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SB2 TO BE VOTED ON AT MARCH 8 SCHOOL ELECTION

Over 50 voters have petitioned to have the option of moving the school budget and annual school meeting over to the SB2 procedure. It will be on the ballot for the school election held on Tuesday, March 8.

SB2 allows all Bow voters to vote on the school warrant articles with convenient 7:00 a.m. to 7:00 p.m. voting hours or by absentee ballot. Why wouldn't we want to upgrade from a system that excludes our family, friends and neighbors from voting just because they cannot make the night meeting?

Why SB2?

- Bow town election and town/school meeting week are absolutely overwhelming. Very few Bow voters make it all the way through all three of these events in what is called "hell week" SB2 allows you to participate in two of these events at the same time. When was the last time you were able to completely represent yourself?
- SB2 simplifies the voting process. Just pick up a ballot and vote for or against an article in the privacy of

a voting booth or by absentee ballot. Bow school meeting rules are complicated and confusing and are designed to favor warrant articles because there is no equal time for opposing views during the many presentations.

- SB2 insures that the wishes of Bow voters are heard and implemented. If Bow implements SB2 we will no longer have to be subjected to exhausting re-votes forced upon us by those who do not respect the will of the voters by moving reconsideration and having a second meeting on school bond issues.
- SB2 voters have more time to be informed from sources that they trust. The SB2 voter has time to distinguish misleading and inaccurate information from accurate information given at the meetings. Unfortunately, some Bow residents claim they have historically been subjected to misleading or inaccurate information.
- SB2 voters enjoy the secret

SB2 CONT. ON P. 2

KATHY GARFIELD FILES FOR SCHOOL BOARD



Kathy Garfield of 13 Audley Divide, Bow, has filed for an elected position on the school board. She is a graduate of the Bow schools and then went on to Concord High School and then Holderness School after her 9th grade at Bow Memorial School. She graduated from Colby College in 1989

and returned to Bow in 2002 after being a bond trader with Shawmut Bank and Tucker Anthony for several years.

Kathy and her husband, Mike, are the parents of Emma and Ben Garfield. She coached Bow Youth Lacrosse for seven years and was an assistant coach for the Bow Soccer Club while her kids were growing up.

She is President of Robert R. Keller & Associates and Treasurer of the family business which employs 600 people in Bow and Manchester. She also is a Board member of the New Hampshire Business and Industry Association and serves on Anthem's Customer Advisory Board.

Her mantra is "to be a good steward of other people's money." She is a strong believer in reducing the tax rate in Bow to make the town more attractive for families and businesses to locate here.

WINTERFEST WAS FUN!

Breakfast, lunch, ice hockey, indoor games and crafts as well as Wildlife Encounters were in vogue at Winterfest last month.



ICE HOCKEY ENJOYED BY MANY



WILDLIFE ENCOUNTERS!

The Bow Rotary and the Bow Community Mens Club as well as other volunteers from 8 AM to 2 PM made the most of the non-wintery weather.

Rotary's Chuck Rheinhardt organized a successful and fun event with crafts and games.



SMORES!!!!

Photos by Eric Anderson

FEBRUARY SURVEY

DO YOU SUPPORT ADOPTING SB2 FOR THE SCHOOL ANNUAL MEETING? PICK ONE RESPONSE ONLY

_____ YES _____ NO

GO TO www.thebowtimes.com and select

FEBRUARY SURVEY

Responses are tallied by Survey Monkey

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ballot. Your vote is your business. No longer will you have to lose a friend or upset a loved one just because they did not like the way you voted or spoke at a meeting. SB2 votes are more representative of the people because more people vote than usually show up at a school annual meeting night.

- SB2 was designed to fight against special interests forcing their will on the taxpayers of Bow. Last year a hundred plus voters forced higher school taxes on all Bow taxpayers because they wanted the convenience of all-day kindergarten. They forced it through and then most left the meeting after overturning the School Board and the Budget Committee to the tune of \$358,000 in increased spending.
- Area school districts that have adopted SB2 are Epsom, Goffstown, Hooksett and Weare.

So How Does SB2 Work?

Q. How many school meetings will we have?

Legally there is still one school meeting, but instead of one session at night where debate and final voting on warrant articles takes place, there will be two separate town sessions, a deliberative one and a voting one. The deliberative session is held to discuss, debate and possibly amend warrant articles. The second meeting session, the voting session, takes place in the voting booth where citizens vote on all warrant articles on the March election day.

Q. What happens if the operating budget is not approved?

If the operating budget warrant article is not approved at the voting session, then the default budget is deemed to be approved for the next fiscal year.

The "default budget" equals the amount of the same appropriations as contained in the operating budget from the previous year, reduced or increased as the case may be by debt ser-

vice, contracts and other obligations previously incurred or mandated by law. The default budget also excludes one-time expenditures contained in the previous year's operating budget which are defined as expenditures not likely to recur as determined by the school board.

Q. How does the default budget work?

The default budget freezes the budget at the previous year's level except for amounts which are obligated to be paid or were one-time expenses. Employee raises will not be included unless they are required by a legally binding and previously ratified contract obligating the school district to fill particular positions or employ particular people at certain wages.

Q. How is the public made aware of the default budget?

The school board must post certified copies of the default budget form along with the proposed operating budget and the warrant. RSA 35:5 (VII)(b).

Q. When is the voting session held?

The voting session is held on the second Tuesday in March, April or May as decided by the voters. The voting session is deemed to be the annual election date.

Q. What election and voting procedures apply at the voting session?

Voting at the second session must conform to the procedures for the nonpartisan ballot system including absentee voting.

Votes taken at the second session may not be reconsidered.

BUDGET COMMITTEE SUPPORTS REPURPOSING ROUNABOUT FUNDS

To drive down the cost of a bond issue for a new Public Safety Building the Budget Committee voted 5-1 to support the 56 voters who filed a petition asking that the roundabout money be repurposed. The Selectmen propose to spend \$749,000 to build a roundabout at Knox and Logging Hill Roads. Of that money \$300,000 is State highway money and \$449,000 comes out of a Bow capital reserve fund for highways.

The Budget Committee majority wants to drive down the bond issue for a new public safety building. By repurposing the \$449,000 from a roundabout to the Safety Building the bond would be reduced to \$3,543,938.

The Budget Committee also opposed the roundabout by a vote of 5-1. There are already capital reserve funds for bridges of \$272,545 and road construction of \$1,245,000 available to use on red listed bridges in town and our highways.

The text of the article supported by the Budget Committee is: "To see if the Town will vote to change the purpose of the existing Highway Construction Capital Reserve Fund to the Public Safety Building Capital Reserve Fund to reduce the amount of bonding for the proposed Public Safety Building. This will remove the current balance of \$449,000 sought for the roundabout at Knox Road and repurpose it to the Public Safety Building."

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RON WANNER OBITUARY

Ron Wanner, 75, of Dunbarton, died Jan. 30 after a courageous battle with pancreatic cancer. He passed away peacefully surrounded by those he loved while his wife of 54 years held his hand. Ron was born March 1940 in New Jersey and met the love of his life, Barbara, while in school in New Jersey and they married in 1961. Ron dreamed to fly when he entered the Air Force in 1960. He flew on B-52's during the Cold War era, C-54's in the arctic along the DEW Line (Distant Early Warning) followed by a tour in Saudi Arabia with the U.S. Military Training Mission. Ron flew C-5 aircraft in and out of Vietnam and worldwide until his assignment to New Hampshire.

Ron was the proud recipient of many awards, ribbons and medals for his Air Force service. Barbara and he raised four children during Ron's career in the Air Force. Ron and Barb made their last move in the Air Force in 1981 when they came to Dunbarton. Ron served five years as a liaison for Search and Rescue for the Civil Air Patrol and NH Civil Defense in Concord until he retired in 1986. Not one to sit still, Ron started another career working for the State of New Hampshire ending as Administrator for the NH Department of Transportation Division of Aeronautics when he retired in 2005.

Ron graduated with a BS in Business Administration from The College of New Jersey,



Summa Cum Laude, an MBA from Plymouth State University and a graduate of the USAF Squadron Officers School, the USAF Undergraduate Navigator Program, the USAF Undergraduate Pilot Program, and the US Army Command & General Staff College. He was also a member of the Bow Community Mens Club.

Members of his family include his wife of 54 years, Barbara (Kohout) Wanner of Dunbarton; his children, Kim Bonenfant and her husband, Rick, Kelly Bolton and her husband, Rob, Lt. Col. Rob Wanner, USAF and his wife Traci and Scott Wanner; his grandchildren, Chris and his wife, Isabel, Drew, Taylor, Samantha, Natasha, Veronica, Blaine, Alex, Justin and his mother, Kelli and Austin and his mother, Susan; and his great-granddaughter, Breleigh; his brother, Kenneth Wanner and sister-in-law, Mary; his sister, Joan Wemitt and brother-in-law, Pat; his nephews, Eric and Jason Wemitt; a very close family friend, Brian Pike and his wife, Tracey and his beloved dogs.

The Mens Club will miss him.

League of Women Voters to Hold Meeting

By Mary Davies

The League of Women Voters of the Greater Capital Area will meet on Wed., Feb. 17, 10-12, at the Baker Free Library, Bow, to hear a speaker on Dismas Home of New Hampshire. Julie McCarthy, North Sutton, will talk about her involvement in Dismas Home which will house eight formerly incarcerated women in Manchester.

Dismas Home will house wom-

en newly released from prison who need a supportive environment to break the cycle of unemployment and substance abuse. The League of Women Voters is a non-partisan organization that studies issues and promotes citizen involvement. The League has a long-standing interest in women in the NH justice system. All interested citizens are invited to attend the meeting.

It's Bow Budget and Election Time!

By Lori Fisher

The early months of the year mean one thing besides winter weather: elections and budgets and meetings! Below is a guide to dates of Bow's public meetings, where information is available, and how you can become a more informed voter this year:

Town Budget

Public Safety Building Bond Hearing: Tuesday 2/9 at 6 p.m. at Town Hall (10 Grandview)

Public hearing: Thursday 2/11 at 6 p.m. in the BHS Auditorium

Town Meeting: Wednesday 3/9 at 7 p.m. in the BHS Auditorium

The 2016 Town Warrant will be posted on the [town web site](#) after the public hearing.

Public Safety Building Committee information meetings with town organizations/clubs (for more detailed info with time and place, contact Nicole at the Town Offices, admin@bow-nh.gov or call 228-1187 ext. 110):

Tues. 2/2/16: Bow Open Spaces

Wed. 2/3/16: Business Development Commission

Thurs. 2/18/16: Bow Pioneers

Thurs. 2/18/16: Bow Men's Club

Fri. 2/19/16: Bow Rotary Club

To view renderings of the proposed Public Safety Building entrance and site plan, visit the [Library's web site homepage](#), www.bowbakerfreelibrary.org.

School Budget

Public hearing: Monday 2/8 at 6 p.m. in the BHS Auditorium

School District Annual Meeting: Friday 3/11 at 7 p.m. in the BHS Auditorium

Current information about the district's budget can be found at <https://sites.google.com/a/bownet.org/bow-school-board>

Elections

Presidential Primary: Tuesday 2/9 from 7 a.m. to 7 p.m. at BMS

Town Elections: Tuesday 3/8 from 7 a.m. to 7 p.m. at BMS

For information about candidates, visit the Library's web site at www.bowbakerfreelibrary.org, and attend the Candidate's Forum on Thursday 2/18 at 6:30 p.m. in the Library.

