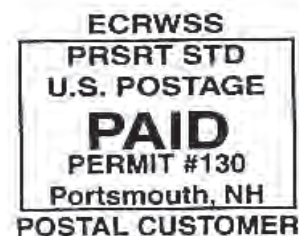




Merry Christmas



AND

HAPPY HOLIDAYS

The Bow Times

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

BOW, NH

ISSUE 10

December 2015

FREE

WARREN PERRY NAMED DEPUTY ADJUTANT GENERAL

The N.H. Army National Guard got a new general on November 13. Bow's Warren Perry was sworn in by the Governor as Deputy Adjutant General.

The Deputy Adjutant General serves as principal liaison to senior military officials, various state and federal officials, the legislature, local governments, and community groups. He also provides guidance and direction for state operations including business administration, facilities management, and the New Hampshire State Veterans Cemetery.

Colonel (Ret) Perry joined the Army in 1986, receiving his commission through the Reserve Officer Training Corps at the University of Maine. Over the course of his career he served in several key positions including, Inspector General, Army Accessions Command and Fort Knox, Regional Team Chief Iraqi Assistance Group, Basra Iraq and Commander, 2nd Battalion, 358th Armor, Fort Lewis, Washington.

He retired from the United States Army in October 2014 after more than 28 Years of service. His final assignment was the New Hampshire National Guard Inspector General. General Perry is an active member of the Bow Community Men's Club. He and his wife Sue live at 1 Crockett Drive.



L-R Sue Perry, Warren Perry & Governor Hassan

ROUNABOUT RETURNS

The roundabout killed in 2014 was back again for discussion. In a spirited selectmen's meeting on December 8 the pitch for a 120 foot diameter roundabout for \$770,000 at Knox Road and Logging Hill was presented by Dubois & King, Town Engineers. Also presented were a smaller or mini roundabout at a 75 foot diameter for \$450,000 and red/green traffic signals. Ted Bardwell suggested a 4-way stop sign.

What do you think? We will publish the results next month.

SAFETY BUILDING PRICE IS NOW \$4.4 MILLION

Thanks to all the taxpayers, the proposed safety building after completion of the design/build process is \$4,400,000 or 60% of the originally proposed \$7,700,000 of 2013. It is even less than last year's proposal. Dominic Lucente, a member of the Budget Committee said "I am pleased we took the time to use a better process to avoid paying more than we should have. The no votes in the past have paid off." Gary Chicoine Construction

Corporation of Weare has been selected by a unanimous vote of the Board of Selectmen for the design-build construction of a proposed new public safety building for not more than \$3,900,000. Voters at the 2015 Town Meeting approved an appropriation of \$35,000 to develop-build specifications and request for proposal documents for the construction of a combined public safety building to range in size from 20,000 to 25,000 square feet at a cost not to exceed \$5,000,000.

The Selectmen appointed a Public Safety Building Commit-

**HOW TO BEAT ISIS AND
INTERVIEW WITH SENATOR
LINDSEY GRAHAM
ON PAGE 26**

SAFETY CONT. P. 3

DECEMBER WEB SURVEY - The ROUNABOUT

at Knox & Logging Hill Roads

PICK ONE RESPONSE ONLY

- ☐ Leave it as is.
- ☐ Put in traffic lights.
- ☐ Put in a mini roundabout (75' diameter).
- ☐ Put in a full-size roundabout (120' diameter).
- ☐ Make it a 4-way stop sign intersection.

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and select
DECEMBER SURVEY

Responses are tallied by Survey Monkey

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COMING FISCAL DECISIONS FOR BOW VOTERS

AN EDITORIAL

GOOD NEWS

The price of \$4,400,000 for construction of the combined police/fire building is above the \$2,500,000 proposed by Concerned Taxpayers of Bow last March for Fire and EMS alone. But it would allow the Community Building to be re-vamped without the fire department in it and avoids the call for a new multi-million dollar community building somewhere else. A recent Americans with Disabilities Act review of the Community Building found only minor deficiencies because the building is at ground level with no need for elevators, etc.

WANTS v. NEEDS

The truck the fire department wants to replace has no problem maintenance history and only has 23,665 miles on the road. With one structure fire a month for the last three years and cost of a possible new fire house, there is no need to spend \$355,000 on a new fire truck. In fact, to get the safety building bond issue down to well under \$4M, capital reserve funds should be tapped for \$500,000 and unexpended surplus funds of \$300,000 applied to the project.

At least \$100,000 or more can be squeezed out of the proposed building by reducing its size and maximizing shared meeting rooms and bathrooms. We hope the Building Committee and Chicoin Construction can fine tune the plans to create more cost reductions.

TWO BIG COST SAVERS

Bow police dispatch currently costs \$497,000 a year for Bow and New Boston. New Boston only pays \$32,000 to offset that expense. The upgraded county service costs \$750,000 a year to run for the whole county and we already pay for part of it through our county tax portion of the real estate tax. Chief Commerford has wisely taken the initiative to ask what it would cost to go with the county and it is predicted the number will be below \$70,000. That will result in a huge savings.

A request for a fulltime Fire Chief at \$150,000 with benefits is over the top. He or she

will want a staff and the cost will only spiral upward. What the chief would occupy themselves doing 40 hours a week with only one structure fire a month is beyond me. We only have two full timers on any given shift and Concord and Hooksett usually respond, if needed. Another \$150,000 can be saved by eliminating this "want," which is not a need, given that we already have a fulltime captain earning over \$70,000 on the job.

Total saved - \$650,000.

SCHOOLS

With Bow students down in number and expenditures up, it is time to see what a 3 or 5% cut would look like. Work will have to be done on the elementary school building in a multi-million dollar range soon. In fact, a warrant article is likely next March. The high school bonds are paid off on August 15, 2016, but that savings was already promised to the taxpayers in the past.

It would be nice if the schools would use the same Capital Improvement Plan format and process the town does. Also they should consider a broader category of reserves and each year ask to bank \$250,000 so that any 20 year bond request could be minimized.

GOOD NEWS/BAD NEWS

The 97 cent drop in the tax rate is, of course, good news. But, it is a temporary blip due to Exel's \$19,000,000 value added to the tax base. If we spend back that money, we will ramp up spending just be-



So when did the Bow Christmas tree lighting ceremony become a mere "lighting ceremony." Whatever that is.

Our Constitution does not outlaw all the practices of religion. It's a Christmas tree not a holiday tree, guys! Celebrating a century-old Christmas tradition does not infringe any other religion in any way, shape, fashion or form. They are also free to celebrate their religious holidays.

You do not see any efforts to blanket over the Jewish holidays like Rosh Hashanah or Yom Kippur. You do not see any efforts to bury Muslim holidays like Ramadan or Eid. So, why these efforts to bury Christian holidays?

No atheist can logically make objection – they don't believe in any of this anyhow. It's a nonissue for them. This is political correctness gone mad!

Thom Bloomquist, Bow

fore the power plant gets sold and hammers our tax base in three years. Again, the reality is that low taxes are the result of low spending. And don't forget \$600,000 for bridge reconstruction is in the works as well.

Chuck Douglas
for a free press,
Je suis Charlie



SAFETY CONT. FROM P. 1

tee of 16 to meet the objectives of the warrant article. The Town issued a request for proposals and the Committee reviewed the ones received and recommended that Chicoine be chosen. Project cost, quality, reputation and experience with building public facilities to meet all essential facility standards and codes were taken into consideration during review process. The Committee has been meeting since May to discuss and plan for the construction of a new combined public safety building to house the Police, Fire and Emergency Management Departments. The town has also reserved \$500,000 for the emergency tower, burying lines, moving, furniture, etc. The building is to be sited on a Town-owned parcel of land located at the top of the hill above the intersection of Logging Hill Road and Knox Road. Project details and relevant information may be found at <http://bowpsb.actionpower.com>. Additionally, a conceptual drawing of the building shows it to be a one story design to meet all police, fire and emergency response needs.

Proceeding with a design building contract with Chicoine Construction, is conditioned upon approval of a bond warrant article at the March, 2016 Town Meeting. Public presentations for the project will begin in January. Jeff Knight, a member of the Building Committee, praised his fellow committee members and said "This was a great group of people who had the various backgrounds and construction expertise to do a good job for the town. This committee should review the salt shed and the community building revamping projects so their expertise can be used



PROPOSED PUBLIC SAFETY BUILDING BY GARY CHICOINE CONSTRUCTION CORPORATION

again and again." Bids ranged from \$3.9 to \$5.9 million as they came in before the October deadline. The building will be single story wood framed at 23,500 square feet. Chicoine has completed many projects for other towns in this area.



GET WITH THE TIMES!



Debra Barnes in Florida reading her paper

Send us your photo with The Times and we will publish your travels. Let's see how far the Bow Times can reach!



**TURKEY TROT
WINNERS ANNOUNCED**
By Bow Police Association

The 7th Annual Bow Police Association Turkey Trot had 475 people who participated. Every year the race has increased in the number of people who participate. The overall winners were Lucie Beatrix, of Brooklyn, NY, with a time of 19:30 and, Peter Najem, of Chicago, IL, with a time of 16:36. You can view all of the runner's times by going to www.coolrunning.com.

Our sincerest appreciation to Lori Fisher, Director of the Baker Free Library for emceeing the race, and Daniel Commerford, today's race starter. The Turkey Trot would not have been possible without the support of Chief Erin Commerford and the Board of Selectmen.

Our thanks to the Bow Police Explorers for their assistance and our dedicated volunteers, Charlie Griswold, Mike Wayne, Bryan Westover, Beth Piroso, Gay Longnecker, Lily Woo, Lori and Amanda Graf, Desiree Doucette and the Bow National Honor Society.

We would also like to thank our generous sponsors Audley Construction, New Hampshire Peterbilt, The Bow

Men's Club, Bow Auto Parts, Matt Brown's, Loudon Towing, Stonyfield Yogurt, and Dick's Sporting Goods.

Below are the winners in each age category:

Age 1-12
Lincoln Routhier of Dunbarton 22:19
Delia Brochu of Bow **25:23**

Age 13-19
Cody Murphy of Dunbarton 16:52
Olivia Krause of Bow 22:06

Age 20-29
Peter Najem of Chicago 16:36
Lucie Beatrix of Brooklyn 19:30

Age 30-39
Geoffrey Terragni of Concord 17:16
Kim Emerson of Hopkinton 20:46

Age 40-49
George Sprague of Bath, ME 18:06
Colleen Campbell of Manchester 20:59

Age 50-59
Douglas Smith of Penacook 19:52
Ginny Hast of Bow 22:33

Age 60-69
Jack Dianis of Bow 26:41
Muriel Hall of Bow 27:28

Age 70 plus
Thomas Foulkes of Deerfield 30:14

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CHRISTMAS TABLE DESIGNS

by Joyce Kimball

Recently the Bow Garden Club invited local interior decorator Amelia Holdsworth to provide a program for their November 9th membership meeting.

Holdsworth chose “Tablescapes for the Holidays” for her topic which consisted of introducing attendees to the basics of designing festive table décor for both Thanksgiving and Christmas



Amelia Holdsworth with her fall-inspired "Tablescape" -- Member Ruth Brack's arrangement is included in the design

tables using items they may already have around their homes. Garden club member Ruth Brack created a fall arrangement to bring to the meeting which Holdsworth utilized within her presentation. She also instructed the group in how to create beautiful Do It Yourself items rather than having to purchase them.

The key topics that Holdsworth highlighted during her presentation included considering a color theme, using local materials, how to mix styles and patterns and considering the functionality of the items used within the tablescape. At the conclusion of her presentation Holdsworth challenged



L-R Kerry Buckley, Patricia MacNeil and Maureen Salo

the club members to create their own tablescapes with materials she provided and they did, enjoying every minute of it! Attendees left the meeting enthusiastic to gather up special items around their



Tablescape created by Amelia Holdsworth for the Bow Garden Club

homes to utilize in designing their own tablescapes for one or more of the upcoming holidays.

Amelia Holdsworth is a 2010 graduate of Newbury College and holds a Bachelor of Science degree in Interior Design. She formed her own company, Holdsworth Interiors in 2011 and her interior design knowledge has brought her much success in high-end furniture sales and kitchen and bath design.

A BIG THANK YOU!

By Susan Johnson

The Bow Garden Club recently completed their 6th Annual Pajama/Book Drive to benefit “The Pajama Program”, a national non-profit organization that provides new pajamas and story books to children in need, many who are waiting to be adopted and/or are living in group homes and shelters. All donations collected by the Bow Garden Club and other participating New Hampshire garden clubs are distributed to group homes and shelters located within the state.

This year, the Bow Garden Club alone collected one hundred and thirty-two pairs of warm and cuddly pajamas and 75 books in addition to \$100

in cash donations to purchase even more pajamas for children this winter—the largest total ever collected! In October the Garden Club asked their members to contribute pajamas and books and placed collection boxes at the Baker Free Library, the Bow Community Center, the Municipal Building and the Bow Elementary School. Several people also contributed multiple pairs of pajamas, stacks of books and checks anonymously through garden club members.

