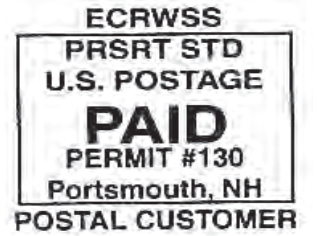




The Bow Times

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



BOW, NH

VOL 23, NO. 3

March 2016

FREE

A NEW FACE FOR SELECTMAN Chris Nicolopoulos



The President of the New Hampshire Association of Insurance Agents (NHAIA), Chris Nicolopoulos of 4 Pine Crest Drive is running for the seat on the Board of Selectmen vacated by Jack Crisp. Chris is a lawyer who served as the Government Affairs Director of the New Hampshire Association of Realtors from 2004 to 2008. He then practiced in the Concord office of the firm Preti, Flaherty, Beliveau and Pachios representing some Fortune 50 companies in their governmental legislative and regulatory matters. As the NHAIA President, Chris oversees the budgeting, investing and cash management finances of the group.

The father of two girls aged six and eight, Chris is concerned about fostering business development, planning better for capital improvement projects and reducing the tax rate to improve real estate values in Bow. Chris graduated *cum laude* from UNH.

2016 TOWN AND SCHOOL ELECTION ISSUE

ON MARCH 8 VOTE YES ON SB2

By Bill Kuch

To the Editor,
SB2 for the Bow School District will be voted upon this March 8th. Adoption of this form of School Meeting will afford greater opportunity for voters to engage in the democratic process. As a precursor to the vote, a meeting was recently held to inform the electorate and solicit their comments. I attended this meeting and was surprised at some of the assumptions made about the reason for the petition and arguments against adoption. As a signer of the petition for the SB2 warrant article, I believed it was time to make sure that the Town people's wishes are heard and that the system is not manipulated by a small group advocating a single issue for their benefit. It was suggested by some at the meeting that the petition was retribution for the all day kindergarten vote of last year. No it isn't, but the Kindergarten vote was an example of how the current meeting system could be used to circumvent the guidance of our elected officials. In a town of 6500 voters a majority of the 300 people at the 2015 School District meeting were able to pass the all day kindergarten warrant. Under

an SB2 form of meeting, when both the school board and budget committee overwhelmingly voted to NOT recommend passage, I contend that this would not have passed. Imagine if next year a small group of motivated and social media savvy people wanted to have preschool provided by the district.

Someone said that the purpose of SB2 was to allow more people to vote against the school budget. That is correct and it would also allow more people to vote for the budget. I don't understand the argument. Another argument against SB2 was that it was better to have 300 informed voters (with the current system) than 1000 uninformed voters (under SB2) make decisions. Besides being offensive, the too dumb to vote argument doesn't hold up. We elect people to represent our interests at all levels of government. Even if you have limited knowledge of an issue you should have confidence in the people you elected to provide a recommendation and vote accordingly.

Adoption of SB2 will allow

more voters to engage in the system. All warrant articles, including the budget, will be on the town election ballot. Prior to the vote, a deliberative session will be held, as it is now, and questions can be asked. There will be ample time before the ballot vote to research the validity of statements made at the deliberative session and become better informed. SB2 brings the disenfranchised voter back to the voting booth. For the veteran away from home, the infirm, the snowbirds and others not able to attend the school district meeting, there will be the ability to vote absentee. For those with obligations during the hours of the meeting, they will now have the opportunity to vote during a 12 hour period on election day.

Bill Kuch
348 Page Road, Bow
[Bill Kuch is a State Representative for Bow/Dunbarton, Merrimack District 23]

**IN A PURE DEMOCRACY
IT SHOULD BE JUST AS
EASY TO VOTE NO AS IT
IS TO VOTE YES.**

YOUR TAX DOLLARS ARE USED TO FIGHT SB2 AN EDITORIAL

The Spring Newsletter for the Bow School District was recently circulated by SAU 67. On its third page it contains an article critical of SB2. The article discusses the disadvantages of SB2 but does not in any way describe the advantages. The newsletter is published by the SAU using our tax dollars.

With a salary of \$129,112 and benefits of \$61,878 Bow taxpayers have been good to Mr. Cascadden. In fact while Social Security recipients got no cost of living increase this year Dean Cascadden got a 2% raise rubberstamped by the SAU

board. With that raise and lower gas prices it makes the commute from his home at Wicwood Shores in Meredith more pleasant.

As a member of the Budget Committee I can attest to the fact that a majority of the Budget Committee supports SB2, even though the School Board is marching to Dr. Cascadden's tune. This is the kind of improper use of your money that should get you out on March 8 to vote YES on SB2.

Chuck Douglas
for a free press,
Je suis Charlie

Candidates for Bow Elections on March 8

- Selectman (2):** Colleen Hunter (incumbent)
Christopher Nicolopoulos
- Budget Committee (2):** John Heise (incumbent)
Dominic Lucente (incumbent)
- Library Trustee (3):** Christine Carey
Converse Peirce Hunter
Benette Pizzimenti
- Town Moderator (1):** Peter F. Imse (incumbent)
- Supervisor of the Checklist (2):** Judith V. Goodnow
Betsy Patten
Beth Titus
- Trustee of Trust Funds (1):** Mary Beth Walz (incumbent)
- School Board (2):** Ginger Fraser (incumbent)
Kathy Garfield
Robert Louf (incumbent)

MONTHLY BOW TIMES IS DELIVERED TO 3,000 RESIDENTS AND BUSINESSES - FREE

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

Publisher – The Bow Times, LLC
Editor – Chuck Douglas 224-1988
Co-Editor – Debra Douglas
496-0265

Sales Manager – Gary Nylén
496-5239

gary42bow@comcast.net

Technical Editor – Denise Ehmling
724-7853

dehmling@thebowtimes.com

Travel Talk Editor – Chase Binder
Contributing Writers – Joyce Kimball
and Faye Johnson

Photographs – Eric Anderson
Printer – Seacoast Media Group

Mailing address for news or
notices: 40 Stone Sled Lane, Bow
Email: info@thebowtimes.com

DEADLINES: 1st of the month;
classifieds must be prepaid --
cash, check or pay online at www.thebowtimes.com

ADVERTISEMENT ERRORS: We
will be responsible for errors in ad-
vertisements only to the extent of
correcting the same in the next issue
using space equal to the items in er-
ror.

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

PHOTO SUBMISSIONS: We en-
courage individuals and groups to
submit photos of their events or ac-
tivities, by email or call the Technical
Editor.

CORRECTIONS POLICY: We
strive to present accurate news re-
ports. We will correct factual inaccur-
acies in our coverage. We encour-
age readers to tell us if we have made
a mistake.

Postal Information: Bulk rate post-
age paid at Portsmouth, N.H. Post-
master. Send address changes to the
Bow Times Permit #130.

A proud member of the New
Hampshire Press Association

A DOZEN THINGS EVERY CITIZEN SHOULD KNOW ABOUT TOWN AND SCHOOL MEETINGS

By H. Bernard Waugh, Jr., Esq.

2015 Update by Cordell A. Johnson for N.H. Municipal Association

1. Every Voter Is a Legislator.

Those quaint sayings about town government being a “pure democracy” are true! State law refers to the town or school meeting as the “legislative body.” The town meeting is to the town what the Legislature is to the State, or the Congress is to the United States: the town meeting has all the basic power. There is no higher authority in town. But in order to have the right to participate, you must be a registered voter of the town, and you must attend. If you don’t go, how can you justify blaming anybody but yourself?

2. The Moderator Presides, and Can Do What It Takes to Maintain Order.

The town or school meeting’s business is regulated by the moderator, and your right to vote is subject to the moderator’s authority to keep order. Voters may not talk without being recognized. If someone keeps on being disruptive after being warned, the moderator can ask a police officer to escort him/her out of the meeting.

3. The Voters Can Always Overrule the Moderator by a Simple Majority.

The moderator isn’t a king. He is merely a facilitator to enable the voters to take orderly joint actions. It is illegal for the moderator to preside in such a way as to make it impossible to overrule his/her rulings. Many voters mistakenly believe that state law contains all sorts of complicated parliamentary rules governing meetings. It doesn’t. All state law says is that the moderator can prescribe rules, but the voters can alter those rules (RSA 40:4). Nobody can pull parliamentary tricks as long as the voters stay alert and remain aware that they can vote, by a simple majority, to change the rules to accomplish what the majority wishes to accomplish. The *only* legally-binding rule is that the voters can overrule the moderator by a simple majority.

4. There’s No Such Thing as an “Illegal Vote.”

“What!?! You mean the town’s lawyers are all wrong?” No, I don’t mean that. Pay close attention. It’s true that there are plenty of types of votes

which, if they pass, will not be legally binding (i.e. would not be enforceable in court). But that doesn’t mean you can’t vote on those things anyway. No group of voters has ever been arrested for taking a vote, no matter how off-the-wall it might be.

5. It’s OK to Ask Questions.

The beauty of the traditional “deliberative” session of meetings (as compared with questions on the “Official” or “Australian” ballot usually used for elections) is that through the process of discussion and debate, the voters can educate themselves about the question at hand, and about the procedure, and become able to vote more intelligently. Don’t shyly assume that everybody but you knows what’s going on. They probably don’t.

6. No Vote Can Be Legally Binding Unless Its Subject Matter was Stated in the Warrant.

The “warrant” is a sort of agenda for the town or school meeting, which is posted two weeks in advance. It’s also printed in the town report, published before the annual town meeting. The requirement that all subject matter must be stated in the warrant (RSA 39:2) keeps the meeting orderly, prevents surprise, and lets voters who might otherwise stay home know that some topic of interest to them is coming up for discussion and possible action. The warrant law requires only the *general* subject matter to be stated. The actual votes don’t have to be word-for-word the same as the warrant articles. You don’t have to “take it or leave it.” Amendments will be legally valid, so long as they are within the same general subject matter. But amendments which add some brand new subject matter will not be legally effective.

7. Ordinary, Everyday Language is Perfectly Okay.

Are you hesitant to make motions at the meeting because you think you’ll need to hire a lawyer to come up with the right wording? Don’t be! The N.H. Supreme Court has said time and again that technical rules will not be used to defeat the plain intent of the voters, using ordinary com-

mon language. As U.S. Supreme Court Justice Holmes once said: “The machinery of government would not work if it were not allowed a little play in the joints.” (Quoted in *Lamb v. Danville School Board*, 102 N.H. 569).

8. You can Ask for a Secret Written Ballot on Any Question.

There are two ways for the voters to request a secret written ballot at town or school meeting: (a) Any 5 voters can make the request in *writing* to the moderator before a vote is taken, or (b) *After* a vote has been taken and declared by the moderator, any *seven* voters can *orally* request the vote to be taken again using a secret written ballot, but the request must be made immediately, before the meeting moves on to other business (RSA 40:4-a and 40:4-b).

