

The Bow Times

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

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ISSUE 2

APRIL, 2015

FREE

RECORD CROWD DEFEATS BOND ISSUE

The second night of town Meeting drew a record turnout of voters. Bow has about 7,500 residents and 6,062 are on the checklist as voters. 18% of those, or 1,115 voters, turned out for the second night of town meeting to defeat the \$5 million safety center bond issue. The high school auditorium had over 500 voters in it and about the same number in the gym. That 18% turnout of voters slightly exceeded the 1,000 plus that voted on Tuesday, March 10 for candidates in the town election.

However, the school meeting on Friday, March 13 only had 326 voting or 5% of the voters.

The bond issue failed to receive the required two-thirds vote by about 124 voters with 612 yes and 503 no votes. That was the fourth vote in three years that rejected a new combined fire, police, emergency management building.

The vote on Article 30 to spend \$550,000 to repair the community center/fire department also failed.

Article 4 was next considered. It appropriates \$35,000 to develop Design/Build plans for a combined use building.

The need for a phased approach was debated but the hand carded vote did give the nod to spend \$35,000 to design a 20,000 to 25,000 square foot building for up to \$5,000,000. A floor amendment to spend not more than \$2,500,000 for a fire and emergency building (but not police) was defeated.

After that the meeting on the 19th of March moved on to Article 5 for \$25,000 to design a renovated community building or to construct a new building. The 2013 Capital Improvement Plan had estimated a \$4 million bond issue

to build a new community building somewhere. The vote on this late at night was a close 178-170 in favor. Over seven hundred voters had left by this time.

All other warrant articles were approved by votes at the two meetings except for Article 29 concerning a conservation easement over 55 acres of land. The latter will come before the meeting again in 2016.

BOW BUSINESS TO BUSINESS EVENT

The Bow Business Development Commission will be holding the next Business to Business event on April 22, 2015, 5:30 p.m. to 6:30 p.m., at the Baker Free Library, 509 South Street in Bow.

Business to Business provides the opportunity for members of the Bow business community to meet, exchange ideas and make important connections in a relaxed atmosphere.

If you would to attend the event, please contact Nicole Gage, Town Manager's Office, 228-1187, ext. 110 or admin@bow-nh.gov.



Photo by Cindy Martin

Excitement at Town Meeting

Retired Selectman Jill Hadaway Honored For Her Service



Photo by Cindy Martin

BOW HIGH SCHOOL TO HOST CHINESE EXCHANGE STUDENTS

This summer Bow High School and the surrounding communities will host a cultural exchange camp for twenty-seven high school students from China. The goal of the program is to engage young people from China and a selected group of American students and families in experiences that allow them to enjoy each other's company and to learn firsthand about each other's culture. This is one of numerous Chinese-American exchanges taking place in Vermont and New Hampshire.

On weekdays, students will participate all day in English language lessons and culture camp activities and excursions, led by local teachers and a selected group of high school students serving as Peer Ambassadors. They will spend time with host families in the evenings and on the weekend. There will also be several social gatherings bringing to-

gether all students and host families.

Host families are needed to house these visiting students along with their two teachers: they are to be housed two in each home. High School and middle school (grade 7 & 8) are invited to apply to be Peer Ambassadors and to participate in the camp. There will be an evening training session for Ambassadors and a host family orientation meeting.

At a time when China has risen rapidly on the international stage, this short exchange in our communities is a promising opportunity to create new friendships.

For more information please contact:

Angel Burke (Camp Coordinator):
anburke@bownet.org

Gina Aubin (Home Stay Coordinator):
gabin@nownet.org

Or call BHS at 228-2210



EDITORIAL

Some Notes About Bow Town Meetings

by Chuck Douglas

One of the fascinating scare tactics at the two meetings was the constant reference to the “unsafe nature” of the community center and fire house due to wiring and other defects. Yet both are still open. The irony is that if someone is injured the town is liable under RSA 507-B for defects and negligence involving its buildings. By saying how unsafe it is, the town has actually handed some plaintiff a very easy admission of liability.

On another note, the argument that firemen or police who are injured on the job could have a big workers’ compensation suit is totally specious. There are no workers’ compensation suits in New Hampshire, there are only workers’ compensation claims. Employees cannot sue their employers for unsafe conditions but are able to receive medical benefits and indemnity payments paid for by the town’s insurance company. Thus taxes are not affected because it comes out of insurance. No lawsuit can be filed because of the existence of workers’ compensation for town employees. So much for that fear tactic.

As for that magic word “divisive,” which certain spending and taxing proponents like to use in de-

scribing their opponents, I would point out that American politics is not based on unanimity but on debate and disagreement leading to better decisions. The divisiveness charge denigrates those who disagree with the power structure which prefers for everyone to march forward and salute rather than to question or challenge.

As long as people can disagree in an agreeable manner, there is nothing wrong with having already successfully saved \$2.7 million thanks to divisiveness. That is the difference between the plan three years ago and the current attempt at \$5 million. If saving the taxpayers that much money is divisive, than it certainly was worth it rather than wasting \$2.7 million on unnecessary spending.

And despite snarky letters in the *Monitor* it should be noted that not one mailer, sign or ad for Concerned Taxpayer’s endorsed candidates ever even mentioned, let alone attacked, the opposing candidates. We ran positive, not negative campaigns.

As Dick Swett said at the second night of town meeting, there is no reason folks with differing views can’t work together for a consensus plan that all could support next March. It will take compromise, not my way or the highway. It will require including all views, not excluding them. The ball is now in the Selectmen’s court. For a free press Je Suis Charlie.

The State Budget:

Helping the New
Hampshire Economy
by Rep. Neal M. Kurk

We live in an extraordinary state. Among the “prodigious hilltops” and pristine lakes, we enjoy the beauty and recreational opportunities of the changing seasons. We’re well educated, we work hard, we’re involved in our communities and we care about each other.

But the dynamic economy essential to sustain our lifestyle no longer exists. Our population is growing far too slowly, and it is aging: it’s the fourth oldest in the nation. Our birth rate is well below replacement level, and not enough young people are moving into our state to compensate. Not long ago, it was very different. In the last quarter of the 20th century, our state’s economy was expanding rapidly. Good jobs abounded, and well-educated families seeking to share in our growth and looking for a good place to raise their children flocked to New Hampshire.

That’s not true today, and we can -- and should -- do something about it. State government can play a part in this transformation, and the state budget is a place to start. Over

BOW HIGH IN FINALS FOR SAMSUNG COMPETITION

Bow High School was recently selected as one of 15 national finalists in the Samsung Solve for Tomorrow Competition. This competition is to find creative ways to use technology to solve local problems. We will be getting \$35,000 worth of Samsung equipment and are now competing nationally for up to \$150,000 more!!!

Students wrote an app for their mobile devices that will allow people to mark where large piles of trash (illegal dump sites) are found when walking, biking, hunting, skiing, etc around the town forests of Bow.

The app marks what it is, how large it is and where it is located. This info automatically shows

the next three months, the governor and the legislature will develop the two-year budget. The budget will determine which services the state will provide and how we will pay for them.

Our current budget is about \$10.5 billion, with slightly less than half supported by state taxes and most of the balance supported by federal taxes and federal borrowings. The governor has proposed a much larger budget. She would expand state services by about \$1 billion, increasing the state budget to \$11.5 billion. She proposes to pay for this in part by raising our state taxes by \$95 million. Expanding state government is problematic. The more money that comes out of taxpayers’ wallets to support a larger government, the less money taxpayers can spend in the private sector. That puts a damper on business, on job growth and on the economy.

So, the first thing the legislature should do is develop a budget that won’t raise state taxes. The state budget should not harm the state’s economy. This means we must pay for government from revenue generated by our existing taxes. The expected growth in state tax revenues -- and yes, our state’s economy is growing, although far too slowly -- should allow the state to continue to provide essential services -- public safety, education, health and human services, highways and resource protection, among many others.

Under normal circumstances, these services would continue undiminished. But recent developments make this difficult. First, the federal Affordable Care Act (ObamaCare) no longer limits the value of assets, like real estate and jewelry, that one may own and still qualify for Medicaid, the state/federal health care program for low-income individuals. As a result, many newly-eligible people enrolled. Second, the state settled two lawsuits, one involving hospitals and one involving individuals with mental health issues.

These developments will cost the state an additional \$125 million. If state government is not to harm the state’s economy, spending on existing services will have to be reduced.

That will be difficult. Many citizens testified at recent budget hearings held by the House of Representative.. Some requested additional funding for individuals with developmental disabilities, others wanted to ensure

up on a map that is shared with groups in town looking for community service projects (ie. Boy Scouts, Venturing Crew, Bow Open Spaces, Conservation Commission, etc). These groups will eventually go out, remove all the trash and then mark that the site has been cleaned up. Dump site locations will also be analyzed to see if there are any patterns so our town managers can make changes to reduce this practice in the future (ie. install gates, police patrols, etc).

The Community Choice award will be given to the project that gets the most recognition through online voting.

services for victims of sexual abuse and domestic violence, still others sought more and better programs for substance abuse prevention and treatment. Some spoke against the governor’s proposed increase in the cigarette tax and its application to the new electronic cigarettes.

So, why not follow the path chosen by the governor? Why not raise taxes and use the new revenue to satisfy recent developments and meet the requests for expanded services? Because it would harm our already not-too-robust economy and reduce our opportunities for more and better-paying jobs. We can’t have it all.

The House’s budget will be larger than the current budget, but not as large as the governor’s proposal. A smaller government is the better choice.

Neal M. Kurk represents Weare and Deering in the N.H. House of Representatives, where he chairs the House Finance Committee.

LETTER TO THE EDITOR

Thank you to all of the Bow citizens who took time from their busy schedules to attend two nights of Town Meeting. While a significant majority of citizens have repeatedly voted to support our first responders and construct a public safety building, a minority of voters prevented the meeting from reaching the 2/3 needed for passage. Citizens at the meeting also voted against the wasteful spending of \$550,000 on our failing Community Building, and wisely directed the Selectmen to develop detailed Design-Build specifications for a Public Safety Building. That Warrant will be carried out and another proposal will be presented at the 2016 Town Meeting. I again encourage all interested/concerned citizens to attend the meetings of the Public Safety Building Committee and come together with good ideas and community commitment to complete this important infrastructure and move forward together.

Harry Judd

Chairman, Board of Selectmen

The Bow Times

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

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

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

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

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



BOW ROTARY CLUB

By Donna Deoss, President

Rotary is an International Service Club. We are made up of engaged and motivated community members who wish to work together, in an atmosphere of fellowship, to make our communities a better place for everyone and to have fun doing it! We exceed this goal regularly and welcome you to come check us out to see if you would like to join our ranks. We are always looking for more friends to help. **Here's some of the fun we had last year:**

In January we held our annual WinterFest day of winter fun and games at the town center. It was on a Sunday this year hoping to be able to attract more families to participate. It was our hope that Bow's rampant support of sporting activities would not compete with a Sunday event. It was a great success! We had help from Baker Free Library, the Bow Pioneers and many more community groups. Yes, we've been doing it for over 30 some odd years!