Thank you to the kind and generous residents of Bow and surrounding areas who contributed to this very worthwhile cause this year.

SUDOKU PUZZLE						By Ian Riensche		
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TRAVEL TALK

BY CHASE BINDER

STEP and MedjetAssist

Tis the holiday season, so let's talk about joy. The joy of giving. The joy of little faces on Christmas morn. The joy of a bountiful holiday meal. The joy of planning wonderful travel adventures in 2016. Oh...wait. Travel isn't so joyful anymore. In fact, just thinking about taking a flight to a faraway land can make you reach for the bottle of Xanax—or the “cancel” button on that long-awaited trip!

But should you cancel? Maybe...maybe not. The US State Department has recently issued a worldwide travel alert that says, in part:

U.S. citizens should exercise vigilance when in public places or using transportation. Be aware of immediate surroundings and avoid large crowds or crowded places. Exercise particular caution during the holiday season and at holiday festivals or events. U.S. citizens should monitor media and local information sources and factor updated information into personal travel plans and activities. Persons with specific safety concerns should contact local law enforcement authorities who are responsible for the safety and security of all visitors to their host country.

Bud and I have seen these alerts for years. But normally they focus on a specific country or region—say, Kenya, Egypt, Thailand and the like. Normally they cite specific reasons and conditions. Normally Bud and I would hop on a plane anyway. We were in Bali ten weeks after the café bombing, in Southeast



Asia during the bird flu scare, in Egypt within a few months of the revolution—you get the idea.

But this alert feels different. For one thing, it's the first worldwide alert I have ever seen. This feels more like governments around the globe are really struggling with threats they can't anticipate or figure out how to foil.

As it happens, Bud and I don't have a 2016 adventure booked yet, so I can't say I would cancel. That being said, we are contemplating a foreign trip. We're thinking about South America...the Galapagos, Machu Picchu and perhaps the Ecuadorian Amazon. Not Europe. Not Africa. Not even Southeast Asia.

If the trip actually develops—gotta find the right price, timing, travel companions—we'll be smart. We'll upload our itinerary and contact info into the State Department's Smart Traveler Enrollment Program (STEP, step.state.gov/step).

We've been enrolled in STEP for years. It's simple—one of the State Department's jobs is to help its citizens when they encounter trouble abroad like natural disasters, civil unrest,

family emergencies and so on. They can't help you if they don't know where you are. So you enter your destinations, hotel info, flights, dates of travel etc. If there's a problem in country X, they punch a button and presto—they know how to find you. This is free and should be the first thing you do after booking *any* trip outside the US.

We'll also make sure our MedjetAssist membership is active. We've had a membership since the national networks profiled it during the Indian Ocean tsunami of 2004. MedjetAssist (medjetassist.com) started out as a global medical transport membership program focused on repatriation when member travelers had medical emergencies abroad. MedjetAssist is not travel insurance—no filing claims, paying up front for possible reimbursement, or the like. It's a membership program designed to *get you home to a hospital of your choice* if you should, say, break a leg trying to climb the pyramids at Giza or have a heart attack while lion-gazing in Kenya.

Travel insurance is valuable, but normally will only get you to a hospital of their choosing—often the one closest to your itinerary. (Travel insurance is a whole other subject, anyway—more on that in another column.) MedjetAssist is a membership program—if you pay your fee, you get benefits. Airplanes used to bring you home are fully-equipped and staffed intensive-care aircraft, or, if the member's condition permits, scheduled commercial aircraft—but always with an authorized medical escort for the member.

MedjetAssist benefits have blossomed over the past twelve or so years, most dramatically with recent addition of the Horizon membership level, designed to address travel security and crisis response in addition to air medical transport. Benefits at this level include help in a wide range of circumstances: political threat, terrorism, wrongful detention (a biggie in many areas), hijacking, violent crime, blackmail and extortion and more.

They also offer crisis response with no “hard triggers” like official evacuation mandates. Response is tailored to individual needs and situations like: global evacuation and rescue, personal security details, legal assistance and more. An example? An American student with a family membership was volunteering in an African village which was attacked by Boko Haram. He feared for his life, called the Horizon number and was told to shelter in place until a car could come and get him. Soon he was on a plane home.

Though MedjetAssist has many membership types and levels, the Horizon program (medjethorizon.com) is the first to partner with a global crisis response and security firm, FocusPoint International (focuspointintl.com) for on-the-ground solutions to such a broad range of potential threats. Will you find yourself in the middle of something horrific on your next trip? The changes are extremely, extremely slim. But that doesn't stop any of us from wanting peace of mind. STEP and Horizon just might help put joy back in your travel vocabulary.

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Happy Holidays

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WHY YOU SHOULD PLAN YOUR ESTATE TO AVOID PROBATE

By Ben Kiniry

When I started practicing law I really didn't understand what all the fuss was about avoiding "Probate", a term often utilized to represent probate courts overseeing the *administration of estates* (be sure not to confuse the term Probate with the term probation).

After years of working with clients on probate matters, I now advocate for setting up a client's estate to avoid "Probate." Alright, so what is Probate? The first thing to know is that probate courts deal with various matters to include establishing conservatorships and guardianships, adoptions, name changes, partitions of real estate and administration of estates.

This article is concentrated on the *administration of estates*, which is the process of the probate court holding proceedings to transfer a decedent's (dead person) property, known as the "estate," to his or her heirs and legatees (people named in the Last Will & Testament) who are supposed to receive them. This is also an opportunity for the court to make sure all creditors, including the state and federal government, are paid. That's it, Probate in a nutshell. Well Probating sounds easy enough, right? This is rather

simple in concept, but *ba humbug* in practice.

The probate estate includes all property held in the decedent's name. If property is owned jointly by the decedent and another person, such as life insurance, bank accounts (just about any account held by a financial institution) and automobiles, they're not part of the probate estate and are therefore not subject to the Probate process. Also, assets having named beneficiaries (as opposed to joint ownership) are not part of the probate estate (insurance for example). Assets held in trust avoid probate (and you already know how I feel about trusts). The process is started by filing a petition for probate with the probate court, along with the original Last Will & Testament and a death certificate. Letters must be mailed to all of the decedent's heirs at law (usually the surviving spouse, children, and children of any deceased children), to those named as beneficiaries in the will, the New Hampshire Department of Health and Human Services Estate Recovery Unit (they check to see if you have a debt with the State for public benefits received and if so, will make a claim against the estate) and to any charities named as a beneficiary of your estate.

Notice must also be published in a local newspaper in large part for the purpose of informing creditors of your death. If no one objects, the personal representative named in the Will is appointed by the court. Thereafter the personal representative is responsible for collecting the probate estate and for paying any debts of the estate.

The personal representative must file an itemized list, known as an "inventory," of the probate property, including the value of each item. The personal representative must file an estate tax return within nine months of the date of death (final income tax returns need to be filed for the year of death as well). This is true even if no estate tax is owed, if the decedent owned real estate or the personal representative wants his or her final accounting (see below) allowed by the probate court.

Creditors of the estate have one year from the date of death to bring claims against the estate.



Personal representatives generally wait until this claim period has expired to complete distribution of the estate according to the terms of the will. As his or her final responsibility, the personal representative must file an accounting with the probate court showing all the income and expenditures of the estate administration.

The entire process generally takes about a year (many are quicker, others take, well you can imagine). If a decedent owned assets located in more than one state or country, it may be necessary to have a probate process in each jurisdiction where the assets are located. If one probate creates a financial and time burden, it makes sense that two will double the fun (this is certainly not a case of the more the *merrier*).

One thing you will want to know is that the court's probate files are public records. Yes, this means your nosy neighbors (not in Bow, but other towns) have the legal right to go through your files. As stated previously, I now advocate for setting up a client's estate to avoid Probate. Why? This is about what is best for your family. I know what you just thought, "sure, but attorneys make more money by taking this position." I can see how one might make this assumption, however, in most instances would be wrong. From my experience, working with a family to avoid Probate is relatively inexpensive and not all that time consuming. Contrast this with going through the probate process, which is documentation intensive, riddled with forms needing to be completed, deadlines, multiple court hearings, not to mention the fees charged by lawyers and other professionals who are often involved. In simplistic terms, it just takes more time and money to go through Probate than to plan to avoid the process altogether.

Well how much does it cost? I have jokingly said to many of my Probate avoidance resistant clients (perhaps thinking like you, that I'm in it for the money) "I look forward to the significantly larger fee helping your children navigate the probate process." Attorneys charge fees to work with families to avoid probate, but any such fee will be smaller in comparison to the fees and other costs of the probate process, which can exceed 5% or more of a decedent's gross estate.

In addition to the money and time Probate can consume, stress is another factor not to be ignored. Those who are living when you are gone will be responsible for getting through the probate court maze, which is a largely unknown entity and a process having many hoops and hurdles which, in many instances, frustrate families (yes, this is an understatement). Over the years I have come to see two very different types of clients in regards to avoiding probate, those who have never dealt with it and are very concerned about "how much is this going to cost?" and those who have survived a probate process and firmly state "do what is necessary so my children don't have to go through PRO-BATE!" (no they don't really say "Probate" generally it is something more *spirited*). Note the latter of the two did not mention fees, and yes, this really happens. This may sound like self-serving doom and gloom, and yes, many families go through the process without issue (there is still the time and money aspects). So don't go by my opinion alone. I encourage you to talk with your neighbors, find one who has experienced Probate and there is no doubt they will work tirelessly to convince you to plan ahead (unless they want to read your probate file) as there is a clear winner. Enough said.

In the end, in my opinion, it is a disservice to your loved ones not to have an estate plan. As part of the planning the discussion of avoiding Probate should occur, as well as the many other topics discussed in this series of articles. So somewhere over the next few weeks, as you enjoy the holidays and find yourself reflecting on how blessed you have been to have had such a wonderful life and family, and you're looking forward to the *New Year*, perhaps you will consider making a *resolution* to get your estate planning affairs in good order as a gift to yourself and those you love.

Happy Holidays



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RELIEVE STRESS DURING THE HOLIDAYS

By Jim Olson

Whether you are ready for it or not, there's no denying the holiday season is here. Retailers are pounding consumers with holiday advertising. That also means another less desirable season is upon us - extra pounds season - the time of year when a vast number of people pack on weight and inches.

Don't Be One of the Statistics This Year

Prepare now for the season of indulgence and avoid it sneaking up on you. Right now is the time to put a game plan in place. Being proactive is always more successful than reacting. Take time today to create your game plan. It isn't complicated nor is it time-consuming. Take 15 to 30 minutes today to develop your outline. You can break it into three critical parts: what you eat, how you move, and chaos reduction. If I can help you please let me know.



When faced with a buffet, three points can help keep you on track.

First - choose a small plate which will automatically limit your quantity.

Second - mentally divide your plate into four equal parts: one part should be filled with veggies, another with lean protein (like skinless turkey), a third part with fruits, and the final part with an indulgence (a cookie or brownie, etc).

Third - don't allow yourself more than one trip through the buffet line.

The temperatures are chilly, the seasonal music is playing in the background - the perfect setting for a cozy, hot drink. But beware of these comfort drinks. Many coffee drinks are overflowing with empty calories. Even if you choose only a small sized sweet concoction, you most likely will drink the equivalent amount of calories as is found in an entire healthy meal. Alternatively, try a coffee with almond milk, Stevia sweetener, and a dash of cinnamon.

Spend 30 minutes one weekend cutting up vegetables for quick on-hand snacks. Choose your favorites from carrots, broccoli, cauliflower, peppers, snap peas, etc. Have them washed, cut, and placed in airtight containers. Keep some at home in the fridge and bring some to work with you. When the munchies come on,

grab a container first before diving for the holiday cookies and snacks.

Start a New Tradition


Healthy holiday recipe exchange. Instead of the traditional cookie exchange or sweet treat preparation party, challenge friends and family to makeover a favorite holiday recipe. These days it is rather easy to search the Internet to find healthy alternative recipes for one of your favorite holiday treats. Have everyone share a sample of their healthy treat along with the full recipe.

How You Move

Most fitness professionals will confess that December often is the slowest time of year for new members and clients. Yet joining a club, training with a trainer, or joining a new class during the holidays can

FITNESS CONT. P. 12

Merry Christmas



Happy New Year

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Champagne 101

By Nicole Habif

New Year’s Eve is right around the corner – it’s time to start thinking about your resolutions and, of course, thinking about sipping on a glass or two of celebratory fizz with friends and family. To get you in the spirit, here’s some Champagne trivia you can spout while filling your guests’ glasses.



Champagne is a region in northeastern France, and only sparkling wines made there are legally allowed to be called Champagne. Winemakers are only allowed to use three grapes: one white (Chardonnay) and two red (Pinot Noir and Pinot Meunier). If you see “Blanc de Blancs” on the label, it means the wine’s 100 percent Chardonnay. “Blanc de Noirs” is a white sparkling wine that’s been made with any combination of Pinots Noir and Meunier.