9. Virtually any Vote can Later be Reconsidered and Rescinded.

So you think you finally finished the debate over the town administrator’s salary. The rest of the meeting is routine. Now you can go home and pay the babysitter. Right? Well, no, you’d better not. Unless the meeting votes to restrict reconsideration, that salary vote can legally be reconsidered later, right up until the meeting is finally adjourned, even if it’s 2 a.m. and almost everyone’s gone home (*Byron v. Timberlane School District*, 113 N.H. 449). However, the meeting may vote to restrict reconsideration on one or more articles (RSA 40:10), and this is commonly done. This action doesn’t prohibit reconsideration. If the meeting votes to restrict reconsideration of an article, it may still subsequently vote to reconsider the article; but if it does, the reconsideration must take place at an adjourned session held at least seven days later. Notice of the time and place of the adjourned session must be announced before the close of the original session and published in a newspaper at least two days before the session.

10. A Vote For a Bond Issue Must Pass by a 2/3 Ballot Vote.

In fact, if the amount of the pro-

CITIZENS CONT. FROM P. 2

posed debt exceeds \$100,000, the moderator must keep the polls open for at least one hour after the end of the discussion on the issue (RSA 32:8-a). Don't be confused about this. A vote on bonds or notes does require a ballot vote, but it's not something that can appear on the "official" ballot on election day (the one used for electing officers). It's simply a "Yes/No" paper ballot during the business session of the meeting, the same type of ballot used when a secret written ballot is requested.

11. You Can Amend Particular Line Items in a Budget. The proposed budget must be posted with the warrant, and is considered part of the warrant, giving you notice of what you're going to raise and appropriate money for. To "appropriate money means to earmark a certain sum for a particular purpose, so that the "governing board" (selectmen or school board) is then authorized to spend that amount for that purpose over the course of the fiscal year. Money can be "appropriated" either through a line item in the budget, or under a separate warrant article. The amount of any particular appropriation (line item) can be amended up or down, or an appropriation can be deleted entirely by the voters. However, it is not legally effective to *add* a new purpose (line item) to the budget. Why not? Because adding a new purpose violates Rule #6 (above) – the requirement that all business must be stated in the warrant. The voters can't take any binding action on a subject matter which wasn't stated in the warrant (or in this case in the budget). Some people believe that voters can only act on, or amend, the bottom line of the budget, and not specific line items. That's not quite right. What is right is that the voters cannot *limit* the governing board's ability to *transfer* amounts from one line item to another during the year, as needs and priorities change. Therefore, even if you do vote to lower, say, the police budget by \$1,000, the selectmen, later in the year, can still replace that \$1,000 into the police budget, as long as they don't exceed the bottom line of the entire budget. **Hint:** Transfers cannot be made from appropriations made by separate war-

rant articles (RSA 31:10, IV). Therefore, the way to prevent an appropriation from being diverted to other purposes is to submit a petitioned warrant article for that appropriation. But just because only the bottom line is legally binding, doesn't mean the voters can't amend line items. The voters have a legal and political right to express their preferences. A vote on specific line items sends a strong message that may later be "enforceable" through the ballot box, even if it's not enforceable in court.

12. Democracy – Use It or Lose It. In a town or school meeting, more than any other form of government on earth, your community and the services it provides emanate not from some "they" in the sky, but from you, the voters. If you haven't been to town or school meeting lately, this is a good year to inform yourself, attend, vote, and make it work.



"LADIES NIGHT" ENJOYED BY ALL

To Mike, Charlie, Tom, Peter, Warren, and many more helpers, Thanks to ALL of you for your work to make Ladies Night an enjoyable event for the many who attended. It was a great success and super way to usher in St. Valentine's Day.



Above, Bow Town Hall getting its new bones (sills) replaced last Summer to the floor which didn't bounce anymore!

Thank you from the members, Dick and Alna

MEET OUR NEW PRESIDENT

"Our community's needs may change, but our commitment never will."

PHIL EMMA
President, 2016

TheMerrimack.com/MeetPhil



TheMerrimack.com
603-225-2793
800-541-0006



Bow • Concord • Contoocook • Hooksett • Nashua

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.

PLUMBING
and
HEATING Corp.

603-225-6929 MBE0000478



Dear Editor:

I am an 80 year old veteran who would like to write in favor of SB2 for Bow Schools. Town Meetings are very difficult for me to attend and I am terrified of public speaking. My voice is my vote and I like the Town of Bow's convenient voting hours of 7 am-7pm. As a veteran I think it is important that active duty veterans get the chance to vote as well and I know they can't vote with our current system if they are away serving their country. Also, please be considerate of your fellow Bow, family, friends, and neighbors who also may not be able to vote because they can't make the meeting. Please join me and vote for SB2 for School on Bow's Election Day Tuesday March 8.

Bob Mosher
Allen Road, Bow

Letter to the Editor: Support of SB2 for the Bow School District

I am a strong supporter of SB2 for the Bow School District. There are many Bow residents who don't know that they can participate in the decision making process of the Bow School District. The Bow School District budget makes up about 75% of our tax bill. That is a huge percentage and each and every tax payer in Bow has the right to weigh in on how that money is spent. SB2 would allow taxpayers to vote on the school budget during normal daylight hours. This means that working folks and seniors alike can go to the polls between 7:00 a.m. and 7:00 p.m. or cast their vote by absentee ballot, without having to sit in lengthy, late night school budget meetings after already having attended a lengthy, sometimes very late annual town meeting the same week, just to cast their vote. I am a retiree living in a 55+ community. I know many seniors who find it very difficult to get out in the evenings when the weather is foul or too cold. Many of them have a hard time driving at night. Many simply don't go out at night. Adoption of SB2 for the Bow School district is the fairest and most practical way to insure that each and every voter here in Bow has the op-

portunity to vote on how their taxpayer dollars are being spent.

Jackie Peterson
9 Fiddlehead Circle, Bow

Letter to the Editor:

I'd like to thank Concerned Taxpayers of Bow for putting SB2 on the school ballot to be voted on at Bow Memorial School, during Town/School Election Day on Tuesday March 8 from 7am-7pm. Knowing that my family and I can vote on every school issue no matter where we are is very exciting to me so I went to the recent public hearing on SB2 to show my support. What I learned from the public hearing was very alarming. I listened closely to what those who oppose SB2 were saying. While I was saying that SB2 gives all 6,500 registered Bow Voters the opportunity to participate, they were saying that they didn't like SB2 that because it gives voters the right and ability to vote No.

When I heard one opponent say that they didn't like SB2 because it made it easier to vote no, and that they would rather see 300 vote than 1000 people vote, I couldn't believe my ears. The problem is that several other SB2 opponents got up and said just about the same thing as if they were reading from a script. While supporters of SB2 were saying: With SB2 there is no such thing as an "uninformed voter" because that voter knows their personal budget more than anyone else and you will have plenty of time to research the issues. Opponents of SB2 were outrageously using the term "uninformed voters" as code words for an undesirable voter who votes differently than them. I did my research for the SB2 public hearing and found out that SB2 is very popular across New Hampshire. More NH students go to SB2 School districts than Town Meeting School Districts. In fact the law wisely allows School Districts to go back to the Town Meeting method if things don't work out. The good news about SB2 is that there hasn't been a single SB2 School District that has gone back to the Town Meeting method. So if someone tries to tell you a cherry picked SB2 a horror story, ask them if SB2 is so bad why hasn't a single school district gone back to the Town Meeting Method after going to SB2? The answer is because most people like SB2 a lot better. The other thing that I

learned at the public hearing, but strongly disagree with, is that school meetings are like going to a movie and that the rules are not complex and archaic. If school meetings were really like a movie then why do so few people go to them? The rules are very complex. For example there is a rule that requires 2/3 majority in order to start the voting process and even after the 2/3 majority is achieved the voting process still doesn't begin. It is left up to one person to determine when that voting process begins. To make this rule even more complex, this rule can be changed to only a simple majority because the 2/3 majority can be overruled. So the real question is: If majority rules, why does this 2/3 rule exist in the first place? The answer is clear because it makes it harder to vote no. Another complex rule is the reconsideration vote. This vote allows a small inconsiderate group of voters to erase an earlier vote. Even though this vote could wipe out the wishes of voters that may have already gone home there is no 2/3 majority requirement. Why the double standard? This simple answer is because it makes it easier to reverse a no vote. In the recent primary elections, both sides are seeing the system being rigged against them and the voters are calling for change. Bow voters have an opportunity to get rid of a system that is rigged against them. Voting for SB2 will make it just as easy as voting no as it is to vote yes. In all fairness isn't that the way it should be?

Van Mosher,
Bow

Letter to the Editor:

SCHOOL BOARD OPPOSES SB2

On March 8th, the Bow School Board is asking voters to oppose SB2. Residents should know that the impetus behind this proposal is the frustration of some over the recent passage of all-day kindergarten. As a result, SB2 is only being requested for the schools and in its proposed form would simply replace one frustration with another. Even if attendance at last year's school district meeting had matched that of the town's, there exists no guarantee that the outcome would have been any different. While we do not seek to minimize the frustration expressed by the petitioners, the School Board

recognizes the danger in making quick decisions based off emotion. We point out that in SB2 towns such as Hooksett, Gilmanston, Exeter, Weare, Allenstown, and Epsom - frustrations are exasperated due in part to low attendance at deliberative session. A summary report by the NH Municipal Association showed a fairly strong negative correlation between town size and deliberative session attendance such that the larger the voting population, the lower the attendance. Over the past 5 years, our school district meeting has averaged more support as a percentage of voters than the deliberative session in many of these towns. Additionally, the average duration of our meetings has been 2:17 - or the approximate running time of the new Star Wars movie. And finally, this year's budget process was again both positive and productive - garnering a better end product that has received unanimous support from our budget committee. The School Board unequivocally opposes this petitioned article and encourages residents to separate fact from opinion by performing the same extensive research that we have done. In short, the SB2 "solution" is being predicated on an emotion that it cannot change. Please join us in voting 'No' on SB2 at the polls on March 8.

Robert Louf, June Branscom,
Ginger Fraser, Debra Alfano,
Jennifer Strong-Rain, Bow

EDITOR'S NOTE: A majority of the Budget Committee SUPPORTS SB2.

To the Editor,

I have been following some of the recent issues in Bow with interest. I lived in Bow for 40 years and finally had to move because I could not afford the ever increasing property taxes in retirement. It is good to see that Bow has a majority of conservative members on the Budget Committee. I served several years on the Bow Budget Committee and tried to get the dispatch center moved to the Merrimack County dispatch in order to save money. I understand that the current proposed move could save the town as much as \$400,000+/- . We tried to get SB-2 passed a couple of times while I was involved and just missed on one occasion. The school budget needs to be reined in and suffers the most from

SB-2 IS A VOTER'S RIGHTS ISSUE FOR BOW

Who can Vote at the Existing Bow School District Meeting?