The Bow Times

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TRAVEL TALK

BY CHASE BINDER



Chase Binder

Bow resident Jeanette Lizotte is now heading into her seventh month of a two-year stint as Head Librarian at the newly-opened Albanian College Tirana in the Albanian capital of Tirana. Her first letter home was published in the September issue of *The Bow Times*, and as promised, here is the second in her occasional series, *Letters from Albania*.



Our youngest daughter, Nicole, flew to Tirana for the Christmas holidays. Here Jeff and I treat her to coffee and pastries at a Tirana sidewalk café on Christmas day.

Letters from Albania — Life in a European City

When I wrote my first letter home back in September, I was just beginning to get settled. Everything was a colorful and fragrant whirlwind of new experiences—flowers, foods, open-air markets, getting to know my colleagues and the wonderful city of Tirana. It was an enchanting time...if a bit dizzying! Since then, my husband Jeff and our two dogs, Basin the Golden Retriever and Scuppy the Yorkshire Terrier, have arrived. The school has now opened. Jeff and I are crafting a routine that celebrates the differences between our old life

and our new life—and there are many! But having Basin and Scuppy with us, and having a wonderful holiday visit from our youngest daughter, Nicole, keeps us grounded and reminds us of life back in Bow.

First, for dog-lovers concerned about Basin and Scuppy making the 14-hour journey by plane, they both survived in fine style. The paper work and documentation needed were a bit challenging, but certainly not impossible. And here in Tirana, they get to be much more integrated into our daily routines. Jeff, who manages the house, shopping and cooking while I am at the library, begin his days with long walks along the large promenade I mentioned in my first letter. Basin and Scuppy are right by his side. But it's not just a walk! As they pass groups of elderly men sipping coffee from tiny



A great pastime for older gentlemen in Tirana...playing spirited games of dominoes for hours on end. Tiny cups of coffee on every table.

cups and playing fierce games of dominoes, Jeff is thinking about what to make for dinner. The open air market along the boulevard carries only the freshest items, and in the European fashion of shopping every day, Jeff and the dogs wander among the displays of fresh fruits and vegetables, looking for inspiration for dinner.



Mediterranean diets include tons of figs, nuts and fruits -- all sold in the open air market in big open bins.

Then it's off to the fish monger or butcher—something I am glad to leave to Jeff. European

butchers often leave the heads attached and on display. Ugh! I am thrilled to come to a new dining adventure each night—with no extra faces looking at me! And always a loaf of crusty bread the only way it should be served—fresh from the baker, each and every day. I will never, ever tire of having a husband



Olives anyone? Tirana's open air market features a startling variety of olives.

who loves this part of life!

As is true in much of Europe, life revolves around food. Unlike in America's fast-food culture, people in Tirana tend to savor each meal, using the rituals of sharing meals, or even just coffee and pastries, as an opportunity to converse about—well, just about anything and everything. Camaraderie from work spills over into the sidewalk cafes and restaurants, which are always bustling. We have two favorite spots. One, a local restaurant owned by an American couple that serves good old-fashioned American cuisine—eggs and bacon (rarely found in markets), pancakes, burgers and fries and such. It's a favorite of my colleagues, and we often gather there at weekends.

Another is a local bar and restaurant, where the owner has become a fast friend and even lets us bring our pooches right

inside. Scuppy sits next to me on the couch, and Basin sits on the floor by Jeff. What a great conversation starter! Of course, people want to practice their English—which is so much better than our Albanian! In all, our life in Tirana is wonderfully active. Aside from long walks, we get together with new friends and colleagues for dinner, games—even sports and bowling. We love the activity and we love the camaraderie! We even introduced the idea of an American Thanksgiving. It's a regular workday in Albania, of course, so we gathered pot-luck style at a colleague's house and celebrated Friendsgiving. It was great.

Lastly, Basin and Scuppy are



Scuppy and Basin love monitoring street activity from the balcony of our Tirana flat.

clearly lucky dogs to have humans who love them so. In Tirana there are many pockets of stray dogs, most of which have been trapped, spayed or neutered and tagged at the ear, and then released back to the streets. They don't seem to bother anyone, including Basin and Scuppy. We do think of Bow often, but are truly enchanted with Tirana! Best to all our friends in Bow!

Jeanette Lizotte

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DISPATCH AND BUDGET COMMITTEE UPDATE

The Police Chief, Selectmen and Budget Committee are in agreement that Merrimack County will take over dispatching for the Bow Police. The new dispatch through the Sheriff's Department will cost \$48,000 as a fee for service but someone onsite in Bow will be necessary to handle local activity. That will be a current employee with a salary of \$47,204 and benefits coming to a total of \$71,000. A lease and software expense comes to \$10,500.

The Selectmen believe the use of the Sheriff's Dispatch Center will cost no more than \$150,000 compared to the current expense of \$438,923. That savings of \$288,923 will help reduce the tax rate. For every \$100,000 cut from the budget the tax rate goes down 9 cents. The Selectmen and Budget Committee have also eliminated the Town Manager's recommendation that the Fire Department have a full-time Fire Chief at a total cost of \$145,084 for salary and benefits.

The Budget Committee on February 4 voted 5 to 1 to oppose funding a traffic roundabout at Knox and Logging Hill Roads. They also voted 5 to 1 to support the petitioned warrant article to use the \$449,000 of town money that would have gone to the roundabout and instead use it to bring the bond for the proposed Public Safety Building down from \$3,992,958 to \$3,543,958.

Generations and the Growth of a Small Neighborhood Market

By Gary Nylan

The name Quality Cash Market is synonymous in the City of Concord and surrounding areas since 1927, when Roland Foy opened and operated Quality cash Market in Concord from 1927 to 1977 serving customers on the corner of Rumford and Beacon streets.



QUALITY CASH MARKET AT THE CORNER OF RUMFORD ST. & BEACON ST.

In 1977 the Foy's sold their business to Ed and Thelma Heath. Ed and Thelma ran the store until 1981 when it was purchased by their eldest son Tony, who had extensive experience in meat cutting. Ed and Thelma lived in Danbury for a time, later moved to Franklin, bought the store in Concord and then resided in an apartment at the Concord store location.



ED AND THELMA HEATH

While the new tax rate is being determined it will definitely be a reduction over the current rate of \$28.54.

Recent Bow tax rates per \$1,000 of assessed valuation are:

2013: \$30.19
2014: \$29.51
2015: \$28.54

Tony graduated from Franklin High School in 1966 and soon was drafted into the Army. His wish was to work in the Army meat cutting facilities. That wish turned into a tour of Vietnam. The Army then stationed him at Ft. Sam Houston until his discharge from "good old" Ft. Sam Houston, Tony then went to live with relatives in Reno, Nevada. He spent ten years there honing his skills as a meat cutter. One day he received a call from home that necessitated his trip back.

His mom and dad were happy to see Tony and he fast became known to all the customers with his knowledge of the meat trade and friendly demeanor. The business grew beyond expectations. Tony's keen eye for promoting led him to look for larger quarters for his family's business.



QUALITY CASH 11 EASTMAN STREET

In 1999 Tony decided that he wanted and needed a larger store to satisfy the needs of his customers and moved to his present location at 11 Eastman Street in East Concord off exit 16 of I-93.

Quality Cash Market has always been known as a family run business with Tony's daughter Liz managing the store and son-in-law Moe being the meat manager and learning the trade from Tony. Grand-daughter Julie also works at the store.

Tony's brother Tim keeps busy in the meat department preparing and packaging meats and kabobs. Tony has sold literally hundreds of thousands of kabobs. There is a baker named Jay who

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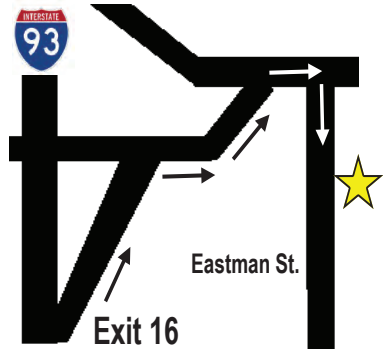


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Quality Cash supplies meats to another advertiser Cimo's Market on South Street.

Tony says he is going to retire when he reaches 70 and that he has a sense of comfort knowing that the third generation of Heaths will carry on his tradition of the family business serving the quality goods his customers have come to enjoy and expect. We welcome them as an advertiser.

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Durable Power of Attorney for Health Care, Part II

By Attorney Ben Kiniry

Have you nominated an agent under a Durable Power of Attorney for Health Care yet? What are you waiting for? Is something holding you back? Need more information?

Six months ago I wrote an article in this publication which discussed naming someone to make health care decisions on your behalf if you should become incapacitated.

This month I would like to give you a little more detail on this topic. As I started to think about what I wanted to relay to you, it came to me that there already exists a writing that does a great job of explaining the law in this area. It is New Hampshire Revised Statutes R.S.A. 137-J:19, Durable Power of Attorney; Disclosure Statement (if you can't sleep at night, you should read the entire Statute).

The purpose of the "Statement" is to show that the person signing the document understands the nature of the power being given to the agent. By law, the "Statement" must accompany a durable power of attorney for

health care.

The following is, in large part, the language of the Statement, with my comments placed in brackets [like this] containing comments about the language of the Statute. Some of the statement has been omitted. I hope you find the information enlightening and will encourage you to move forward with creating your own Durable Power of Attorney for Health Care, if you don't have one already.

Beginning of Statement: "Except if you say otherwise in the directive, this directive gives the person you name as your health care agent the power to make any and all health care decisions for you when you lack the capacity to make health care decisions for yourself [in other words, you no longer have the ability to understand and appreciate generally the nature and consequences of a health care decision, including the significant benefits and harms of and reasonable alternatives to any proposed health care]. "Health care" means any treatment, service or procedure to maintain, diagnose or treat your physical or mental condition.

Your health care agent, therefore, will have the power to make a wide range of health care decisions for you. Your health care agent may consent [in other words, give permission], refuse to consent, or withdraw consent to medical treatment, and may make decisions about withdrawing or withholding life-sustaining treatment. Your health care agent cannot consent to or direct any of the following: commitment to a state institution, sterilization, or termination of treatment if you are pregnant and if the withdrawal of that treatment is deemed likely to terminate the pregnancy, unless the treatment will be physically harmful to you or prolong severe pain which cannot be alleviated by medication.

"You may state in this directive any treatment you do not



want, or any treatment you want to be sure you receive. Your health care agent's power will begin when your doctor certifies that you lack the capacity to make health care decisions [in other words, that you are not able to make health care decisions].

If for moral or religious reasons you do not want to be treated by a doctor or to be examined by a doctor to certify that you lack capacity, you must say so in the directive and you must name someone who can certify your lack of capacity. That person cannot be your health care agent or alternate health care agent or any person who is not eligible to be your health care agent. You may attach additional pages to the document if you need more space to complete your statement.

"If you want to give your health care agent power to withhold or withdraw medically administered nutrition and hydration, you must say so in your directive. Otherwise, your health care agent will not be able to direct that. Under no conditions will your health care agent be able to direct the withholding of food and drink that you are able to eat and drink normally.

"Your agent shall be directed by your written instructions in this document when making decisions on your behalf, and as further guided by your medical condition or prognosis. Unless you state otherwise in the directive, your agent will have the same power to make decisions about your health care as you would have made, if those decisions by your health care agent are made consistent

with state law."