The classic Champagne coupe, with its wide, shallow bowl, is rumored to be fashioned after one side of Marie Antoinette’s bosom – though most historians have now debunked that risqué theory. These days, most folks serve their sparkling wines (Champagne or otherwise) in tall, slender flutes. The shape of this glass is meant to prolong the life of the bubbles and deliver the aromas straight to your nose. Recently, however, Austrian crystal makers Riedel released a new glass for fizz that’s egg-shaped with a small dimple in the bottom, meant to give the bubbles a spot to collect and release even more slowly.

The longest recorded Champagne cork flight was in New York State at Woodbury Vineyards – it rocketed 177 feet

and 9 inches! The pressure within a bottle of Champagne is about three times that of an average car tire, around 90 pounds per square inch – no wonder that New York cork flew so far! In fact, Champagne corks can reach upwards of 100 mph (you are three times more likely to be killed by a flying Champagne cork than you are to be killed by a venomous spider bite).

There’s a saying in Champagne: “A magnum is the perfect amount for two people – if only one is drinking!” Well, that’s the equivalent of two 750 ml bottles, but there are even *larger* bottles. They’re named after biblical kings and range from the Jeroboam (four bottles), to the largest, the Melchizedek. That bad boy holds 40 bottles – or 240 glasses of fizz!

Experts have estimated that a regular bottle of Champagne holds on average 49 million bubbles.

Cheers to 2016!
Or, as they say in France, bonne année et bonne santé!

Nicole Habif of Bow is certified at the Advanced Level by the Wine & Spirits Education Trust.

CONCUSSION TESTING IN THE SCHOOLS

The recent death of NFL great Frank Gifford due to chronic traumatic encephalopathy or CTE brings football concussions to the fore.

CTE is a progressive neurodegenerative disease found in people who have experienced a history of repetitive brain trauma. It is marked by depression, anger, disorientation, memory loss and suicidal ideation.

It is being increasingly recognized as the signature brain injury suffered by NFL players.

Currently CTE can only be diagnosed after death. Earlier this year, a study done by researchers at Boston University and the Department of Veterans Affairs found that among the brains of 91 former NFL players, CTE was found in 87.

Bow Schools Superintendent, Dr. Dean Cascadden, reported to the School Board that he has completed two rounds of concussion impact testing, three days at BHS and two days at BMS reaching 99 baseline scores (mostly BMS students) or 10% of the eligible population. A medical doctor has reviewed all of them.

Dr. Cascadden talked about the time, effort, and energy required and who should organize and oversee the testing, when follow-up testing should be done, post-test communication with parents, and embedding the testing in gym/health classes along with concussion education.

There is no policy or procedure in place yet. Dr. Cascadden plans to finish testing the 8th graders and meet with the administrative team and connect with the schools’ nurses, but he is reluctant to train testers unless the program becomes a sport participation requirement.

BHS possibly needs a dedicated person to conduct the tests, checking out best practices at other schools with pre-season testing of athletes.

Source: October School Board Minutes and Jonathan P. Baird column.

BOW MAN HELD IN MANCHESTER FATAL CRASH

A Bow man is being held on \$500,000 cash-only bail, accused of running a red light on Lake Avenue and smashing into a southbound vehicle on Union Street, causing the death of a passenger in the other vehicle, Isabel Pena Batista, age 47.

Police charged Alexander Burke with aggravated driving while intoxicated and negligent homicide for driving while under the influence of liquor or drugs and smashing into a southbound vehicle on Union Street on November 29, killing Ms. Batista. Burke, of 43 Logging Hill Road, originally told police that his passenger was the driver. But Burke’s presence at the wheel of the Volkswagen Tiguan just before the crash was corroborated by a Manchester police officer working at Elliot hospital, where Burke had sought treatment for a hand injury. Burke is 31.

Source: Dale Vincent, *Union Leader*



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***Come Join Us For* Dinner**
Tuesday—Friday Evening
Public Invited
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At 848-2949

Merry Christmas

Statement of Ownership Management and Circulation

NAME: The Bow Times
FREQUENCY OF ISSUE: Monthly; Printed by Seacoast Media Group, Portsmouth, NH
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DATE: December 14, 2015

BOW REAL ESTATE SALES

By Linda Hutton, Broker

NOVEMBER SALES

- 11/06/15

6 Fieldstone Drive, 4714 gla, 4 br, 2.5 bath, 2 car att., 3.41 acres, Sold \$620,000.
- 11/09/15

10Wilderness, 3409 gla, 4 br, 2.5 bath, 3 car att., 4.82 acres, Sold \$480,000.
- 11/17/15

1Hidden Forest Dr, 2918 gla. 4 br, 2.5 bath, 2 car att., 2.80 acres, Sold \$334,000.
- 11/08/15

15Tonga Drive, 2776 gla, 3 br, 2.5 bath, 3 car att., 2.43 acres, Sold \$330.000.
- 11/03/15

187Bow Bog Road, 2500 gla, 4 br, 4.5 bath, 2 car att., Sold \$323,000.
- 11/24/15

3 Betty Lane. 1701 gla, 4 br, 1.5 bath, 1car att., 1.02 acres, Sold \$244,900.
- 11/12/15

3 Ridgewood Dr, 1900 gla, 4 br, 2 bath, 2 car under, 1.20 acres, Sold \$203,000.
- 11/13/15

17 Putney Road, 1886 gla, 3 br, 2 bath, 2 car att., 2.03 acres Sold \$214,000.
- 11/18/15

54 Albin Road, 1248 gla, 3 br, 2 bath, 1car att., .69 acres, Sold \$204,900.
- 11/30/15

2 Evergreen Drive, 1480 gla, 2 br, 1bath, 0 gar, 1.10 acres, Sold \$173,000
- 11/23/15

709 Route 3A, 1132 gla, 3 br, 1bath, 0 gar, 1.20 acres Sold \$165,000.



Happy Holidays !!!
And all things good
To You in 2016.

To all my clients, customers and friends who have made 2015 a year filled with good memories, and to all those from years past that I hold dear, May health and happiness be yours in 2016.

Linda Hutton
731-2202

BHHS Verani Realty
Concord, NH. 224-0200 x 325

LINDA HUTTON is a licensed broker in NH and has been selling homes & property in Bow for over 24 years.

Comments, questions, or price analysis on your home?

Contact Linda at: CELL: 731-2202

Call or text lshutton@aol.com www.lindahutton.com

Data based on info from NNEREN, Real Data, and/or Trendgraph-ics. Information deemed reliable but not guaranteed.

BOW TOWN AND SCHOOL MEETING WEB SURVEY RESULTS FROM NOVEMBER

- How convenient are Town/School District Meetings times and dates to you and your family?**

Very convenient	7%
Sometimes not convenient	19%
Inconvenient but I attend	38%
Not so likely	7%
Very inconvenient, do not attend	27%
Not at all likely	2%
- Would a Saturday Town/School District Meeting date be more convenient?**

Yes, Saturdays are more convenient to me	39%
No, I like things the way they are	12%
Maybe, I do like the idea that more people are allowed to participate and vote with a Saturday meeting	49%
- Which best describes you as a Town/School District Meeting voter?**

I am more motivated to vote when I support something on the warrant	7%
I go to the meetings because I am concerned about my tax bill but I will support things we need	62%
I never go to the meetings because the meetings are too long.	20%
I would like to participate but I can't for health reasons, night driving, or because I am at work at night	11%

Compiled by Survey Monkey

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Front row: C. Kevin Leonard and Charles G. Douglas, III

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BOW PARKS AND RECREATION ADDS NEW PROGRAM

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Instructed by Laura Beaudette & Michelle Lover

AGE: 3 YEARS (Must be potty trained)

LOCATION: At the Bow Community Center

DAY: Thursdays

DATES: Session I Jan 7, 14, 21, 28, Feb 4, 11
Make-up if Needed Feb 18
Session II Mar 3, 10, 17, 24, 31, Apr 7
Make-up if needed April 14

TIME: 12:30-1:00 pm

COST: \$35 (Non-Res \$40) per session

GRADE: KINDERGARTEN

DAY: Wednesdays

DATES: Jan 6, 13, 20, 27

Make-up if needed Feb 3

TIME: Afterschool--Pick up time 3:15 pm

COST: \$50(Non-Res \$55) per session



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For more information contact:

Modern Woodmen of America
Legere Region 29-0, Concord, NH
603-223-0044

Modern Woodmen 

SPCA FUNDRAISER



Bud and Chase Binder of Bow hosted "An Italian Feast for 12" November 21st at their home at Bow's Stone Sled Farm as a fundraiser for the Pope Memorial SPCA in Concord.

George and Sandra Downing of Manchester.



Photos courtesy of Steve Christensen

The six course dinner was prepared by popular amateur gourmet Dick Goduti of Dunbarton and attended by Bow's Ruth and Steve Coneys, Norreen and Steve Christensen and Chuck and Debra Douglas.

Katrina and Vince Trento of Hopkinton also attended and the event, which raised almost \$1000, was underwritten by



Saving Your Elderly Parents from Financial Fraud

By Dominic Lucente, CFP

Talk to them about their money (and those who could take it away).

Elders are financially defrauded daily in this country.

Just a tiny percentage of these crimes are made public. In fact, the National Adult Protective Services Association (NAPSA) estimates that only 1 in 44 cases of elder financial abuse are reported. A recent NAPSA study found that 11% of seniors had been financially “abused, neglected or exploited” within the past year.¹

Friends, family & caregivers perpetrate much of this financial abuse

They commit 90% of it, NAPSA estimates. Major damage may result to an elder’s finances and physical and mental health: victims of elder financial exploitation are four times more likely to go into a nursing home than their peers, and nearly 10% of the victims end up relying on Medicaid.¹

Frauds range from big scams to little schemes

You likely know about the common ones: the grandparent scam (“Grandpa, I’m in jail in ___ and I need \$___ to make bail”), the utility company scam (one criminal keeps the elder busy in the yard as the other burglarizes their home), the lottery scam (a huge prize awaits, the elder need only pay a few thousand upfront to take care of associated taxes). Others are subtler: home health aides severely overcharging an elder for their services or relatives or caregivers using a financial power of attorney to draw down an elder’s bank or investment accounts.

Talking about all this may help to prevent it

Perhaps the best way to introduce the topic is by referring to what happened to someone else – a story coming up on the

news or in the paper, an article online. AARP’s Fraud Watch Network emails a monthly newsletter highlighting common scams; it also maintains a map showing per-state occurrences of such crimes.²

A 2014 Allianz Life survey discovered something very encouraging. Seniors who have talked about the issue of financial exploitation with others seem less likely to succumb to it, especially seniors who have talked about such risks in the company of a financial professional.²

The insurer asked more than 2,000 Americans about their awareness of financial fraud – men and women aged 65+, and select family members and friends aged 40-64. It found that 97% of seniors who talked about finances with a hired professional were likely to check their monthly credit and financial statements, while only 84% of those who talked about their finances with no one were likely to do so. It also found that 93% of seniors who communicated with a hired professional were likely to refrain from signing a financial document they could not fully understand; that was true for just 82% of seniors who had never addressed financial topics in the company of professionals, friends or family.²

Another pair of examples:

85% of elders who discussed personal finances consistently shredded or destroyed sensitive financial paperwork while just 69% of those who refrained from such discussion did. Thirty-seven percent of seniors who talked about their finances with a professional were also more likely to have a co-signer for their bank accounts, as opposed to 14% of those who were handling their personal finances solo.²

Have the conversation; have a look at Mom or Dad’s financial situation

It is only prudent to do so.

Think LOCAL

THERE ARE REASONS WHY YOU CHOOSE TO LIVE WHERE YOU DO: FAMILY AND FRIENDS, YOUR JOB, THE BEAUTY OF THE REGION ITSELF. COMMUNITY IS IMPORTANT: SUPPORTING LOCAL OR REGIONAL BUSINESSES BENEFITS BOTH THE COMMUNITY AND YOU.

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The National Center on Elder Abuse says that the average financial fraud perpetrated on an elder siphons \$30,000 out of his or her finances. Think about how devastating that is, especially for a poorer retiree; that may equal a year’s worth of medical expenses, a majority of an elder’s yearly income, or a double-digit percentage of his or her remaining retirement savings. Elders rich and poor need to be warned about such crimes.³

Citations

1 - napsa-now.org/policy-advocacy/exploitation/ [4/30/15]

2 - allianzlife.com/about/news-and-events/news-releases/preventing-elder-financial-abuse [4/20/15]

3-tinyurl.com/p4y6pa7 [4/20/15]

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be a major advantage in your fight against holiday bulge. Seriously consider this option. You may even find that paying for a membership is a major exercise motivator.

Trick Your Muscles

If you indulge a little during these holiday weeks, you'll want ammunition to help fight against those extra calories. Breaking from your normal strength training routine can help confuse your muscles, which is a good thing. It can make your workouts more efficient. So change up your strength program with different exercises, different equipment, different weight sizes or all of the above.

Chaos Reduction

You do not have to be a doctor to know that stress has a direct link to weight issues. Stress, of course, can lead to overeating. Also, stress alone has been linked to weight gain in some studies. How is this related to the holidays? Remember, that stress is your enemy in the weight gain battle so you must keep it in check.

Many find themselves with more obligations this time of year. Don't let yourself feel overwhelmed.