- | | |
|---|-----------------------------|
| ✓ If you are away serving your country: | You lose your right to vote |
| ✓ If you are away on Business: | You lose your right to vote |
| ✓ If you stay home caring for a relative: | You lose your right to vote |
| ✓ If you work second or third shift: | You lose your right to vote |
| ✓ If you can't travel at night: | You lose your right to vote |
| ✓ If you can't sit through long meetings: | You lose your right to vote |
| ✓ If you can't make the meeting for any reason: | You lose your right to vote |

BUT WITH SB-2

Everyone can Vote at the Inclusive SB-2 Bow School District Election

- | | |
|---|---------------------------------|
| ✓ If you are away serving your country: | You can vote by Absentee Ballot |
| ✓ If you are away on Business: | You can vote by Absentee Ballot |
| ✓ If you stay home caring for a relative: | You can vote by Absentee Ballot |
| ✓ If you work second or third shift: | You can vote 7 AM-7PM |
| ✓ If you can't travel at night: | You can vote 7 AM-7PM |
| ✓ If you can't sit through long meetings: | You can vote 7 AM-7PM |
| ✓ If you can't make the meeting for any reason: | You can vote by Absentee Ballot |

VOTE YES ON SB2

Biggest Myths about SB-2

Myth: You must go to the meeting in order to be an informed voter.

The TRUTH: The SB-2 voter can get info from their source of choice: (Concerned Taxpayers of Bow, "The Bow Times," The Bow School District Etc.) There is no one more informed about their personal budget as that of an individual voter. You have a right to vote both yes or no!

Not long ago The Bow School Board misinformed the Bow Voters by telling us that we needed a new 5 & 6 Grade School because of enrollment increases. That was proven untrue. With SB2 we have weeks to find about what is true prior to the vote.

Myth: SB-2 Voting is complicated.

THE TRUTH: SB-2 voting is very simple; it is just like voting in the primary last month. In fact it is the School District meeting that is complicated with archaic difficulty to understand rules. SB-2 School District Meeting is like the Iowa Caucus and we all saw how much a mess that was.

Right now every parent gets a notice reminding them that it is School Meeting/Election time. Those who don't have kids in school don't get this reminder. If there was a School Ballot with all the warrant articles on it at the voting booths every taxpayer would be reminded that they are welcome to participate in this important process and they too can be empowered to balance the needs of the town of Bow with the needs of the Bow School District.

No matter what you hear from SB2 opponents, SB2 is very popular in school districts that have passed SB2. Even though the people have the right to go back to the exclusive town meeting method not a single district has gone back, proving its popularity. More New Hampshire students go to a SB2 School District than do the exclusive town meeting method. One lost thing that is brought to light with SB2 is that everybody is welcome to vote on school issues not just people with kids in school. Those who don't have children in the school district have as much right to vote as anyone else.

KNOW YOUR CANDIDATES

PROVIDED BY LORI FISHER

Colleen Hunter – candidate for Selectman

Political Experience: For the past six years I have served as a member of the Board of Selectmen.

Education: Graduate of the University of Rhode Island with a degree in Business.

Profession: Currently serving as a Selectman; previous co-founder and co-director of Celebrating Children Preschool. Taught and volunteered at Concord Head Start.

Family Information: Married to Ken for over 30 years; two sons; lived in Bow since 1988.

Why are you running for an elected office in the Town of Bow? I would like to continue serving the residents of Bow and see some of the projects I have been working on for the past six years come to fruition like the Public Safety Building/Community Building, and I would like to continue to perfect programs like the Capital Improvements Plan.

What do you think are the top three (3) issues facing the Town right now? Need for a new Public Safety Facility and a plan to rehab the current Community building; broadening the tax base with continued Economic Development by welcoming potential new businesses, continuing to have dialogue with established businesses, and assisting these established businesses with potential expansion plans; balancing the fiscal needs of the Town while continuing to drive the tax rate down.

Christopher Nicolopoulos - candidate for Selectman

Education: BA – History (UNH, 1998); JD – New England Law (2001).

Profession: Attorney – Trade Association Executive, CEO of the NH Association of Insurance Agents.

Family Information: Two daughters (ages 6 & 8).

Why are you running for an elected office in the Town of Bow? I have always wanted an opportunity to give back to my community. I am proud to be a resident of Bow and thought that I could bring a new perspective to the Board of Selectmen.

What do you think are the top three (3) issues facing the Town right now? How to foster commercial development; appropriate planning for capital improvement projects, including the Public Safety Building and the bridge on Birchdale Drive; taxes – including potential impact of changes at the power plant and whether the current tax rate is a deterrent to commercial development.

John Heise – candidate for Budget Committee



Political Experience: Current Budget Committee Chairman; 3rd year on Budget Committee.

Education: BS Accounting - 1997

Profession: Certified Financial Planner.

Family Information: Wife, Christine M Heise (CPA, MBA); Two children (ages 5 & 8).

Why are you running for an elected office in the Town of Bow? I believe my career experience brings an analytical, rational, and thoughtful addition to the budget review process.

What do you think are the top three (3) issues facing the Town right now? While the request was for 3, here are the major issues in my view: Rising benefits costs; looming PSNH abatement litigation; Public Safety Building; school repairs; Community Service building.

Dominic Lucente – candidate for Budget Committee



Political Experience: I served on the Budget Committee this year.

Education: Bachelor's Degree in Business Management.

Profession: Certified Financial Planners Practitioner.

Family Information: Wife Meredith and son Jack.

Why are you running for an elected office in the Town of Bow? I would like to see the town make responsible and prudent decisions with the resident's hard earned tax dollars.

What do you think are the top three (3) issues facing the Town right now? The high tax rate; commercial growth is not what it should be; declining school enrollment.

Christine Carey – candidate for Library Trustee (2 year)

Political Experience: For the past year I have been serving as an interim Library Trustee.

Education: Columbia College, 1990; Boston University School of Medicine, 1998.

Boston University School of Medicine Internal Medicine residency.

Profession: Currently at home!

Family Information: Husband, Bob Carey, attorney at Orr & Reno; Two children; Bow resident for 14 years.

Why are you running for an elected office in the Town of Bow? Serving as a trustee is a great way for me to give back to the Bow community, which has been a great place to live for our family.

Converse Peirce Hunter – candidate for Library Trustee (3 year)



Political Experience: I have not held political office before.

Education: SUNY Downstate Medical School, Brooklyn, NY – MD 1987; University of Michigan School of Public Health, Ann Arbor, MI – MPH, 1983; Hamilton College, Clinton, NY – BA, 1979.

Profession: Pediatrician, Dartmouth Hitchcock, Bedford, NH.

Family Information: Lives in Bow since 2001 with wife Jill and 2 daughters.

Why are you running for an elected office in the Town of Bow? The Hunter family has always enjoyed and supported the library. Our children were introduced to books and reading through the Rookie Readers program. As they have grown they have become avid readers, and continue to participate in the life of the library community through the Teen Activity Group. As a family we appreciate the access to books, journals, DVDs, and on-line materials that the library offers. So, I am excited to become a Library Trustee.

After benefiting so greatly from the library over the years, it is time to help make sure that this important community resource continues to thrive and grow, and is available to future generations.

Benette Pizzimenti – candidate for Library Trustee (5 year)

Political Experience: Volunteer for various political campaigns.

Education: BA, Art History (SUNY Buffalo, Buffalo, NY); MLS (University of Washington, Seattle, WA); JD (University of NH Law School, Concord, NH).

Profession: Librarian for 10 years; Attorney for over 30 years.

Organizations/Affiliations: NH Supreme Court Professional Conduct Committee Vice-Chair (appointed 1998; term expired Dec 2014); NH Office of Bar Admissions (representative of PCC to Character & Fitness); Past President of Belknap County Bar Association and the NH Library Association; Past President of Community Bridges.

Family Information: Married 46 years; one daughter and one granddaughter.

Why are you running for an elected office in the Town of Bow? In 2015 I made some major life changes. I retired from the practice of law as a litigation attorney from my law firm in Laconia. I completed my terms on the NH Supreme Court Professional Conduct Committee (attorney discipline). My husband and I sold our house in Concord and purchased a condominium in Bow. Both my husband and I have become regular library users, and we are impressed with what the library has to offer. I want to make productive use of my time as a volunteer, and with my background as an attorney and as a former librarian I think I have something to contribute to the library.

Peter F. Imse – candidate for Town Moderator

Political Experience: Town Moderator since 1998.

Education: Lawrence University – BS, 1974; University of Michigan Law School – JD, 1977.

Profession: Attorney at Sulloway & Hollis, PLLC, Concord since 1977.

Family Information: Wife Deb and 3 daughters.

Why are you running for an elected office in the Town of Bow? I believe that we all have a responsibility to serve our communities in whatever manner we are able. I hope that my presence as Moderator has helped the Town Meeting to remain a meaningful and productive experience for our citizens.

Candidates cont. from p. 14

What do you think are the top three (3) issues facing the Town right now? Balancing the desire to have the Town and Schools continue to provide services and facilities at the levels that brought us all to Town, with efforts to lower taxes below the levels that can maintain such services and facilities; development of the River Road/Route 3A area with appropriate commercial and industrial uses; welcoming and integrating the citizens of Dunbarton into our Town and School communities.

Judith V. Goodnow – candidate for Supervisor of the Checklist

Political Experience: First run for office. Worked as a legislative consultant for a NH State agency for 10 years.

Education: BA from Indiana University, Bloomington, IN. Juris Doctor from Memphis State University School of Law.

Profession: Trust Officer at Cambridge Trust Company, Concord, NH.

Family Information: Married to Michael S. Bujinowski; three grown sons.

Why are you running for an elected office in the Town of Bow? Resident for almost 15 years; want to give back to Bow.

Beth Titus – candidate for Supervisor of the Checklist

Education: Bachelor of Science.

Profession: Retired; part-time Page at the Baker Free Library.

Organizations/Affiliations: Member, Recycling Committee; Member, Bow Mills United Methodist Church; former member of the Bow Heritage Commission and Bow Zoning Board.

Family Information: Married with four children.

Why are you running for an elected office in the Town of Bow? I am running to give back to the community. As a life-long resident of Bow I am interested in meeting people new to Town.

What do you think are the top three (3) issues facing the Town right now? Construction of the Public Safety Building; renovation of the elementary school; what should we do with the community building.

How will your skills/background contribute to the position you are running to fill? I have knowledge of the position from volunteering at previous elections; I have a great attention to detail; and I have experience dealing with the public as a staff member of the Baker Free Library.