"It is important that you discuss this directive with your doctor or other health care providers before you sign it, to make sure that you understand the nature and range of decisions which could be made for you by your health care agent. If you do not have a health care provider, you should talk with someone else who is knowledgeable about these issues and can answer your questions. Check with your community hospital or hospice for trained staff. You do not need a lawyer's assistance to complete this directive, but if there is anything in this directive that you do not understand, you should ask a lawyer to explain it to you.

"The person you choose as your health care agent should be someone you know and trust [yes, the statute is suggesting that you know and trust the person you appoint], and he or she must be at least 18 years old."

"You should consider choosing an alternate health care agent, in case your health care agent is unwilling, unable, unavailable or not eligible to act as your health care agent. Any alternate health care agent you choose will then have the same authority to make health care decisions for you [people often name someone in the next generation and believe that is good enough, however, even younger people have accidents, health issues and die].

"You should tell the person you choose that you want him or her to be your health care agent. You should talk about this directive with your health care agent [this should go without saying, however, you would be surprised how many people don't] and your doctor or advanced practice registered nurse and give each one a signed copy [medical providers are happy to retain a copy of your medical directives in your file]. You should write on the directive itself the people and institutions who will have signed copies. Your health care agent will not be liable for health care decisions made in good faith on your behalf [your agent will want to read this].

KINIRY CONT. ON PG. 13



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MOST IMPORTANT MEAL OF THE DAY

By Jim Olson

The thought of breakfast conjures up many things. Some people find it difficult to think of food in the morning, while others prefer a greasy, fatty spread of eggs, bacon & home fries. How important is breakfast? Studies have shown that eating breakfast is an important part of weight loss in your diet and that people who eat breakfast have a better chance of reaching and maintaining a healthy weight.



Jim Olson

While eating something is better than nothing, there are certainly foods to avoid. Why start your day with high calorie, high fat foods that are going to weigh you down and make you feel lethargic? And don't automatically assume that cereal is the "best" choice. Read those nutritional labels! You will be amazed at the amount of sugar in some cereals. Some raisin bran cereals have 18 grams of sugar per serving, and tout themselves as a "healthier"

choice! But what if you aren't used to eating breakfast, and cannot stomach the thought of it? Those who don't eat in the morning probably have heard all the reasons why they should try to overcome the "barrier" for which they skip breakfast.

However, here are a few reasons to remind you why it's so important. When you wake up in the morning, you've gone a long time without eating.

While you are asleep, your body is forced to reach for the reserves so it can maintain your system. So you need to "fill your tank", so to speak, so that you have the mental & physical energy that you will need during the day. On the flip side of this, people who skip breakfast tend to consume more fat, cholesterol, calories, sugar and significantly less fruit and vegetables than people who think breakfast is the most important thing. So where to begin if you're a breakfast "newbie"? Start with something small and light. Possibly a hardboiled egg or two with some fruit. Or a smoothie made with fresh fruit and/or vegetables. Hardboiled eggs and smoothies also have another benefit, they're portable. So you can't blame lack of time for not eating; with these you can just "grab & go." Or you can break up the meal. One sip of your shake in the morning, or eat an egg, then eat some fruit in half an hour.

And don't think that stopping for a quick "coffee & a muffin" is a good choice. While coffee has an innocent look, when consumed along with a muffin it can store more than 700 empty calories in your body.

Eating a good breakfast will keep you from getting too hungry, which in turn will help prevent you from over-eating. It is also helpful to those of us who tend to eat when we're not hungry. By keeping your appetite under control, it may in turn help you control your impulse to eat when stress or emotions start to get the best of you. Studies have shown that people -- women in particular -- tend to eat less compulsively and less often when they have eaten breakfast.

And what about your brain on breakfast?! Eating breakfast improves your thinking ability. It's not just children who need breakfast so they'll be at top

FITNESS CONT. ON P. 8



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Wine Glass Woes

By Nicole Habif

There are enough stemware options out there to make even the most seasoned wine lover freeze – which glasses are the “right” ones? Those fancy (and pricey) Riedel glasses *are* lovely, but are they any better than the regular glasses I just bought on sale at Target?

Well, it depends on a few things. Getting technical and purchasing impossibly delicate crystal wine glasses made specifically for Pinot Noir can be fun – if your budget allows and you’re interested in pursuing a more serious, educational path in wine. But by *no* means is it necessary to maximizing your enjoyment of wine in a casual setting.

Here are a few things to consider.

Bowl size and shape

The wider the bowl of the glass, the more exposure your wine will have to oxygen as you sip. For heavier, tannic reds (Barolo, Bordeaux, Napa Cabernet), this aeration will soften the astringency of the tannins and open up complex aromas and flavors. If you favor these kinds of wines, look for words like “Bordeaux” or “balloon” – they tend to have the largest bowl diameter, and thus plenty of room to give your wine some air.

Bowls with a wide base that gently taper in toward the rim are designed to aerate the wine as explained above, as well as usher delicate, perfumed aromas right to your nose. Fine Burgundy (Pinot Noir or Chardonnay from the Burgundy region in France) or cool-climate Pinot Noir from Washington State or a German Riesling would benefit from this type of glass.

Love your bubbly?

Believe it or not, many experts and sparkling winemakers now favor plain old white wine glasses for serving their bubbles instead of the classic flute

– especially for pricey, vintage Champagne or other aromatic styles. A regular wine glass offers better exposure to oxygen, and so is better at releasing the wine’s aromatic compounds as you sip. But the narrow, tulip-like shape of the flute *is* better at extending the life of all those tiny bubbles.

And what about the glamorous coupe? This iconic glass is more “saucer with a stem” than glass (and, it’s fabled to be modeled after Marie Antoinette’s bosom!). It fell out of fashion with bubbly enthusiasts because the extra-wide, shallow shape allows too much oxygen to interact with the wine, encouraging the fizz to fall flat quickly – not great if you’re a slow sipper. But they *are* still chic looking, especially if you’re going for a retro, Marilyn Monroe/Frank Sinatra vibe.

Tumblers

Stemless glasses – modern and minimalistic – are everywhere. But while they’re sleek and elegant, the warmth from your hands may bring the temperature of that ice-cool Pinot Grigio up too high, dulling the crisp aromas and flavors. While double-walled styles help keep warm hands away from the wine, this style also shows every smudge and fingerprint. Not a plus, especially if you’re serving lots of finger foods.

Miscellaneous Tips

As *Wine Enthusiast’s* Wine-maker of the Year 2014 Charles Smith has famously said: “It’s wine. Just drink it.” He’s a man after my own heart. So before you pick out a set of wine glasses, ask yourself what you want to get out of them.

Are you an aspiring wine pro who is interested in studying how specific wines develop in the glass? Do you envision yourself holding more serious, educational wine tastings at your home? Then invest in a

BHS SENIOR SINGS NATIONAL ANTHEM AT HOUSE OF REPRESENTATIVES



On January 20th, Jake Harkins, a Senior at Bow High School, sang the National Anthem at the opening ceremony of the New Hampshire House of Representatives. He was referred by State Representative Bill Kuch of Bow.

set of crystal, varietal-specific glasses (clear, uncolored and uncut). With care, they’ll last forever and will help introduce you to a whole new level of wine understanding.

If you’re more of an everyday wine lover, you shouldn’t feel restrained (or confused) by all the choices out there. Pick a simple style and it will serve you well with nearly every wine you pour into it. And yes, that inexpensive set of eight glasses from your local department store will do just fine – seriously.

And of course, never be afraid to have fun either. Novelty glasses in a rainbow of colors, textures and shapes have their place as well. I’ve had barbecue reds in a mason jar, and fairly expensive Barolo in a glass painted with leaves and flowers. The wine was still delicious.

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

FITNESS CONT. FROM PG. 7

mental performance; we need to refuel to get that edge, too. Want one more reason to eat in the AM? How about a memory boost? Studies have shown eating breakfast improved participants’ performance on memory tests.

Increased energy, improved memory, assistance with weight loss and many other healthy benefits are associated with eating breakfast. Maybe it’s time to give breakfast another chance. Your mind & body will thank you for it during the day! Just like when your car needs some fuel to go on. It is the same with your body, so you should never skip breakfast!

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Please feel free to forward this article to any of your friends that may like this. Referrals are always appreciated and always rewarded.

Jim Olson



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BOW REAL ESTATE SALES

January 2016 Sales

11 Parson's Way, 2286 gla, glaag 2286, 3 br, 2.5 bath, 2 car att., 1.8 acres, Sold \$379,900 01/08/16

99 Brown Hill Road, 3112 gla, glaag 2712, 3 br, 2.5 bath, 2 car att., 1.6 acres, Sold \$302,250 01/29/16

39 Hampshire Hills Dr, 2264 gla. Glaag 1944, 4 br, 2.5 bath, 2 car att, 2.0 acres, Sold \$294,000 01/28/16

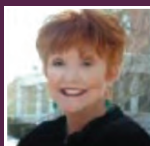
10 Longview Drive, 2628 gla, glaag 2628, 4 br, 3.0 full baths, 2 car att., 2.56 acres, Sold \$267,000 01/26/16

(Note: gla = Gross Living Area, glaag = Gross Living Area Above Grade)

These statistics are for all Bow Sales for the period 1-1-16 thru 1-31-16, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

Provided by LINDA HUTTON. Linda has been selling homes & property in Bow for over 24 years.


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Cell 731-2202 (preferred)

Linda Hutton, Broker Associate

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BHS Falcon Booster Club



Save the date for the Falcons Booster Club's second annual "Taste of Bow Spirit" Wine and Beer Tasting.

March 30th from 5:30 - 8pm at the Old Town Hall

Contact Karen McGee at ishore@comcast.net for tickets

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BOW GARDEN CLUB

By Joyce Kimball

"2015 At a Glance!" Part I

The Bow Garden Club is currently "dormant" similar to all our outdoor plantings and will remain so until April 11th, when the first membership meeting of their 52nd garden club year takes place. Club officers and chairmen are meeting throughout the winter months, however, finalizing the educational programs the club will be offering throughout the year and planning their fundraising and civic beautification activities.



APRIL - L-R, BGC Members Peggy Nadzan, Kerry Buckley and Beverly Gamlin take a break from the Annual Spring Clean-Up at Rotary Park with Rotarian Harry Judd. Our first program of the year was "Raised Bed Gardening."

Anyone interested in becoming a new member of the garden club should feel free to inquire now by contacting BGC Membership Chair Cathy Ahrens at wendell68@comcast.net/228-5338 or by logging on to the Bow Garden Club website, www.bowgardenclub.org. New members are always welcome! And if you ever just want to drop by a garden club meeting to take in that evening's program and/or to "check us out", please feel free—there is no cost or obligation! (The meeting dates and schedule of educational programs for the 2016 Bow Garden Club year will be listed in next month's BOW TIMES).



MAY - Catherine Wittliff, BGC Community Services Chair, created two beautiful wreaths for the Town's Memorial Day Commemoration. Our program for May was "Growing Heirloom Tomatoes."

Voting Day: Members will be "manning" a booth at the Bow Elementary School while the polls are open dispensing information about the club. Stop by the booth for a chat and enter the free raffle to win a fairy garden created by a garden club member, complete with live plants and fairies in residence.