Cross items off your list that just aren't a necessity for your holiday enjoyment. Ask for help from others.

For example, get family involved with the cooking, enlist the help of your kids with present wrapping, etc.

Recharge Your Batteries

Amid the hectic schedule, make time to relax every day.

Give yourself at least 15 minutes to do whatever is most relaxing to you. This could be a warm bath, uninterrupted reading time, meeting a friend for a quick coffee, going for a walk, or whatever lowers your stress. Can I Help You?

Exercise is one of the best stress reducers available but many people skip out of their workouts this time of year. Don't let this happen to you.

Call or email me today and I would be happy to help you with your fitness goals.

45th Bow Rotary Auction
a Huge Success!



Every year the Bow Rotary Club holds their annual auction at the Bow Community Center. The goal is to raise money for Scholarships, Camperships, and other community support. This year's event was on Saturday, November 7th and boasted the theme of "Around the World and Around the Corner" in honor of the good deeds done by all Rotarians in their local communities and around the world, as Rotary is an International Service Organization with 1.2 million members in over 400 countries and territories around the world.

Tony Bonjourno. Although final numbers are not in, it appears that we raised a net of at least \$23,000! The funds go to scholarships for students who graduate from Bow High School (yes, this includes our new Dunbarton contingent) or who live in Bow, camper-ships for children, support for community events such as the tree lighting, Winterfest, personalized books for Bow First Graders. This year's "Fund a Need" project was a collection of over \$3,000 to the Baker Free Library in honor of long time Bow Resident and former Library employee, Charlotte Buxton who passed away recently.



We had approximately 130 people attend and enjoy the evening's festivities as well as the fabulous home cooked food, lovingly made by Rotarians that followed the aforementioned theme. There were over 150 Silent Board items, and a dozen Live Auction items. Music was provided by

As you see, we accomplish many things year round. However, we couldn't do it without the generous support of our Premier Sponsor: R & T Electric and our major sponsors: Mason & Rich, Merrimack County Savings Bank, Roberts + Greene, Bow Landscaping, Kiniry Law Firm, Crisp Law Firm and The Parkinson Family. Thank you all so much! What a wonderful community we have. **Photos by Eric Anderson**

ANNOUNCEMENTS

*Births, Graduations, Engagements,
Weddings, Anniversaries, etc.*

Use The Bow Times to share and save remembrances of important events in your family. Provide a written description with either a color or black and white photo to info@thebowtimes.com to be included in the next issue. Rates for a 1 column wide announcement are \$10 per inch. For color photos add an additional \$20.





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BAKER FREE LIBRARY NEWS

BY LORI FISHER

7th Annual Holiday Giving Tree

Are you looking for a unique and meaningful way to give back to the Bow community this holiday season? Or are you interested in making a cash donation before the end of 2015 for a tax deduction?

Please consider helping the library through our 7th annual Library Holiday Giving Tree beginning on Monday 11/30 and continuing through Thursday 12/31.

Red ornaments on the tree indicate specific items we would like for the circulating collection, or list cash donation amounts that would either support classes & events or collection purchases. This year we have also included tags for donations toward the Lower Level Renovation Project.

All donors will be recognized on the tree with a dove grey paper ornament (which can be labeled "anonymous"), and cash donors will receive a letter of acknowledgment if the amount is over \$50. Thank you in advance for your generous support of the library! Questions? Contact Lori Fisher, Director, at 224-7113 or bflldirector@comcast.net.



Tickets still Available

The hand-crafted Victorian doll house created and donated by the Granite State Miniaturists, is also being raffled to raise money for the renovation project. Tickets are \$5 each, or 5 for \$20, available at the Library through December 19, 2015.

Wreath Auction a Success!



Susan Wheeler (right) watches as Carol G. Bailey places a bid on one of the 60 wreaths available at the Baker Free Library Wreath Auction on Saturday November 14, 2015. Between ticket sales, wreath bids, and donations, over \$3,000 was raised by the event. All proceeds will benefit the private fundraising to finish the Library's Lower Level Renovation project.



Carole and Jim Kaufman of Bow were the proud winners of three wreaths at the Baker Free Library's first annual Wreath Auction on November 14, 2015. Proceeds from the auction will benefit the private fundraising effort to finish the Library's Lower Level Renovation project.

A BIG Thank You

to the Events Subcommittee of the Lower Level Renovation Committee: Ann Hoey, Rita Morrison, Colleen Haggerty, Paris Awalt, Amy Landers, and Betsy Mahoney for all of their efforts in organizing this event. Special thanks to Betsy Mahoney, Library Assistant, for donating her personal time to cater the event with the delicious appetizers.

Donations to the Lower Level Renovation project are still needed.

We have raised approximately \$211,000 of the \$300,000 needed to finish the private fundraising commitment. Please consider making a donation of any amount before the end of the year (the Baker Free Library Foundation is a 501c(3) and can provide documentation for tax purposes).

Donations over \$500 will be recognized on the Donor Tree at the entrance to the Library. For more information, visit www.bakerfreerenovation.org or call Lori Fisher, Library Director, at 224-7113.

Affordable Care Act Literacy on 1/7/2016

Join us on Thursday 1/7 at 6:30 p.m. to learn about health care choices in New Hampshire available through the Affordable Care Act. Leigh Curtis, Bow resident and Outreach/Education Specialist with Community Health Options, will lead this discussion. Community Health Options is a non-profit health care co-op offering health insurance plans on the marketplace this year for NH residents. To register, call 224-7113 or email bowbakrefreelibrary@comcast.net.

Library Holiday Closures

The Library will close EARLY on Thursday December 24th at 4 p.m. and remain CLOSED through Sunday 12/27.

We'll re-open at our regular time of 10 a.m. on Monday 12/28.


For New Year's, the Library will close EARLY on Thursday 12/31 at 4 p.m. and remain closed on Friday 1/1/2016.

We'll re-open at our regular time of 10 a.m. on Saturday 1/2.

Please remember that our book drop and CD/DVD drop are available 24/7, and that items may be renewed and reserved online through our [catalog](#), using your library card number and the phone number associated with your account.



Happy Holidays from the Library staff to you and your family!



PLUMBING

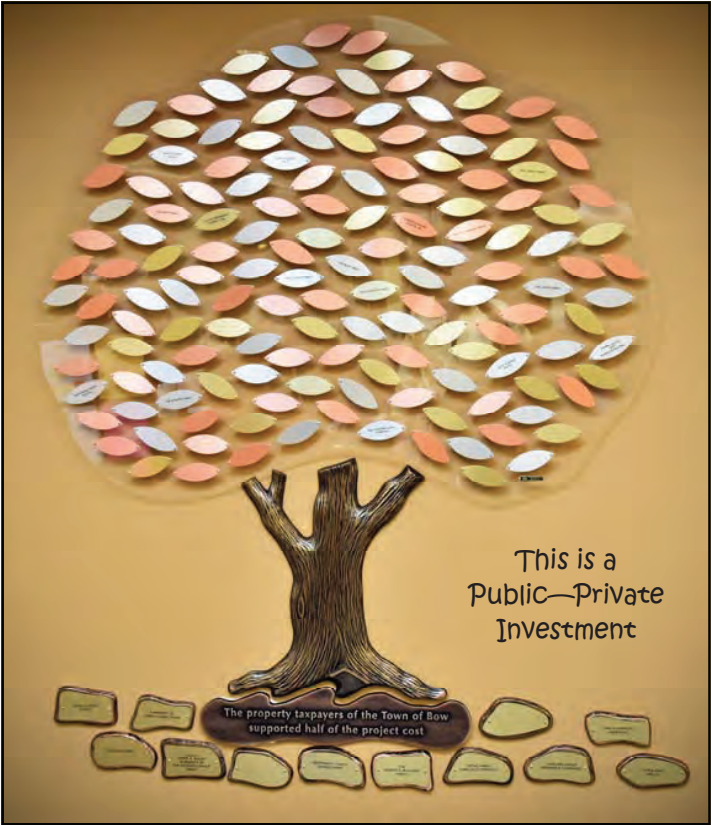
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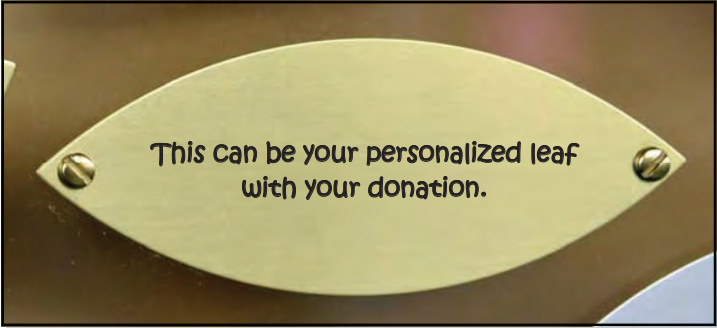
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Baker Free Library Donor Tree



Those attending the Wreath Auction bid on 64 wreaths that residents donated to the fundraiser. Thanks to the participants, including Nora Tellifson, Deb Barlow, and Mridula Naik, the Wreath Auction held at the Baker Free Library, raised over \$3,800 to go toward the Lower Level Renovation Project.



Make A Donation To Support The Library

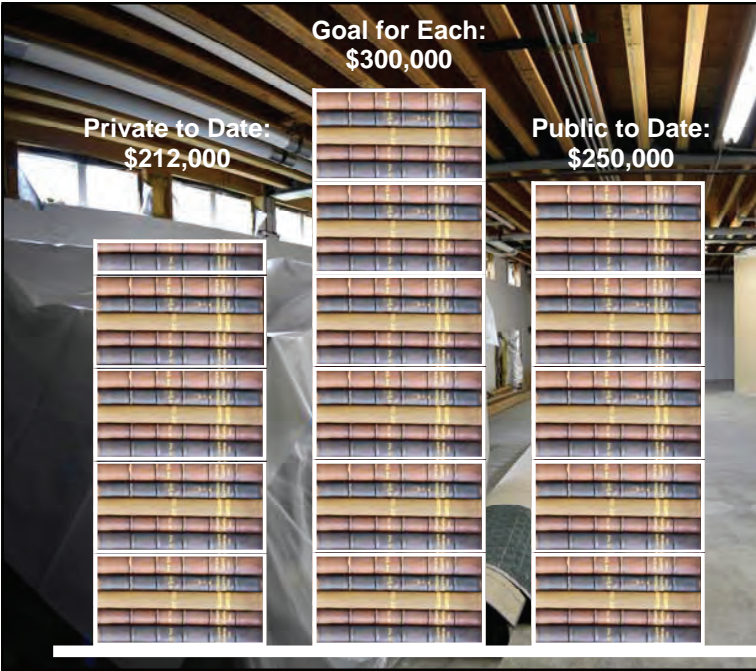
Please consider making a monetary donation to help expand the resources and services offered by the Baker Free Library. All donations over \$500 will be recognized on our Donor Tree. Naming opportunities are also still available. Donations to the Baker Free Library Foundation, a 501(c)3 non-profit, are tax-deductible as allowed by federal tax code (please consult your tax advisor for complete information).

Information

For more information, visit www.bakerfreerenovation.org; contact Mark Leven, Foundation Director, at [mlieven@cisco.com](mailto:mleven@cisco.com); or contact the Library at (603) 224-7113 or email bfldirector@comcast.net.

Donations to Date

Seventy-one percent of the \$300,000 needed from private donations has been raised through individuals, families, and businesses. Your contribution today will help to complete this project.



Thank you for helping to raise \$462,000 to date of the \$600,000 needed to better serve you at the Baker Free Library.

Space yet to be renovated in the lower level.

Your Donation to Help Fund the Lower Level Renovation Project

- ☐ I would like to pledge a gift of \$_____ per year for 1 or 2 years (Circle one).
- ☐ I would like to make a one-time gift to the Baker Free Library Renovation Donor Tree in the amount of \$_____.
- ☐ Name as you would like it to be engraved _____.

Your Name : _____
Address: _____
City: _____ State: _____ ZIP: _____
Phone: _____
E-mail: _____
Credit Card: _____

Thank you,
Baker Free Library Foundation

Suggested Donation Schedule

Bronze Leaf—\$500-\$999
Silver Leaf—\$1,000-\$2,499
Gold Leaf—\$2,500-\$4,999
Rock—\$5,000-up

You can mail your donation directly to the Baker Free Library Foundation c/o Baker Free Library, 509 South Street, Bow, NH 03304

Safe Holidays to You



Mini Fact: In 2012, about 192,000 children were treated in emergency rooms for toy-related injuries.

Christmas, Hanukkah and Kwanzaa are joyous winter holidays when we celebrate with family and friends. Make sure your family enjoys the holiday season by staying safe.

The Mini Page offers some tips for safety during these fun times.

• Check your Christmas lights for exposed or frayed wires. Also look for loose connections or broken sockets. Replace any lights that aren't in good condition.



• Remember to blow out candles and keep matches away from young children. Candles should be at least 12 inches away from anything that can burn.



• Make sure to keep a screen in front of the fireplace, even if your home has a gas-fueled fire.

• Water your Christmas tree regularly. Dry tree needles can be a fire hazard.