Mary Beth Walz – candidate for Trustee of the Trust Funds

Political Experience: State Representative (4 terms); Trustee of Trust Funds (4 years); and participated on a variety of State boards and commissions.

Education: BA, University of Toronto; JD, University of NH.

Profession: Lawyer.

Family Information: Married to Harry Judd (current selectman); 5 children.

Why are you running for an elected office in the Town of Bow? To serve the community and to continue to implement the policies we have developed.

Ginger Fraser – candidate for School Board



Political Experience: School Board, 2013-Present; subcommittees include Bow Schools Foundation, Wellness Committee, BESS Negotiations; and NH School Boards Association. Budget Committee, 2010-2013; subcommittees include the Bow Town Employee Benefits Committee and the Bow/Dunbarton SAU Planning Committee.

Education: BS Accounting.

Profession: Bookkeeper for multiple companies, mostly non-profits.

Family Information: Bow resident since 1990; Husband Tim and two children.

Why are you running for an elected office in the Town of Bow? The Bow School system is without question the town's greatest asset. It has given both of my children an excellent education, from kindergarten through graduation. My goal as a School Board member is to continue to help lead our community in offering one of the best educational experiences in the state of New Hampshire.

Robert Louf – candidate for School Board



Political Experience: 2010-Present – Bow School Board; 2011: Vice-Chair, Bow School

Board; 2012-Present – Chair, Bow School Board; Served on the 2012 Bow/Dunbarton AREA agreement committee as well as various other School Board sub-committees.

Education: Grew up in Pelham; attended Bishop Guertin HS, and received a Bachelor of Science from the University of New Hampshire, 1987.

Profession: Senior Website Applications Programmer for a leading Healthcare provider.

Organizations/Affiliations: 2007-Present, Bow Rotary; Past affiliations include Bow Little League and Concord Babe Ruth.

Family Information: Married to Melissa for 26 years; 2 children (both graduated from Bow HS); moved to Bow in 2003 from San Diego, CA.

Why are you running for an elected office in the Town of Bow? We moved to New Hampshire from San Diego to be closer to my extended family and we moved specifically to Bow for the schools. I quickly realized that, unlike San Diego, I now had a much greater opportunity to participate in the process. I volunteered time with local clubs and organizations, and I became an observer and then participant in local issues concerning the town and schools. As a member of the School Board, I have built relationships based on trust and respect with other board members, staff, administration, the community, and even outside boards and committees.

Katherine Garfield – candidate for School Board



Political Experience: None.

Education: Bow Memorial School; Concord High School; Holderness School '85, Colby College '89.

Profession: President, Robert R. Keller & Associates Inc. Treasurer and Corporate Secretary of Keller Companies, Inc.

Organizations/Affiliations: Business & Industry Association (BIA), Board Member; Anthem Customer Advisory Board Member; Volunteer, Families In Transition (Manchester, NH); Former Bow Youth Lacrosse Head Coach, 7 years (and Treasurer, 3 years); Former Bow Soccer club and Bow Athletic Club Assistant Coach while my children were in the program.

Family Information: married to

Mike Garfield; two children; parents are Sue and Bob Keller of Bow.

Why are you running for an elected office in the Town of Bow?

With my many years of financial management experience, I want to make a positive contribution to the Town via the School Board.

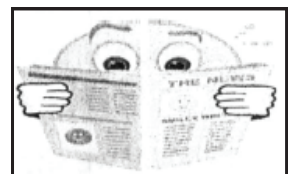
What do you think are the top three (3) issues facing the Town right now?

The looming financial impact of the power plant to the taxpayers of Bow; the tax base not having enough businesses to support the town finances which puts the burden on the homeowner; high property taxes keeps families from moving to Bow.

How will your skills/background contribute to the position you are running to fill?

I have many years of experience in financial management, budgeting, hiring/firing, vendor negotiations, and employee management. I enjoy looking for ways to do things more efficiently without sacrificing quality. I am a big believer in being a good steward of other people's money!

WHITE ROCK NEWS



White Rock Senior Living Community

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

Please call 211

for an appointment

Come Join Us For

Dinner

Tuesday—Friday

Evening

Public Invited

Minimal Cost \$7.50

Reservation Required

Please Call

Elizabeth’s Kitchen

At 848-2949

2016 TOWN MEETING WARRANT -- TOWN OF BOW

[1-2 SEE SAMPLE BALLOTS ON PAGE 10 FOR ZONING CHANGES.

3. To see if the Town will vote to raise and appropriate the sum of \$4,308,858 (gross budget) for the construction and equipping of a public safety building, for expenses relating to relocation of the Fire Department, Emergency Management and Police Department to this facility, and for expenses relating to the issuance of municipal bonds or notes. and to authorize the issuance of not more than \$3,992,958 of bonds or notes in accordance with the provisions of the Municipal Finance Act (RSA 33) to authorize the Board of Selectmen to apply for, obtain and accept federal, state or other aid, if any, which may be available for said project and to comply with all laws applicable to said project; to authorize the Board of Selectmen to issue, negotiate, sell and deliver such bonds or notes and to determine the rate of interest thereon and the other terms thereof; and to authorize the Board of Selectmen to take any other action or pass any other vote relative thereto; furthermore, to authorize the withdrawal of the sum of \$5,900 from the Public Safety Building Capital Reserve Fund created for this purpose; with the \$10,000 to come from donations; and to authorize the withdrawal of \$300,000 from the unreserved fund balance of the General Fund, which unreserved General Fund balance shall be expended during the current fiscal year for construction costs in advance of the receipt of bond proceeds. (2/3 ballot vote required) (Recommended by Selectmen 4-1) (Recommended by Budget Committee 5-1).

4. To see if the Town will vote to raise and appropriate the Budget Committee’s recommended sum of \$9,794,226 for general municipal operations. The Selectmen recommend \$9.794.226. This article does not include appropriations contained in special or individual articles addressed separately. (Majority Vote Required) (Recommended by Selectmen 5-0)(Recommended by Budget Committee 6-0).

5. To see if the Town will vote to raise and appropriate the sum of \$42,000 for the purpose of conducting a boundary survey, performing geotechnical testing and analysis, developing conceptual building design and site plan options and cost estimates for the renovation of the Bow Community Building so that taxpayers can make informed decisions on the existing Community Building. (Recommended by Selectmen 5-0) (Recommended by Budget Committee 6-0).

6. To see if the Town will vote to raise and appropriate the sum of \$749,000 for the construction of a roundabout at the intersection of Logging Hill Road, Knox Road, White Rock Hill Road and Bow Center Road; to authorize the receipt of federal and state grants in the amount of \$300,000 and the withdrawal of \$449,000 from the Highway Construction Capital Reserve Fund for this purpose. This will be a non-lapsing appropriation per RSA 32:7,VI which will not lapse until the earlier of project completion or June 30, 2021 . (Recommended by Selectmen 4-1) (Not Recommended by Budget Committee 5-1).

7. To see if the Town will vote to raise and appropriate \$410,000 and authorize payment into existing capital reserve funds in the following amounts for the purpose for which such funds were established:

Municipal Buildings & Grounds Capital Reserve Fund	\$135,000
Public Works Department Equipment Capital Reserve Fund	\$120,000
Fire Truck Capital Reserve Fund	\$ 45,000
Fire Department Equipment Capital Reserve Fund	\$ 42,000
Police Department Equipment Capital Reserve Fund	\$ 35,000
Recreation Improvements Capital Reserve Fund	\$ 20,000
Recreation Department Equipment Capital Reserve Fund	\$ 8,000
Municipal Facilities Emergency Repair Capital Reserve Fund	\$ 5,000

(Recommended by Selectmen 4-1) (Recommended by Budget Committee 6-0).

8. To see if the Town will vote to raise and appropriate the sum of \$355,000 for the purchase of a 3,000 gallon tanker truck for the Fire Department and to authorize the withdrawal of up to \$355,000 from the Fire Truck Capital Reserve Fund for this purpose. The 1997 tanker truck scheduled in the Capital Improvements Plan (CIP) for replacement in FY2018-19 will not be replaced and will be removed from the CRP. (Majority Vote Required) (Recommended by Selectmen 5-0) (Recommended by Budget Committee 6-0).

9. To see if the Town will vote to raise and appropriate the sum of \$335,000 for the paving of Robinson Road (Knox to 1A), Rocky Point Drive and the paving of other Town roads. This will be a non lapsing appropriation per RSA 32:7, VJ and will not lapse until the project is completed or by December 31, 2018, whichever is sooner. (Majority Vote Required) (Recommended by Selectmen 5-0).(Recommended by Budget Committee 6-0).

10. To see if the Town will vote to raise and appropriate the sun of \$110,000 to purchase an excavator and other accessories for the Public Works Department and to authorize the withdrawal of up to \$110,000 from the Public Works Department Equipment Capital Reserve Fund for this pw·pose. (Majority Vote Required) (Recommended by Selectmen 5-0) (Recommended by Budget Committee 6-0).

11. To see if the Town will vote to change the purpose of the existing Road Construction - I-2 Zone & Business Development Capital Reserve Fund to the Bridge and Highway Construction Capital Reserve Fund (2/3 vote required) (Recommended by Selectmen 4-1).

[NOTE: The Budget Committee supports this but it will not be on the warrant noted as such.]

12. To see if the Town will vote to raise and appropriate the sum of \$100,000 for the temporary repair of the Birchdale Road Bridge and the withdrawal of up to \$100,000 from the Bridge and Highway Construction Capital Reserve Fund for this purpose. This will be a non-lapsing appropriation per RSA 32:7, VT which will not lapse w1til the earlier of project completion or June 30, 2021. (Recommended by Selectmen 5-0) (Recommended by Budget Committee 6-0).

13. To see if the Town will vote to raise and appropriate the sum of \$85,000 for the purchase of an emergency generator for the public safety building and to authorize the withdrawal of \$42,500 from the Municipal Buildings & Grounds Capital Reserve Fund with the balance of \$42,500 to come from a State grant. (Majority Vote Required) (Recommended by Selectmen 5-0) (Recommended by Budget Committee 6-0).

14. To see if the Town will vote to raise and appropriate the sum of \$50,000 to be added to the Library Lower Level Capital Reserve Fund previously established. (Majority Vote Required) (Recommended by Library Trustees) (Recommended by Budget Committee 6-0).

TOWN MEETING WARRANT CONTINUED

15. To see if the Town will vote to raise and appropriate the sum of \$41,207 for the purchase of a tractor and accessories for the Public Works Department and to authorize the withdrawal of up to \$41,207 from the Recreation Equipment Capital Reserve Fund for this purpose. (Majority Vote Required) (Recommended by Selectmen 5-0) (Recommended by Budget Committee 6-0).

16. To see if the Town will vote to raise and appropriate the sum of \$40,000 for the purchase of radio equipment for the Fire Department and to authorize the withdrawal of up to \$40,000 from the Fire Department Equipment Capital Reserve Fund for this purpose. (Majority Vote Required) (Recommended by Selectmen 5-0) (Recommended by Budget Committee 6-0).