In April or May we team up with the Garden Club to beautify Rotary Park – located across from the Gazebo in the town center. The Garden Club does a magnificent job keeping the park pristine. We show up and lend some labor, at their direction, to their efforts. It's a nice partnership and we appreciate their care and support of many town spaces. If you see beautiful landscaping around town, it's likely due to them.

In May we have our annual Car Show. This is a newer event for us and a fundraiser that enables us to help the community financially with community service projects and donations to Bow Welfare and other community groups. This year's car show will be on May 16, 2015 in the same location on South Street by Allied Insurance and Merrimack County Savings Bank. We look forward to seeing you and your family there. It is the policy of our club to support Bow and our town families with the monies we raise.

Yes, we do International projects too. We have been very active in Honduras for the past decade, but the predominance of funds raised in our local events stay right here in our community.

For six weeks in July and August we host our annual concert series at the Gazebo in the town center. The bands vary from week to week and are free to all. As with all other events, we partner with other local community

groups like the Bow Community Men's Club (best hot dogs, popcorn and lemonade ever!), the Garden Club, the Heritage Commission and more.

Then, in November, we hold our most famous event, our annual Scholarship Auction. For the past decade we have been able to clear an average of \$25,000 annually from this event. About \$20,000 of which goes to scholarships and \$5,000 goes to camperships. What are camperships? Well, those are monies that help the underprivileged in our community be able to attend summer day camps, programs through Bow Parks and Recreation Department, do winter ski programs, therapeutic riding programs, Camp Spaulding and much, much more. We work closely with the school social worker to make sure we are able to help as many kids as possible.

We are a very active club. We are driven, motivated and good at what we do. We are friendly people who want to make a difference and we welcome you to help us and the other great organizations in this fine town. Our meetings are held at the Old Town Hall, 91 Bow Center Road, Friday mornings at 7:30 am. Join us!

"Thank You" from Bow Recreation

Cindy Rose, Bow Parks & Recreation Director

A very special thank you to all of those who helped to make the Bow 2015 Easter Egg Hunt, Easter Breakfast, Egg Decorating and Face Painting a very special morning!

Thank you to the following groups who helped to make this event so special:

Bow Girl Scouts

Bow Men's Club

Bow PTO

Bow Elementary School

Bow High School Interact Club

Bow High School Honor Society

...And a special thank you for all of those who came out in the snow to join us in the festivities!



BOW POLICE

February 2014 Log

02/01 Matthew Raymond, 34, 28 Merrill Rd., Weare, was arrested for possession of controlled/narcotic drugs.

02/03 Stephanie Willis, 30, 38 Hill St., Dover, was arrested for willful concealment, possession of controlled/narcotic drugs(2 counts), prostitution (2 Counts)

02/05 Garrett Halle, 21, 51 Stone St., Concord, was arrested on a warrant.

02/07 Kris Robinson, 49 Avery St., Laconia, was arrested for possession of controlled/narcotic drugs; Brittany J. Parda, 27, 10 Main St., Ashuelot, was arrested for driving after revocation/suspension and on a bench warrant

02/12 Amanda Lee Carey, 36, Homeless, was arrested for criminal liability for conduct of another (6counts);

02/17 James Moore, 33, 247 W. Mitchell St., Apt #2, Manchester, was arrested for issuing bad checks (2 counts), theft (3 counts), and conspiracy to commit theft.

02/18 Nicholas J. Francois, 19, 5 Boulder Circle, Allenstown, was arrested for prowling, possession of controlled drug (2 counts), criminal trespass, habitual offender, and unauthorized use of propelled vehicle; Nicholas Bussiere, 18, 126 River Rd, Allenstown, was arrested for criminal trespass and prowling.

02/21 A minor was arrested for possession of controlled/narcotic drugs (2 counts); Thomas Backus, 18, 49 Page Rd., was arrested for default or breach of bail conditions.

02/25 Matthew Gerrard, 32, 413 Poverty Plains Rd., Warner, was arrested for driving after revocation/suspension and operating with a suspended registration.

02/27 Rene Welch, 43, 9 Curtis Ave, Concord, was arrested for driving after revocation/suspension and operating with a suspended registration; A minor was arrested for reckless operation, disobeying a police officer, transportation of an alcoholic beverage by a minor, receiving stolen property (2 counts), possession of controlled/narcotic drug; A minor was arrested for unlawful possession of alcohol and possession of controlled/narcotic drug; Brian R. Sage, 38, 2 Dicandra Dr, was arrested for driving after revocation/suspension and failure to obtain a NH license.

02/28 Katie-Jo Marie Waters, 26, 1090 Route 114, Bradford, was arrested for receiving stolen property and a bench warrant; Justin M. Senecal, 25, 21 South Bow Dunbarton Rd., was arrested for criminal mischief and disorderly conduct;

A minor was arrested for possession of drugs in a motor vehicle and receiving stolen property. There was one protective custody arrest for drunkenness and one involuntary emergency admission in February.

March 2015 Log

03/04 Lauren M. Smith, 50, 67 South St., Concord, was arrested for driving after revocation/suspension and operating with a suspended registration; Scott W. Phelps, 51, 65 Sheep Davis Rd., Pembroke, was arrested for theft.

03/07 Chad A. Bumford, 25, 37 Upper Craney Hill Rd., Weare, was arrested for driving after re-vocation/suspension and transporting an alcoholic beverage.

03/11 Stephen G. Bilodeau, 28, 23 Clinton St., Apt#2, Concord, was arrested for driving under the influence; Shannon E. Timoney, 23, 192 Green St., Apt#3, Manchester, was arrested for operating without a valid license.

03/12 Jordan S. Lewis, 21, 32 Clinton St., Concord, was arrested for driving after revocation/suspension.

03/13 Shauna M. Wiggin, 28, 491 Maple St., Apt #8, Manchester, was arrested operating without a valid license.

03/14 John R. Fisher, 57, 201 Deerfield Rd., Allenstown, was arrested for aggravated driving while intoxicated and conduct after an accident.

03/15 Michael Villeneuve, 19, 193 Woodhill Hooksett, was arrested on a bench warrant.

03/16 Jake P. Evans, 22, 29 Dicandra Dr, was arrested on a bench warrant.

03/17 Dylan Jarvis, 19, 13 Spinner Rd., Hooksett, was arrested for false report to a law enforcement officer.

03/19 Joseph J. Morabito, 53, 101 Grandview Dr, Clarksville, was arrested for driving after revocation/suspension; John P. Carlage, 43, 1 Hope Lane, was arrested for simple assault and domestic violence assault.

03/23 Neil Laflamme, 29, 13 Main St., Chichester, was arrested for driving after revocation/suspension, operating with a suspended registration, and transporting an alcoholic beverage; David Bernard, 33, 35 Long Meadow, Concord, was arrested on a warrant.

03/24 Gerald Upton, 69, 124 Patnoe Farm Rd., Hyde Park, VT, was arrested for felonious sexual assault, aggravated felonious assault (2X); Gallo J. Castrillon, 53, 696 Amory St., Manchester, was arrested for operating without a valid license.

03/25 David S. Innis, 48, 65 Fogarty Rd., Barrington, was arrested for driving after revocation/suspension; Eugene D. Robinson, 28, 1214 Route 3A, was arrested driving while intoxicated (subsequent) and possession of controlled/narcotic drugs.

03/30 Kevin Kennedy, 51, 24 Dublin Ave, Nashua, was arrested for conduct after an accident.

Bow Garden Club

By Joyce Kimball

BOSTON — Two members of the Bow Garden Club entered floral designs in the Boston Flower & Garden Show that was held at the Seaport World Trade Center March 11-15. The theme of the 2015 exhibition was "Season of Enchantment". Susan Johnson entered a large mass arrangement, a traditional design reflecting the Italian Renaissance era under the class entitled "Reawakening" and received second place for her efforts. Joyce Kimball entered a fairy garden in the "Tea with Tinker Bell" class and received first place distinction.



Joyce Kimball displays her fairy garden, "Tea with Tinker Bell" for which she received a blue ribbon.

The Bow Garden Club is comprised of both men and women with interests in any number of forms of gardening and a keen sense of community service. We also sponsor and mentor a Junior Garden Club at Bow High School. We are a proud member of the

New Hampshire Federation of Garden Clubs, Inc. and National Garden Clubs, Inc., New England Region, and subscribe to the NHFGC's and NGC's Mission: "To promote the love of gardening, floral design, civil beautification and both civic and environmental responsibility."



Susan Johnson is pictured with her traditional mass arrangement entry, designed in the manner of the Italian Renaissance era. She was awarded 2nd place.

Bow Garden Club meetings are generally held on the 2nd Monday of the Month, April through November each year and are held at the Old Town Hall, 91 Bow Center Road, unless specified Meetings begin with the featured monthly program at 6:20 p.m., however the doors are open at 6 p.m. for social time and refreshments.

A brief business meeting follows each program and the meeting generally adjourns by 8:30 p.m.



Future Bow Garden Club Programs:

May 11th - Successfully Growing Heirloom Tomatoes with Ken Cook of "Rusty's Heirloom Tomatoes" in Dunbarton.

June 8th - Daylilies. Speaker Greg Marquis from Capitol Daylilies located right here in Bow.

September 14th - Composting from Garbage to Garden/Black Gold. Speaker: Ruth Axelrod, UNH Master Gardener.

October 5th - Cacti & Succulents with Aaron Kinne of Kinne Botanicals, LLC located in Concord.

November 9th - Holiday Tablesapes with Amelia Holdsworth of Holdsworth Interiors.

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IF YOU FAIL TO PLAN, YOU ARE PLANNING TO FAIL!

By Attorney Benjamin John Kiniry

You planned for college, for the job interview, the purchase of a new car, your vacation to Florida, you even make a plan for the weekend, but did you plan for your eventual decline in health, incapacity and death? Ask yourself, if you could only create a plan for one of these things, which one would be most important to you and your family today?

Fellow residents of Bow, I'm Attorney Benjamin John Kiniry and I have made it my goal to educate all of you about the fascinating world of **Elder Law**. If you just thought to yourself "huh?", then you are far from being alone. In fact, this is the overwhelming response I receive from those who make the mistake of asking what area of the law I practice in. Typically there is a very polite "oh, I see" or "that's nice", but on occasion the few truly inquisitive souls will respond with something like, "elder what?"

So in an effort to explain how an Elder Law Attorney can make a significant difference in your life and the lives of those you love the most, I will be submitting articles to the Bow Times on this very crucial legal practice specialty, which, unfortunately for many families, is underutilized by the general public.

I have been at this a long time and very well understand that no one wants to hear me speak at length explaining what it is that Elder Law Attorneys actually accomplish on behalf of their clients. Experience has shown me that at the start of an explanation those attempting to listen go immediately into a hypnotic-like state. I don't blame them mind you, I completely get it. Though I love what I do for my clients and find the planning interesting, most sane people might very well prefer watching paint dry, unless it is their family that is benefiting from the forward looking, client centered planning process.

What is my elevator speech you ask? I don't have one, it is far too complicated and diverse to give a thirty second explanation, and it certainly wouldn't give justice to this highly specialized area of the law. In my own words, and in rather simplistic terms: Elder Law is the use of state and federal law to create a plan that best suits a family's needs and wishes for controlling what happens in the event of a family member's decline in health, incapacity, eventual death and the final disposition of their assets.