• Put ornaments that are breakable or have small parts at the top of the tree, where little kids can't reach them.



- Some of the beautiful plants of the season are poisonous to humans and pets. Keep these out of reach: mistletoe berry, holly berry and Jerusalem cherry plants.
- Keep batteries away from babies and toddlers, especially the little "button" types.
- If a bike or skateboard is on your gift list, make sure you also ask for a helmet to wear while riding.
- Turn off Christmas lights when you leave the house or go to bed.
- With a lot more cooking and baking going on, and more people in the kitchen, be extra careful around hot stoves and open oven doors.
- Keep your Christmas tree in a sturdy stand that won't tip over.
- Ask an adult before you try a drink. Some adult drinks are not safe for kids.



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Practice food safety as you help prepare goodies to eat.

Wash your hands, utensils, dishes and anything else that touches raw meat, including poultry and fish, and raw eggs before and after use.

Store leftovers properly and heat them thoroughly before serving.

Cold weather safety

If you are out in the cold too long, you could get frostbite. When this happens, ice crystals form in the skin.

Symptoms of frostbite are pain in the fingers, toes, nose, cheeks or ears. You might also have blistered skin that is glossy and hard to the touch. If this happens, the adult looking after you should:

- call a doctor;
- take you indoors;
- have you wiggle the affected body parts to increase blood supply to that area;
- immerse your frozen part in warm, not hot, water. Also, avoid getting warm with high heat from fireplaces or stoves. Don't rub or break blisters;

Dress warmly

If you do plan to be outside playing or helping with chores, take care to keep warm. Dress in thin layers, including:

- long johns
 - one or two shirts
 - pants
 - sweater
 - coat
 - warm socks
- boots
 - gloves
 - mittens
 - hat
 - scarf

At the library:

- "Scaredy Squirrel Prepares for Christmas" by Mélanie Watt



Mini Jokes

Sid: Who says, "Ho, ho, ho-swoosh, ho, ho, ho-swoosh"?

Seth: Santa caught in a revolving door!

Sheldon: When does Santa finish delivering toys to all the children?

Sam: Just in the St. Nick of time!

Try 'n' Find

Words that remind us of holiday safety are hidden in this puzzle. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find:

BATTERIES, CANDLE, CHRISTMAS, FAMILY, FOOD, FROSTBITE, HANUKKAH, HOLIDAY, KWANZAA, LIGHTS, MATCHES, ORNAMENT, PLANTS, POISONOUS, SAFETY, SEASON, TREE, WARM, WATER, WINTER.

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



7 Little Words for Kids

Use the letters in the boxes to make a word with the same meaning as the clue. The numbers in parentheses represent the number of letters in the solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

1. car motor (6)

2. place to keep your socks (6)

3. touch (4)

4. small, red fruit (6)

5. brown spots on the skin (8)

6. school after high school (7)

7. large sea creature (5)

EGE	WH	EL	RY
ENG		DRAW	ALE
FRE	FE	CK	CH
LES	ER	COLL	ER

INE

Answers: engine, drawer, feel, cherry, freckles, college, college, whale.



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BOW STAR SCHOOL AWARDS

SOUGHT

By Steve Elgert

The Bow Schools Foundation is repeating its Bow Star Awards program.

As a part of this fundraising initiative, special awards will be presented to honor teachers, staff, and administrators who display exemplary service to our students.

- Looking for that perfect gift for your favorite teacher or Bow Schools Staff member?
- Have you ever wanted to recognize or thank a school staff person for his/her time and effort put forth while helping our children on their journey through the Bow School system?
- Looking for that elusive holiday or end-of-year gift for that special teacher?
- Are you an alumnus who wants to give something back to a favorite mentor?
- Wondering how you can show your gratitude for that school volunteer or bus driver?

For a \$20 donation to the Bow Schools Foundation, a certificate will be created to honor that special employee or friend



of the school district you have chosen to be recognized. You can personalize your certificate with your own message. The certificates are suitable for framing and will be presented in December and June.

The process is simple: Visit the Bow Schools Foundation's Bow Star Awards webpage at <https://sites.google.com/a/bownet.org/bow-schools-foundation/bow-star-award>.

Complete the downloadable or online form. Once completed, submit the form with payment (check) to the Bow Schools Foundation or return to the webpage and use our PayPal system (no PayPal account necessary) to make a tax deductible donation to the Foundation.

This is an opportunity to further the Foundation's work in the Bow School system while at the same time honoring that special someone.



A HUGE THANK YOU...

On Tuesday, November 3rd, the members of the Bow Fire & Police Department, the Town Emergency Management Team, Bow Public Safety Supporters and members of the Bow community participated in a **fundraiser at UNO's Pizzeria** in Concord, NH.

Thank you to the many supporters who ordered take-out or enjoyed an evening out for dinner with their family & friends!

The Bow Public Safety Supporter group is happy to report that the UNO's event & raffle raised \$965.00.

To date, a total of over \$7,000.00 has been raised. This includes all of this year's fundraising events and out-right donations.

Anyone wishing to contribute to the New Public Safety Building Fund may do so by sending their donation to the Bow Fire Department, 10 Grandview Road, Bow, NH.

Checks can be made to the Bow Volunteer Fire Department with a notation in the memo line stating "New Public Safety Building Donation".

Any donation amount is greatly appreciated.



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*Wishing you a
Merry Christmas*

&

a Safe and Happy 2016

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ON AGING

Changes at the Holidays

By Donna Deos

The holidays can be a rough time for many. Sometimes it is because we have lost a loved one and we are remembering all of the times we shared with them and are sad because they are no longer physically here with us. Sometimes it is because we notice the changes in our loved ones who are still here. Today I want to help you with both of those.

Let's start with our **lost loved ones**, shall we? Any time we lose someone special to us it is very hard. Sometimes they leave us right at holiday time, which intensifies the loss. I know this first hand because it was the day before Thanksgiving just last year that my mother passed. That means this year, that anniversary fell directly on Thanksgiving. Ouch!

One of my favorite holidays, because I love the meal and the fact that it is all about getting together, being thankful and enjoying each other, is now feeling different for me. I am hoping that in future years I will be able to regain the joy and be able to focus on the happy memories of the times we all had together. For now, that isn't the case and it just has to be okay.

I guess that's my big message for you on this one. It is okay. You can be sad. You can miss them. You don't have to put on the brave face for everyone else if you find it too hard to do. Grieving and loss take time to recover from. Whoever decided three days of bereavement was the right amount is an absolute fool in my book!



Three days gives you time to do the necessary ceremonies, but that's all. Losing a close loved one never really fully goes away. It gets better over time. Sure, it does. It does get easier. My Dad's been gone for six and a half years and my Grandmother, who lived with us while I was growing up, passed twenty-four years ago. There isn't a day that goes by that I don't think of each of them, even still. Their passings don't hurt me as much as my mother's, but I still miss them. I always will. And, you know what? That is okay. It doesn't make me any less of a person, or any less of a strong woman. It keeps me the loving and compassionate one that I am.

You can have that too. You can embrace that you cannot change the loss. You can deal with it by accepting it and moving through it. Miss them when you want or need to. Celebrate them as well. What do I mean by celebrate them? Well, every year on Thanksgiving, since his passing, we do a toast to my Dad. Partly because of missing him and partly in appreciation for all of the Thanksgivings he was the chef for. Also, it's my way of letting him know I'm grateful to think he is still here with us in spirit and I hope that he has guided me to do a good job on the meal! This year we

added a toast to Mom as well. Today, you have my permission (not that you needed it) to feel your feelings and don't make apologies for having them. We all go through this at one point in time or another. Those who have been there understand. Believe me, we certainly do. If you ever need a hug, let me know. I need them sometimes too! Okay, enough about that. Let's move on to topic two before I soak the pages and you do too.

So, what can we do **when we start noticing changes in our loved ones who are still here**? Well, there are many things we can do. It depends on the degree to which they are changing as to what might be the best course of action. First and foremost, show them love and support. Secondly, talk to them in a way that shows them the love, support and your concern but that does not make them feel bad or go on the defensive. What do I mean by this? Well, find a quiet time when it's just the two of you to ask them how they are doing. Tell them what you have observed and see what you both think can be done to help with the situation. You certainly shouldn't bring it up in front of the whole family and make jokes about it. This will make them withdraw, shut down and dig their heels in.

Here's an easy example. You notice that Mom's usually immaculate house now has cobwebs up in the corners of the ceiling and other housekeeping issues that are usually well under control don't appear to be. There could be a couple of reasons for this. One is failing eyesight. Another is she may no longer feel safe climbing onto a chair to do certain tasks. Either way, you can have a conversation about maybe it is time to consider having a cleaning person come in periodically to do the things she no longer wants to or feels comfortable doing. Easy solution, but you still want to have your radar up for other things that may need solutions as well.

Here's a tougher example. We'll use Dad this time. You go to

visit him and you notice more dents and dings in his car. He is pretty repetitive in his stories and questions to you – more so than usual – and there is some really fuzzy, past date food in his fridge. The food has you fearing for his health, the dings for his and other people's safety on the road, and the repetitiveness makes you worry over all that maybe he isn't safe living at home alone anymore. With this series of examples I would say your concern is well founded.

In this second case, we should be thinking about visiting his doctor. The issues could be related to medications or they could be from memory impairment. Either way you want to start looking into this and making plans for moving forward. If it is from memory impairment you have a tougher road to hoe as they often do not realize what is happening so you can meet up with denial and disagreement. If it is medication related you could still need to stay on top of it as it may take time to smooth it out.

There are many more scenarios you may discover when you visit your loved ones over the holidays. Basically, pay attention, follow your gut, and if something doesn't seem right, try to find the right time and way to approach it with them. Nobody wants to realize that they may be failing in any way. Likewise, nobody appreciates someone else pointing it out to them no matter how nicely they try to do it. Stop and consider how you would feel if someone were having the conversation with you before you go and have it with them. This will help guide you on how best to approach it.

Also, if you need help with any of this, you know where I am. This is what I do and I am happy to help you work through it. You're not alone. We're here to help! Who is the "we" you ask? Well, me and my team of experts. No one truly does anything alone. We always have help from those we know, love, trust and respect.

Happy Holidays!
With warmest regards,
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BOW POLICE LOG

November 2015 Stats

Arrests - 23
Motor Vehicle Stops - 241, Warnings - 217
Citations - 24, Accidents - 15
Parking Tickets - 1, Restraining Orders - 3
Incident/Investigation Reports - 71

November 2015 Arrest Log

11/01- Robert W. Whiteside, Jr., 38, 705 Alton Woods Dr, Concord, was arrested for disobeying an officer, operating as an habitual offender, a bench warrant, false report to a law enforcement officer, and an additional outstanding warrant; Kristie M. Colby, 28, 282A Laurel St, Manchester, was arrested on a warrant.

11/03 - Tanya N. Ledoux, 33, 5 Market Ln, Apt#201, Concord, was arrested for driving after revocation or suspension

11/05 - Bonnie L. Jones, 54, 22 Duke Ln, Concord, was arrested on a warrant; William D. Crabb, 38, 21 Dakin St, Concord, was arrested for driving after revocation or suspension, operating with a suspended registration, possession of controlled/narcotic drug, and felon in possession of dangerous weapon (x2).

11/06 - William J. Duffany, 52, 30 Airport Rd, Concord, was arrested for operating with a suspended vehicle registration.

11/08 - Alexander C. Boyce, 26, 185 Loudon Rd, Apt#3, Concord, was arrested for driving after revocation or suspension, transporting an alcoholic beverage, and operating with a suspended registration; Matthew A. Engel, 31, 42 Centre St, Concord, was arrested on a bench warrant.

11/09 - Elaina B. Cutting, 39, 937 Route 103 W, Warner, was arrested for driving after revocation or suspension and operating with a suspended registration.

11/11- Marc J. Dolbec, 62, 82 South Bow Rd, was arrested for driving while intoxicated.

11/13 - Michael J. Depont, 33,

36 Scott Ave, Seabrook, was arrested for driving while intoxicated and open container.

11/14 - Amanda R. Bailey, 30, 1 Sparhawk Dr, Londonderry, was arrested for driving after revocation or suspension and operating a vehicle with a suspended registration.

11/15 - Arleigh C. Dinning, 30, 184 East Side Dr, Concord, was arrested for driving while intoxicated.

11/17 - Arthur Caouette, 37, 34 Swan Ave, Bedford, was arrested for violation of a protective order and burglary.

11/20 - Bridget D. Belmont, 36, 11 Poor Richards Dr, was arrested for operating a vehicle with a suspended registration and driving after revocation or suspension; Gerald S. Towne, 53, 30 Chester Tpke, Hooksett, was arrested for possession of controlled/narcotic drugs.

11/21- Jennifer A. Ives, 34, 434 N. Barnstead Rd, Ctr Barnstead, was arrested for default or breach of bail conditions; Jessica M. Wassman, 26, 182 Woodhill Hooksett Rd, was arrested on a bench warrant

11/22 - Taylor Warden, 22, 340 S. Main St, Concord, was arrested for driving after revocation or suspension.