17. To see if the Town will vote to raise and appropriate the sum of \$25,000 for the purchase of a police vehicle and to authorize the withdrawal of up to \$25,000 from the Police Department Equipment Capital Reserve Fund for this purpose. Vehicle being replaced to be transferred to Parks and Recreation Department. (Majority Vote Required) (Recommended by Selectmen 4-1) (Recommended by Budget Committee 6-0).

18. To see if the Town will vote to discontinue absolutely the Class VI portion of River Road, from the intersection of the former Johnson Road south to the Bow/Hooksett town line. (Recommended by Selectmen 5-0).

19. (By Petition) Change the current solar exemption from the 1970's to: Exemption = 100% of cost of equipment and installation of the system.

20. (By Petition) 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. (2/3 vote required).

21. (By Petition) To see if the town will vote to amend an ordinance adopted by the selectmen on September 10, 2013, by striking sections 1 and 2 of chapter 157 and replacing them with the following:

157-1. Definition.

For the purposes of this Article, "addressable structure" shall be defined as: Any buildings currently occupied, or which in the future may be occupied, to which emergency services may be dispatched.

157-2. Parties Affected.

A. Properties and primary addressable structures on any new public or private way, street or road.

B. Renaming and/or renumbering of any existing public or private ways, streets or roads shall not occur until approved by a vote of the legislative body.

C. The provisions of sections 3, 4 and 5 of this ordinance shall remain in effect but shall apply only to new public or private ways, streets or roads unless a vote in accordance with section B above has occurred.

22. To hear reports of standing committees and take any action relating thereto.

23. To transact any other business which may legally come before such meeting.

BOW TIMES VOTER GUIDE:

The interrelationship of Article 6 (roundabout for \$449,000 or town money) and the repurposing of a highway fund of \$449,000 in Article 20 will be raised by motion at Town Meeting.

By taking these two questions up before the bond vote on Article 2 the bond issue may not be for \$3,992,958 but a lower number by applying the \$449,000 to reduce the bonds for a new total of \$3,543,958.

The Concerned Taxpayers of Bow and a majority of the Budget Committee recommend:

NO to Article 6

YES to Article 20

Presidential Primary Voting Day February 9th, 2016 Has Huge Turnout Photos by Eric Anderson



(letters cont. from p. 4) the wants of "special interest groups." The only way to keep your taxes affordable is for governments at all levels to separate the "wants of special interests" from the basic "needs of the community." I wish the Town of Bow well and encourage the voters to support the Budget Committee and vote for SB-2 for the school.

Rick Hiland, Formerly of Bow 40 years --Albany NH

Letter to the Editor:

My name is Jeffrey Knight and I have lived in Bow for 30 years. I am a member of the Budget Committee and have completed my second year on that Committee. I am also on the CIP Committee for the Town of Bow, as well as the Public Safety Building Committee. I ran for office because I wanted to see if I could help the Town of Bow with my skill set in financing. After going through two budget cycles, I am concerned about what happened last year when a small group of people pushed all-day kindergarten on the taxpayers of Bow even though both the Bow School Board and the Bow Budget Committee recommended to vote against it. For these reasons, I would like to take a fresh look at SB2 for Bow Schools only. I have never voted for SB2, but I feel now is the time because we are only voting for the School budget to go through a change. Right now every parent gets a notice reminding them that there is a school meeting. Those who don't have kids in school don't get this reminder. If there was a school ballot with all the warrant articles on it at the voting booths, every taxpayer would be reminded that they are welcome to participate in this important process and they too can be empowered to balance the needs of the Town of Bow regarding the Bow School District. The school budget represents the largest part of the overall budget of the Town. I think it is important that we make it as easy as possible for all taxpayers to be able to cast their vote the way they see fit.

**Jeffrey Knight
8 Peaslee Road, Bow**

**Letter to the Editor:
Say No to SB2**

The School District Meeting is an exercise in democracy, when

once a year neighbors come together to discuss the needs and goals of our school system. Our history is replete with examples of the discussion changing minds and compromise being met. At a time when our nation is divided in too many ways removing this pure form of democracy would be conceding that, even at the town level, we are incapable of working together. I do not believe that is true and ask the citizens of Bow to join me in voting against the SB2 warrant on March 8, 2016.

**Harry Judd
25 Stack Drive, Bow**

To the Editor:

Bow's taxpayers have an opportunity on March 8 to begin to take back control of the town's spending. The Bow School District annual meeting is now run essentially like a traditional town meeting. The budget and other articles are debated and voted on in the same meeting. While this holdover from an agrarian economy may seem quaint, in fact it creates a bias in favor of higher spending. This is because the meetings are no longer assemblies of farming families deliberating over how much to pay the itinerant school teacher and hogreeve. Instead, they are often one- or two-night marathons in which millions of dollars are being spent. Parents of young children, the elderly, and people who have to get to work early the next morning frequently have to leave before voting takes place. Those people who have a direct financial interest in proposed spending never leave early, though. Bow can change all that by voting to adopt the official ballot referendum form of meeting for the school district on March 8. This form of meeting consists of a deliberative session at which the budget and other proposals are debated and, about two months later, a voting session. Like town elections, the voting is by ballot and takes place at a polling place that is open throughout the day. This official ballot has been shown to increase voter participation by as much as 350%, and it gives no advantage to those who have a vested interest in increased spending like our current form of meeting does. Let's adopt the official ballot form of meeting and regain control of our tax dollars.

**Bryan K. Gould
2 Parsons Way, Bow**

SAMPLE TOWN BALLOT

**OFFICIAL BALLOT
ANNUAL TOWN ELECTION
BOW, NEW HAMPSHIRE
MARCH 8, 2016**

INSTRUCTIONS TO VOTERS
A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this: ●
B. Follow directions as to the number of candidates to be marked for each office.
C. To vote for a person whose name is not printed on the ballot, write the candidate's name on the line provided and completely fill in the OVAL.

SELECTMAN Vote for not more than TWO CHRISTOPHER NICOLOPOULOS ○ COLLEEN S HUNTER ○ (Write-in) ○ (Write-in) ○	TRUSTEE OF TRUST FUNDS Vote for not more than ONE MARY BETH WALZ ○ (Write-in) ○ LIBRARY TRUSTEE Vote for not more than ONE CONVERSE PEIRCE HUNTER ○ (Write-in) ○ LIBRARY TRUSTEE Vote for not more than ONE CHRISTINE CAREY ○ (Write-in) ○	LIBRARY TRUSTEE Vote for not more than ONE BENETTE PIZZIMENTI ○ (Write-in) ○ SUPERVISOR OF THE CHECK LIST Vote for not more than ONE BETSEY PATTEN ○ JUDITH V GOODNOW ○ (Write-in) ○ SUPERVISOR OF THE CHECK LIST Vote for not more than ONE BETH TITUS ○ (Write-in) ○
--	--	---

WARRANT ARTICLE #2 – 2016 ZONING AMENDMENTS

A. Are you in favor of the adoption of ZONING AMENDMENT A as proposed by the Planning Board vote of January 7, 2016 to revise Section 5.11, Table of Uses to permit cottage industries in all Zone Districts by special exception, to permit the keeping of livestock in the Commercial (C) Zone District by special exception, and to permit an accessory dwelling unit as a use by right in all Zone Districts? The amendment has been on file at the Municipal Building since Tuesday, February 2, 2016. YES ○ NO ○
(Recommended by the Planning Board by a vote of 7-0)

B. Are you in favor of the adoption of ZONING AMENDMENT B as proposed by the Planning Board vote of January 21, 2016 to amend the Official Zoning Map and change the Zone District designation from Rural (RU) to Limited Industrial (I-1) for Block 5, Lots 47, 48, and 49-A in their entirety to the northerly right-of-way line of Baker Road and the centerline of Interstate 93? The amendment has been on file at the Municipal Building since Tuesday, February 2, 2016. YES ○ NO ○
(Recommended by the Planning Board by a vote of 7-0)

C. Are you in favor of the adoption of ZONING AMENDMENT C as proposed by the Planning Board vote of January 21, 2016 to revise Section 5.11, Table of Uses to permit motor vehicle repair, gasoline sales, car and truck wash, motor or rail freight terminals, bus or train stations, and marinas by special exception in the Limited Industrial (I-1) Zone District? The amendment has been on file at the Municipal Building since Tuesday, February 2, 2016. YES ○ NO ○
(Recommended by the Planning Board by a vote of 7-0)

The Concerned Taxpayers of Bow urge you to vote for Chris Nicopoulos for Selectman

SAMPLE SCHOOL BALLOT

**OFFICIAL BALLOT
SCHOOL DISTRICT ELECTION
BOW, NEW HAMPSHIRE
MARCH 8, 2016**

INSTRUCTIONS TO VOTERS
A. TO VOTE, completely fill in the OVAL to the RIGHT of your choice(s) like this: ●
B. Follow directions as to the number of candidates to be marked for each office.
C. To vote for a person whose name is not printed on the ballot, write the candidate's name on the line provided and completely fill in the OVAL.

SCHOOL BOARD MEMBER Vote for not more than TWO ROBERT LOUF ○ GINGER FRASER ○ KATHY GARFIELD ○ (Write-in) ○ (Write-in) ○
--

WARRANT ARTICLE #2

Shall we adopt the provisions of RSA 40:13 (known as SB2) to allow official voting on all issues before the Bow School District on the second Tuesday of March? (Petitioned Article) (Voting on this article to take place on March 8, 2016 under the same polling hours and polling locations as established by the Town of Bow, 3/5 Majority Required for Passage) YES ○ NO ○
Not Recommended by the School Board (5-0)

The Concerned Taxpayers of Bow urge you to vote for Kathy Garfield for School Board. A majority of the Budget Committee urges you to vote YES on SB2.

LEAN AND MEAN BY EATING CLEAN

By Jim Olson

There is no direct definition for “clean eating.” Specifically, clean eating is NOT a diet - it is a lifestyle choice. Clean eating is not a new concept, as a matter of fact clean eating has been around for quite some time. Those involved with health, fitness or nutrition from competitors to personal trainers and health conscious individuals have been practicing “clean eating” for years.



Jim Olson

The many benefits include:

1. Fat Loss
2. Weight Loss
3. Increased Energy
4. Clearer Skin
5. Shinier Hair
6. Better Sleep
7. Increased mental well being

When someone makes the choice to eat “clean” they are choosing to eliminate all processed foods and extra additives from their diet. Basically, you are choosing to eat whole, unrefined foods. The basics of eating clean

include - eating lots of fruits and vegetables. These are straight from nature - the idea is to stay away from anything that may have been altered in any way. Include meats, however; “whole” meats that you have chosen straight from the butcher or prepared yourself. (You would be very surprised to find out what is actually in ground turkey.) Enjoy whole grains - these are grains that are still complete and

haven’t been broken down in any form. Examples include: brown rice, whole wheat and other whole grains. You will have to get used to reading over food labels. Just because a product says its “whole grain” does not mean it is. It also does not mean they have not added a bunch of other ingredients as well.