Looking ahead, the annual "Bow Garden Club Spring Plant Sale" will take place this year on Saturday, May 21 from 8 a.m. to Noon at the Bow Community Center.

Locally grown annuals, perennials and hanging plants will be available at reasonable prices with all proceeds going to the garden club's civic beautification efforts on behalf of the Town of Bow.

Shop us first!

JUNE - We celebrated "National Garden Week" June 7-13 at the Baker Free Library and learned about "Hybridizing Daylilies" at our monthly meeting.



JULY - BGC Members and guests toured members' gardens and enjoyed food courses at each of three locations during their annual Progressive Dinner & Garden Tour. (No July membership meeting was held.)



AUGUST - Historically, no membership meeting is held in August, allowing members extra time to tend and enjoy their own gardens.



SEPTEMBER - Several garden club members assisted "Making Strides for Breast Cancer" volunteers in planting the "Garden of Hope" at Memorial Field in Concord prior to the October 17th walk. The September meeting program was "Composting."

See Part 2 of "2015 At A Glance" in next month's issue of The Bow Times!

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THE LOTTERY IS NO RETIREMENT PLAN

Pay Yourself First Instead, With Your Future In Mind.

By Dominic Lucente, CFP

Powerball fever swept across America last week, with a record jackpot of \$1.5 billion eventually being split by three winners in the January 13 drawing. Millions lined up for lottery tickets, hoping to realize their dreams of being rich, independent, and carefree.^{1,2}

This infinitesimal chance at massive wealth was certainly alluring – to too many, more alluring than the practical steps that can be taken in pursuit of personal wealth and retirement security.

The passion for Powerball defied logic. It may have been a commentary on our wishful thinking, and on the lack of financial literacy in America as well.

As Creighton University professor Brad Klontz remarked to CNBC, “A lot of individuals who are not saving for their retirement are standing in line to buy a Powerball ticket. It’s a lot more seductive than instituting a savings plan.”¹

On January 13, a Powerball ticket buyer had a 1-in-292-million chance to win the big prize. In comparison, the odds of someone being killed by a falling vending machine within the next 365 days are 1 in 112 million, and the odds of a person being struck by both lightning and a meteorite during their lifetime are 1 in 210 million.²

When the Powerball jackpot reached \$1.3 billion last week, a widely circulated Internet meme claimed that the jackpot could end poverty, stating that every American would get \$4.3 million if were divided equally among the population. This was passed along as truth rather than colossally bad math – it would only apply if there were 300 Americans. Since there are roughly 300 million Americans, divvying up the \$1.3 billion across the entire U.S. population would give each of us \$4.33, give or take a few cents – enough to buy a flavored latte.³

What if we simply saved \$4.33 per day, or more? Our financial lives might take a turn for the better.

Usually, wealth is not a matter of fate or luck. We can all take practical steps toward financial freedom, and even if we do not end up rich, those steps may improve our personal finances and retirement prospects.

First, spend less than what you make. Two or three percent less, 5% less, 10% less – whatever the number, it must be calculated from a comparison of your monthly income versus your monthly budget. That comparison may take a half an hour, but it is time well spent. Size up the money coming into your household per month with the money going out of it per month, and set a percentage that you would like to save every month. In effect, you will be paying yourself X dollars a month – and paying yourself, rather than your creditors, is a fundamental move for financial independence.

Two, direct these savings into investment accounts as well as savings accounts. It is vital to build up savings so that you can have an emergency fund – a good, strong emergency fund amounts to several months’ worth of salary. Another portion of the money can go into retirement savings accounts, preferably to be invested in equities. Yes, 2016 has started poorly on Wall Street, but one bad month (or year) is not the historical norm for the market.

Three, cut down bad debts. There are some “good debts” in life – debts that we take on in pursuit of a worthy outcome, such as a home loan or an education loan. Bad debts outnumber them, and the average credit card statement will note many. Some financial professionals and consumer advocates will tell you to try and pay off the debt with the highest interest rate first, then the one with the next highest interest rate, and so on; others will tell you to eliminate the smallest debt first and work your way up to the largest. One way or the other, you want less debt and you want to pay off any credit card balances in full each month.

Four, chat with a financial professional to determine your money goals.

When will you have enough savings to retire? When should you claim Social Security, and how long should you keep working? How much monthly income might you need when you are retired? Most people retire without any answers to these questions, only guesses. It is important to know not only what you are doing, but also where you are going – and through a long-run saving and investing strategy, you can set objectives and measure your progress toward them over time. The fantasy of receiving great wealth with no effort inspires people to play the lottery and try other forms of gambling. The reality is that building wealth and saving for retirement take planning and commitment. While some may not want to acknowledge this reality, those who do may find themselves making financial strides as others struggle.

Dominic Lucente may be reached at 603.645.8131 or

dominic.lucente@lpl.com

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Citations.

- 1 - cnbc.com/2016/01/14/lost-the-powerball-now-its-time-to-really-focus-on-finances.html [1/14/16]
- 2 - latino.foxnews.com/latino/money/2016/01/13/what-powerball-chances-likelier-hit-both-meteorite/[1/13/16]
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The Mini Page

Founded by Betty Debnam

Leaping Into 2016



© Kirkkoja | Dreamstime.com

Mini Fact:

The year 2100 will not be a leap year. Can you figure out why?

Does 2016 feel a bit different to you? Perhaps it's because this year is a leap year — a year when we have one extra day in the calendar.

Calendar history

We define a year as the number of days it takes for the Earth to orbit the sun. (A day is one rotation of the Earth on its axis.)

The problem is that the Earth doesn't orbit the sun in a round number of days. In fact, it takes 365 1/4 days for our planet to circle the sun.

If we didn't have leap days and leap years, eventually our months would shift to different seasons. For example, July might be in the springtime.

In 1582, Pope Gregory XIII introduced the Gregorian calendar. This version of the calendar helped solve the problem of the shifting calendar. This is how it works:

- Every year that can be evenly divided by 4 is a leap year, EXCEPT:
- Years that can be evenly divided by 100 (centuries) are not leap years, BUT
- Years that can be divided by 400 are leap years.

Let's try it

This year is 2016. Let's do some math.

2016 ÷ 4 = _____

Therefore, 2016 is is not a leap year. (Check one.)

2017 ÷ 4 = _____

So 2017 will will not be a leap year because it isn't evenly divisible by 4. And neither 2016 nor 2017 is evenly divisible by 100 or 400.

How about the centuries?

We celebrated the last year of the century (100 years) and millennium (1,000 years) 16 years ago, in 2000.

2000 ÷ 4 = _____

2000 ÷ 100 = _____

2000 ÷ 400 = _____

So 2000 was was not a leap year.

Leap day

What do we do with the added day in a leap year? It is tacked on to the end of February. It becomes February 29. It's called leap day.

Take a leap!

Leap day traditions and superstitions are fun to learn about. For example:

- In Greece, it's considered unlucky to marry during a leap year.
- In France, a newspaper called La Bougie du Sapeur (The Soldier's Candle) is published only on leap days.

Leap birthdays

Do you know anyone with a leap birthday? You might think that someone born on Feb. 29, called a leaping or a leaper,



would have a birthday only every four years. But most leap birthdays are celebrated on Feb. 28 or March 1 in non-leap years.

A rhyme to remember

You may already know this rhyme. There are many versions of it. The poem helps us remember the differences in the number of days in each month.

Thirty days hath September, April, June and November; Thirty-one the others date, Except in February, twenty-eight; But in leap year we assign February, twenty-nine.

Answers: 2016 ÷ 4 = 504. 2016 is a leap year. 2017 ÷ 4 = 504.25. 2017 is not a leap year. 2000 ÷ 4 = 500. 2000 ÷ 100 = 20. 2000 ÷ 400 = 5. So 2000 was a leap year.

Resources



On the Web:

- bit.ly/1IZdXs2
- bit.ly/1Oec8pK

At the library:

- "Leopold's Long Awaited Leap Year Birthday" by Dawn Desjardins
- "It's My Birthday Finally! A Leap Year Story" by Michelle Whitaker Winfrey

Try 'n' Find

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



- BIRTHDAY, CALENDAR, CELEBRATE, CENTURY, DAY, DIVIDE, EARTH, EXTRA, FEBRUARY, GREGORIAN, LEAP, MILLENNIUM, NEW, ORBIT, PLANET, RHYME, SEASONS, SUN, TRADITION, YEAR.

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

Puzzling

Unscramble the words below that remind us of calendars.



- tmnoh _____
- atde _____
- etvne _____
- ekwe _____

Answers: month, date, event, week.

Mini Jokes



Carrie: Why did the pig like showing off?
Claire: Because he was such a ham!

Callie: What do you call the smartest pig in the world?
Chad: Einswine!

Eco Note



Belgian researchers found in 2015 that the unpopular cockroach can have a variety of personalities, which could explain why the insect has been so successful in adapting to the planet's harshest conditions.

adapted with permission from Earthweek.com


For later:

Do you know anyone with a Feb. 29 birthday? Ask your family to help you plan a party with a leap year theme.

KINIRY CONT. FROM P. 6

“Even after you have signed this directive, you have the right to make health care decision for yourself as long as you are able to do so, and treatment cannot be given to you or stopped over your clear objection. You have the right to revoke the power given to your health care agent by telling him or her, or by telling your health care provider, orally or in writing, that you no longer want that person to be your health care agent [these last two points are worth repeating as I receive many questions from clients in regards to “giving up their rights” when they create this power and knowing you can verbally terminate the power in the 11th hour may be comforting to some].”

I'll leave you with this, of all the important decisions you make in your life, serious health care decisions rank at the top and if you are incapacitated, I ask, don't you want someone who loves you to have the authority to make sure your doctors provide you with the very best care?



It's so cold in Washington, DC. That The Politicians Have Their Hands in Their Own Pockets.

Vote Absentee Ballots

Absentee Ballots Available for Town and School Elections on March 8

If you are disabled or going to be out of town, you can still vote for town and school offices by absentee ballot.

Adopting SB2 will also be on the school ballot so if you want your voice heard, go to the town website: www.bow-nh.com. Click on Town Departments, Town Clerk, Voting, Absentee Ballots or stop in at the Clerk's office to get the application.

You don't have to attend the town meeting on March 9 or the school meeting on March 11 to vote for selectmen, school board, SB2. By applying to the Town Clerk you will get both a school and a town ballot.



MARCH IS BEST BUDDIES MONTH

BY SHANNON MULLEN

Best Buddies is an organization committed to ending “the social, physical and economic isolation of the millions of people with intellectual and developmental disabilities,” in schools across America. Last year Bow High School alumni Tucker Johnson started the program at Bow High School. This year, Junior Elin Warwick is expanding the program and promoting togetherness across the school. Starting in March, events will be held to earn money to help grow the program here and to other schools across the state. Events include:

Best Buddies Awareness Monarchs Game

On Saturday, March 7th the game starts at 7:00 PM at the Verizon Wireless Arena. Proceeds from the ticket sales go back to Best Buddies. Tickets are \$20 (face value of \$31.50). To purchase tickets contact Casey Keach: CaseyKeach@bestbuddies.org or visit the best buddies website: <http://tinyurl.com/BestBuddiesMonarchs>.