11/29 - Joseph Clough, 18, 26 Monroe Ave, Allentown, was arrested for unlawful possession of alcohol; Justin N. Thorpe, 29, 1311 W. Baseline Rd, Apt#2074, Tempe, AZ, was arrested for driving after revocation or suspension,

2 people were taken into protective custody due to drunkenness during the month of November.

OBITUARY



Northfield, NH - **Janice O. Mosher**, 79 unexpectedly passed away at her home on Nov. 8, 2015. Born in Middletown, Ct. on December 16, 1935, Janice was the daughter of Edward and Viola Ott. Janice and her loving husband of 58 years, Robert have resided in Northfield for 53 years where they raised their 3 children.

Janice was a caregiver all her life and she retired in the late 90s to care for her parents.

Caring for her family and her animals was Janice's passion,

it was her focus 24/7 and is what kept her happily busy.

"Grammy Mosher" was the foundation of her family. Her children and grandchildren were her pride and joy.

She loved animals, all animals unconditionally just like our pets love us back. Janice's kind, altruistic nature just shined through in every personal encounter and she will be dearly missed by all.

Janice was predeceased by her son Edward R. Mosher and her sister Lois Campbell.

She leaves her devoted husband Robert C. Mosher, her son Van and his wife Julie Mosher and their children Kristen, Katie, Jennifer and Julianne of Allen Road, Bow; her daughter Bonnie and her husband Jeff Talamantez and her children Craig, Noah, and Brie of Yarmouth, MA; her sister Susan and her Husband Harry Brown of Westmoreland and nieces and nephews.



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TEMPOROMANDIBULAR JOINT DISORDER

By Dr. Mostafa El-Sherif

The Temporomandibular joint (TMJ) is important in opening and closing the jaw, eating, and a lot of other functions that need the jaw to move.

Temporomandibular joint disorder is a collection of dental and medical conditions that adversely affect the jaw joint located in front of your ear. When you start having pain in opening and closing your jaw or tooth pain as well as face and neck pain you may have the disorder. A clicking in your jaw is also a clue.

In severe advanced cases TMD will also be associated with teeth cracking or locking of the jaw where a patient will not be able to open and close their mouth. At that stage a visit to the emergency room is obviously called for.

The treatment of TMD will depend on the severity of the



Dr. El-Sherif is a Professor in restorative dentistry at Tufts and Oklahoma University with a PhD in addition to being a doctor of dentistry. He speaks at national and international conferences around the world on implants, crowns, bridges, and cosmetic surgery.

case and it can range from non-surgical treatment including pain medication, an anti inflammatory, physical therapy, or merely an appliance called

a night guard placed over the teeth. Some cases will need adjustment for the way your teeth bite. Severe cases will need surgery.

Evaluation of your TMJ during your dental visits can detect early signs and symptoms of TMD and help you get treated with non surgical methods.

**Remember -
Low Taxes
are the Result
of
Low Spending**

SUDOKU ANSWER						By Ian Riensche		
www.sudoku-puzzler.com								
5	7	8	1	2	4	9	6	3
2	1	9	8	6	3	7	4	5
4	3	6	9	5	7	8	2	1
1	2	3	5	7	8	6	9	4
6	8	4	2	1	9	3	5	7
7	9	5	4	3	6	1	8	2
3	4	2	6	9	1	5	7	8
8	6	7	3	4	5	2	1	9
9	5	1	7	8	2	4	3	6

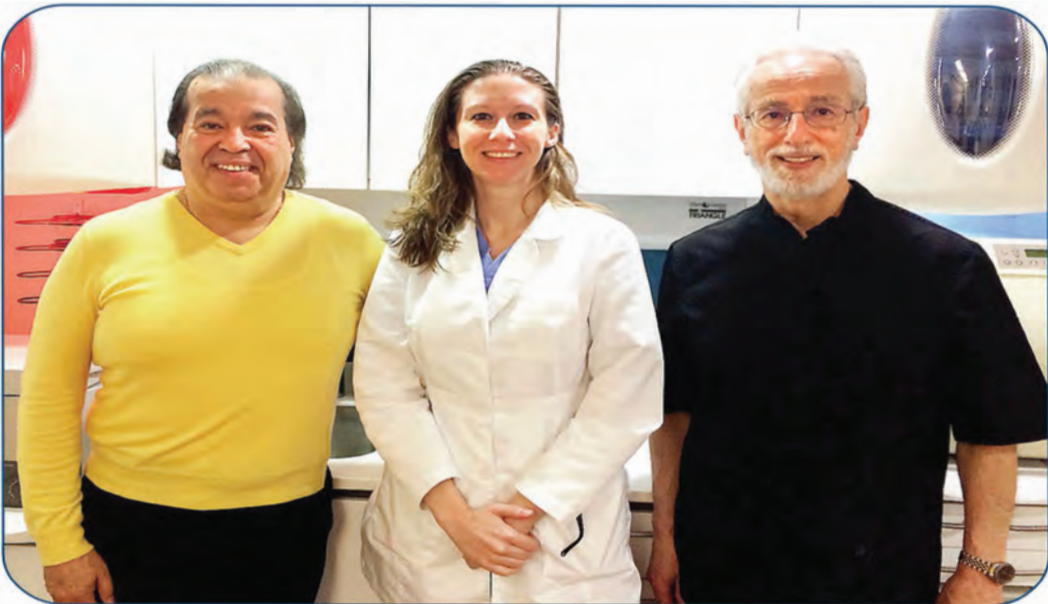
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DMD



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A Little History on Christmas in New England

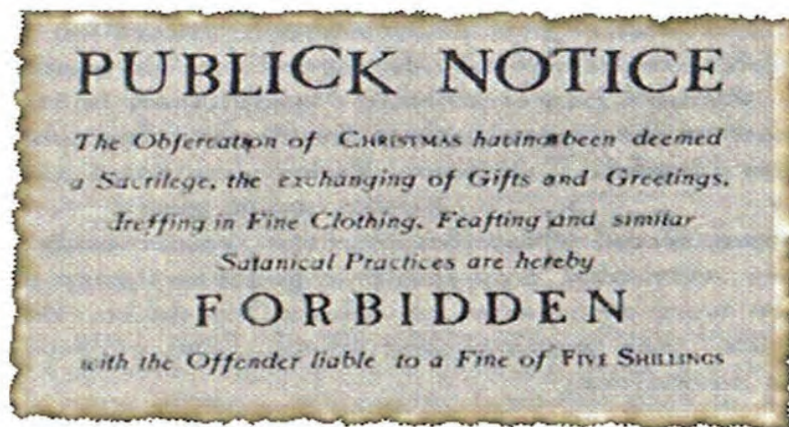
Going way back to when the Pilgrims came to America in 1620, they were very strict and because the Bible did not name any holiday except the Sabbath, Christ's birth didn't originate as a Christian holiday. Puritans didn't celebrate it throughout the 17th and 18th centuries. On the first Dec. 25 the settlers spent in Plymouth Colony, they worked as they would any other day.

Puritans in the English Parliament eliminated Christmas as a national holiday by law in 1645, amid widespread anti-Christmas sentiment. Settlers in New England went even further, outlawing Christmas celebrations entirely in 1659 and they remained banned until the 1680s. Evergreen decorations were discouraged in New England homes and merrymakers were prosecuted for disturbing the peace. Anti-Christmas sentiment flared up again around the time of the American Revolution. Colonial New Englanders refused to mark it as a holiday and it was only in the following decades that disdain for the holiday slowly faded away. Clement Clarke Moore's poem "A Visit From St. Nicholas" - aka "'Twas the Night Before Christmas" — was published in New York in December of 1823 to enormous success.

It wasn't until the 1830s and 1840s that Christmas celebrations were beginning to be accepted in New England. In the aftermath of the Civil War, Christmas became the festi-

val highpoint of the American calendar. In 1870, President Ulysses S. Grant formally declared it a federal holiday in an attempt to unite north and south. For decades thereafter, Christmas was celebrated with nativity scenes and the wish for all to have a Merry Christmas.

According to the Pierce Brigade, a group that operates The Pierce Manse in Concord, it is believed that in 1856 President Franklin Pierce, a New Hampshire native, was the first President to introduce a Christmas Tree to the White House, however, according to the White House Association, the first recorded Christmas tree in the White House was by President Benjamin Harrison in 1889. The first President to add a religious image, a nativity scene, to the White House Christmas card was President Kennedy in 1963, although the card was never sent as he was assassinated just days before they were to be mailed. Not long ago, the magic of Christmas was seen everywhere as stores, main streets and churches were beautifully decorated and children freely sang Christmas



carols in the classroom and cut out nativity scenes to be hung up. You won't find that today as schools now are censored. Gone is a time when teachers would share the story of the nativity, angels and shepherds.

Today, religious objects are not usually displayed in school, whether it is a Menorah, Star of David or Nativity scene, for fear of offending someone. Religion has been replaced in classrooms with The Polar Express story, Rudolph and the "Elf on a Shelf."

Schools cautiously straddle the line of our freedom of church and state. In Allegheny v. American Civil Liberties Union (1989), the Supreme Court ruled that Christmas trees have the standing of cultural icons and, thus, are not religious practices. And in Florey v. Sioux Falls School District (1980), the court wrote:

"The First Amendment does not forbid all mention of religion in public schools; it is the advancement or inhibition of religion that is prohibited." ... Hence, the study of religion is

not forbidden "when presented objectively as part of a secular program of education." ... We view the term "study" to include more than mere classroom instruction; public performance may be a legitimate part of secular study."

The Supreme Court has held that the Christmas tree, as well as a Hanukkah Menorah, is a secular symbol of the holiday season; therefore, the temporary display of either in a school does not violate the Establishment Clause.

This holiday season is now celebrated in many different ways: Wiccans and some Atheists celebrate the Winter Solstice; Buddhists celebrate Bodhi Day; Christians celebrate Jesus' Birth on Christmas; Jews celebrate Hanukkah and light candles on a Menorah; Kwanzaa is a week-long celebration.

However you celebrate, remember the main vein of all of these religions is to share faith, hope, belief, thankfulness, rebirth, enlightenment and unity.

Let's all show love and kindness this season.

Merry Christmas!

Sources: The Week - *When Americans Banned Christmas*

PBS NewsHour - *How "Christmas" should teachers get?"*

Wilson NCTeaParty - *Christmas with the Presidents*

Fosters.Com - *First for Pierce?*



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Fall

Winter

BOW HIGH SCHOOL HONOR ROLL

Bow High School is pleased to announce the First Quarter Honor Roll. High Honors recognizes students who received an “A” grade in all of their classes. Students need to carry a minimum of four classes to qualify. The Honors List recognizes students who received “A” and “B” grades while carrying a minimum of four classes.

High Honors List

Grade 12

Jeffrey Bell, Shannon Benson, Julia Currier, Ethan Fargo, Ian Gillespie, Jake Harkins, Margaret Jensen, Brooke Johnson, Samantha Knapp, Kaitlynn Leary, Yifan Liu, Samantha MacEachron, Owen Molind, Max Mowry, Amanda Murray, Adam Nelson, James Petzold, McKenzie Sawyer, Aditya Shah, Hayden Udelson, Naina Vig, Evan Vulgamore, Katrina Wells, Dylan Wheeler, Laura Zbehlik, Sarah Zecha

Grade 11

Austin Beaudette, Kristen Benson, Duke Biehl, Pavel Burke, Carmen Celenza, Lucas Cohen, Lauren Craven, Sohani Demian, Collin Devaney, Elio-rah Finkelson, Andrea Fortin, Abigail Horner, Sarah Jarrar, Nandita Kasireddy, Olivia Krause, Hallie Lothrop, Joseph Lulka, Cassandra Meaney, Emily Montebianchi, Michael Mullen, Claire Mulvaney, Samuel Neff, Bryce Northrop, Brandon Parker, Zachary Ponzio, John Rich, Timothy Underhill, Isabella Urbina, Sadie Warburton, Brendan Winch

Grade 10

Claire Aurilio, Allison Beaudette, Brayden Binder, Mark Borak, Emily Buczala, Susanah Budd, Abigail Coe, Sonya DeLorie, Dillon Hicks, Laura Hoeker, Kathleen Jenkins, Grant Johnson, Cole Johnson, Gabriella Kelly, Alison Lambert, Gillian Martin, Katherine McCully, Joseph Milano, Sydney Mills, Gwen Molind, Valerie Pascetta, Lina Patel, Nicole Perry, Emma Roberge, Amanda Sampo, Samuel Selleck

Grade 9

Carter Abramson, Joseph Auger, Samuel Berube, Brianna Boone, Daniel Breault, Macy Broderick, Cassandra Caffasso, Dillon Cate, Sarah Ciotti, Emma Conley, Nathan Demers, Kirpal Demian, Luca Demian, Isabelle Dolcino, Matthew Driscoll, Samantha Eastman, Brennan Gillespie, Corey Gott, Lauren Goyette, Mason Grasso, Elisabeth Hunter, James Jensen, Abigail Johnson-Rienert, Zoe Jukoski, Natalie Kay, Louis Keith, Julia Landcastle, Jamie MacEachron, Kayleigh Marshall, Amanda Marshall, Grace Maurer, Zachary McDaniel, Sean Miclette, Zachary Mullen, Miah Munro, Serena Munro, Kylie Murphy, Andria Norris, Brenna Novakoski, Caleb Olson, Chiara Pretretta, William Radl, Andrew Ralston, Hunter Remick, Caitlin Robbins, Jonathan Routhier, Kendra Roux, Joseph Savell, Jessica St. George, Rebecca Thissell, Cody Tibbetts, Hannah Topolosky, Faith Walmsley, London Warburton, Aidan Westenberg, Jack Wixson