Eat fewer ingredients - try not to purchase items with more than 4-6 ingredients in the ingredient list. Also, be sure you recognize every ingredient. If you can’t pronounce it, you probably shouldn’t put it in your body.

Simple Guidelines for Success:

1. Eating small frequent meals 5-6 times per day to level blood sugar and prevent hunger.
2. Include lean protein, complex carbohydrates and heart healthy fats in each meal choice.
3. Avoid ALL processed and/or refined foods (sugar, baked

goods, candies, white flour, white rice, etc).

4. Avoid saturated and trans fats
5. Avoid sodas, high calorie juices and other drinks that give your body no nutritional value and lots of unnecessary (unwanted) calories.
6. Avoid high calorie, non nutritious foods (i.e. junk food).
7. Drink at least 8 cups of water per day.

As I mentioned above, “clean eating” is not a new concept; it has been around for a long time. If you have never eaten this way before it may take some practice and some time to get 100% “clean.” Unprocessed, natural state foods have a different taste than frozen and processed foods. Your taste buds will go through an adjustment period. Although it is less expensive to eat clean and nutritious foods, it does require more time in the kitchen planning and cooking meals. Give yourself time - I promise

FITNESS CONT. ON P. 18

..... FINALLY

Look and feel 10 years younger...

Fit into the skinny jeans or button the slim suit...

Energy to have a weekend to remember again...

with

"The Individual Fitness Lifestyle"

You have nothing to lose but the weight

Don't delay, call today - this is what you've been looking for!

Not only do we offer a 90 Day money back guarantee, we'll also give you your old body back!



80 South Main St. Concord, NH.03301

www.Individualfitnessllc.com

603/224-8096

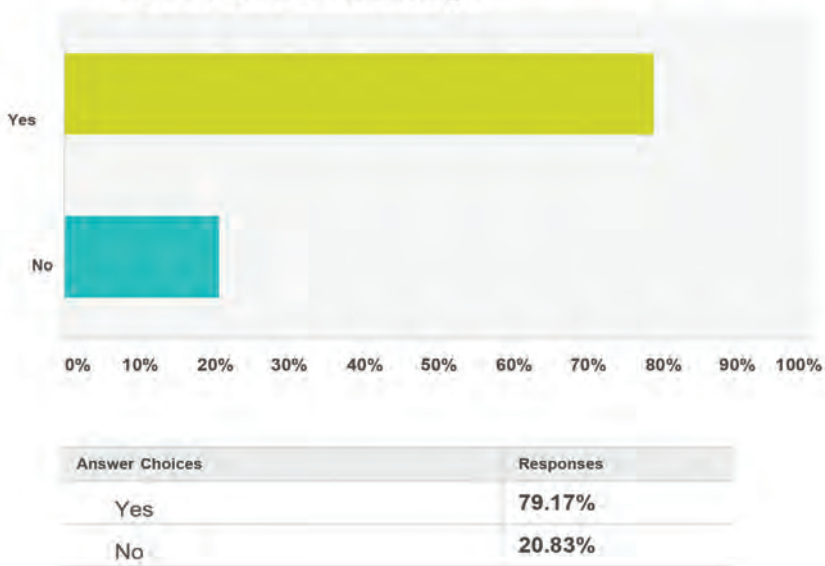
BOW PRESIDENTIAL PRIMARY RESULTS: TOTAL CAST 4,147

DEMOCRATIC BALLOTS		REPUBLICAN BALLOTS	
Bernie Sanders	915	Donald J. Trump	608
Hillary Clinton	851	John R. Kasich	579
Write-Ins & Others	27	Jeb Bush	298
		Ted Cruz	234
		Chris Christie	221
		Carly Fiorina	99
		Write-Ins & Others	44
		Ben Carson	27
TOTAL	1,793	TOTAL	2,394

RESULT – Sanders and Trump win but both underperform their state-wide averages of 60% and 35% respectively.

FEBRUARY SB2 SURVEY RESULTS

Q1 Do you support the adoption of SB2 for the school annual meeting?



Best Buddies Awareness Monarchs Game Saturday, March 7th.

The game starts at 7 at the Verizon Wireless Arena. Proceeds from the ticket sales go back to Best Buddies. Tickets are \$20 (face value of \$31.50). Contact Casey Keach: CaseyKeach@bestbuddies.org or visit the best buddies website: <http://tinyurl.com/BestBuddiesMonarchs>.

BOW ROTARY CLUB CONTEST

The Bow Rotary Club's annual "Four Way Test" speech contest will be held on Tuesday March 15th at 7:00 pm in the Community Room of the White Rock Senior Living Community. Any high school age student, including home-schooled students, from within the towns attending Bow High School is eligible to participate.

Applications are due to Dean Cascadden at SAU 67, 55 Falcon Way, Bow, NH 03304, or submitted electronically to dcascadden@bownet.org by Friday March 11, 5:00 pm. Applications are available at Bow High School or on the Bow Rotary Club website. www.bowrotary.org. The Bow Rotary Club Awards the following prizes: 1st \$300, 2nd \$200, 3rd \$100. The top two finishers will go on to the Rotary District contest for even more prize money.

The subject of the speech must be original in content and apply to the Rotary "Four-Way Test" and there is no cost to enter.

Easter Egg Hunt



Before our Egg Hunt join us in the Bow Elementary School Café 8:30-9:50 am for...

Breakfast Buffet

Provided by Bow Community Men's Club



COST: \$3 (Child 12 and under) \$6 (Adult)

MENU: Scrambled Eggs, Pancakes (blueberry or chocolate chip), Sausage, Bacon, Hash Browns, Coffee, Tea, Hot Chocolate, Milk, and Juice.

All proceeds raised by the event are returned to the Community



Don't forget to bring your camera!

Easter Egg Coloring & Crafts



Please bring hard boiled eggs for coloring. All other coloring supplies and crafts will be supplied by Bow Recreation

QUESTIONS call Bow Recreation at 603-228-2222

DAVIS & TOWLE INSURANCE GROUP



Insuring NH since 1954 from our locations in

Amherst, Concord, Franklin
Henniker and Hillsboro

FOUNDED ON THE TRADITION OF PROTECTING OUR COMMUNITY

Quality, Service & Coverage

SOLUTIONS TO ALL OF YOUR COVERAGE NEEDS - CALL TODAY
603-225-6611
OR REQUEST A FREE QUOTE AT
WWW.DAVISTOWLE.COM



HOME - AUTO - BUSINESS - LIFE / DISABILITY - HEALTH



Visit Our Office Near You : 115 Airport Road, Concord, NH 03301

Get Your Fill at Cimo's

**250 South Street
Concord, NH.**

Call Us Today (603) 856-8020
Call Ahead For Pick-up

BOW HIGH SCHOOL HONOR ROLL

By Martha Rae

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

High Honors - Grade 12

Shannon Benson, Julia Currier, Jake Harkins, Margaret Jensen, Brooke Johnson, Samantha Knapp, Kaitlynn Leary, Samantha MacEachron, Cameron Mayo, Owen Molind, Ryan Murray, Adam Nelson, James Petzold, Benjamin Smith, Kaythi Tu, Hayden Udelson, Evan Vulgamore, Katrina Wells, Dylan Wheeler, Drew Wunderli, Shane Wunderli, Sarah Zecha

Grade 11

Kailey Andrew, Sara Anoli, Austin Beaudette, Kristen Benson, Duke Biehl, Saara Bliss, Noah Bult, Pavel Burke, Lucas Cohen, Sohani Demian, Elinorah Finkelson, Andrea Fortin, Nandita Kasireddy, Conner Lorenz, Hallie Lothrop, Joseph Lulka, Christopher Mead, Leah Mitnitsky, Emily Montebianchi, Samuel Neff, Bryce Northrop, Jack Olson, Ethan Paige, Anelise Papinsick, John Rich, Isabella Urbina, Sadie Warburton, Brendan Winch

Grade 10

Claire Aurilio, Allison Beaudette, Mark Borak, Susannah Budd, Abigail Coe, Sonya DeLorie, Dillon Hicks, Laura Hoeker, Kathleen Jenkins, Grant Johnson, Gabriella Kelly, Alison Lambert, Gillian Martin, Katherine McCully, Christian McDonald, Joseph Milano, Gwen Molind, Valerie Pascetta, Lina Patel, Samuel Selleck, Brianna White

Grade 9

Joseph Auger, Courtney Baer, Samuel Berube, Brianna Boone, Daniel Breault, Macy Broderick, Cassandra Cafasso, John Caprio, Nathan Carrier, Dillon Cate, Sarah Ciotti, Emma Conley, Kirpal Demian, Luca Demian, Matthew Driscoll, Brennan Gillespie, Lauren Goyette, Ma-

son Grasso, James Jensen, Zoe Jukoski, Natalie Kay, Louis Keith, Julia Landcastle, Abigail Landry, Thomas MacEachron, Jamie MacEachron, Kayleigh Marshall, Amanda Marshall, Grace Maurer, Zachary McDaniel, Sean Miclette, Zachary Mullen, Miah Munro, Kylie Murphy, Brenna Novakoski, Jonah Paige, Chiara Petretta, Richard Pinney, William Radl, Andrew Ralston, Hunter Remick, Caitlin Robbins, Jonathan Routhier, Kendra Roux, Joseph Savell, Jessica St. George, Rebecca Thissell, Hannah Topolosky, Jake Valpey, Faith Walmsley, Benjamin Wheeler, Jack Wixson

Honors - Grade 12

Dalton Allaben, Kaitlyn Andrews, Madison Beauchain, Jeffrey Bell, Kristian Blackford, Yizhe Chen, Madeleine Cheney, Madison Constant, Anthony Dal Pos, Zachary Daniels, Casey Day, Jillian DeLand, Keith Descoteaux, Joshua Ducharme, Henry Ess, Ethan Fargo, Ian Gillespie, Cody Hager, Anna Heindl, Nicole Hodgkins, Ryan Jaworski, Maxwell Johnson, Hadley Johnson, Robert Joscelyn, Caitlyn Keenan, Samantha Knapp, Michael Malette, Cameron Mayo, Justin McCully, Claire Murray, Amanda Murray, Michelle Neal, Alina Pinney, Sara Poole, Nicholas Powell, Corbin Provost, McKenzie Sawyer, Francesco Scali, Jacob Scott, Aditya Shah, Samrawit Silva, Kadin St. Germain, Naina Vig, Emma Walcott, Laura Zbehlik