Money Talks: What if I told

you Elder Law Attorneys save clients thousands of dollars, tens of thousands and there are those clients who have saved significantly more. Money talks, I get it.

What about stress? What value do you place on not having stress or decreasing it as much as one can with careful planning? One obvious benefit of planning is the alleviation of stress; significant amounts of it. There is a saying in the estate planning realm, and it goes something like this "if you don't plan, don't worry, the state has a plan for you." The state does have a plan in the law books but it is just not the way you would have planned if you were in charge, which you would have been, but you didn't plan. Now comes the stress, and lots of it.

Saving Families: What is more important is that often Elder Law Attorneys **save families**. Families who don't plan, often fight to the end. When they fight it often leads to permanent severed family ties. The fights are about money, health care, who is in charge, who is the favorite child, who doesn't deserve... The list of WHY families fight is long and often about things that you would never have guessed. A rug, knickknack, license plate... but more often than not, all are actually based on childhood disagreements that have never been resolved.

Future columns: If you take the time to read my future columns, and I hope you do, you will learn how a relationship with an Elder Law Attorney will benefit you and your loved ones. The columns will discuss various issues and answer questions you have, such as: What is a Power of Attorney, Health Care Directive and Last Will & Testament and how do they benefit me and my family? What is the Probate process? How can I control what happens with my estate after I'm gone and why would I want to? What is a retirement account "stretch" trust? What is the best way to apply for Social Security benefits? What is the Medicaid program and why should I care.

A little about me. I was born in Claremont and raised in Newport, New Hampshire. I spent most of my youth either playing or working on my grandfather's farm located near the airport. I attribute much of who I am today in large part to having been privi-

leged to have worked side by side with my grandfather, uncle, aunts and cousins, all of whom participated in caring for the farm.

I served in the Army after high school, attended Keene State College and graduated from the University of Connecticut School of Law in 2005. My first employer out of School was an Elder Law Firm in Connecticut. In fact, the specialty of Elder Law is the only area of the law that I have ever practiced in. You are also likely unaware that I have a practice based here in Bow. Since it was up to me to name the practice, I came up with something pleasing to me: "Kiniry Law Firm PLLC". You can see how I snuck my last name in there.

Today I am blessed to have been married for over 15 years to the most wonderful person I know, Tammy Kiniry, as well as having two children, Dylan (10) and Madison (9), who attend our great schools.



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RESULTS OF ANNUAL TOWN ELECTION

MARCH 10, 2015

Office	Vote for not more than:	YEAR TERM	CANDIDATE (IN BALLOT ORDER)	RESULTS WINNER*
SELECTMAN	Two	Three	Michael G. Wayne	325
			Eric Anderson	785*
			Jill Desrochers	518
			Benjamin John Kiniry	541*
BUDGET COMMITTEE MEMBER	Two	Three	Garth Orsmond	491
			Chuck Douglas	647*
			Robert Hollinger	731*
TOWNCLERK / TAX COLLECTOR	One	Three	Mridula Naik	1006*
TRUSTEE OF TRUST FUNDS	One	Three	Jonathan Marvin	913*
LIBRARY TRUSTEE	One	Five	David A. Withers	953*
TREASURER	One	Three	Roland Gamelin Write-In	68*

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The Bow Community Mens Club - Part II

By Charlie Griswold, Secretary

August - December, 2014

In July and August, Mike Wayne and Charlie Griswold helped form a committee to replace "National Night Out" as we were forced to compete with Concord and surrounding towns who had this observance on the same night. We joined Scott Eaton, Mitch Harrington and members Ted Bardwell and Mark Matice to set up a date and venue for Bow Public Safety Day. We set Saturday September 13th at Bow Memorial School for an all day event. We were greatly encouraged by early donations from the business community to give us seed money to get us started.

The day of the Bow Safety Day started out great. This entirely new format, which included kid musters, mock fire drills, static displays of fire and police equipment and various games was well received. Our new K9, Roxie, demonstrated her prowess, led by Officer Matt Pratte, our new K9 Officer. Rain later in the day forced the cancellation of the first annual "Red/Blue" soft

ball game and its attendant Ice Cream Social. Even so, several hundred folks came by and day was pronounced a success. The uniforms were put in storage and the Arnie's Ice Cream was consumed at a subsequent event.

Our Lobster Fest fundraiser in October served about 120 meals and we did run out of food. Sadly we had to turn a few folks away. Our master chief, Kirk Hemp-hill, did a great job of preparing this traditional feast. Of course the entire meal had to be cooked in the parking lot, which many think added to the flavor. Also in October, we teamed up with the Fire Department to host a meal at the High School for a Concord Hospital Emergency Management and First Responders seminar. Participants from all over New Hampshire got a taste of our cooking, served within the allowable window of 45 minutes. A few days later this teaming up with the High School and Parks and Recreation Department we handed out over 300 cotton candy servings at the annual Town Halloween Party.

November saw us again team

up with the Heritage Commission to host a coffee hour for the annual harvest Service at the Bow Bog Meeting House. The coffee urn broke down, but Dunkin Donuts came to the rescue - we were warmed despite that inside the Meeting House temperatures were near freezing. Thankfully Bill Kuch supplied us with a generator to keep from overloading the building wiring due to portable heaters brought by Ray Johnson to warm the building best we could.

On November 30th we worked with the Parks and Recreation Department to put on the Annual Tree Lighting service at the Town Gazebo. Dick and Marge Welch once again donated the beautiful Blue Spruce tree erected by the club members and Public Works Department. The lights were installed by Jim Swenson. We heard from many favorable comments about the display this year. As in the past, we hosted the annual Fire Department Christmas Banquet. This year Kirk cooked steak tips for our Firefighters and their wives. This past year the club gained several new

members. Some of whom immediately became involved in our projects. Sadly we also had to say goodbye to longtime members Bill Johnson, Roland Robinson, Dick Finer and Jack Finnan. They are all sorely missed. In addition, health problems had caused long time member and Bow resident, Paul Hammond, to relocate to Concord.

In addition to all of the previously mentioned activities we continue to support Boy Scout Troop 75, Cub Pack 75 and Venture Crew 75, (charter holder and camp scholarships as needed), Bow Mills Methodist Church, (Strawberry Festival and Fall Harvest Service), Bow Babe Ruth Baseball, (charter and scholarships) world endeavors, (partial scholarships), the Bow Food Pantry, (money and food donations) and McKenna House, (money and food donations) we try to support and work with all the other clubs to help our town thrive.

A big thank you to everyone who makes a difference and assists us in advancing these goals!



Danica
Assistant of Public Relations





Harley
Head of Public Relations

Kevin
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All His Friends
&
Associates to
Call or visit
Him at B & B



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NOTICE: Town of Bow Road Weight Limits

The following motorways in Bow NH will be posted for spring weight limit restrictions **until May 1st 2015**, unless weather conditions permit earlier termination of restrictions, which shall be at the discretion of the Town Manager in consultation with the Director of Public Works.

Weight Limits: 10 Ton (20,000 lbs) per vehicle or 300 pounds per linear inch of the tire width of the tires, times the number of load bearing tires.

Albin Road
Allen Rd.
Belaview Drive
Birchdale Road
Bow Bog Road (town portions)
Brown Hill Road
Carriage Road (previously Old Hill Road)
Dow Road
Dunbarton Center Road
Evergreen Drive
Essex Drive
Grandview Road
Hooksett Turnpike
Kelso Drive
Knox Road
Foote Road (previously No. Bow Dunbarton Rd.)
Page Road
Putney Road
Quimby Road
River Road (North of Vaughn Road intersection)
Robinson Road
South Bow Dunbarton Road
South Bow Road
Vaughn Road
White Rock Hill Road (from Falcon Way to Wood Hill Rd.)
Woodhill Road (Town portion to Dunbarton Town Line)
Woodhill Hooksett Rd.

Per Order of: Timothy Sweeney, Director of Public Works
Effective Date: March 16, 2015

BOW GARDEN CLUB'S ANNUAL \$500 BHS SCHOLARSHIP APPLICATIONS DUE BY APRIL 30

Interested seniors should inquire about this scholarship through the guidance office.

5 EASY WAYS TO AVOID OVEREATING



By Jim Olson

You may be exercising, watching what you eat, doing all the right things and yet for some reason the pounds just don't seem to be coming off. The culprit may not be what you are eating, but how much you are eating.

Certain situations can easily lead to overeating and you may not even realize you're doing it. Restaurants with their supersized portions make it difficult and even confusing to know when to put the fork down.

If your portions are too big, whether at a restaurant or at home, then chances are you are taking in too many calories, which can lead to weight gain rather than weight loss.

Know what a serving size is.

Here is a quick guide to determine the true size of a serving so you can maintain food portion control. Keep this in mind next time you reach in the fridge or

cupboard, or even print it out and post it there:

A Tennis Ball = A medium sized fruit

A Baseball = A cup of salad greens or cereal

A Golf Ball = ½ cup of cooked pasta or potato

A Ping Pong Ball = 2 tablespoons of peanut butter

A Deck of Cards = 3 oz of meat, fish, or poultry

A Shot Glass = 2 tablespoons of salad dressing

Size of your thumb = 1 oz of cheese

Size of your thumb tip = 1 teaspoon of oil

Read nutrition labels.

Often it's easy to mindlessly munch on snack foods and end up consuming 2, 3, or even 4 servings, especially when dealing with high calorie foods like crackers or chips. So read those nutrition labels to find out exactly what and how much you're eating or drinking. You may be surprised to find out how small a serving really is but that you're easily overdoing it.

An easy trick to avoid overeating snacks is to pre-portion them out in snack size baggies. This way you can't mindlessly munch through a bag of chips before realizing what you've done.

Only eat half.

When you go out to a restaurant only eat half of your meal. Most restaurants bring out supersized portions enough for 2 or even 3 meals. To avoid overeating, have the waiter bring half of your dinner in a to go box before you even get started or you could even split the meal with another person. Another tip is to eat slowly and stop eating when you start to get full, rather than continuing until you're overly full and uncomfortable.

Avoid all-you-can eat.

Avoid buffets or all-you-can eat situations whenever you can. As much as you think you will have total self-control and that you will only eat until you are no longer hungry, in reality that can be very difficult for many. When you have the option, choose restaurants where you can order your meal or when you are faced with buffet style events, have a plan of action, such as deciding before hand to only fill up one plate of food and avoid going back for seconds.

Don't let yourself get hungry.

One reason you may tend to overeat at certain meals is because you are hungry. If you regularly go long periods without eating, or don't eat enough throughout the day, your chances of bingeing, especially at dinnertime, greatly increase. You may even think

you're doing well by eating less throughout the day, but the truth is you're usually doing more harm and you often make up for it later in the day.

Instead, make sure you are eating something every 3-4 hours, even if it is a small snack. Avoid allowing yourself to get hungry. Now this doesn't mean you always have to be full or stuffed, but making sure you have enough going in to avoid a grumbling, hungry stomach is ideal. This way when your next meal comes around you won't be tempted to eat more than you need.