Honors

Grade 12

Kaitlyn Andrews, Madison Beauchain, Colin Buck, Yizhe Chen, Madeleine Cheney, Tyler Collins, Madison Constant, Anthony Dal Pos, Casey Day, Jillian DeLand, Keith Descoteaux, Joshua Ducharme, Kieran Fahey, Peter Forrest, Sarah Gunn, Cody Hager, Brianna Heckadon, Anna Heindl, Nicole Hodgkins, Alexander Hoeker, Ryan Jaworski, Maxwell Johnson, Hadley Johnson, Robert Joscelyn, Caitlyn Keenan, Samantha Knapp, Michael Malette, Justin McCully, Hunter Murray, Ryan Murray, Claire Murray, Alina Pinney, Benjamin Pinski, Corbin Provost, Francesco Scali, Jacob Scott, Benjamin Segal, Samrawit Silva, Benjamin Smith, Rachel Strickland, Kaythi Tu, Sawyer Twombly, Emma Walcott, Allison Wilber, Drew Wunderli, Shane Wunderli, Taylor York, Bradley Zahensky

Grade 11

Crista Alfano, Sara Anoli, Allison Arcand, Nicole Auger, Hunter Bakos, Jonathan Bara, Nicole Bernard, Saara Bliss, Noah Bult, Willow Bynum, Gianna Celenza, Brian Chagnon, Douglas Champagne, Robert Ciotti, Taylor Darrell, Patrick Dubis, Mason Elle-Gelernter, Athina Fanaras, Riley Hicks, William Holmes, Tyra Jackson, Paige Johnson, Rebecca Katz, Mac Kimball, Aidan Koornneef, Devon LeCompte, Conner Lorenz, Ronan Lucey, Megan Marshall, Ryan Masingill, Bryn Mayo, Christopher Mead, Jon Merchan, Leah Mitnitsky, Justin Mooney, Molly Morrison, Shannon Mullen, Andrew Nicholls, Jack Olson, Samantha Perry, Vincent Petersen, Elizabeth Pizzi, Joshua Reed, Jared Reynolds, Aedan Roach, Henry Tanner, Karina Thompson, Jack Vachon, Lyndsey Wheeler, Riley Whelan, Kirsten Wiesner, Samuel Windsor, Elysia Woody

Grade 10

Joseph Anderson, Grady Beaulieu, Daniel Belair, Alicia Bernardi, Dominique Biron, Erin Boldwin, Brian Bushnell, Brody Call, Abigail Connor, Jack Corriveau, Lea Crompton, Mats Dartnell, Danielle DesRuisseaux, Desiree Doucet, Jade Dowling, Nicole Epstein, Nolan Filteau, Amanda Fleury, Shannon Ford, Brendan Fournier, Christopher Gallier, Benjamin Guertin, Jonathan Guimond, Elizabeth Gunn, Julianna Hager, Amanda Hamilton, Julia Hollinger, Reagan Irish, Ben Kimball, Robert Kremzner, Gillian Ladd, Justin Leach, Sean Leary, Rebecca Lessard, Molly Litt, Briana McCranie, Christian McDonald, Mariana Mielcarz, Brianna Mullen, Nathan Murphy, Alex Nagy, Patricia Nordin, Katherine O’Brien, Anneliese Oxaal, Diana Pollock, Justin Porath, Juliet Reed, John Rolla, William Russo, Jonathan Scott, Savannah Speckman, Cydnee Szumierz, Brandon Tibbetts, Zachary Udelson, Samuel Valas, Brianna White, Cheryl Young, Mikaela Zabielski

Grade 9

Eve Anderson, Courtney Baer, Michelle Baillargeon, Katelyn Bara, Connor Blandini, Jonah Bult, Ethan Callihan, William Carey, Nathan Carrier, Jacob Carter, Charlotte Clement, Elias Cohen, William Cohen, Alyssa Colandreo, Lauryn Colby, Caitlin Craven, Sofia Darrell, Hunter David, Lily Geddes, Jason Howe, Emily Katz, Ellie Lambert, Abigail Landry, Jordyn LeCompte, Kaitlyn Lummer, Thomas MacEachron, Alistair Mayo, John McCarte, Olivia Murray, Neeraj Naik, Abigail Napen, Lindsey Nelson, Conor O’Mahony, Elizabeth Parker, Julia Pingree, Richard Pinney, Erica Podis, Daniel Silva, Savannah Twombly, Charlotte Ulrich, Jake Valpey, Benjamin Wachsmuth, Benjamin Wheeler, Garrison White, Emma Windsor, Jersey Young



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BOW FALCONS

BOW HIGH SCHOOL FALL FALCON AWARDS

By Jim Kaufman

Awarded annually to one athlete in each varsity team based on Sportsmanship, Leadership and Workmanship.

Boys Golf – Douglas Champagne

Boys Football – Christopher Robbins

Girls Field Hockey – Hallie Lothrop

Boys Cross Country – Hayden Udelson

Girls Cross Country – Sarah Zecha

Boys Soccer – Owen Molind

Girls Soccer – Madeleine Cheney

Coed Spirit – Mariana Mielcarz

Bass Fishing – Zack Daniels



RECAP OF FALL SPORTS

By Jim Kaufman

Girls Soccer

On Sunday November 8th at Laconia High School, the Bow High School girls soccer team won their third straight Division 3 State Championship with a 4-0 victory over Raymond High School. The Falcons were led by 2 goals from junior Gianna Celenza and 1 goal each by Maddie Cheney and freshman Miah Munro. The win caps a 19-1 season and a 59-1



FALL FALCON AWARD WINNERS L-R Maddie Cheney, Owen Molind, Hallie Lothrop, Sarah Zecha, Hayden Udelson, Doug Champagne, Zach Daniels, Chris Robbins

record the last 3 years. The great season was led by 3 first team all state senior players Julia Currier, Maddie Cheney and Caitlyn Keenan.

Golf

The Golf team won their fourth in a row Division 3 golf championship on Thursday October 8th at Waukegan Golf Club in Meredith. The team was led by medalist Doug Champagne with strong backing from Colin Plumb and Rona Lucey. On Saturday October 10th, Champagne would become Bow's first ever individual state champion with an 8 stroke victory.

Football

The Falcons would play strong with an 7-1 regular season record. The team was led by senior Chris Robbins who ran for more than 1000 yards in the 8 games. The team would win its first playoff game over Stevens 21-14. The state semi-final at Newport would see the Falcons drop a 47-7 loss. The past 3 seasons the Falcons have compiled a 27-4 record.

Cross Country

The Falcon girls team ran to a state runnerup finish at Derryfield Park on Saturday October 28th. The Falcons were led by Junior Olivia Krause 11th, Senior Sarah Zecha 13th, Junior Sohani Demian 20th Freshman

Emma Conley 25th.

The Boys team finished 7th with Senior Hayden Udelson 27th and Junior Robbie Ciotti 31th the team's top finishers.

Field Hockey

Tracy Berube returned as varsity coach after a 3 season absence, and the team showed most improvement. The falcons would finish a 5-5-4 regular season before as the #11 seed upsetting #6 seed Pelham in the NHIAA Division 3 state tournament. Seniors Maddie Constant and Laura Zbelhlik, and Juior Hallie Lothrop would earn all state honors.

Spirit

The spirit team placed 4th at the State Championship on Sunday November 8th at Pinkerton Academy.

Boys Soccer

The boys soccer team rolled to a 15-1 regular season and secured the #1 seed in the Division 3 State Tournament. A second round victory over 5-0 Bishop Brady started the Falcons tournament run.

The quarter final game with #9 Hillsboro-Deering was a classic. The game was 2-2 through regulation and 2 overtimes before penalty kicks would de-

cide a winner. Hillsboro-Deering would bury all three penalty kicks to knock the Falcons out of the tournament.

Senior Owen Molind led the way completing a second All State season, The offense was led by sophmores Victor Oliveira and Ben Guertin.

Seniors Thomas Poulin and Rob Watt were strong defenders and keepers Noah Built and Brian Bushnell were outstanding all year.

BOW GIRLS SEASON-OPENING VICTORY OVER PERENNIAL CONTENDER CAMPBELL 54-45!

Nothing needed to be said before the game. The Bow High girls' basketball team was well aware that the team it was facing in December 4th's season opener, Campbell, was the same team that knocked the Falcons out of the playoffs last year. "The girls knew it, so I didn't think I had to bring it up," Bow Coach Bill Vermette said. "And both teams are different teams this season."

Still, the Falcons found a little extra pleasure in their 54-45 victory since it came against the Cougars. "It's always nice to beat Campbell," Vermette said. "In the six years that I've been here, Campbell has been a benchmark. They're usually one of the top three or four teams in the conference and you're going to have to beat them if you want to advance."

Amanda Murray, the lone senior on Bow's roster, finished with 15 points.

Sophomore Lea Crompton had 13 and sophomore Erin Boldwin added 11 and was a force on the glass. But this win was as much about Bow's depth as it was the leading scorers.

Interview with Susan Hatem Bow Rotary is Library Renovation Project's Biggest Supporter

Summer concerts. Roadside trash pickup. Winterfest. Rotary Park maintenance. As hosts and workers at all these local activities, the fifty or so people who make up Bow Rotary are some of the most active and engaged residents of Bow. And they have fun doing it, gathering every Friday morning for breakfast at the Old Town Hall for a friendly, fast-paced meeting that strikes a visitor as part potluck, part game show, part community development strategic planning.

As if building community through service and friendship is not enough, Bow Rotary gives away the money that it raises at events like their annual auction and antique car show. They give away lots of money for a small organization in a small community: about \$25,000 a year in scholarships and camperships and other assistance to local families, as well as supporting health and economic development projects around the world as part of Rotary International.

So two years ago, when library supporters came to Bow Rotary for seed money to renovate the lower level of the library, then-president Rick Minard and other members might well have chipped in a few thousand and considered the job done. That's not what they did. As Rick tells it, the Board started thinking about the fact that scholarships help individual students and families but these students rarely return to start their careers here. Sometimes when the kids have finished school, even the parents move away. Could the library project be a way for Bow Rotary to



Susan Hatem, Baker Free Library Foundation President, listens as Rotarians Mike Griffin (center) and Rick Minard (right) discuss Bow Rotary Club's support for Lower level Renovation Project

support access to education in the community in a more lasting way?

Without letting go of their other commitments, Bow Rotary pledged \$20,000, their largest single donation, to the Baker Free Library Lower Level Renovation Project. Since receiving Rotary's pledge, the Baker Free Library Foundation has quietly raised \$180,000 in additional funds, two-thirds of the private amount needed to match the public portion being raised toward the project at town meetings. Mike Griffin, current Rotary President is thrilled with Rotary's involvement.

"The theme for Rotary International this year is "Be a Gift to the World!" This is very fitting, especially when I reflect on our recent collaboration with the Baker Free Library. He and many Rotarians have donated both time and individual monetary gifts to the library project as well.

Griffin and Minard have a two-pronged message to others in town. "Support the library project by donating now - and come join Bow Rotary to have fun while helping others."

Bow Rotary Club Annual Christmas Tree & Wreath Sale

The annual Bow Rotary Christmas Tree and Wreath sale began on November 28th and is already off to a fast start. The sale is located at the town pond beside the Bow Community Building and will run for only two weeks or until all 200 trees are sold. 63 trees were sold the first weekend alone.

The fresh cut trees are from the Northeast Kingdom of Vermont and are well shaped Fraser Firs and range from 6 to 8 ft tall. Fraser Firs are known for holding their freshness better than other varieties.

Hours will be weekdays from 4 to 7 p.m. and weekends from 10 a.m. to 7 p.m. All trees are \$40. Pre-decorated fir wreaths are \$20 and the very popular Duncraft Bird Seed Wreaths are \$15 each or two for \$25.



L-R David Scanlan, Peter Imse and Jeff Kipperman (photo by Eric Anderson)

For more information, visit bowrotary.org. The Rotary Club of Bow, chartered in 1975, is a member of Rotary International.

The club's motto is "We help others," and is a service club of approximately 55 local men and women who engage in a wide variety of volunteer activities to support both local community activities as well as health and community assistance projects around the world.

New Year Festivities

Come One Come All

To The

**Bow Community Men's Club
New Years Day Breakfast Buffet
At The Bow Community Center
8:30 – 12:00 P.M.**

Adult \$10.00

Children (12 and Under) \$4.00

Eggs, Bacon, Sausage, Hash, Chipped Beef, Beans, Pancakes, Blueberry Pancakes, French Toast, Fruit Salad, Toast, Coffee, Milk, Tea, Hot Chocolate and Assorted Juices.