Best Buddies Friendship Walk

The walk starts May 14th at the State House Plaza. Check in is at 9 and the walk starts at



10: After there is a dance party and lunch is served. Visit the website for more information: www.bestbuddiesfriendship-walk.org. Please support this wonderful program devoted towards inclusivity and togetherness in communities. If you cannot attend one of these events, you can show your support for Best Buddies by purchasing a wristband, t-shirt or another item Best Buddies will be selling throughout March.

Compliments Week

Each year, Bow High School holds Compliments Week. Students write anonymous compliments to one another. Each student receives a compliment and it gives students a chance to support and encourage one another. This fosters a sense of community in the school and raises self esteem in students. This is a Bow High School tradition started by Avery Van De Water and it continues to be a success every year. Compliments Week is February 8th through the 12th.

Shannon is an 11th grade student at Bow High School.

BOW FALCONS HOCKEY FAN MIXER

Don't have plans for Valentines Day? Join the friends, family and alumni of the Bow Falcon's Hockey Team for a fun evening out!

SATURDAY, FEBRUARY 13TH
BOW COMMUNITY BLDG. 7:00 PM - 11:00 PM
TICKETS: \$30/person or \$55/couple

All proceeds to benefit the Bow Falcon's Varsity Hockey Team

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BAKER FREE LIBRARY NEWS

BY LORI FISHER

THANK YOU, DONORS!

As of 1/29, we've raised over \$236,000 of the \$300,000 private fund raising monies needed to complete the Lower Level Renovation project! Thank you to all of the donors who contributed at the end of 2015 and in January 2016. For those who have contributed \$500 or over, we will be placing a leaf/rock inscription order soon. Look for the new leaves/rocks to be up on the donor tree by March.

We are almost finished with the private fundraising campaign - won't you help us raise the last \$64,000 by donating today? All donations are tax-deductible (the Baker Free Library Foundation is a 501(c)3, and donations are tax-deductible to the extent allowed by federal law). The goal is to finish the private fundraising by July, with construction starting on Phase II in September.

The Town has contributed \$250,000 of the \$300,000 needed for the public funding portion of the campaign. We'll be asking for the last \$50,000 at Town meeting on Wednesday, March 9, 2016. Please consider supporting our warrant article and attending town meeting. This project is so close to being completed...we need your support! For more information, visit www.bakerfreerenovation.org or call Lori Fisher, Library Director, at 224-7113.

Digital Materials Available 24/7



Just a reminder that library card holders can download books, audio books, magazines, and movies from us 24/7 using the New Hampshire Downloadable Books service and the Indieflix service (new this year!).

Our Library has been a member of the New Hampshire Downloadable Books consortium since 2006, and it is the most cost-effective way to provide access to downloadable books, audio books, and magazines. Out of the 204 libraries across the state that participate in the consortium, we are 49th for the highest electronic circulation - we circulated 7,700 digital items to our patrons in 2015, with a cost per circulation of \$0.27. Baker Free has the 33rd lowest cost per circulation out of the 204 libraries (and those 204 libraries includes the big cities in NH - Concord, Manchester, Keene, Portsmouth). Bow residents are technology savvy and want access to digital materials!

To access New Hampshire Downloadable Books, visit the [Library Catalog](#), log in using your library card and phone number, and then click on the New Hampshire Downloadable Books logo on the bottom left side of the page.



The new Indieflix service includes access to over 7,000 streaming independent films from over 50 countries. Users have unlimited access to these films, and includes film-festival hits (including Sundance, Cannes, Tribeca, and more) as well a PBS documentaries. All you need is your library card number...visit our [Library Catalog](#) and log into your account. Then scroll down to the Indieflix icon on the lower left side of the catalog home page, and click on it. You'll need to click on the redirection link, and then once at the Indieflix site, create a login for your account using your email address and a password of your choice. If you already have an account to use Transparent Language or Atomic Training, that email and password will also give you access to Indieflix. What about downloadable

Bow Rotary Donation in Memory of Charlotte Buxton



Bow Rotary leadership presented a check for \$3,375.00 from the Rotary Auction in memory of Charlotte Buxton to the Library on 1/29/2016. From left to right: Judith V. Goodnow, Bow Rotary Vice-President; Michael Griffin, Bow Rotary President; Mark Leven, Baker Free Library Foundation Director, and Lori Fisher, Baker Free Library Director. Photo by Eric Anderson

Bow Rotary members, at their annual Auction on 11/7/2015, held an impromptu fundraiser in memory of Charlotte Buxton, long-time library staff member, who passed away in 2015. \$3,375 was raised to support the Lower Level Renovation in Charlotte's memory. A suitable naming opportunity will be chosen in the lower level to remember Charlotte, and we are grateful once again to the Bow residents for their generosity.

music, you may ask? We tried offering downloadable music in 2013 with the Freegal service, but found that the use of the service did not justify the cost at the time. With the growing demand for streaming music, we are investigating options to provide this type of service to our residents...but it needs to be at a reasonable cost. Stay tuned for developments in this area in 2016! Questions? Contact the Library at 224-7113 or bowbakerfreelibrary@comcast.net.

Meet the Candidates on 2/18

This monthly public forum features individuals from various town departments, boards, and committees, and is designed to provide additional information about town services and resources as well as a place for residents to ask questions and provide feedback. The forum usually takes place on the 2nd Thursday of each month (except February and March) from 6:30 p.m. to 8 p.m. in the Library's upstairs

meeting room. Here's the proposed schedule of forum topics, so mark your calendars!

February 18 - Candidates "Meet & Greet": Meet the 2016 candidates for elected town offices, including Budget Committee, Select Board, School Board, and Library Trustee. **The Library has asked all candidates who file for a position to provide background info so that a handout is available at the Library and on the Library's web site for interested voters. ** Questions about the Community Forum series? Contact Lori Fisher, Library Director, at 224-7113 or bfldirector@comcast.net.

Library Closed Monday 2/15

The Library will be CLOSED on Monday 2/15 in observance of President's Day. We will reopen on Tuesday 2/16 at 10 a.m. The CD/DVD and Book drops are available 24/7, and items may be renewed or requested through the online library catalog at www.bowbakerfreelibrary.org.

COMMUNITY BANKING IS CONSUMER PROTECTION

By Mary Sullivan, AVP, Mortgage Loan Originator

As the economy continues its gradual recovery from the harsh fallout of the Wall Street financial crisis, the country has turned its attention to consumer protection. Policymakers have established the Consumer Financial Protection Bureau and enacted a plethora of new financial regulations.

Fortunately for consumers looking for a safe, secure and accountable source of financial services, the answer may be Community Banks. Community banks—the hometown financial institutions that have been serving America’s communities since our nation’s founding—operate a business model that is inherently supportive of consumers and local businesses.

Local community banking is built upon one-on-one relationships between community bankers and their customers. By banking with a community bank, consumers deposit their money in a local institution that reinvests its funding in the local economy. In turn, community bankers know their customers firsthand and

are personally accountable to them. As locally based financial providers serving the people they see at PTA meetings and Saturday football games, community bankers are obliged to be honest dealers—not only is it their culture, but their business depends on it.

In short, community banking is consumer protection. As many consumers like to do business with local organizations, I encourage them to consider the benefits of banking locally. Community banks maintain a symbiotic and mutually beneficial relationship with their customers. They take in local deposits and put them to productive use by lending that money back into the local economic ecosystem—to local small businesses, entrepreneurs, farmers and home buyers. That’s why community banks are so important to our communities. And it’s why community banks continue to advocate policies that distinguish these local institutions from the more complex financial firms that demonstrate an inherently different business model.




SUGAR RIVER BANK'S FEBRUARY SPECIAL!

Bring this coupon in to any of our branches. Get **\$300.00 OFF*** closing costs for your new residential mortgage application received during the month of February.

*This coupon is only valid for mortgage loan applications dated February 1st – February 29th only. Does not include existing mortgage debt at Sugar River Bank or Home Equity Loans. Offer expires 2/29/16. Minimum loan amount must be \$100,000.00. The coupon will be issued in the form of a lender credit at closing. Terms and conditions subject to change.

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With more than 6,000 community banks operating 52,000 locations in local communities throughout the United States, there is ample opportunity to explore the benefits of local banking. It’s easy to learn more—just stop by Sugar River Bank or any other local community bank to discuss your financial situation and how community banking could be right for you.

Hometown community banking has helped build this country and its many, diverse communities. Remember, community banks are only successful if their customers and communities are too. With a direct incentive to do right by their customers, community banks are a critical source of financial stability for individual consumers, local businesses and the economy as a whole. To take advantage of this safe, secure and stable source of financial services—and to con-



tribute to a more vibrant and sustainable economy in your community—I encourage consumers in Bow and statewide to see for themselves the benefits of community banks, the original consumer protectors.

Mary Sullivan

Phone: (603) 227-6011
E-mail: msullivan@sugarriverbank.com Mobile: (603) 477-7891
NMLS #560924
Equal Housing Lender 

COMMUNITY LEADERS MEET TO SHARE PLANS

Bow Pioneers – Chip Johnson

The Pioneers participated in Winterfest, helping the Rotary Club groom trails by the gazebo. They are of course hoping for more snow so they can groom the trails system in Bow. Their next big event will be the land-owner appreciation dinner on April 28th at the Old Town Hall.

Baker Free Library – Betsy Mahoney

The Library recently had a Wreath Auction, which proved to be very successful. This is a fundraiser for the library to achieve the goal for their portion of the funding for Phase 2 of the library reconstruction. They raised about \$4,000 with this event. Private fundrais-

ing efforts are currently at approximately \$236,000, with a target for \$300,000.

Garden Club – Beverly Gamlin and Janis Kuch

The Club had a successful Poinsettia Sale in December. They hung wreaths in the various town buildings during the Holidays. The Garden Club wants to have a presence at the Bow Rotary Car Show, which will be in May. Another big upcoming event will be their Plant Sale at the Community Building which is scheduled for May 21st.

Men’s Club – Warren Perry

The Men’s Club had a very good New Year’s Breakfast, which was well attended. They will be supporting an Easter Breakfast and Egg-hunt on March 19.

The Men’s Club supported the Winterfest event on January 31st by cooking lunch at the

Community Building. There will be a Roadside Pick Up on April 9th, which is an annual event for the Men’s Club. Warren also mentioned that the Men’s Club will be supporting the Memorial Day Parade on May 30th.

Bow Rotary Club – Gale Kenison and Mike Griffin

Mike and Gale reported that the Auction in November was very successful raising approximately \$24,000 which will be

designated for scholarships and camperships. The Rotary also had a successful Christmas Tree Sale in December. All of the trees and wreaths sold!

The Car Show will be on May 14th. If an organization is interested in having a table at this event, the Chairs for this committee are Gerry Carrier, twin-oakshi@msn.com and Dave Gazaway, dgazaway@comcast.net.

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ON AGING - WHAT DOES IT MEAN TO BE "READY?"

By Donna Deos

In January we talked about what a Continuing Care Retirement Community or "CCRC" is and I told you this month we would cover what it means to be "ready".

When I worked in the CCRC I continuously heard, "what you have to offer here is absolutely wonderful, but I'm not *ready* yet." This was followed by "when I am *ready*, I will certainly consider coming here!"

It was a constant song from most all who entered and at first I thought it was hokey... just an excuse to not do it. They were politely trying to tell me "I'm not doing this." However, after watching people and finding some who were truly ready to move in right away, my opinion/perspective changed. People really did have to be ready to make the move. So, I was intrigued by this and decided to pay closer attention to what it was that made them ready.