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The Mini Page

Betty Debnam, Founding Editor and Editor at Large
Roaming North America

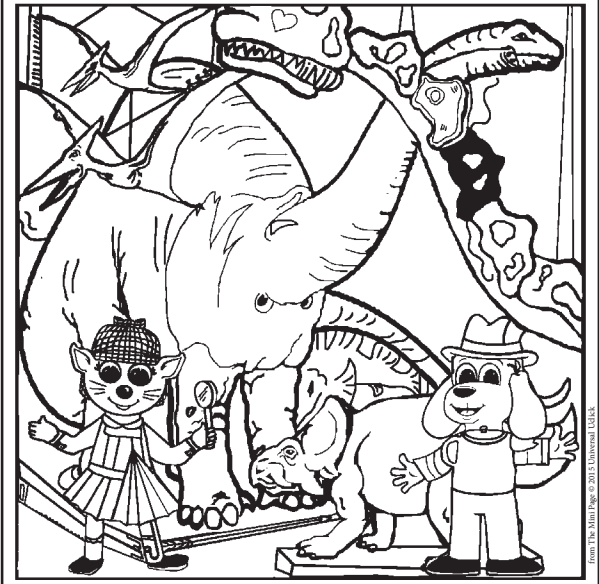


Mini Spy

from The Mini Page © 2015 Universal Uclick

Mini Spy and Basset Brown are exploring a dinosaur museum. See if you can find:

- | | | | |
|---------|------------|----------|-------------|
| q steak | q elephant | q tooth | q kite |
| q heart | q umbrella | q pear | q comb |
| q saw | q basket | q fish | q word MINI |
| q mask | q letter E | q teapot | q arrow |



from The Mini Page © 2015 Universal Uclick

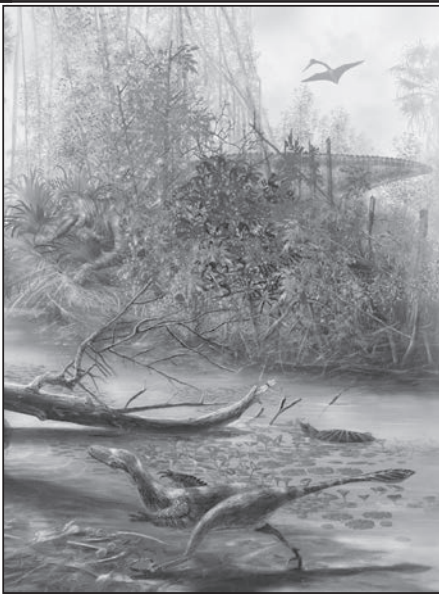
Land of Dinosaurs

Gigantic dinosaurs such as tyrannosaurus rex (ty-RAN-1-SORE-rus RECKS) and riceratops (tri-SER-uh-tops) roamed western North America 65 million years ago.

Dinosaurs had been roaming the Earth for about 150 million years. And then, in just a few years, all dinosaurs but birds were wiped from the planet.

Much of what we know about these awesome animals and the land they ruled comes from fossil discoveries. One set of rocks, the Hell Creek Formation. This layer of rocks covers parts of Montana, North Dakota, South Dakota and Wyoming. It is called the Lance Formation in Wyoming.)

In November 2014, the Smithsonian's National Museum of Natural History in Washington, D.C., opened a new exhibit, "The Last



art by Mary Parash, courtesy Smithsonian National Museum of Natural History

In the background, an Edmontosaurus (ed-MON-toh-SAW-rus) travels through a swamp in the Hell Creek Formation area 66 million years ago. The Edmontosaurus was probably a herd animal. It bit off plants with its bill and used its hundreds of teeth to grind the vegetable matter.

In the foreground, an Acheroraptor (AK-er-oh-RAP-tur) hunts for prey. The Acheroraptor was closely related to the Velociraptor in Asia. It grew up to 10 feet long.

A Pterosaur (TER-uh-sore), a reptile cousin of the dinosaurs, flies above.

Famous Hell Creek Dinosaurs

American Dinosaurs: Discovering a Lost World. To learn more about this amazing world of dinosaurs, The Mini Page talked with the lead curator* of the exhibit.

*A curator builds, cares for and studies collections.

Triceratops

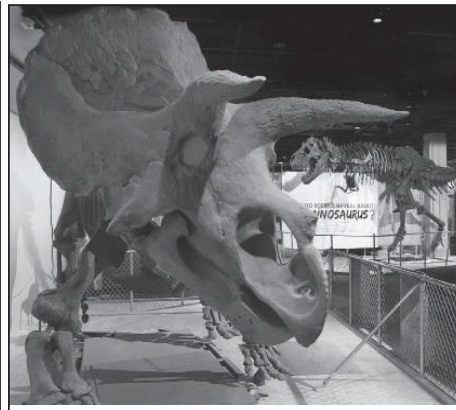
Triceratops were huge plant-eating dinosaurs. They grew to 30 feet long and weighed between 13,000 and 20,000 pounds. By comparison, the biggest land animal living today, the African elephant, can weigh up to 15,000 pounds.

Compared to a mammal, Triceratops had a small brain in its big head. It was probably as smart as a crocodile.

Decorative, deadly dinos

Triceratops were members of a family of plant-eating dinosaurs with horns, frills or knobs. Some had spikes or horns along the edges of their frills, which may have been brightly colored.

Some had horns above their eyes, and others had a nose horn. The horns and frills probably helped attract mates and scare off enemies. They also used horns in fighting.



Two gigantic dinosaur skeletons loom over the National Museum of Natural History's new exhibit, "The Last American Dinosaurs: Discovering a Lost World." A Triceratops skeleton is in the foreground. A T. rex is in the background.

This exhibit will stay on view until 2019, when the museum's updated dinosaur and fossil hall is scheduled to open.

Tyrannosaurus rex

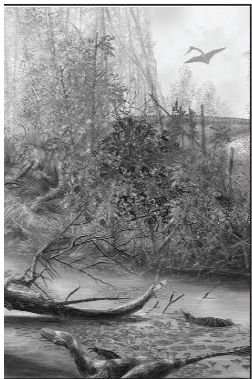
The T. rex grew to 40 feet long, stood about 13 feet tall at its hip and weighed 15,500 pounds. It was one of the largest predators, or animals that hunted other animals, ever to live on land.

The T. rex had little arms with big claws. Its arms were so short that they couldn't even reach its mouth.

You vs. a T. rex

Have you ever wondered if you could outrun a T. rex? Experts believe it would have been able to run up to 25 miles per hour, but an average human sprinter can run only about 12 miles per hour. Uh-oh!

The T. rex had powerful hind legs. It may have used its little arms for holding down prey.



credit: arby Mary Parash, courtesy Smithsonian National Museum of Natural History

At the top of the art, Anzu (the pink dinosaurs) roam through the wetlands, while an Avisaurus glides above the water (center right).

Last Remaining Dinosaurs

A new discovery

In 2014, fossil hunters discovered a new type of dinosaur, Anzu wyliei (AN-zu WI-lee-eye). Scientists built a skeleton of it from three partial skeletons.

They named it Anzu after a mythological feathered monster. Because it was discovered in the Hell Creek Formation, they nicknamed it the "chicken from hell."

Anzu wyliei was a member of the Oviraptor (oh-vih-RAP-tor) family, a group of bird-like dinosaurs. It lived at the time of T. rex and Triceratops.

Living dinosaurs

Birds are avian (AY-vee-uhn) dinosaurs. Non-avian dinosaurs were all other dinosaurs. "Avian" means birds or something to do with birds.

Birds are the descendants of small, non-flying dinosaurs called theropods. One of the best-known theropods was Velociraptor.



art courtesy NASA

When the asteroid impact led to the extinction of all non-avian dinosaurs, it opened the way for our mammal ancestors to thrive.



art by Mark Klingler, Courtesy Museum of Natural History

Anzu had a long tail and a large crest on top of its head. Its front limbs had long, sharp claws. It did not have teeth, but cut its food with its powerful jaws. It probably ate plants, animals and eggs. It weighed about 500 pounds and was about 11 feet long from beak to tail and about 5 feet tall at the hip.

Gone in an instant

Sixty-six million years ago, a giant asteroid slammed into Earth near what is now Mexico. Within a few years, all dinosaurs except birds had died.

Within seconds after the impact, showers of melted rock shot into the air. Tsunamis sped across the oceans and firestorms swept through the land. Dust and bits of matter hung in the atmosphere for months, blocking out the sunlight and cooling the planet. Acid rain fell over the Earth.

Ecosystems all over the world were destroyed. Besides the dinosaurs, the asteroid helped wipe out about three-fourths of all plant and animal species on Earth. Other hazards, such as giant volcanoes, added to the destruction.

Plant-eating dinosaurs starved, and their deaths were the last blow to the giant meat-eating dinosaurs.

The sixth mass extinction

Our planet has already faced five mass extinctions. The last one killed off the dinosaurs. Experts believe we are now in a sixth mass extinction. While earlier extinctions have been caused by nature, experts say this one is being caused by humans.

Human actions are harming the environment, destroying habitats and killing huge numbers of animals and plants. Experts say more than 40 percent of all amphibians, one-quarter of all mammals and more than one-tenth of all birds are threatened. Species are becoming extinct at much faster rates than normal.



TM

Dinosaurs

from The Mini Page © 2015 Universal Uclick

Basset Brown's
Try 'n' Find

A	H	A	E	S	S	U	O	E	C	A	T	E	R	C
N	N	O	C	F	X	A	C	I	R	E	M	A	T	D
O	P	Z	R	L	E	L	I	S	S	O	F	B	H	I
R	R	R	U	N	A	D	G	I	A	N	T	I	E	N
T	K	E	E	X	S	W	S	R	A	E	Y	R	R	O
H	L	M	X	Y	N	O	I	L	L	I	M	D	O	S
S	P	O	T	A	R	E	C	I	R	T	M	S	P	A
S	U	R	U	A	S	O	N	N	A	R	Y	T	O	U
S	U	R	U	A	S	O	T	N	O	M	D	E	D	R

Words that remind us of dinosaurs are hidden in the block above. Some words are hidden backward or diagonally. See if you can find: AMERICA, ANZU, BIRDS, CLAW, CRETACEOUS, DINOSAUR, EDMONTOSAURUS, FED, FOSSIL, GIANT, HORNS, MILLION, NORTH, PREY, REX, SEA, THEROPOD, TRICERATOPS, TYRANNOSAURUS, YEARS.

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Ready Resources



The Mini Page provides ideas for websites, books or other resources that will help you learn more about this week's topics.

On the Web:

- mnh.si.edu/fossil-hall/last-american-dinosaurs
- bit.ly/1vZosD0
- pbs.org/wgbh/nova/nature/t-rex.html

At the library:

- "National Geographic Kids Everything Dinosaurs" by Blake Hoena
- "Dinosaur!" by DK Publishing

The Mini Page thanks Hans Dieter-Sues, curator, vertebrate paleontology, Smithsonian National Museum of Natural History, Washington, D.C., for help with this issue.

The Mini Page Staff

Betty Debnam - Founding Editor and Editor at Large
Lisa Tarry - Managing Editor
Lucy Lien - Associate Editor
Wendy Daley - Artist

Should You Consider Holistic Planning?