Grade 11

Evan Alfano, Nicole Auger, Hunter Bakos, Jonathan Bara, Nicole Bernard, Sullivan Blair, Willow Bynum, Carmen Celenza, Gianna Celenza, Brian Chagnon, Douglas Champagne, Robert Ciotti, James Colquitt, Lauren Craven, Taylor Darrell, Collin Devaney, Patrick Dubis, Mason Elle-Gelernter, Henry Fleury, Alexander Gott, Sebastian Grasso, Aedan Graves, Duncan Hall, Riley Hicks, William Holmes, Abigail Horner, Tyra Jackson, Sarah Jarrar, Paige Johnson, Rebecca Katz, Mac Kimball, Alexandria Klug, Aidan Koornneef, Olivia Krause, Devon LeCompte, Megan Marshall, Cassandra Meaney, Alec Mercier, Justin Mooney,

Molly Morrison, Michael Mullen, Claire Mulvaney, Brandon Parker, Samantha Perry, Vincent Petersen, Elizabeth Pizzi, Colin Plumb, Joshua Reed, Henry Tanner, Karina Thompson, Colin Tracy, Timothy Underhill, Jack Vachon, Riley Whelan, Elysia Woody

Grade 10

Stephano Alvarez Rivera, Grady Beaulieu, Daniel Belair, Brayden Binder, Dominique Biron, Erin Boldwin, Anthony Botelho, Brian Bushnell, Brody Call, Jack Corriveau, Lea Crompton, Kyleigh Daley, Desiree Doucet, Jade Dowling, Nolan Filteau, Haley Fleury, Amanda Fleury, Shannon Ford, Christopher Gallier, Mikayla Gobis, Benjamin Guertin, Elizabeth Gunn, Juliana Hager, Amanda Hamilton, Julia Hollinger, Cole Johnson, Ben Kimball, Coleton Labonville, Zachary Lavoie, Justin Leach, Sean Leary, Rebecca Lessard, Molly Litt, Sarah Martin, Caleb Mercier, Sydney Mills, Nathan Murphy, Alex Nagy, Patricia Nordin, Anneliese Oxaal, Nicole Perry, Diana Pollock, Justin Porth, Brett Provost, Juliet Reed, Emma Roberge, John Rolla, William Russo, Amanda Sampo, Jonathan Scott, Savannah Speckman, Brandon Tibbetts, Samuel Valas, Mikaela Zabielski

Grade 9

Carter Abramson, Spencer Alaben, Eve Anderson, Michelle Baillargeon, Taylor Bennett, Connor Blandini, Olivia Bohlin, Benjamin Boufford, John Caprio, William Carey, Jacob Carter, Autumn Cohen, Elias Cohen, Alyssa Colandreo, Caitlin Craven, Sadie Damon, Hunter David, Nathan Demers, Caroline DeOliveira, Isabelle Dolcino, Samantha Eastman, Maxwell Elsassier, Lily Geddes, Corey Gott, Jason Howe, Abigail Johnson-Rienert, Emily Katz, Ellie Lambert, Alistair Mayo, Thomas McCabe, Serena Munro, Olivia Murray, Abigail Nappen, Lindsey Nelson, Caleb Olson, Keegan Orzechowski, Julia Pingree, Erica Podis, Daniel Silva, Caleb Syversen, Cody Tibbetts, Charlotte Ulrich, London Warburton, Aidan Westenberg, Garrison White, Emma Windsor, Jersey Young

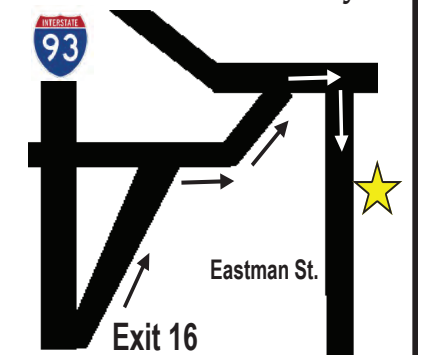
Quality Cash Market LLC
11 Eastman St.
225-9661 226-2818
Providing the Best Quality
Meats in Concord



Pork Roasts * Beef Roasts
Steaks * Ribs * Chops



* Visit Our Deli Today *



CREATE CUSTOM
JEWELRY
at
Bead It!



On site help always
provided!
WWW.BEADIT.BIZ
146 N. Main St.
Concord, NH. 03301
603-223-0146

Pet Trusts, For Families Who Really Love Their Pets

By Attorney Ben Kiniry

Like my family, you love your pets. Some people have a love for their pets that may even be on par with the love they have for their children. Our pets provide us with companionship, comfort and hours of entertainment. Other pets serve us, such as seeing-eye dogs or the many animals utilized for therapeutic purposes. In short pets make our lives better.

So what happens to our pets when we die? What arrangements will you make for your pets continued wellbeing and security? How can you assure your pets will be well taken care of? The answer may be a Pet Trust. A Pet Trust may sound like an eccentricity reserved for the wealthy, however, I have found they are mainly created for clients who simply believe their pet's well-being is a priority. These families feel strongly about their pet's future. Many pet owners pushed our lawmakers for legislation creating Pet Trusts. In fact, I recently read that over 45 states have Pet Trust statutes in place. The point is Pet Trusts have become commonplace and people with pets should consider creating such a trust for their pets.

The New Hampshire Pet Trust Statute can be located under R.S.A. 564-B:4-408 of the New Hampshire Uniform Trust Code, which is titled Trust for Care of Animal. The first subsection states: "A trust may be created to provide for the care of an animal alive during the settlor's lifetime. The trust terminates upon the death of the animal or, if the trust was created to provide for the care of more than one animal alive during the settlor's lifetime, upon the death of the last surviving animal." A Pet Trust can be created in your last will and testament, revocable living trust, irrevocable trust or could even be created as a stand-alone document. How is a Pet Trust Better? I know what you are thinking, how is this different than a child, friend or neighbor taking my pet when I die? Good question.

If you don't have a Pet Trust, you don't have control over your pet's care or how your funds are ultimately spent. An example some clients have brought up (it is always the same front door scenario) is in regards to leaving their pets with a child, friend or neighbor (keep in mind their spouse may not want your pet). The concern is that they will leave their pet and some funds with the chosen caretaker. Then the caretaker (the spouse or roommate) "accidentally" leaves the front door open for their pet to escape into the world, never to be seen again. Oh, and now they have all this money and no pet to spend it on, and no one to call foul on the play (money aside, their pet has been mistreated). Though the example may be on the extreme side, the point is, after you are gone, you simply don't know how your pet will be taken care of. As can be seen below, a Pet Trust offers a solution. First of all, if you establish a Pet Trust, you will appoint someone to be the caretaker for your pet, not just one caretaker, but successor caretakers as well. If you run out of caretakers, your Trustee can be given the authority to appoint additional caretakers. Remember, life happens to people and they may be unable to take care of your pets at some future date. You will also be forced to sit down and consider just how much money will be



required to take care of your pet for the remainder of the pet's life expectancy (take a deep breath here). How many years is your pet likely to live? How much food will your pet require? How much medical care or maintenance does your pet require annually? How about over your pet's lifetime? What if your pet is involved in an accident or is stricken with a disease? Will the caretaker of your pet need to pay for kennels, boarding or similar so your caregiver can go on vacation or just get some respite? Note: Some clients have enlisted their veterinarian to help in considering and calculating these costs (speaking of veterinarians, many clients direct their chosen veterinarian (or his or her practice) will continue to be utilized for the care of the pet).

There are other issues for income producing animals. For example dogs and horses are often bred. Who will continue the business side of pet ownership and who will receive the income? These are additional questions that may need to be answered. All of this may be relatively easy to answer for a guinea pig (just guessing, sorry guinea pig owners), but how about a horse? Given these first few points, what will your caretaker think about the fact you set up a Pet Trust? Well, start with the idea no one else could ever love your pet like you do. Next, consider that taking on the responsibility of someone else's pet could be seen as a burden. If you accept these thoughts as being true, then you will see that your chosen caretaker (and their spouse) will take great comfort in knowing they will not need to pay for all of these costs because you have provided for them, or at the very least offset the cost. Also, if you have named succes-

sor caretakers, your caretaker will know that if life should become difficult, they can transfer your pet to someone you had handpicked.

You will also choose a Trustee and successors as well. The trustee is a third party working on behalf of your pet. The Trustee will hold and invest the trust funds, and ultimately distribute the funds to cover the cost of your pet's expenses (either directly or through reimbursement to the caretaker). The Trustee will also oversee the care of your pet. As can be seen, the individual acting as caretaker does not also hold the funds (think about the fox and the henhouse). The Trustee may have broad authority in dealing with your pets. For example, the Trustee can remove the animal from a caretaker's home if they believe the care is not adequate and move them to a more suitable environment (another caretaker appointed by you). The Trustee's other major duty is to make sure your money is not being spent on items that don't benefit your pet, such as in the case of personal use by the caretaker.

In some cases, funds are placed in the Pet Trust to compensate the caretaker. For example, an end of the year gift could be made. This is a personal decision to be made by you. In some cases, clients have set up a Pet Trust naming the same individual as caretaker and trustee. This is more simplistic logistically. In such cases a neutral third party, called a Trust Protector, is named to oversee the care of your pet and the expenditures of your funds. Part of the Trust Protector's role is to request accountings from the trustee/caretaker to make sure your funds are being utilized appropriately. They also check on the well-being of your pets. If necessary, the Trust Protector may petition the Probate Court to enforce the provisions of the Pet Trust in order to protect your pet's rights. Ultimately, upon the death of your surviving pet, the trustee will distribute the remaining assets of the Pet Trust however you have directed in advance: to the caretaker (if they have done a good job), to a charity, to your kids, or any other way you may have chosen.

KINIRY CONT. ON PG. 18



Elder Law
Estate Planning
Probate Law
Veterans Pension
Special Needs Trust/
Disability Planning
Conservatorships/
Guardianships
Asset Protection/
Medicaid Planning
Retirement Account
"Stretch" Trust
Providing Peace of Mind
One Family at a Time!
9 Van Ger Drive
Bow, NH 03304
Tel: (888)471-2903
www.kinirylawfirm.com

TRAVEL TALK

BY CHASE BINDER

Bud and I used to be almost ridiculously loyal to our preferred airline, USAirways. We used their affinity card almost exclusively—the one exception being for trips abroad when we would use our Capital One “no foreign transaction or conversion fees” card. But the world has changed. USAirways merged with American Airlines. The perks of the “merged” affinity card have changed, and not for the better. We’re semi-retired and traveling more domestically than internationally at the moment. This puts us in the market for low-cost airfares, especially for flights to and from Florida—and, frankly, I’ll take them on any airline I can find. The heck with loyalty! Luckily, we have some options, and it looks like even more will be popping up over the next few months. But as you can imagine, each option has pros and cons.