(All proceeds raised by this event are returned to the local community)



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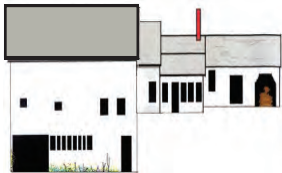
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Bow Community Center
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Town Election – March 8
Town Meeting – March 9



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HOW TO PROTECT YOUR
HOME WHILE YOU'RE GONE

By Ann Dippold

The holiday season is prime time for thieves looking for an easy opportunity to break into your home. While you’re enjoying the hustle and bustle of this festive period, a thief could be taking a leisurely stroll through your home in search of valuables.

Keep your home safe and secure over the holidays with these five thoughtful tips.

Alert the Neighbors

Let the neighbors you’re friendly with know about your travel plans and ask them to watch for any suspicious activity. Arrange for someone you trust to enter your home every couple of days to ensure everything’s running smoothly.

Put the Post Office on Pause

Temporarily suspend mail and newspaper delivery services while you’re away. (Or ask a neighbor to collect them for you.) Nothing signals that a home is unoccupied like a

week’s worth of newspapers at the doorstep.

Keep Gifts Under Wraps

Don’t advertise what you’ve bought over the holiday season via social media, and ensure gifts and valuables aren’t visible from the street or at the trash. Many a holiday has been ruined by thieves making off with all the presents carefully chosen for friends and family.

Secure All Entry Points

Ensure all doors and windows in your home have functioning locks that properly fasten. Be sure to remove any spare keys you may have hidden near your door.

Install a Security System

A professional security system gives you peace of mind while you’re away. Modern systems often include remote video monitoring that allows you to check in on your home from wherever you are.



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Interview with Presidential Candidate Senator Lindsey Graham (R-SC)

By Chuck Douglas, Editor

Editor: Senator, do you want to contain or defeat ISIS?

Senator Graham: I want to destroy radical Islam. The way you win this war is that you partner with people in the faith. What Mr. Trump said about banning all Muslims is actually very hurtful to the war effort. The only way you can possibly destroy radical Islam is from within the faith itself. Trump sounds like he is declaring war on the faith itself.

I've been to the Mid-east, Iraq and Afghanistan 36 times in the last decade. I know how hard it is for our partners in the region like Jordan to survive. Mr. Trump has made it hard for King Abdullah and others like Egypt to partner with us and he has made it easier for ISIS to recruit. He did the one thing that you would never want to do in the Mid-east, namely denigrate their faith because the only way you win this war is to partner with people in the faith and the vast majority of Muslims reject radical Islam.

Editor: What would winning look like years from now?

Senator Graham: There is no capital over ISIS to destroy; there is no Air Force to shoot down or a Navy to sink. So here is winning: over the arc



of time it would mean in the end, the countries involved can contain the threat within their own borders, with their police forces and their armies being capable of dealing with mere remnants of radical Islam there. Responsible Imams will preach again without being killed. Politicians will reject the ISIS way of governing, women will have a voice about their life and their children, the rural areas will be safe enough that people do not need to form militias, and the local police and judges would be seen as



fair-minded. Admittedly that day is a long way away, but it came to pass in Germany and it came to Japan. Out of those totalitarian states emerged two of our best allies, Germany and Japan.

Editor: So you think we can effect change?

Senator Graham: There is nothing unique about this phenomenon. Other religions have had this problem, but radical Islam is a very viral vitriolic form of religion and the way you win is that you empower others in the area. For those who have the will to say no, you must provide them with the capability to do so. Sometimes it is military force, sometimes it is training armies and police forces, sometimes its economic relationships, foreign assistance, even building a small school house in a remote poor region in the Mid-east will do more damage to radical Islam than a bomb.

The good news is that most people are not buying what ISIS is selling. Most moms and dads don't want to turn their daughter and sons over to ISIS. Young people are very much less secretarian today and they are hoping to have a better life. In the Mid-east now is a fight for the heart and soul of Islam between radicals and regular Muslims.

Young people want social justice and do not want to disenfranchise women and they aren't going to live in dictatorships for our convenience any longer. So, when you hear somebody say I wish Saddam was back or Gaddafi was back, then you go live there. Because the people who lived in those dictatorships reject that model. We should embrace the young people and their demand for change.

Editor: What about intelligence gathering in the internet era?

Senator Graham: There are two things we're talking about. Stopping another 9/11, before they attack us, so when you capture someone who is a high value target they would be treated as an enemy combatant under the law of war and not read their Miranda rights, but kept within the confines of the law of war where you can question them for intelligence gathering purposes to put the puzzle together.

Also combating the enemy in cyber space and its recruiting is a new battle for the hearts and minds of Muslims.

You have to take ISIS down not only militarily, but you have to expose its ideology for being what it is – religious Nazis. We did it in Iraq. It's working in Afghanistan. We marginal-

ize the enemy in cyber space. We need an information battle plan, but the voices have to be from the region. We created TV shows in Afghanistan that put the police in a positive light so women would join the police force. We had sort of a Kandahar CSI program.

Editor: Speaking of Kandahar and the situation in Afghanistan I had read that we are shutting off money for diesel to keep the electric plant going in Kandahar. If we continue down that road won't it fall to the Taliban?

Senator Graham: Yeah, we are shooting ourselves in the foot there. President Obama wants to end all wars. Great goal, but you either win a war or you lose a war or by mutual consent you both stop fighting. Our presence in Afghanistan is now 9,800 and he's talking about going down to 1,500 by 2017. That would be a disaster.



The Afghan army and police are doing better, but democracy is hard and building capacity in a war torn country takes a long time. Again, you can do more damage to a radical ideology through jobs, education and electricity in a functioning city than you can through dropping a bomb. Most average people over there want to move in a different direction, but they have to have hope. Our goal, quite frankly should be to offer hope for a better life, not just a glorious death.

If I were president we would keep at least 10,000 of our service people in Afghanistan training their forces with a couple of thousand troops as counter-terrorism forces to go out and work with Afghans in eliminating the threat to their homeland.

GRAHAM CONT. P. 27

WILL WINTER STRETCH PSNH TOO THIN?

New England has more than enough capacity to meet electricity demands this winter, but the organization that oversees the regional grid continues to warn that the region needs more reliable supplies of natural gas to avoid future problems.

ISO New England, which operates the electricity grid in New England, said in its annual projections for winter supplies that it has identified 4,220 megawatts of gas-fired power generation “at risk of not getting sufficient fuel on any given day.” That is more than three times the output of Seabrook Station Nuclear Power Plant which supplies about a third of our power. Even so, and

even with the closure of power plants such as Vermont Yankee, ISO New England’s winter report indicates that no power shortage is predicted this winter.

The organization predicts peak demand during “extreme weather” would be slightly less than 22,000 megawatts throughout the six-state region. The region has 29,932 megawatts of generation capacity available, plus about 600 megawatts of electricity that could be imported from Canada if needed. Losing all 4,220 megawatts of gas-fired generation identified as being “at risk” would, in theory, still leave more than 4,000 megawatts of excess capacity.

GRAHAM CONT. FROM P. 26

Editor: Why should a Republican or Independent vote for Senator Lindsey Graham?

Senator Graham: I think I’m the best qualified to be Commander in Chief on day one. One percent of us serve in uniform to protect the other 99%.

I hope every voter would consider that your vote is going to be used to pick the next Commander in Chief in a time of war. So pick somebody with a background and judgment that could lead this country as a war time president.

No one has spent more time understanding the enemy and our friends over there than I have. Everyone in the Mid-east knows me, friends and foes alike.

I served thirty-three years in the Air Force with 140 days on the ground over there. As a Senator, I’ve taken 36 trips to the region trying to understand what works and what doesn’t. I’ve looked at what worked for Bush and what mistakes he made.

I’ve made mistakes, Obama has made mistakes, but I’ve learned. I think I’ve got the clearest idea of what it takes to win. I’ve been calling for more American boots on the ground in Iraq and Syria for two years now.

I don’t want to send more people over, but we have to. Just going from 3,500 to 10,000 would make a big difference in stabilizing Iraq.

We also need a regional army where the Arabs and Turkey do most of the fighting with our help, 90% them, 10% us. But what I have to offer above all others is knowing the region. I’m a trusted voice.

I think I would be a good Commander-in-Chief because I’ve walked in the shoes of those who are doing the fighting.

I also think that I’m the type of Republican that can draw support from young people interested in climate change and that Hillary Clinton’s definition of flat-broke and mine is quite a bit different.

I’m the first in my family to go to college and neither of my parents finished high school. My mom died of Hodgkins disease and when I was 22, my dad died and I had a 13 year old sister to raise.

Without family, friends and faith I wouldn’t be where I am today. and I want to be President to make America safer.

I ask for your support and your vote in the Republican primary next February.

Editor: Thank you Senator.

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Observations on a Week in Cuba

By Chuck and Debra Douglas

EDITOR'S NOTE:

With Bow students planning a trip to Cuba next year this reprint from the Union Leader helps parents with an overview of the island.

In September, we had a chance to visit the long forbidden island of Cuba. We wanted to see the island before McDonalds arrives! At this time US citizens can only visit with an approved group that meets one of 12 criteria, such as journalists, photographers or people-to-people.

We chose a cultural immersion group which is likely what Bow high school students will be part of on their trip next year.

Our two guides took us to a school, a medical clinic, art studios, a dance studio and private homes with a one-floor restaurant, known as a paladar, to name just a few of the places where we met with ordinary Cubans.

Having only re-opened our embassy after 54 years on August 15th, we met with and enjoyed a great conversation with Ambassador Jeffrey DeLaurentis, who is a career State Department diplomat. As the first New Hampshire delegation we, of course, took our maple products to share with him and his staff.

The Cubans we met were all friendly towards Americans. But they live in un-air conditioned homes with water that is undrinkable by non-native Cubans. The average Cuban makes about \$20 a month. Salaries are supplemented by a 1960's era ration booklet (la libreta) to help provide sufficient food for families.

The ration provides for approximately 6 pounds of rice, 4 pounds of beans, 6 pounds of sugar and almost a pound of chicken per person for the month. When those rations are not enough to finish the month they are forced to shop at the markets with much higher priced goods... when they are available. We saw many empty shelves in a supermarket.



Open for Business

Military service is mandatory for all males at age 16. Education is mandatory so literacy is quite high. College and graduate school are free to high school graduates that test well on the entry exam. There is not much of a middle class but as more and more private enterprise is created the middle class will grow. We can help influence that growth as more trade and contact occurs with the slow normalization process between our countries.

With Venezuela in trouble due to the decline in oil prices, Cuba is out of friendly countries to underwrite its economy. With the collapse of the Soviet Union in the early 1990's, the huge Russian presence of subsidies, personnel, building and commerce abruptly disappeared.



Typical Cuban Taxi

Our two guides were born in the 1970's and remember a period after the Soviet aid stopped with very little food, power blackouts and starvation in many areas of the country. The decade of the 90's is referred to as the

Special Period. Because of the privation during the Special Period, Cuba's government had to reach out to tourism to breathe life into its moribund economy.

Thus began a period of tourism by countries other than ours. We observed many contrasts. One was how the sight of our 1950's Chevys, Fords and Studebakers ply the streets, along with Russia's old and boxy Moscovitch and Lada cars. There are newer vehicles, but they are definitely in the minority.

But where else can you fly from Miami for 45 minutes and get to see an Eastern Airlines plane flying to Havana's José Martí airport? Yes, Eastern is back for Miami to Havana flights after 24 years. You can

There are no cell phones or Internet available except in a few public places, so our iPhones were used all week as cameras. There are no First Amendment freedoms in Cuba.



Havana Home Courtyard

Cuba is a land of great beauty and contrasts that maybe, just maybe, can open up to a freer economy and better lives for its 11 million people. The people do want us to distinguish between them and their government. They also look forward to a time when their own government won't be able to blame every deficiency on the American embargo.


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HONORS

Sydney Abramson, Ellie Andrews, Nicholas Aubrey, Ziola Audet, Emma Avery, Alex Baer, Joshua Beaulieu,

Sean Begley, Gracie Bresson, Vitalia Brock, Carizza Cayabyab, Anthony Constant, Alexander Cross, Jonathan Cross, Meaghan Danahy, Ethan Davis, Trinity Dilibero, Jade Fauteux, Patrick Glynn, Madison Gordon, Elizabeth Hanson, Brooke Hull, Sonia Hunter, Jack Hyslop, Anna Krause, Anya Krug, Elise Labonte, Falon Labrecque, Mason Lane, Gabriella LaPerle, Miles Leavis, Ryan Leonard, Nicholas McGovern, Lauren McKeen, Aiden Munro, Deborah Murdough, Saige Murphy, Makayla Murray, Benjamin Neff, Ryan Nicholls, Peter Orsmond, Olivia Parzick, Madison Petzold, Reece Protzmann, Tyler Rancourt, Joseph Reed, Andrew Robbins, Colby Rousseau, John Sargent, Matthew Selleck, Sophia Valpey, Connor Wachsmuth, Finnian Welch, Liam Wells, Alexia Williams, and Margaret Young

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