By Dominic Lucente, CFP®

If you read money and investment magazines regularly, you probably have noticed the term “Holistic Planning” popping up more and more. Holistic planning sits at the intersection of financial planning, life planning and business planning, with practitioners building deep relationships that focus on investment, insurance, retirement, taxation, estate, and business planning. A financial planner that focuses on holistic planning often integrates with a team of trusted professionals such as a CPA, an Estate Planning Attorney, a Business Attorney, and an Insurance Broker. The planner’s goal is to know and understand the client’s dreams and goals better than any other financial professional, functioning as the “quarterback” for the client’s team of professionals.

The Holistic Planning Process

The holistic planning relationship begins with clearly defining the client’s goals, intentions, values, and passions. Many questions that trouble clients are organized, answered, and the path to move forward is clearly defined. Will I be able to do what I want in retirement? What is the legacy that I am leaving for my family? Is my wealth sufficiently protected? Am I taking too much risk? Do I have a good succession plan for my business? Answering all the questions that are important to each individual client is a huge benefit that may be done with the help of a Holistic Planner. Clients that complete the planning process should have a solid under-

standing on how best to pursue their financial goals, dreams, and desires.

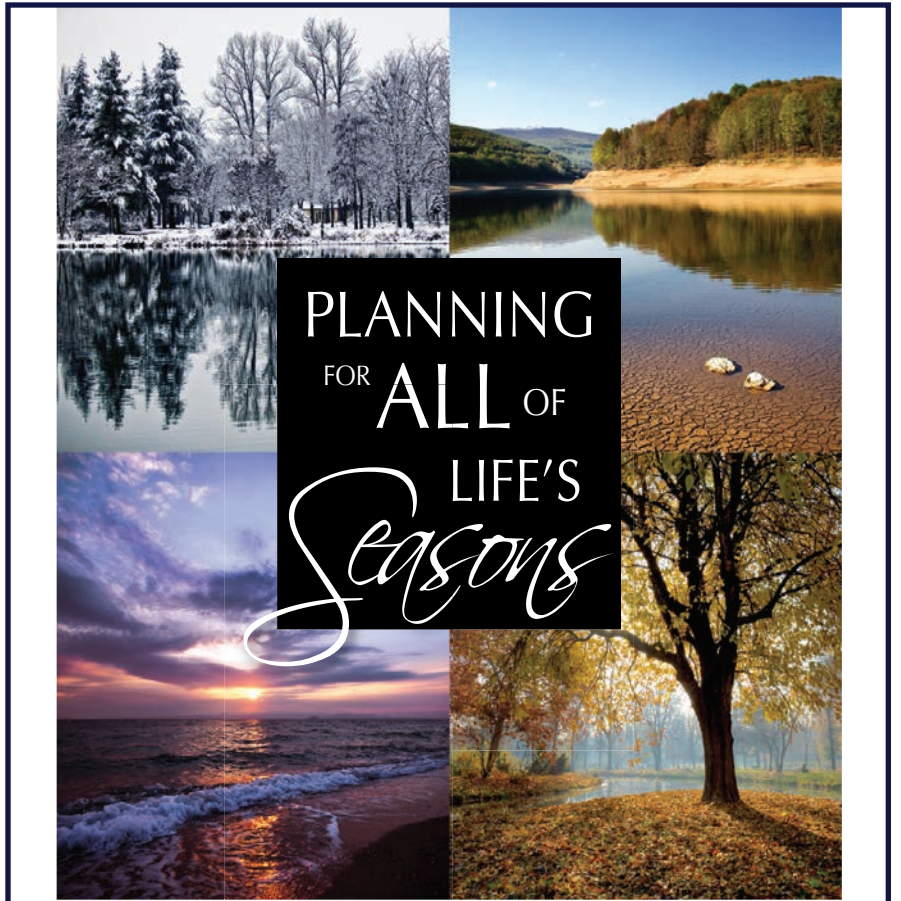
Why Holistic Planning?

The benefits of holistic planning are numerous. Would you like an insurance portfolio that protects you, your loved ones and your assets, including your business? Think of the satisfaction and peace that you would have if your financial goals, for you and your family, are achieved in your lifetime. The security of putting together a plan designed to preserve your wealth and your lifestyle can give you confidence that you have done everything you could to take care of the one you love.

Working with the Right Planner

The final result of a holistic planning process with a financial planner can be very rewarding but it does take time, effort, and trust to create. As you begin your search for a financial planner it is important to find someone that you are comfortable working with. After all, you will be sharing the unique passions of both your personal and financial life. The process should feel easy and relaxed as the planner is getting to know what makes you tick. Trust is of the utmost importance and you should feel confident that the planner you work with always has your best interests in mind. It also helps to find a planner that is properly qualified. The CERTIFIED FINANCIAL PLANNER™ Professional is a good designation to look for. If your personal life does not mesh at all with your financial or business life and you feel like you need financial direction consider the holistic planning process.

Securities offered through LPL Financial, member FINRA/SIPC.



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<p>T-BALL FOR PRESCHOOL</p> <p>Thursdays, May 7, 14, 21, 28, June 4 (make-up June 11)</p> <p>Fridays, May 8, 15, 22, 29, June 5 (make-up June 12)</p> <p>6-YEAR OLD T-BALL</p> <p>Program will have practices Wednesdays or Thursdays beginning May 6 & 7 through June 3 & 4. Games on Fridays, TBD beginning May 8 through June 5</p> <p>Contact Coach Beaudette at bowlaura07@hotmail.com</p>	<p>CO-ED VOLLEYBALL</p> <p>Day: Wednesdays</p> <p>Time: 8:00 – 10:00 pm</p> <p>Ages: 16 years or older</p> <p>Location: Bow Elementary School</p> <p>Competitive adult co-ed volleyball, previous volleyball experience highly recommended. Pick-up games, with teams formed based on who show up. We will not play during school holidays, vacations, or when the gym is closed.</p> <p>Contact Pete Mitchell at volleyball@mitchellnh.com</p>	<p>EVENING PICK-UP CO-ED BASKETBALL</p> <p>Day: Mondays & Wednesdays</p> <p>Time: 7:30 pm – 9:30 pm</p> <p>Ages: Adults</p> <p>Location: Bow Memorial School</p> <p>These pick-up co-ed basketball programs will run on-going throughout the school year; however, we will not play during school holidays, vacations, or when the gym is closed.</p> <p>Contact Richard Knight at 566-9560</p>	<p>MORNING CO-ED BASKETBALL</p> <p>Day: Wednesdays & Fridays</p> <p>Time: 5:45 am – 7:00 am</p> <p>Ages: Adults, must be out of high school. Location: Bow-High School</p> <p>Contact: Jack Dianis at 226-6547 or jdianis@comcast.net</p>
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TRAVEL WITH THE TIMES



Debra Douglas of Bow reads *The Bow Times* in Cabbage Key, Florida. Send us your photo with the *Times* as you travel and we will run it as space permits.

THE BOW TIMES SALUTES OUR HONOR ROLL STUDENTS

MEMORIAL SCHOOL HONOR ROLL

The following students earned honors for the second quarter:

Grade 8 High Honors: Samuel Berube, Brianna Boone, Daniel Breault, Cassandra Cafasso, Dillon Cate, Emma Conley, Kirpal Demian, Luca Demian, Isabelle Dolcino, Samantha Eastman, Callahan Field, James Jensen, Emily Katz, Natalie Kay, Thomas MacEachron, Brenna Novakoski, Hunter Remick, Jonathan Routhier, Faith Walmsley, Jack Wixson

Grade 8 Honors: Eve Anderson, Katelyn Bara, Connor Blandini, Ethan Callihan, Jacob Carter, Sarah Ciotti, Caitlin Craven, Nathan Demers, Matthew Driscoll, Maxwell Elsasser, Corey Gott, Jason Howe, Elisabeth Hunter, Zoe Jukoski, Julia Landcastle, Jordyn LeCompte, Jamie MacEachron, Amanda Marshall, Kayleigh Marshall, Grace Maurer, Alistair Mayo, Zachary Mullen, Miah Munro, Serena Munro, Kylie Murphy, Olivia Murray, Neeraj Naik, Jacob Needleman, Lindsey Nelson, Caleb Olson, Elizabeth Parker, Chiara Petretta, Julia Pingree, Matthew Place, Andrew Ralston, Kendra Roux, Daniel Silva, Jessica St.. George, Savannah Twombly, Charlotte Ulrich, Jake Valpey, London Warburton

Grade 7 High Honors: Paige Allaben, Madison Amann, Emily Barker, Sebastian Beau- lieu, Andrew Berube, Aaron Burkett, Taylor Burnham, Jonathan Cook, Katharine Cross, Liam Dennehy, Juliette Doucet, MaKenna Dougherty, Connor Gagan, Connor Griffin, Steven Guerrette, Alyssa Harpring, Evelyn Hatem, Eric Hodgkins, Grace Jordan, Hai- ley Kaliscik, Annaliese Kaufman, Maximillian Keef, Molly Kernen, Nicholas Kiah, Riley King, Meredith Krause, Megan Lavigne, Madeline Lessard, Glenn Lewis, Madison Mc- Sweeney, Madison Paul, Delaney Provost, Brian Rescino, Sarah Sardella, Joseph Savell, Austin Scarinza, Pernilla Shaw, Madeline Soucy, Skylar Star, Jana Stich, Ruby Towne, Maxwell Udelson, Parker VanHam, Emma Wilke

Grade 7 Honors: Cody Bean, Rebecca Bernard, Lindsay Burnham, Brian Carter, Angelica Cericola, Sage Chapman, Megan DesRuisseaux, Riley Elliott, Courtney Evans, Mat- thew Ferland, Hunter Fortier, Matthew Hamilton, Benjamin Harris, Emma Hilton, Julia Hittle, Nathaniel Hood, Gwendolyn Kelley, Samantha Kernen, Taylor Lawrence, Colin Lessard, Paige Margenau, London Mills, Madison Morris, Jonathan Muise, Gabriel Neff, Emily Pascetta, Montana Pouliot, Natalia Rivera, Jillian Roberts, Thomas Rolla, Isabelle Slocum, Jake Spaulding, William Stadelmann, Max Tanner, Shaelyn Tassi, Tessa Thomas, Madison Tibbetts, Kathryn Watt, Sara White, William Zachistal

STUDENT WRITER'S CORNER

Violence in High Schools?

By Felicia Robinson

Recently Bow High School took part in a research study made by UNH students. Their study is to spread word to people about personal violence, sexual assault, and violence within a relationship among adolescents and young adults. The researchers have the students take surveys to see if there is any percentage of violence in Bow High, and how many people will actually try to prevent it. They want the students to understand the risk of intervening in an abusive relationship, to know that it's ok to leave an abusive relationship, and they want to see the student's reactions to a topic so personal.

The UNH researchers will take answers from surveys and try to find ways to prevent abusive relationships to one's self, and encourage others to stop the abuse from happening or recurring. So far, Bow High students have taken two surveys. The questions were similar on both of the surveys, except for the last page of questions. They asked additional questions asking what an individual could do to prevent personal or relationship abuse. They even asked what causes these things to happen.

