traditions, memories, beliefs and ideas. The world may be grounded in fact, but it cannot move forward and grow without those who are willing to think outside the box.



Acrylic Painting by Emma Hilton grade 10



Oil Pastel by Kaitlyn Lummer grade 11



Acrylic painting by Clara Alfonso Arribas grade 12 (Exchange student from Spain)

(Bow Schools Security cont'd. from p. 1)

This process emphasizes active and ongoing decision making if a crisis were to unfold. Building level safety teams meet often and run drills.

Feedback from the drills is used to refine plans. Lock down, reverse evacuation, secure campus, shelter in place and evacuation to a safe location are all possibilities that are discussed and tested.

Most recently the Bow safety teams and the town first responders have been working to develop a re-unification plan- what we would do in the aftermath of an event to get students released safely to their parents and guardians in the midst of chaotic crisis responses. We hope to educate and run drills on re-unification during our last Professional Development day in June, and we were able to partially test this plan when we chose to evacuate BES after losing water and run dismissal from Bow High School just before April vacation.

The final area of addressing school safety is making physical changes. The NH Department of Safety and Homeland Security has been performing School Security Assessments to address surveillance, access control and emergency alerting capability, and all four SAU 67 schools have been assessed and are addressing issues. In this area, balancing fiscal realities with physical improvements is always a concern. All of our schools have a buzz-in and tracking system for visitors, and low cost items such as standard room numbering and external location identification signs are being completed within the budget process.

Various ingenious low cost access barriers and devices to secure internal doors have been deployed as well as black out curtains to block views of rooms. SAU 67 has invested in ParentSquare, a rapid notification system and are using it as a general communication tool also. The state recently made some money available in an infrastructure grant program. Dunbarton has been approved for some entrance upgrades as part of the building project and Bow has been approved for a major communication upgrade for hand held radios for both school



Students lining up for attendance after an evacuation. (Photo by Connor Parzick)

personnel and first responders. The Bow School District has a School Resource Officer assigned during the school day. NH Police Standards and Training and the National Association of School Resource Officers (NASRO) certify this Police Officer.

Planning for a possible school crisis is not an easy thing to do. It is hard to think about what could happen to make plans for a possible emergency. We have been working on these plans since I arrived in Bow over a decade ago and we are fortunate to have first responders such as Margaret Lougee, Daniel Sklut, Mitch Harrington and Michael Carpenter who help our schools prepare for emergencies while caring for our students and staff in the process.

We will never be fully prepared for the unthinkable to happen, but I feel we have done a good job in addressing these needs by having many people active and aware and planning for issues. In an emergency, we will rely on our people to continue to make good decisions in a scary and chaotic environment. The best we can do is to try to make plans, test them in drills, and be ready to modify them as events unfold.

BOW COMMUNITY CALENDAR

- May 19 - 8th Annual Bow Rotary Car Show
8:00 AM - 2:00 PM @ 508 South Street
- May 23 - Bow High School Music Department Spring Concert
6:30 PM @ BHS Auditorium
- May 23 / June 6, 13, 27 - Bow Young at Heart Club Meeting
11:30 AM - 2:00 PM @ Bow Community Building
- May 24, 31 / June 7, 14, 21 - Shimmy & Shake Storytime
10:30 AM - 11:15 AM @ Baker Free Library
- May 24 - Bow Community Men's Club General Meeting
6:00 PM @ Bow Old Town Hall
- May 25 / June 1, 8, 15, 22, 29 - Bow Rotary Club Meeting
7:30 AM - 8:30 AM @ Bow Old Town Hall
- May 26 - Garden Club Plant Sale
8:00 AM - 12:00 PM @ Bow Community Building
- May 26 - Friends Book Donation Day
10:00 AM - 2:00 PM @ Baker Free Library
- May 28 - Memorial Day Ceremony & Community Picnic**
2:45 PM - 7:00 PM @ Bow Gazebo
- June 1, 2018 - Bow Elementary School Musical
6:00 PM @ Bow High School Auditorium
- June 2 - Boy Scout Yard Sale
8:00 AM - 1:00 PM @ Bow Community Building
- June 2, 3 - Annual Well Water Testing Event
8:00 AM - 12:00 PM @ Bow Community Building
- June 19 - White Rock Monthly Book Talk
3:30 PM - 4:30 PM @ White Rock Senior Living

Bow Drinking Water Protection Committee 2018

ANNUAL TEST YOUR WELL WATER EVENT

Bow Community Center, 2 Knox Road

- In Conjunction with the Boy Scouts Yard Sale -

Kit pickup: Saturday, June 2nd, 8 AM to 12 Noon
Kit Dropoff and Payment: Sunday, June 3rd, 10 AM to 12 Noon

Cost of testing: \$85 full suite of 14 parameters including: Arsenic, Lead, Uranium, Bacteria \$15 for individual metals, and \$20 Radon

Contact: bowdrinkingwater@gmail.com

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

BOW GARDEN CLUB SPRING PLANT SALE SATURDAY, MAY 26TH

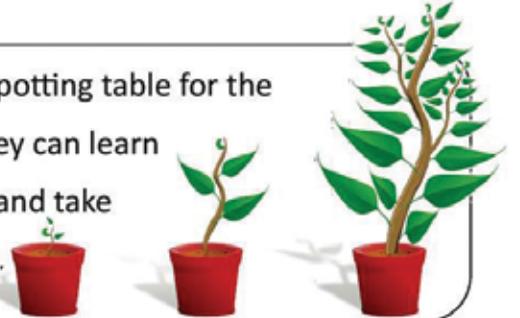


Bow Community Center - 3 Bow Center Road

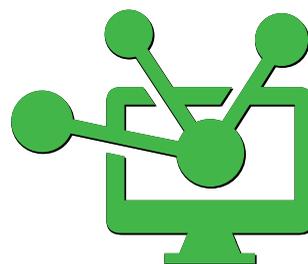
8:00am till Noon

WE USUALLY SELL OUT FAST SO COME EARLY!

We will have a free potting table for the little ones where they can learn how to plant seeds and take them home in a pot.



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WHITE ROCK NEWS



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