I also learned that some will never be ready and that is okay. In the end, it's really their decision. I was just there to be the tour guide and lay out the pertinent information for them so they could make an educated decision on their own. That's really what we all want, right? To be provided the pertinent information to make our own informed decisions rather than be "sold" or "coerced" into something.

Okay, so what does it mean to be ready? It means that you have come to that place where you have looked at the options, sat with them, observed your



current situation, looked at the decisions other people have made and how that affected them and how it affected their loved ones. You have done the inner and outer work to get ready.

The inner work is looking at your life and what you want from it. What you truly want, not what others impose on you as what they feel you should want. It requires you to take an inventory and to weigh things out. To look at options, look at yourself and how you wish to spend your time here. To look at what you want your legacy to be to those you leave behind when your time here is done. It means figuring out what really makes up happiness for you and then being willing and able to say yes, I want that and I am going to get it. In other words, being ready takes courage and hard work.

The outer work is the cleaning out of the home, the downsizing, the financial planning and physical stuff. It's the things that obviously need to be done to make any move. This is where many people quit. They find it to be just too much to even think about so they decide staying put is the lesser of the evils. It's easier to just do nothing. After all, when you re-

view that paragraph of things to do, there's quite a bit there. One of my former residents reminded us "Not to decide, is to decide." Sit with that one for a minute please...

Okay, so, speaking of downsizing, I've also heard people say, "I'll just leave all of that for my kids to take care of." Nice! Kids who have been left holding the bag on downsizing are among the first people to say, "I've been there and had to deal with all of that. I will never leave my own kids in that position."

The people who have had parents who failed to make a move and then left them to handle everything, or the flip side, the ones who did all of the work and made the move, are the two main categories of people who do the inner work on themselves and make the move quickly and easily. People who don't have either of those examples to base their decision off of tend to be the "I'll just stay put people," in my experience.

Now remember, there is nothing wrong with staying put. Some people have done the inner work and the outer work and have still decided to stay put. There is no wrong answer here: to each, their own.

If staying put after you have weighed the options and hoed out the extraneous stuff you have accumulated during your lifetime is your decision, then good for you. That can work out well too. At least you did the work and reached that informed decision on your own.

I've seen many a success story there as well. We all want to just go to sleep some night and not wake up. Some of us are lucky enough to get our wish when the time comes. Some of us are not. We never know which we will be.

Going back to being "ready", let's wrap this up with thinking back to other times when we were just not ready yet. It could have been, not ready to give a speech because our confidence in ourselves was not up to it yet; or how about, not being ready to go to college, or not ready to get married, not ready to have children and so on.

There are many times in life where you simply are just not ready yet. In each of these situations you need to do more of the inner and outer work to get ready for them. Then, one day, out of the blue, a switch flips and all of a sudden you have arrived and are ready for whatever the challenge is/was. Hurray!

Here's to 2016 bringing you many positive flipped switches that move you forward into a happier and easier life. May you find much love, happiness and peace along the way. Good luck with the inner and outer work.

If you need any help with that, you know where to find me!

All my best, Donna



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MEET REPRESENTATIVE JOHN MARTIN

Let me introduce myself to those of you who aren't familiar with me. My name is John Martin, a resident of Bow, and it has been my pleasure and an honor to be one of your State Representatives during this session of the New Hampshire House. My colleagues are Bill Kuch from Bow, and J.R. Hoell from Dunbarton.



REPRESENTATIVE
JOHN MARTIN

After a long session last year, your State Legislature finally managed to pass a compromise budget that was essentially the same as the one the Governor had vetoed, except it now includes increased spending for pay raises. This session will prove to be as interesting, with the attention on the "Opioid Crisis", and in excess of 600 more bills to consider. Every bill will get a public hearing in one of the various committees, and each one will get a recommendation to the entire House of "Ought to Pass", "Ought to Pass With Amendment", or "Inexpedient to Legislate." The bills could also be retained in committee for more work. Each and every bill will be presented for debate and a final vote before the entire House.

I serve on the Criminal Justice and Public Safety committee, and I thought this would be an opportunity to lay out what we will be considering over the next few months. It is a varied assortment, with some important pieces, and some that will wither and die. The full text of every bill is available on the Legislative web site and can be searched by key word.

Priority this session has been given to the work of the Joint Task Force on the opioid epi-

dem. Accordingly there will be consideration of bills banning the illicit manufacture, sale and use of fentanyl, expanding the Prescription Drug Monitoring Program, increasing some drug penalties, and creating a Drug Dealer Registry. We will also be looking into several bills regarding penalties for possession of and the legalization, cultivation, regulation, and taxing of marijuana. There will also be several bills having to do with the transportation and possession of alcohol by minors. There is also a bill requiring random steroid testing of police officers.

The prison system will get our attention with a proposed audit of the sex offender program, study of the use of solitary confinement, parole revocations, earning of good time, and sex offender residency in the community. Additionally, there is a proposal to make acts of terrorism liable for the death penalty. There will be opportunities to weigh in on the annulment of some sentences or the flying of drones over prisons and jails.

Firearms are in for attention again, with proposals to charge for background checks, where a firearm may be carried, changing some of the licensing

requirements, providing penalties for providing a firearm to a prohibited person, enhancing the penalties for use of a firearm in a burglary of theft of a weapon, limiting the authority of the State to regulate firearms, and defining what constitutes a "suitable person." Going one step further, there is also a proposal to make possession of a flame thrower illegal except for fire departments and certain other agencies.

We will revisit the statute on use of mobile electronic devices while driving. The proposal is to make it a secondary offense. Stalking, harassment and restraining orders will be looked at, as well as multiple indictments and prosecutorial misconduct. Proposals are also out for the banning of "sky lanterns", and the legalization of firecrackers and smoke bombs. The dangerous practice of pointing a laser at another person or an aircraft will be considered.

We will address several bills defining lewd behavior, prostitution and human trafficking, restraining orders, stalking, bestiality, and use of physical force. There are others, but I think you get the idea that it will be an interesting and wide ranging session. Other committees will also have their share of the interesting and controversial. If you have an interest in any of these bills, or a comment, please let me know. If you are interested in attending a particular hearing, or a full House session, the schedule is published on the Legislative web site with the appropriate bill. They are open to the public, and anyone interested is welcome to testify. I can be reached at jfmartin1950@comcast.net. martin_j@leg.state.nh.us.

The Darwin Awards are Out!



Yes, it's that magical time of year again when the Darwin Awards are bestowed, honoring the least evolved among us.

Here is the glorious winner: When his 38 caliber revolver failed to fire at his intended victim during a hold-up in Long Beach, California, would-be robber James Elliot did something that can only inspire wonder. He peered down the barrel and tried the trigger again. This time it worked.

And now, the honorable mentions:

The chef at a hotel in Switzerland lost a finger in a meat cutting machine and after a little shopping around, submitted a claim to his insurance company. The company looking into negligence sent out one of its men to have a look for himself. He tried the machine and he also lost a finger... The chef's claim was approved.

A man who shoveled snow for an hour to clear a space for his car during a blizzard in Chicago returned with his vehicle to find a woman had taken the space. Understandably, he shot her.

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BOW POLICE LOG

January 2015 Stats

Arrests 30
 MV Stops 162
 Warnings 147
 Citations 21
 MV Collisions 20
 Restraining Orders 2
 Parking Tickets 5
 Incidents 71

January 2015 Arrest Log

01/01 - A juvenile was arrested for driving while intoxicated and conduct after an accident; Chris R. Cheney, 35, 7 Grandview Rd, was arrested for conduct after an accident, false report of an accident, and negligent driving.

01/02 - Anthony J. Demiles, 42, 37 Meetinghouse Hill Rd, Deerfield, was arrested for driving after revocation/suspension; Kimberly A. Tripp, 37, 13 Bradley St, Concord, was arrested for driving after revocation/suspension and operating with a suspended registration; Thach Ngoc Pham, 21, 452 Meridan St, E. Boston, Mass, was arrested for driving after revocation/suspension; Scott A. Perkins, 41, 24 Union St, Concord, was arrested on a warrant.

01/09 - Timothy F. Landry, 28, 107 Village Rd, Loudon, was arrested for theft and disorderly conduct.

01/10 - Nicholas M. Comeau, 19, 56 2nd St, Concord, was arrested for possession of drugs in a motor vehicle and transportation of an alcoholic beverage by a minor; Jonah V. Moser, 19, 142 N Amherst Rd, Bedford, was arrested for unlawful possession of alcohol and possession of controlled/narcotic drugs; Anna Cauble, 22, 21 Brookside Dr, Concord, was arrested on a warrant; Cody R. Marshall, 20, 377 Derry Rd, Chester, was arrested for unlawful possession of alcohol; Christopher R. Marshall, 18, 377 Derry Rd, Chester, was arrested for unlawful possession of alcohol.

01/16 - Nicholas C. Benjamin, 23, 477 DW HWY, Boscawen, was arrested for violation of

probation/parole; Noah E. Mishkit, 22, 436 Walnut St, Manchester, was arrested on a bench warrant.

01/17 - Jennifer Wilson, 27, 6 Pleasant St, Apt #D9, Hooksett, was arrested for disobeying a police officer, a bench warrant, and driving after revocation/suspension.

01/18 - Andrew Therien, 60, 24 Ash St, Londonderry, was arrested on a warrant.

01/19 - Nicholas C. Benjamin, 23, 477 DW HWY, Boscawen, was arrested for theft by unauthorized taking or transfer; Kevin Cullinane, 29, 188 Gabrielle, Manchester, was arrested for possession of controlled/narcotic drug; Krista Pepin, 32, 14 Dow Rd, Apt #1, was arrested on a bench warrant.

01/20 - A juvenile was arrested for disorderly conduct; Timothy S. Nile, 23, 241 Mechanic St, Apt#2, Laconia, was arrested on a warrant.

01/21 - William Blanchard, 25, 452 Pine St, Manchester, was arrested on a warrant.

01/23 - Alyssa Stidwell, 25, 16 Putney Rd, was arrested for simple assault and disorderly conduct; Kelsey Thompson, 24, 3 Saltmarsh Circle, was arrested for possession of controlled/narcotic drug; Nicholas S. Calkins, 25, 5 Abbey Rd, was arrested for possession of controlled/narcotic drugs; Dylan R. Bibeau, 20, 11 Borough Rd, Apt #3121, Penacook, was arrested for possession of controlled/narcotic drugs.

01/26 - Shawn Faucher, 27, 36 Kimball Rd, Londonderry, was summonsed for negligent driving; Kenneth G. Blankenship, 32, 118 Route 129, Loudon, was arrested for theft by unauthorized taking or transfer; Tylor J. Mitchell, 23, 42 Brown Hill Rd, was arrested for criminal mischief, criminal trespass, and reckless operation.

01/31 - Terri L. Fournier, 53, 238 Queen St, Boscawen, was arrested for criminal trespass and simple assault.

WHITE ROCK NEWS



White Rock Senior Living Community Presents

"Annmarie's"
Fitness Class
Tuesday's
10 AM.- 11 AM.
All are Welcome

"Happy Hookers"
Knitting Club
Meets on Tuesdays
At 9:00 AM
At White Rock
All are Welcome

Tax Preparation
Beginning Feb. 1st.
Mon. & Tues
From 9 to 1
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Come Join Us For
Dinner
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Evening
Public Invited
Minimal Cost \$7.50
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TRAVEL WITH THE TIMES



Teddy Douglas, age 12, grandson of Chuck and Debra Douglas of Bow, reads the Bow Times at home in Philadelphia, PA.