These questions were a good way to give UNH students ideas of how to prevent relationship abuse themselves. Hopefully these surveys will help contribute to stopping personal or relationship abuse. You can help by spreading the word that hurting yourself or others is wrong. People can make the least amount of change, but in the end, a little could help change the world.

Felicia Robinson is a 9th grade student at Bow High School.



We highly encourage students to submit articles they have written.

BOW HIGH SCHOOL HONOR ROLL

The following students earned honors for the second quarter:

Grade 12 High Honors: Sarah Bailey, Brianna Belair, Caroline Bibbo, Jonathan Chern, Mackenzie Evans, Collette Gould, Casey Iasillo, Tucker Johnson, Sarah Lane, Lily Mooney, Hunter Murray, Lillian Naimie, Lauren Scarpetti, John Sheffer, Emma Stewart, Sean Stewart

Grade 12 Honors: Brienna Achorn, Olivia Afshar, David Anderson-Nelson, Nicholas Benoit, Emily Bernard, Lily Blau, Leeanna Cmar, Tyler Cole, Janna Corsetti, Alexandra DesRuisseaux, Laura Dickey, Mikaela Dowd, Jeremy Duhamel, Kristen Duval, Jordan Dydo, Matthew Ehrenberg, Zachary Erickson, Sean Fraser, Haleigh Garrett, Anna Greenwood, Aidan Irish, Tucker Johnson, William Kelso, Sean Killion, John Knepper, Dylan LaBranche, Bradley Lavigne, Samantha Lulka, Michael McCarthy, Anna Morrison, Taylor Morrison, Madison Palisi, Stephen Panella, Haley Parker, Kathleen Perry, Maegan Raboin, Audrey Reed, Anthony Roberts, Rebecca Rotman, Logan Sanborn, Nicole Sardella, Andrew Schwartz, Charles Smith, Alec Telifson, Jordan Vachon, Alexander Woody, Ian Zaczyk

Grade 11 High Honors: Margaret Jensen, Hadley Johnson, Kaitlynn Leary, Owen Molind, Michelle Neal, James Petzold, Samrawit Silva, Kaythi Tu, Dylan Wheeler, Sarah Zecha

Grade 11 Honors: Dalton Allaben, Madison Beauchain, Jeffrey Bell, Shannon Benson, Madeleine Cheney, Madison Constant, Julia Currier, Anthony Dal Pos, Jillian DeLand, Maria Forrest, Ian Gillespie, John Graham, Brianna Heckadon, Nicole Hodgkins, Alexander Hoeker, Ryan Jaworski, Brooke Johnson, Caitlyn Keenan, Samantha MacEachron, Michael Malette, Justin McCully, Ryan Murray, Claire Murray, Benjamin Pinski, Benjamin Segal, Aditya Shah, Hayden Udelson, Naina Vig, Evan Vulgamore, Allison Wilber, Shane Wunderli, Laura Zbehlik

Grade 10 High Honors: Kailey Andrew, Sara Anoli, Austin Beaudette, Duke Biehl, Carmen Celenza, Lucas Cohen, Sohani Demian, Mason Elle-Gelernter, Elinorah Finkelson, Andrea Fortin, Riley Hicks, Nandita Kasireddy, Conner Lorenz, Hallie Lothrop, Joseph Lulka, Jon Merchan, Emily Montebianchi, Claire Mulvaney, Samuel Neff, Bryce Northrop, Jack Olson, Brandon Parker, Samantha Perry, Elizabeth Pizzi, John Rich, Timothy Underhill, Isabella Urbina, Sadie Warburton, Brendan Winch, Elysia Woody

Grade 10 Honors: Evan Alfano, Allison Arcand, Kristen Benson, Sullivan Blair, Pavel Burke, Gianna Celenza, Douglas Champagne, Robert Ciotti, Lauren Craven, Cameron Desfosses, Collin Devaney, Sebastian Grasso, William Holmes, Abigail Horner, Paige Johnson, Zachary Jukoski, Rebecca Katz, Alexandria Klug, Aidan Koornneef, Olivia Krause, Megan Marshall, Leah Mitnitsky, Andrew Nicholls, Colin Plumb, Jared Reynolds, Henry Tanner, Jack Vachon, Riley Whelan

Grade 9 High Honors: Claire Aurilio, Allison Beaudette, Brayden Binder, Erin Baldwin, Mark Borak, Susannah Budd, Abigail Coe, Lea Crompton, Sonya DeLorie, Haley Fleury, Julianna Hager, Dillon Hicks, Laura Hoeker, Kathleen Jenkins, Grant Johnson, Gabriella Kelly, Alison Lambert, Gillian Martin, Katherine McCully, Christian McDonald, Joseph Milano, Gwen Molind, Shannon Murray, Patricia Nordin, Valerie Pascetta, Lina Patel, Nicole Perry, Emma Roberge, John Rolla, Samuel Selleck, Brianna White, Mikaela Zabielski

Grade 9 Honors: George Anderson, William Angarella, Kathleen Begley, Daniel Belair, Alicia Bernardi, Christopher Besho, Dominique Biron, Brian Bushnell, Jack Corriveau, Patrick Danahy, Mats Dartnell, Danielle DesRuisseaux, James Drew, Nicole Epstein, Jennifer Ess, Nolan Filteau, Shannon Ford, Brendan Fournier, Benjamin Guertin, Jonathan Guimond, Elizabeth Gunn, Julia Hollinger, Cole Johnson, David Joslin, Coleton Labonville, Gillian Ladd, Justin Leach, Rebecca Lessard, Molly Litt, Sarah Martin, Kyle Mason, Caleb Mercier, Sydney Mills, Nathan Murphy, Alex Nagy, Anneliese Oxaal, Diana Pollock, Justin Porath, Juliet Reed, Christian Robison, William Russo, Amanda Sampo, Delaney Sawyer, Matthew Scanlon, Jonathan Scott, Savannah Speckman, Cyndee Szumierz, John Telifson, Nathan Thibodaux, Jordyn True, Zachary Udelson, Samuel Valas

Bow Youth Center Summer Program

Summer Camp Rates (open 7 a.m. to 5:45 p.m.) Registration Due by May 1st
Ages 4 to entering 4th grade:

Five Day Week	\$30 per day
Four Day Week	\$32 per day
Three Day Week	\$34 per day
Two Day Week	\$34 per day
One Day Week	\$36 per day

Entering 5th grade & older

One to Five Days	\$25 per day
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Grades 3 & older attend Field Trips on Mon/Wed/Fri

Bow Youth Center, 21 Bow Center Road, Bow, NH 03304

Located across from Bow Elementary/Memorial School

For More Info: website: www.bowyouthcenter.com

Or call 603/856-7245

BOY SCOUT TROOP 75

By Scoutmaster Andrew Richardson

With 48 active boys, scouting is alive and well in Bow, NH! Troop 75 had another banner year in 2014. The Troop is led by Art Aznive as Senior Patrol Leader, Andy Saffian and Jack Olson as the Assistant Senior Patrol Leaders, Andrew Nicholls as Quartermaster, Mark Landille as Scribe, and Parker Richardson, Alex Saffian, Sawyer Duhaime and Duke Biehl as Patrol Leaders. We have grown so much in size the last seven years, we had to add another patrol in 2014.

The scouts earned many merit badges and rank advancements from Tenderfoot to Life. We are pleased to report that Evan Judd, Mark Langille and Luke Anderson received the rank of Eagle. Several other scouts are planning Eagle projects and are close to their final Board of Review. The Troop has many other Scouts currently with the maturity and prerequisites to start their Eagle projects.

Boy Scouting produces great young men and great citizens. We are very proud of two of our recent Eagles. One graduated from Georgetown and is now interning for the US Department of State and the other was just hired as a full-time professional firefighter. We have former scouts at MIT, UNH, St. Anselm, in the US Military, and doing many other great things. This is what Scouting can do for you!

This year's "Scouting for Food"

campaign was another huge success. For the first time ever the Troop covered Dunbarton as well, adding a ton of work for us but bringing in more food to help both towns. With considerable support from both the Bow and Dunbarton Selectmen, the Troop once again camped out all weekend right in the center of our town. We hung a big "Scouting for Food" banner and collected food throughout the entire weekend. We had many vehicles stop to drop off additional food due to our high visibility. We collected just under 9,000 items of food that went directly to the Bow Food Pantry, the Dunbarton Food Pantry and to the Concord Armory where it was then distributed right back to the surrounding area.

The citizens of Bow and Dunbarton did a lot to help their neighbors in a time of need, and we thank you for it. We realize we sometimes miss bags at homes and we thank you for bringing them down to us. We are by far the largest contributor to Scouting for Food in the area.

We wanted to do something special this year, so we organized an impromptu parade from the town center to the Concord Armory. Thanks to Craig Ott and Scott Morrow for bringing down two awesome Army trucks, to Bow Police and Fire for providing an escort to the town line, and Bow Schools for providing a bus!

In May Troop 75 held its annual Scout Yard Sale. The yard sale was formed in the early 1980's as a service project to the town, specifically for the fire department. It has been used since then to help families in Bow to clear out unwanted items from their homes to prevent firefighters from being obstructed in the event of a fire or another emergency. The Scouts spend weeks assisting hundreds of homes each year for free. After collecting all of these items, the yard sale provides the ability to reuse as much as possible.

Many of these items were destined for the garbage but reuse of the items is the purest form of recycling, and we are pleased to prevent as much of these items as possible from entering the waste stream. After the yard sale is finished, we donate several truck and trailer loads of supplies to local charities. We also recycle many of the left over raw materials after the sale is finished. The Scout Yard Sale is quite a community event so please come next year. Thanks to Brandi Richardson for leading such a huge service project for the town.

The Scouts participated all year in several community service activities such as placing flags at veteran graves on Memorial Day, helping the Recreation Department during the Christmas Tree Lighting, helping at the Bow Winterfest, assisting Bow Open

Spaces in cleaning up dumpsites in the woods and the Bow Men's Club during their annual Roadside Pickup in the Spring.

The Scouts attended summer camp at Hidden Valley in Gilmanton Iron Works, NH. Everyone had a good time participating in activities such as swimming, boating, rock climbing, team building, blacksmithing, cooking and camping to name just a few.

The Troop finished a major project that's been underway the last few years, "The Eagle Trail." It is a brand new trail that goes from Dunbarton Center Road at the Hammond Nature Preserve all the way through the entire property and then all the way through the Walker Town Forest ending at Branch Londonderry Turnpike.

If any boys from the age of 11 to 17 are interested in joining the challenging and exciting world of Scouting or any adults are interested in assisting, we meet at the Bow Community Center every Tuesday night from 7:00 to 8:45 PM.