Send us your photo reading The Times when you travel!

BOW HIGH SCHOOL VARSITY CO-ED UNIFIED BASKETBALL SCORES BIG WIN!



Elysia Woody (Partner) congratulates Keith Descoteaux (Unified) on a great shot. Photo by Joanne Bushnell.

Huge crowd! Pep band playing. Loud cheering! Nothing but good feelings all around. Another great home Bow High School Varsity Co-ed Unified Basketball game and big win on February 4th.

**Score: Bow 39 John Stark 20.
Record: 3-0.**

Unified basketball combines students with intellectual disabilities (Unified players) and without disabilities (Partners). For many Unified players, this is their only varsity sport. Partners show great compassion helping all of the Unified players to be successful.

The crowd leaves with huge smiles and many saying Unified games are the best games they have ever attended.

**Next home game: Tuesday,
February 16th at 4 p.m.**

By "A Unified Fan"



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BNH HOSTS ANNUAL "FILL THE SHELTER WITH LOVE"

Bank of New Hampshire Branches in Concord to host annual "Fill the Shelter with Love" Fundraiser to benefit the Pope Memorial SPCA

The Pope Memorial SPCA of Concord-Merrimack County has partnered with the Bank of New Hampshire branches in Concord to host a "Fill the Shelter with Love" Fundraiser.

This fundraiser will run the entire month of February at the 167 North Main Street, and the 11 Triangle Park drive locations in Concord.

Help fill the Pope Memorial SPCA with love this Valentine season. The Bank of NH Concord branches will have hearts available for purchase. Hearts can be personalized, and they all will be displayed for the length of the fundraiser.

Each heart costs \$1, and all proceeds go towards the care of animals at the Pope Memo-

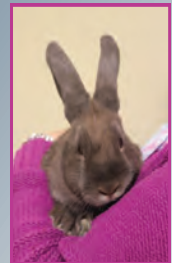
rial SPCA. If you donate \$5 or more toward this fundraiser, you get a free gift courtesy of the Pope Memorial SPCA of Concord-Merrimack County. www.google.

For over 100 years, the Pope Memorial SPCA of Concord-Merrimack County has been dedicated to caring for abandoned and homeless pets, protecting and advocating for pets in need, and promoting the humane treatment of all animals.

The organization's pet adoption, pet food pantry, and humane education programs collectively touch the lives of several thousand children, adults and families each year.

To learn more, please visit www.popememorialsPCA.org, or visit the shelter located at 94 Silk Farm Road in Concord NH.

Every Bunny Needs Some-bunny To Love



Celebrate "Adopt a Rescued Rabbit" Month at PMSPCA
Visit and find your bunny to love!



Hours: Tuesday, Friday, Saturday & Sunday 12-5 PM. Thursday, 12-7 PM.
603-856-8756
94 Silk Farm Rd, Concord
www.popememorialsPCA.org



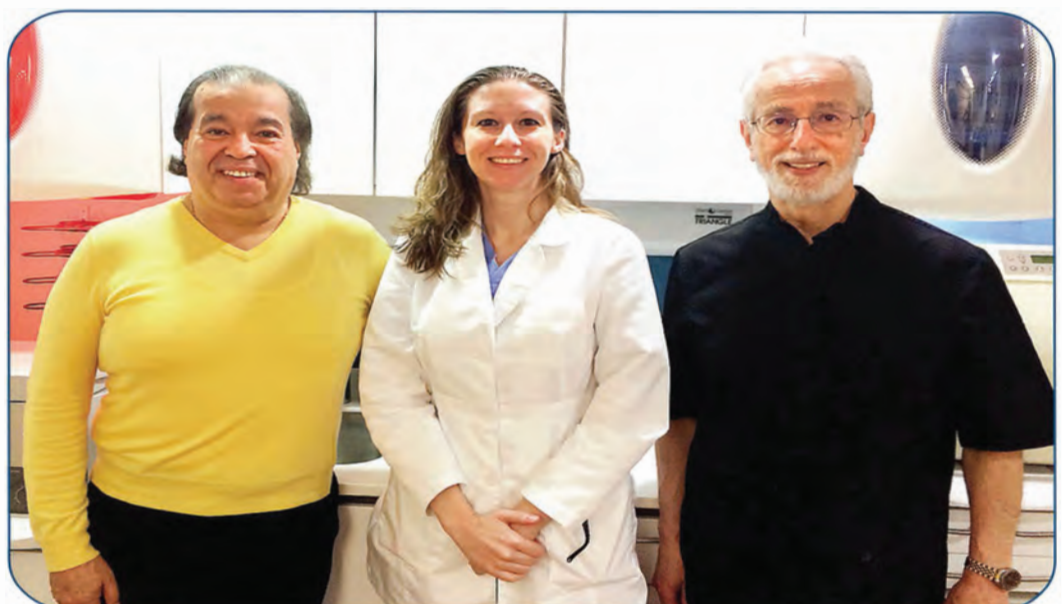
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BOW SPORTS

BOW YOUTH FOOTBALL CONCLUDES ANOTHER SUCCESSFUL SEASON WITH ANOTHER GSFL CHAMPIONSHIP

By Lee Kimball

The Bow Youth Football (BYF) concluded its 2015 season on a positive note by winning the Granite State Football League Varsity championship over Gilford by a score of 16 to 14 and ending the season undefeated (10-0). This is the third Bow GSFL championship team as the Varsity and JV teams were league champions last year. During the season the varsity (8th Grade) team scored 378 points while allowing its opponents to only 28 points. The team roster consists of Sam Evans, Baydin Coffey, Christopher Wheeler, Jonathan Muise, Marcus Terrio, Matt Hamilton, Steven Guerrette, Sebastin Beaulieu, Andrew Robbins, Hunter Fortier, Aiden Roy, CJ Smithurst, Austin Scarinza, Stephan Blais, Alec Schultz, Sarah Epstein, Thomas Rolla, Colin Lessard, Shaun Lover and Andrew Berube. The team was coached by Lee Kimball, Ron Corriveau, Jacy Parker, Kevin Kimball, Don Berube, and Dave Rolla.



The Bulldog 4-5 Grade team ended its season with a record of 6 wins and 1 loss, the 5-6 Grade team ended its season with a record of 5 wins and 2 losses, and the JR Varsity team ended its season with a record of 3 wins and 5 losses. The awards banquet was held December 12th at the Bow High School. Congratulations to the Bow Youth football program for another successful season.

GIRLS VARSITY BASKETBALL

GIRLS STRONG IN DOMINATING WIN OVER BELMONT

Game Date: Feb 02, 2016

Score: FALCONS: 51; BELMONT: 18

Key players:

Lea Crompton (13 points, 3 assists), Taylor Darrell (12 points, 2 assists), Amanda Murray (9 points), Erin Boldwin (6 points), Lauren Goyette (4 points, 4 assists).

GIRLS GET 4TH STRAIGHT WIN OVER SANBORN

Game Date: Jan 28, 2016

Score: FALCONS: 53; SANBORN: 28

Key players:

Taylor Darrell (13 points), Lea Crompton (10 points), Abbey Horner (6 points), Sarah Martin (6 points), Lauren Goyette (6 assists, 3 steals).

GIRLS ON TOP OF THEIR GAME IN WIN OVER RIVAL HOPKINTON



Bow's Megan Remick (30) drives around Hopkinton's Taylor Signor (12) as Krista Amoth (14) and Abigail Horner (33) look on. The Falcons jumped out to a 21-point half-time lead enroute to defeating the Hawks, 46-20 on Jan. 27.

The Falcons weren't taking anything for granted when they traveled to Hopkinton. Bow (10-2) raced to a 12-point lead after the first quarter, pushed the advantage to 21 by halftime and finished with a 46-20 win. Bow senior Amanda Murray, finished with 12 points and seven rebounds. Lea Crompton had 12 points, five rebounds and two steals. Six Bow players scored in the first half. Seven scored for the game, led by Crompton, Murray, Taylor Darrell (seven points) and Lauren Goyette (six points, six rebounds off the

BOW FOOTBALL ATHLETES PLAY IN ALL STAR GAME IN SOUTH CAROLINA



Five football athletes from Bow were selected to play in an all-star football game in Myrtle Beach, SC on Jan. 3. Representing the 8th Grade Red Squad #78 Andrew Berube, #26 Hunter Fortier, #86 Thomas Rolla. Also selected were Justin Filteau 7th Grade and Christopher Robbins 12th Grade. These five Bow players were selected at the Diamond Combines last July in Manchester. They played with others from around the country.

All are current and former Bow Youth Football League players and future and former BHS Falcon football team members. Submitted by Kristynn Rolla.

bench). And 11 of them made some sort of statistical contribution.

The girls also shut down Raymond 40-13 on Jan 22. with key players: Taylor Darrell (11 points), Lea Crompton (7 points, 7 steals), Andrea Fortin (6 points, 7 rebounds).

BOYS VARSITY BASKETBALL

BOYS HAVE BIG WIN OVER BELMONT

Game date: Feb 2, 2016

Score: FALCONS: 51; BELMONT 39

Key players were Adam Nelson (21 points, 3 steals), Shane Wunderli (11 points, 4 rebounds, 3 steals), Nate Alford (10 points, 5 rebounds).

The boys played well but lost to rival Hopkinton (38-50) and played hard against Sanborn (37-50).

COED VARSITY NORDIC SKIING GIRLS FINISH 2ND, BOYS 3RD AT CAPITAL CUP

GIRLS' NORDIC SKIING

Key players: Sarah Zecha (8th), Sohani Demian (9th), Isabella Urbina (10th), Maggie Jensen (13th)

BOYS' NORDIC SKIING

Key players: Owen Molind (8th), Sully Blair (11th), Justin McCully (15th), Hayden Udelson (17th)

COED UNIFIED BASKETBALL IMPROVES TO 2-0 WITH WIN OVER HANOVER HS (40-20)

A great overall team effort on Jan. 7th led by Jack Rich with 18 points while Collin Devaney added 8 points. Also see story on page 18.

BOYS VARSITY ICE HOCKEY

BOYS COMES FROM BEHIND TO DEFEAT GOFFSTOWN

Game Date: Jan 30, 2016

Score:

FALCONS: 4; GOFFSTOWN : 2

Key players: Bow – Doug Champagne (2 goals), Josh Connor (goal), Ryan Tobeler (goal, assist), Jamie Ess (assist), Austin Beaudette (assist), Alex Killion (assist), Colin Tracy (assist), Nate Carrier (21 saves).

BOYS VARSITY ICE HOCKEY DOMINATES OVER OYSTER RIVER

Game Date: Jan 27, 2016

Score:

FALCONS: 6; OYSTER RIVER: 2

Key players: Doug Champagne (2 goals, 2 assists), Austin Beaudette (2 goals), Jamie Ess (goal), Alex Killion (goal), Colin Tracy (3 assists, great defense), Nate Carrier (7 saves in goal).

BOYS DISMANTLES TIMBERLANE

Game Date: Jan 23, 2016

Score:

FALCONS: 16, TIMBERLANE: 4

Key players: Bow – Doug Champagne (5 goals, 3 assists), Ryan Tobeler (3 goals, 3 assists), Brody Call (goal).

BOYS VARSITY WRESTLING

BOYS WIN OVER MASCOMA

Game date: Jan. 27, 2016

Score: FALCONS: 44, MASCOMA: 21

Key players were Mike York, Mark Borak, Ben Boufford, Alex Boufford, Aidan Hyslop, Jack Olson, Kyle Frisbie and Max Johnson.

BOYS DEFEAT FRANKLIN

Game date: Jan. 20, 2016

Score: FALCONS: 42; FRANKLIN: 12

Key players were Michael York, Ben Boufford, Matt Haddock, Jack Olson, Max Johnson, Bill Targett, Aidan Hyslop and Mark Borak.

BOW COMMUNITY CALENDAR

Thursday, February 18
Candidates "Meet & Greet"
Baker Free Library - 6:30 p.m.

February 19-28
Bow Athletic Club Invitational Basketball Tournament
Bow Memorial and Bow High Schools

Tuesday, March 8
Town & School Elections for Office
Bow Memorial School 7:00 a.m. – 7:00 p.m.

Wednesday, March 9
Annual Town Meeting
Bow High School Auditorium – 7:00 p.m.

Friday, March 11
Annual School Meeting
Bow High School - 6:00 p.m.

Saturday, March 19
Bow Men's Club Easter Breakfast

Wednesday, March 30
Bow Falcon Booster Club Wine Tasting

Tuesday, April 19
Bow Mens Club Roadside Pickup

Thursday, April 28
Bow Pioneer Landowner Appreciation Dinner

Saturday, May 14
Bow Rotary Car Show

Saturday, May 21
Bow Garden Club Plant Sale



Come join the fun and community spirit as the Bow Athletic Club hosts the 31st Annual Invitational Basketball Tournament February 19-28th, 2016. This double elimination tournament features both boys and girls teams, and promises to provide exciting competitive contests as teams from all over the state of NH will travel to Bow to participate.

Be part of the excitement and close to all the action by volunteering your time at one of the many games. The BAC is looking for volunteers to help run clocks, books, concessions and gates at both schools. Can't make the games? Please consider being one of the tournament sponsors because this is a great opportunity to showcase your business due to the high volume of spectators that will see your logo. Special sponsorship levels and packages are available now. Sign up for volunteering and sponsorship can be found at the Bow Athletic Club's tournament website. <http://bactournament.bowathleticclub.com>.

Registrations for teams are still being accepted, and will sell out quickly. Team entry into the tournament is on a first come, first served basis, and once brackets are filled, registration will close. Team placements can be made in either the A or B divisions, for boys and girls teams in grades 7th-8th only. Teams in grades 5th-6th will be playing in an open division.

Games will be played utilizing both the Bow Memorial School and Bow High School gyms.

Daily admission to the games is \$5.00 for adults, \$3 for senior citizens, \$1 for students, and children under 6 free. There will also be offered a special "All Tourney Pass" available for \$10, which allows unlimited access to all games at both schools. Each venue will offer for sale concessions and commemorative tourney T-shirts.

This basketball tournament is the largest fund raiser for the Bow Athletic Club, with all proceeds going directly back into the youth sport programs it funds. The BAC provides opportunity for affordable participation in basketball, baseball, softball, soccer, field hockey and wrestling.

The BAC is a non-profit organization founded in 1974, that continues to be run by the support of community volunteers.

To register a team, volunteer or become a sponsor for the 31st annual Bow Invitational Basketball Tournament, please visit the BAC website at www.bowathleticclub.com, and select the tournament link.

Please help make this year's event the best yet, and come show your pride and support for the Bow Athletic Club and the Town of Bow!



TOWN OF DUNBARTON

DUNBARTON TOWN and SCHOOL CANDIDATES for the ELECTION to be held TUESDAY, MARCH 9, 2016

TOWN:

- (One) Selectman for three years: Ted Vallieres*
Robert Martel
- (One) Town Moderator for Two years: J.R. Hoell
- (One) Supervisor of the Checklist for six years: Janet Casey*
- (One) Member Board of Assessors for three years: Bryan H. Clark*
- (One) Tax Collector for three years: Judy VanKalken*
- (One) Library Trustees for three years: Martha Wilson*
- (One) Cemetery Trustee for three years: Tom Groleau*
- (One) Trustee of the Trust Funds for three years: open seat - no candidate
- (One) Ethics Committee Member for two years: Marcy Richmond*
- (One) Ethics Committee Member for three years: David Allen*

SCHOOL:

- (Two) School Board Member for three years: Clement T. Madden*
Jarrett Duncan*
David W. Johnston

* Incumbent

Candidates for all Offices filed with: Linda Landry, Dunbarton Town Clerk

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**PHYLLIS BENOIT
PRESENTER FOR OSHER
LIFELONG LEARNING
INSTITUTE**



Phyllis Benoit has become a regular presenter for the Osher Lifelong Learning Institute, servicing adults over age 50. In the Spring Term, beginning in March, Phyllis will teach *Best Stories from Ancient Mythology* and a fun Lunch and Learn on *Basic Grammar*. In previous semesters, Phyllis has taught *Chaucer, Bridge, and The Battle of Glorieta Pass* as well as serving in a leadership capacity in the OLLI volunteer organization.

The diversity of Phyllis's interests is representative of OLLI's class offerings (see OLLI's ad for topic areas). With most classes offered on Granite State College campuses in Concord, Manchester, Portsmouth, Rochester and Conway, senior learners can choose courses on Pope Francis, Jewish Holi-

days and Reading the Qur'an, Learning the iPad, Managing Digital Photos, Shakespeare, Opera, Gettysburg, American Global Economy, Great Decisions, Benedict Arnold, Tai Chi, Learning the Ukelele, Murders in Pembroke and many others.

168 courses are offered in the term from March through June with 49 of them in Concord. Most are open to nonmembers for an added fee, but annual membership, covering four terms, is only \$40.

Registration for courses begins February 29 and information can be found on OLLI's website, <http://olli.granite.edu>.

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- Wellness ~ Gardening ~ Literature ~ Field Trips ~ Computers ~ Outdoor Activities
- Current Events ~ Handcrafting

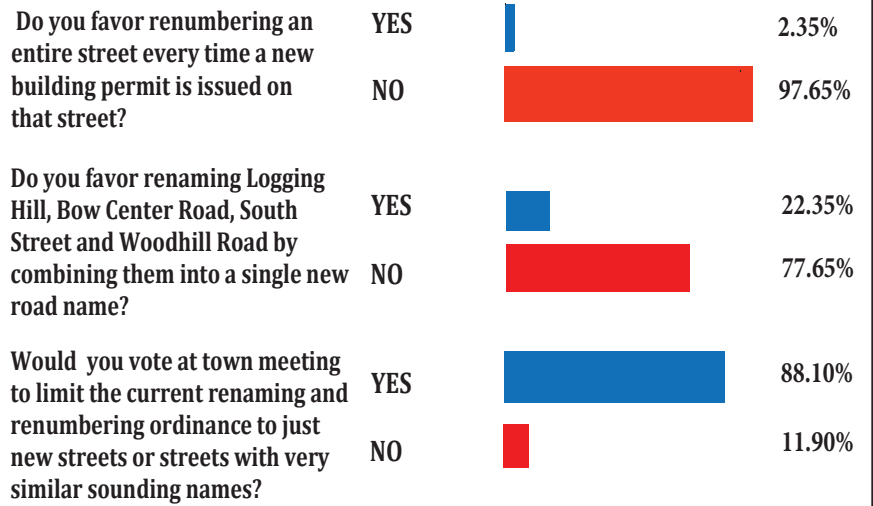
Membership - \$40 - 1 full year (4 terms) Registration for Classes begins February 29



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THE 2016 COLOR TRENDS ARE...

By Ann Dippold, CBR, GRI

If you like to stay up to date on the latest in home design, you may be interested to hear the color trends predicted for 2016. From Benjamin Moore's Simply White to Behr's Ivory Keys, the leading color trend is white, which serves as a neutral backdrop for other dramatic elements.

But before you go out and buy gallons of white, note that this year's on-trend whites have color and warmth to them. These subtle variations in tone make them the perfect accompaniment to other hot colors highlighted this year, so keep that in mind as you select accent colors.

To update your space using the neutral white trend, take the following steps:

- **Create a blank canvas** -- Paint an entire room in your favorite warm white. Starting with a neutral background lets other elements in the room stand

out and become the focal point. Neutral rooms tend to be minimalist, so scale back on accessories and let the major pieces support your design.

- **Experiment with hues** -- Try layering with several shades of white. Create a clean, classic look with a white room and an occasional pop of color. The design possibilities using a white color palette are surprisingly endless.
- **Add contrast** -- Bold accent colors and crisp lines create sharp contrasts against white walls.

Consider creating a feature wall with one of the other 2016 trend colors, like Blue Cloud from Olympic Paints or Paradise Found by PPG Porter Paints. You can also add other architectural elements in a dark wood or with geometric patterns.

Princess Elsa Visits North End Montessori School

By Wendy Hayes, Co-Director

Princess Elsa visited the North End Montessori School on Friday, January 22, 2016, for National Reading Day. The Princess read: Blueberries for Sal by Robert McCloskey, a Caldecott Honor Book. The children thoroughly enjoyed it and then enjoyed some cookies and lemonade.



Concord H.S. Senior Brooke Mills dressed up as "Frozen" Princess Elsa and posed for individual photos with each student at North End Montessori School, 698 Beech St, Manchester, NH 03104. 603-621-9011. www.northendmontessori.com.



STEPHEN CMAR ROTC SCHOLARSHIP FUND HOCKEY GAME AT EVERETT ARENA

Stephen Cmar of Bow entered the ROTC Program in the second semester of his Freshman year at UNH. His enthusiasm and work ethic quickly caught the eye of the Cadre and they asked him to mentor incoming Cadets. He was selected to be part of a Cultural and Language Proficiency Mission to Guatemala and to attend Airborne School at Fort Benning, GA.

Unfortunately, Stephen was never able to achieve his goal of a career of military service because he was tragically killed in a motorcycle accident in May, 2010.

The Stephen Cmar ROTC Scholarship Fund was established to honor Stephen's memory and his commitment to his country and community.

From 2011 to present, the Cadre has chosen the recipient of the Scholarship.



The deserving Cadet must meet the following criteria:

- Be a member of the Sophomore Class;
- Display leadership qualities;
- Maintain a very strong GPA;
- Show commitment, motivation, and enthusiasm for the ROTC program.

On Sunday, February 28th, 2016, the Stephen Cmar ROTC Crusaders will be playing the Boston Bruins Alumni in a Charity game at the Everett Arena in Concord. Doors will open at 2:30 pm with the festivities starting at 3:00 p.m. Price for general admission is \$15 per person.

MASTER PLAN SURVEY UNDERWAY

The Bow Master Plan is an advisory document that guides town boards, committees, and officials with making decisions that impact Bow's future. It forms the basis for changes to the Zoning, Subdivision and Site Plan Regulations.

The Master Plan should reflect the concerns, hopes and goals of everyone in the community. Please have everyone in your household take the survey. There is a link to the online survey on the Town's website or you can go directly to <http://cnhrpc.org/bowmp/>. Central New Hampshire Regional Planning Commission is assisting the Town with the Master Plan and will be collecting survey data and tabulating results. All information collected will be completely anonymous. The deadline is February 16.

Sincerely,
Matthew Taylor, Town Planner



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