For more information about the Troop contact:

Scoutmaster
Andrew Richardson at

738-0372

adrichardson@gmail.com

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HISTORIC BOW CENTER

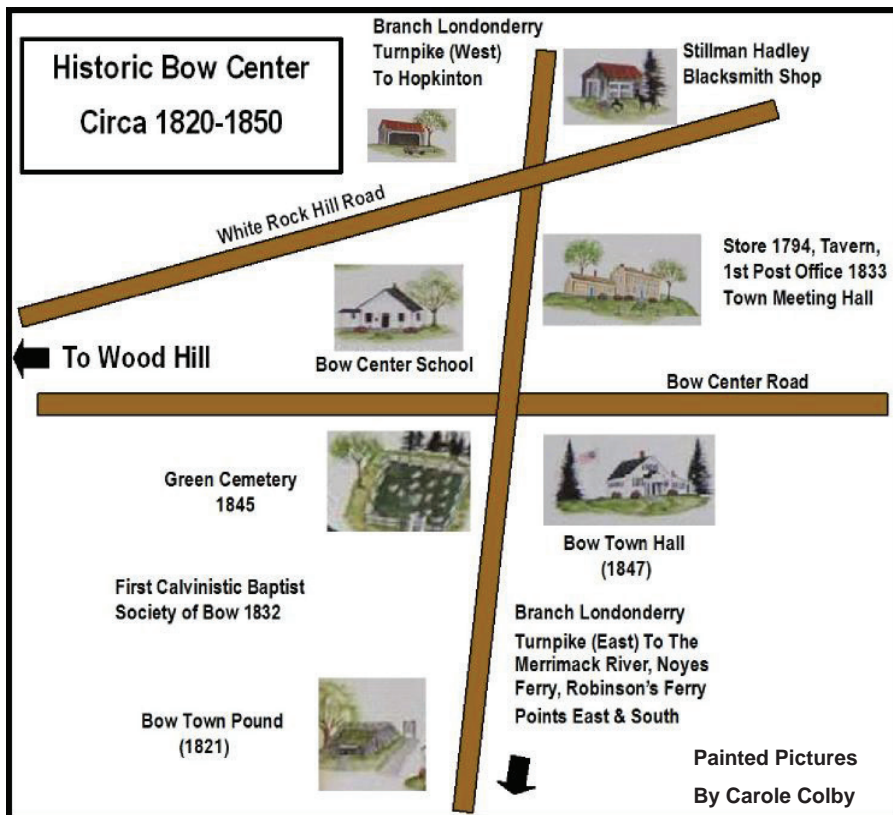
Bow, New Hampshire

Incorporated in 1727, Bow had very few settler families actually living within its bounds. Most of the properties in Bow were owned by families living in the seacoast towns of Portsmouth, Dover, Stratham etc. An 1816 map by Philip Carrigan depicts the boundaries of Bow. There are but a few roads shown on this map. These roads are the Bow Center Road and the Londonderry Turnpike (circa) 1804 (Today known as NH. Rt.3-A). This route traveled along the Merrimack River from Butters Corner in Concord, Southeasterly from Concord, and on into Bow, Chester, Manchester, Londonderry, Derry, Windham and Salem to the Massachusetts line. This road was indeed **Bow's first Turnpike** and toll road. Travelers on foot driving cattle, hogs, wagoneers hauling freight from Boston to Concord and Westerly to Hopkinton took the Londonderry Turnpike from Hooksett Falls Northerly to Concord, then Westerly to Hopkinton and beyond. The Branch Londonderry Turnpike



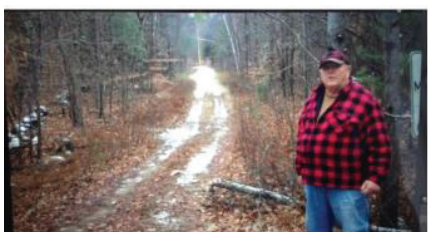
was built between 1812 and 1818.

West bound travelers heading North of the Isle at Hooksett Falls could now travel Westerly from Dunbarton at the Merrimack River, cross over the Londonderry Turnpike onto the Branch Londonderry Turnpike and head for Hopkinton and points West of there, thus saving fifteen miles and the wear and tear on the animals. Some of the early Bow settlers who were business minded established the Bow Town Pound, Tavern, Blacksmith Shop and other businesses that made up Bow Center. Local government established the Town Hall and Post Office. The Noyes Ferry on Johnson Rd. and Robinson's Ferry fed traffic from across the Merrimack River to the Branch Londonderry Turnpike. **These two turnpikes were the crossroads of commerce in Bow.**



The Drawing above depicts some of the Historic Sites that can be seen today at the:

Historic Corner. While some of these buildings were in fact on location at the time this part of Bow was emerging as a crossroads of commerce, the Old One Room Schoolhouse was moved to that location in 1924. The snow-roller, gristmill wheel, and watering



trough within the last ten years. The Blacksmith shop and horse barns are gone.

The Branch Londonderry Turnpike is a valuable part of Bow's History as it led to the development of Bow Center as stated on the map: Town of Bow 1858 as drawn by Henry F. Walling being part of Merrimack County. A copy of Walling's map can be viewed on page 531 in David Bundy's book 100 Acres More or Less The History of Bow, New Hampshire.

Preserve our History

Gary D. Nysten

Bow Teams Score High in Creativity

By Monica Swenson, BES DI Coordinator and
Lisa Cohen, DI Parent

Fun and hard work, two phrases that rarely go together, unless you're talking about **Destination Imagination**. Since 1982, DI programming has helped communities foster the next generation of innovators and leaders.

Each October, students, staff, parents and volunteers from around the world come together to hear what the current year's DI challenges are going to be. Students choose from one of six categories: technical, scientific, fine arts, structural, service learning, and improvisation. There's even a non-competitive early learning challenge for students in 2nd grade or lower called Rising Stars. Teams are made up of three to seven students based on grade levels (3-5, 6-8, 9-12, or university) under the guidance of at least one wonderful parent volunteer willing to mentor them without interfering.

In November, they begin to work on a solution for their challenge. Students must research their topic, write a skit, create costumes and sets, and solve the central challenge, all without any adult interference. The teams work from November to March fine-tuning their solution, acquiring new skills based on the needs of their challenge, and learning to work well as a team. During the competition stage, each team is scored on creativity, collaboration and effectiveness.

Instant Challenges are another component of Destination Imagination in which team members must think under pressure by applying appropriate skills to produce a solution to an Instant Challenge in a period of just 5 to 8 minutes.

This year, ten teams from the three Bow schools attended the Regional Tournament in Nashua on March 7th, including two Rising Stars teams made up of 1st and 2nd graders. At Regionals, one of our Rising Stars teams

took home a Renaissance Award for their creative costumes and set.

Six of our Bow teams earned the right to move on to the March 27th DI New Hampshire State Finals Tournament which was held at Winnacunnet High School in Hampton. Two of our Bow teams, one Elementary Level and one Middle Level came in 3rd place in the Structural Challenge: Lose to Win, while one of our Bow Extracurricular Enrichment Program teams came in 2nd for their solution in the Scientific Challenge: Making Waves. The B.E.E.P. team will look for even more success with their solution at Global Finals, the world's largest celebration of creativity, in May at the University of Tennessee in Knoxville. Bow DI participants are among over 200,000 students from 30 countries that participate in the program each year.

We had a very successful and fun DI season at Bow Schools. All of our Destination Imagination teams made us proud with their enthusiasm and effort! We are already looking forward to next season!

For more information about Destination Imagination, check out the NH-DI website at www.nh-di.org or contact one of our invaluable DI Coordinators.

FISHING DERBY

The Cub Scouts will be hosting their annual fishing derby for children 12 years and under.

May 9th

8:00 a.m. - 12:00 p.m.

Bow Community Town Pond

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By Anthony Foote

Even though the accumulating snow didn't fly until late January this season we had one of the best years in recent history! It's been years since we've had cold temps and Champaign snow like this season and this year the Bow Pioneers took advantage of every inch! Some of you folks may not know it but the snowmobile season doesn't start after we have eight inches of snow on the ground but it actually runs year round with things such as monthly Club and Trail Committee meetings, club events like the Mum sale, the fall swap meet, annual land owner's dinner and weekend trail work.



Over the past year the Trail committee volunteers worked, usually one Saturday morning each weekend clearing downed trees, removing annual brush growth and creating new trails for residents to enjoy year round. This year's projects included trail work with Boy Scout Troop 75 establishing an amazing trail and three new bridges to the Hammond Field off of Dunbarton Center Road, access to the famous Bow Mobil and Chen Yang Li Restaurant, plans for future access to the south bound I-93 rest area, widening the Logging Hill Loop, and a reroute to the Dunbarton Country Store so we can access the trail system with our larger grooming equipment.



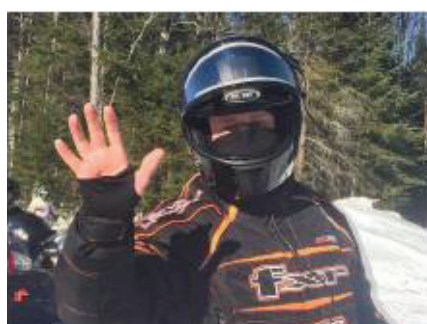
Hundreds of volunteer hours went into these projects to increase access and riding in the Bow woods. Some of you may not realize it but the Trails Committee would greatly appreciate your support on these projects. If you are interested contact Dan Weed, the Trail Master, at weed-family@comcast.net or text him at 848-3188 for information on

upcoming projects because your help will be invaluable!!

With all of the snow came some sticky situations and mutual support operations such as the rescue mission the club performed for the Boscawen Town Line Trail Dusters. One of their groomers became mired in over five feet of drifted snow on the Buzzwell Corner Road's long hill to Diamond Hill Farm. Two of our veteran groomers got the call, late one Friday night, and headed out early Saturday morning for the two hour drive from Bow to Buzzwell Corner Road to help. After 3 hours of digging, plowing and charging the old rig's batteries they were able to get the Massey Ferguson started and pull their groomer out with the club's work horse, the Mighty Tucker. A credit to our Club Volunteers who embraced the long standing New Hampshire tradition of helping friends and/or neighbors in need!

With such great conditions the Pioneers were able to organize a few local rides to places like 'Tookies' Dimitri's Pizza and Alan's Restaurant in Boscawen. Three of the Groomer operators and friends took full advantage of the amazing conditions and made the once in a NH lifetime ride from Bow to Colebrook and Pittsburg NH. Their trip took them over 220 miles of table top flat NH snowmobile trails over many of the frozen lakes, and through towns and snow covered scenic NH notches, over twelve hours of NH explored and enjoyed!

This year we met many new faces on the local trails, some on snowshoes, some cross country skiing, some even venturing out on their new fat tire mountain bikes. As a volunteer in the club it's a pleasure to see so many town folks out enjoying the hard work the Bow Pioneers put in over the year to make this happen! We are always looking for new members to join our Pioneering Family. We look forward to seeing you over the upcoming year at all of our Club Events!



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May 9th

9:00 a.m. - 12:00 p.m.

Bow Community Center

Open House
April 19, 2015
9 AM-3 PM

Robie's
Country Store
9 Riverside St.
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Serving Luncheon
Specials
Steamed Hot Dogs
Mrs. Robie's Baked Beans
Famous Cheese Wheel
Lasagna
Other Goodies

PHASE 1 OF BAKER FREE LIBRARY LOWER LEVEL RENOVATION PROJECT HAS STARTED!



By Lori Fisher

The Library Trustees are pleased to announce that the Library's Lower Level Renovation project began on 3/26/15 with Phase 1 of a two-phase renovation plan! Phase 1 will focus on addressing accessibility issues (replacing the elevator and bringing the interior stairway up to code), as well as creating the Bow Heritage Room, Small Meeting Room, and two Group Tutoring Rooms. Those areas are part of the old 1967 basement area of the library. Phase 2, which we hope will commence in 2016, will encompass renovating the unfinished basement areas from the 2000 renovation, and include creating the 75-person meeting room, an informal meeting space, a cafe/kitchenette area, and a Friends of the Baker Free Library book sale space. The Library Trustees will be using a combination of allocated Town monies and privately raised funds to pay for Phase 1 of the project.

With the commencement of Phase 1, there are areas of the Library cordoned off to allow for work to be completed. The entrance to the Library will be down to one of the two main doors due to the elevator installation, and partitions will be built to enclose the interior stairway so it can be renovated. All of the construction will be completed by early May, in time for a grand unveiling and reopening of the renovated basement space and the Friends Book Sale on June 19th, at our Summer Reading Kick-off event. Library staff and our construction team from Cobb Hill will do our best to keep disruption during our regular operating hours to a minimum.

Parking in the Library's parking lot will be limited between now and early May due to construction activities. Additional parking is available at the far end of the NH Automobile Dealer's Association parking lot, or in Bovie Screen Printing lots. We have parking agreements in place with both of these businesses, so please try to park in those lots instead

of on Northeast Avenue (due to the semi-truck traffic that uses Northeast Ave. every weekday).

Thank you for your patience during Phase 1 Renovations! If you have any comments or issues surrounding your experience at the Library, please contact Lori Fisher, Library Director, at 224-7113, or by email bfldirector@comcast.net.

Digital Magazines

Digital Magazines are now available through NH Downloadable Books service.

The New Hampshire Downloadable Books Consortium now offers free digital magazines, officially known as "Nook Periodicals," as well as the current collection of eBooks and audiobooks!

For instructions on how to access the service and a list of the 25 magazines currently available, visit the Library's web site:

www.bowbakerfreelibrary.org

and click on the Books-Audio-Digital tab at the top of the home page.

Some things to keep in mind:

A Nook app is required. Users are required to register the app with a Barnes & Noble account (no credit card required).

Compatible devices include iPads, iPhones, iPod Touch, all Android tablets and phones, Windows 8+, Nook HD, Nook HD+, Nook Tablet, and Nook Color.

Users can check out three (3) magazines each week.

After seven (7) days, the magazines are automatically removed from your OverDrive account and you can check out more periodicals. (However, the issues stay on your device and do not expire. You can, however, choose to archive or delete them).

The three (3) magazine checkouts do not count against eBook/audiobook checkout limits.

At this time, only current issues are available for checkout.

Questions? Call the Library at 224-7113 or email bowbakerfreelibrary@comcast.net.

Real Estate Sales in Bow

By Chris Evans, Broker

As some of the snow finally melts and we enter into mud season, people are beginning to come out of hibernation...real estate activity has been very robust! Homes, if properly priced, are starting to sell in just days on the market, often with more than one offer. The housing inventory is at a low so prices should start creeping up. There is talk about interest rate increases coming later this year. With low inter-

est rates and before prices climb, now is a great time for a first time purchase, or to upgrade an existing home.

In Bow in mid March, there were only 37 homes available, down from a recent high of 97 homes available in August 2014. This year though only 18 sales closed, there are 2 pending and 19 contingency sales are already in the pipeline.

7 Abbey Rd..

3489 sq ft colonial, 10 rm, 4 bdrm, 3.5 baths, 4 car attached / 2.07 acres
sold \$367,000 on 2/6/2015

March

36 Brown Hill Rd..

1344 sq ft split entry, 5 rm, 2 bdrm
1 bath, no garage / 1.45 acres
sold \$179,000 on 3/13/2015

518 Clinton St..

3480 sq ft antique, 13 rm, 5 bdrm
2 bath, 2 car attached / 1.10 acres
sold \$225,000 on 3/13/2015

9 Tonga Dr.

2022 sq ft cape, 7 rm, 3 bdrm, 2 bath
no garage / 1.41 acres
sold \$249,900 on 3/24/2015

7 Morgan Dr.

3350 sq ft colonial, 11 rm, 5 bdrm,
2.75+1/2 baths, 8 car attached / 2.61
acres
sold \$599,999 on 3/3/2015

20 Wheeler Rd..

2300 sq ft Colonial, 3 brm, 2.8 acres
sold \$338,900 on 3/31/15

7 Buckingham Dr.

2113 sq ft contemporary
4 bdrm, 2.45 acres
sold \$305,000 on 3/27/15

2 Fiddlehead Circle

1418 sq ft detached condo
2 bdrm, common land
sold \$249,000 on 3/11/15

28 Bela View Dr.

2284 sq ft multilevel
4 bdrm, 1 acre
sold \$240,000 on 3/25/15

January

7 Eastview Drive

1394 sq ft split entry, 7rm 3 bdrm
1.5 bath, 2 car under/ 1.46 acres
sold \$195,000 1/5/2015

2 Ridgewood Drive

2472 sq ft ranch, 8rm, 5 bdrm
2.75 bath, 2 car under/ 1.00 acre
sold \$276,000 on 1/16/2015

14 Meadow Lane

2989 sq ft colonial, 6 rm, 3bdrm
2.5 bath, 2 car attached / 2.25 acres
sold \$329,900 on 1/30/2015

76 Bow Center Rd..

1988 sq ft colonial, 8 rm, 4 bdrm
2.5 baths, 2 car attached / 3.48 acres
sold \$280,000 on 1/16/2015

41 Chandler Circle

2128 sq ft colonial, 8 rm, 3 bdrm
2.5 baths, car garage / 3.47 acres
sold \$335,000 on 1/23/2015

February

30 Allen Rd..

900 sq ft raised ranch, 5 rm, 3 bdrm
1 bath, 1 car detached / 1.4 acres
sold \$162,000 on 2/26/2015

28 Hooksett Turnpike

1144 sq ft ranch, 9 rm, 3 bdrm
1.75 baths, 2 car attached / .89 acres
sold \$212,900 on 2/17/2015

8 West Gate Dr.

3194 sq ft contemporary, 11 rm
3 bdrm, 3.5 baths, 2 car attached / 2.82
acres sold \$220,000 on 2/13/2015

20 South Bow Rd..

2448 sq ft colonial, 8 rm, 4 bdrm, 2.5
+(.5) baths, 2 car attached / 2.44 acres
sold \$335,000 on 2/11/2015

Christopher Evans, a licensed NH Real Estate Broker for over 33 years is a Broker/Associate with Berkshire Hathaway Home Services Verani Realty /Concord Division.

Christopher has resided in Bow for 17 years with his three children.

Questions, comments, complimentary market analysis on your home- call or text 603-759-9777, email chris.evans@verani.com, website www.verani.com/chrisevans.

Data based upon information from Northern New England Real Estate Network, Real-Data &/or Trendgraphix, information deemed reliable but not guaranteed.



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My Table – Your Table

By Debra Barnes

*“Food is love – Share your food
& Share the love”*



My first food column! Each and every month I will share fresh and exciting new ways to look at, cook with and enjoy food...adding a little wine and cheese of course! As the owner, along with my husband Randy, of Wellington's Marketplace in Concord, my passion and love of food is expressed in every aspect of what we serve and sell in our store. So follow me as we explore the glue that brings people together...food.

Spring is here, at least in our minds...and that means “green” veggies will be popping up in our backyard garden here in Bow and in all our local farmers markets. Spring peas and chives soup make a healthy lunch or paired with a ham and cheese strata, an easy weeknight meal. Stratas are great for using up that leftover or stale bread.

My recipe is rich in the flavors of a classic ham and cheese sandwich and will look beautiful on any table. Which wine would I serve? An Italian white wine we discovered last year during one of our wine tastings. Sauvignon Blanc wine comes from the village of Sauvignon, Italy and is made with 95% Garganega grape and 5% Trebbiano grape. Light-bodied and refreshing, slightly acidic, mellow, hints of lemon, white flowers, honeydew melon round out the Sauvignon Blanc. I recommend chilling for at least an hour before serving.

Quote of the Month In the words of one of the greatest contributors to everything food...Julia Child: *“The only real stumbling block is fear of failure. In cooking you’ve got to have a what-the-hell attitude.”*

Spring Pea Soup with Chives & Bacon

6 slices of bacon, cut into ½ -inch pieces (optional)
2 tablespoons unsalted butter
4 medium leeks, white parts only, coarsely chopped
5 cups chicken stock or canned low-sodium broth
4 cups or two 10-ounce packages of frozen baby peas, we like organic
1 small Yukon Gold potato, peeled and finely chopped (baseball size)
Salt and freshly ground white pepper to taste
¼ cup finely chopped fresh chives

Cook the bacon in a small skillet over moderate heat, stirring, until browned and crisp for about 6 minutes. Drain and set aside.

Melt the butter in a large saucepan. Add the leeks and cook over low heat, stirring occasionally, until barely softened for about 5 minutes. Add the chicken stock and potato and bring to a boil over high heat. Cook five minutes. Add peas and cover partially and cook until the vegetables are tender but still bright for about 5 more minutes. Add salt and pepper.

Once the soup has cooled, in a blender, puree the soup in batches until smooth. Season with salt and pepper. Return to the pan; keep warm over low heat.

Ladle the soup into shallow soup bowls, sprinkle with chives and bacon.

TIP: Using a large shallow white bowl really makes this soup pop!

Ham & Cheese Strata

9 x 12 baking dish
8 large eggs
1 ½ cups whole milk
½ teaspoon each salt & pepper (we like sea salt)
4 ½ cups bread cubes – about an inch
12 oz. thick cut ham cut into med. dice (about 2 cups)
14.5 oz. can diced tomatoes, drained well
One bunch or ¼ cup snipped chives – plus 1 tbsp. for sprinkling

For the top – 1 cup of coarsely grated good cheddar – local cheddar from Jasper Hill would be delish!

Preheat the oven to 450°. In a large bowl, whisk the eggs with the milk, salt and pepper. Stir in the bread until evenly moistened, fold in the ham, cheese, diced tomatoes and ¼ cup of the chives.

Butter a 9-by-12 inch baking dish and pour in the strata mixture. Sprinkle the Cheddar cheese on top. Bake for about 20 minutes, until puffed and golden. Let cool slightly, sprinkle with the remaining chives and serve.

TIP: Let the mixture sit for at least 15 minutes to allow the bread to absorb the flavors before baking.



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Debra Barnes lives in Bow, NH. Debra is the Head Chef of Wellington's Marketplace and graduated from the Cambridge School of Culinary Arts in 1994.

SPRING BREAK - APRIL 27 - MAY 1

CLUB ZUMBA FOR TEENS

Bow Community Center

Thursday, April 30

7:30 p.m. - 8:30 p.m.

.....

ARCHERY CLINIC

Bow Community Center

Wednesday, April 29

11:00 a.m. - 12:00 p.m.

Ages 7 to Adult

WHITE ROCK NEWS



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Grades 2-5

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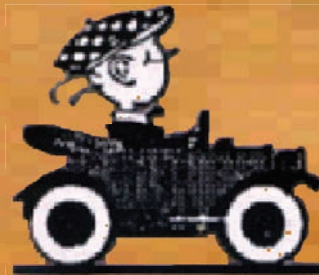
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