Last month I needed to make a quick 3-day trip back to New



Chase Binder

Hampshire, and decided to look at some of the new low-cost airlines. I started my search on Cheapo Air (cheapoair.com), one of my favorite search engines for user-friendly functions to filter for arrival/departure times, number of stops and other important factors. Cheapoair.com pointed me to a \$63 base fare, one-way, from Fort Myers to Boston. Wow! I went directly to Spirit

Air (spirit.com), set up a free account and booked my flights.

Enter the world of the new low-cost airlines! I quickly discovered that \$63 fare was indeed no-frills. I got a seat and one “personal item” (think one small bag that fits under the seat). If I wanted to check a bag or have a carry-on bag (in addition to my one personal item), the fees would start piling up. If I wanted to select my seat in advance or have any kind of early boarding—more fees. In fact, all those “extra” options require a bit of navigating through the purchase screens, not to mention adding a potential \$100 or so to the fare.

But Spirit Air was a great match for my needs for this particular trip. I had just one small bag, which met the dimension requirements for a personal item. I was traveling alone—no need for a particular seat. The schedule was non-stop, Fort Myers to Boston and back, and midday departure/arrivals.

I had been warned about the lack of leg room. Sure enough, leg room was tight, though not uncomfortable for my 5’2” frame. What surprised me was that seats are bolted upright—no reclining even an inch or two! But for a midday 3+ hour flight, not a problem for me.

Low-cost, no-frills airlines may or may not work for you—but I am hearing that the Big Three (Delta, United and American) are feeling the pinch and want to get into the game over the next few months, so you’ll have another option. Delta will likely be first, offering a new fare called “basic economy.” If you’re wondering how more basic economy fares can actually get—go back and look at how Spirit structures their fares. You won’t be able

to select your seat in advance. You’ll board last. They’re still working out the number of things they can remove. There are a couple of positives, though. If you have an affinity card and use it to purchase your ticket, you’ll probably get a free checked bag, in addition to getting some miles added to your frequent flyer account. The important thing is to read the fine print and see if you’re giving up something critical—or if the added fees to get something you need put you right back at a regular economy anyway.

The last option available for getting back and forth to Florida, or any domestic destination, on the cheap is to use frequent flyer points. Again, there are pros and cons. Bud and I like to save our miles for upgrades to Business or First Class on long-haul flights abroad—where 100,000 miles can get you a ticket valued at \$8-10,000. Why chew up miles for a domestic ticket worth \$2-300? If you’re even thinking about a big Bucket List trip, exploring the use of frequent flyer miles should be tops on your list.

Frequent flyer programs have changed too over the past few years. Most allow one-way bookings and offer reduced miles for certain days of the week. You might need 25,000 to get down Florida on a weekend, but only 12,500 to go on a weekday. The same for the return—a potential savings of 25,000 miles if you have flexibility. Or, perhaps you can use frequent flyer miles one way, and find a cheap one-way fare for the return. If you’re sensing that finding the best option for domestic air travel takes time, right you are! Airfare price structuring is getting more complicated by the day. But it *can* be done!

Start Here... Go Anywhere!



Where Do You See Yourself?

See yourself on a new pathway at NHTI. Whether it's directly into a career or continuing at a 4-year college or university, envision the future you want - at NHTI.

Explore NHTI at Open House!
Tuesday, April 5, 5-7 pm

- Meet Faculty
- Learn about Financial Aid
- Talk to representatives from Admissions and Student Life
- Take a Tour of the Campus

 **NHTI**
Concord's Community College
nhti.edu

Z390416

Coupon



30 Manchester St.
Concord, NH.
Sun-Thur. 7 AM-9 PM
Fri-Sat. 7 AM-10 PM

Breakfast Now Being Served
M-F 7AM-11AM, Sat. & Sun 7AM-1PM



Steak
Eggs
Home Fries
More!

Buy (1) Breakfast at Full Price
Get 1/2 Off Second
(603) 715-1695

Coupon Cannot be Combined With Any Other Offer
Coupon Must Be Presented at Veano's Exp. 03/31/16

CONCUSSIONS CONTINUE TO BE OF CONCERN

The dangers of traumatic brain injuries in sports have long been known, but it is only recently that a widespread change in attitude to such injuries has taken hold as the civil justice system has begun to make sports leagues and school districts accountable. Ten years ago, players, coaches and commentators still talked about concussions in terms of just "being shaken up," or "having your bell rung," even as the risks head injuries posed were becoming common knowledge.

Today, more players and parents are aware of the need to take concussions more seriously than ever before. Coaches who push obviously concussed players to "get back out there" are becoming more of an anomaly, and every state in the nation except Wyoming has passed some version of a "When in Doubt, Sit Them Out" law.

No concussion lawsuit has had quite the effect of the NFL concussion litigation. One of the most high-profile court cases in sports history, the case immediately sent shockwaves not just through the NFL and professional sports, but all contact sports at every level. Insurance companies warned that the NFL might face as much as \$2.5 billion in damages and no one knew better than them that that estimate might be the tip of the iceberg.

Realizing that inadequate treatment of concussions represented a risk for which they would have to pay, insurance companies began pushing schools and sports organizations to embrace cutting-edge concussions treatment protocols. There is, however, still a long way to go. On the

plus side, almost every state has some version of a "When in Doubt, Sit Them Out" law, and there is no doubt that they have made a positive contribution. Research shows that emergency room visits for sport-related concussions in age groups covered by a return to play law more than double after the law's implementation, suggesting that concussions are now taken more seriously by all involved.

At the same time, very few such laws have something so simple as a requirement that parents be notified of a child's traumatic brain injury. Most of these same state laws recognize that health professionals should decide whether student-athletes may return to play after a suspected concussion, yet only 37 percent of schools nationwide have access to full-time athletic trainers.

All but one state fail to include any kind of enforcement mechanism to ensure that schools, organizations and individuals follow the guidelines.

Statistics

- CDC estimates reveal that 1.6 million to 3.8 million sports-related concussions occur each year.
- The rate of concussion in high school athletes more than doubled between 2005 and 2012, from 0.23 to 0.51 concussions per athlete exposure.
- 10 to 20 percent of concussion sufferers "are still experiencing symptoms anywhere from weeks to months to years later."
- The highest rate of concussions in the NCAA sports is not football, but women's ice hockey.

Female ice hockey players sustained concussions at a rate of 0.91 per 1,000 athletic exposures, more than twice that of football (0.37).

Parental Notification -- Only six states require parents be notified of their child's traumatic brain injury. Vermont goes even further, requiring that a visiting team's athletic directors be notified of any concussions within 48 hours of a game.

Enforcement - A law is only as good as its enforcement. Only one state, Pennsylvania, has any kind of enforcement mechanism. What's more, many states grant immunity to coaches, trainers and school districts.

Middle School - Most state laws only cover high school. The same research that shows increased emergency room visits in age groups covered by state laws also shows no significant changes in age groups not covered, suggesting populations such as middle schoolers and adults are not treated with the same diligence.

Colorado and Idaho extends their concussion laws all the way down to middle school (though Colorado is one of the few states that does not require athlete and parent education.)

Medical Trainers -- Few states require medical trainers at all games involving collision sports. Though such a measure can be seen as imposing logistical challenges on sports, failure to provide trainers just pushes all responsibility for injury management on to coaches and parents.

Baseline Testing and Concussion Tracking -- Rhode Island encourages the use of baseline testing and the attendance of medical trainers at all athletic events, and Tennessee has a brain injury trauma registry to study incidence information, and disseminates a list of public and private agencies which can provide services to people with TBIs.

New Hampshire - RSA 200:49 to 200:52 ~ Requires student athletes with suspected TBI to be removed from play; Requires RTP clearance from a health professional; Requires clearing health professional to be a licensed physician or trained in TBI management. On an annual basis, a school district or school shall distribute a concussion and head injury information sheet to all student-athletes.

200:50 Removal of Student-Athlete

I. A school employee coach, official, licensed athletic trainer, or health care provider who suspects that a student-athlete has sustained a concussion or head injury in a practice or game shall remove the student-athlete from play immediately.

II. A student-athlete who has been removed from play shall not return to play on the same day or until he or she is evaluated by a health care provider and receives medical clearance and written authorization from that health care provider to return to play. The student-athlete shall also present written permission from a parent or guardian to return to play.

SOURCE: December 2015 Report by the American Association for Justice.

Fully Insured



Low-Impact

A-1 Enterprises STUMP GRINDING

Backhoe & Dozer Work

www.centralnhstumpgrinding.com



Free Estimates



Get rid of those stumps

Call Skip Trudeau
Cell: 603/557-9083

**Spring is
Coming**

Shop: 603/774-3725
1021 Montalona Rd.
Dunbarton, NH. 03046

BOW GARDEN CLUB

By Joyce Kimball

The Bow Garden Club resumes its membership meetings for the 2016 garden club year on Monday, April 11th and is proud to announce its new roster of educational programs:

APRIL 11: Propagation for the Home Gardener. Presenter: Amy Papineau, Agriculture Specialist, *UNH Cooperative Extension*.

MAY 9: All About Bees -- Creating Pollinator Habitats. Presenters: Sean Smith and Sam Jennings of *Best Bees Company*.

JUNE 13: New and Special Plants. Presenter: Nancy Towle from the *Black Forest Nursery* in Boscawen.

SEPT. 12: Eco-Friendly Gardening. Presenter: Ruth Axelrod, Master Gardener, *UNH Cooperative Extension*.

OCT 3: Wings of the Night. (*Owls and Bats*). Presenter: Hilary Chapman, *New Hampshire Audubon*.

NOV. 14: Bears in Your Backyard. Presented by a representative of *New Hampshire Wildlife*.

More details of each program will be published in future editions of the BOW TIMES as the presenters' program outlines, etc. become available. The Bow Garden Club's Executive Board is pleased to announce that several new members were added to the 2016 BGC Membership Roster over the winter and encourages anyone that may be interested in join-

"2015 At a Glance!" Part II



OCTOBER - Bow Garden Club members participated in the "Town Halloween Party" and learned more about "Cacti & Succulents" at their October 5th club meeting.

NOVEMBER - The garden club donated grocery store gift cards to the Bow Food Pantry for Thanksgiving and enjoyed a program on "Tablescapes" at their November meeting, just in time to set their holiday tables.



"BGC Annual Meeting" Members held their 2015 Annual Business Meeting and Holiday Brunch complete with a spirited "Yankee Swap" on December 12th at White Rock. *Photos by Joyce Kimball*



DECEMBER - The club held their annual "Greens Workshop" making and decorating wreaths and swags to decorate town buildings and road signs. Later in the month members enjoyed a sumptuous Holiday Pot Luck Brunch and Yankee Swap with their fellow members before holding the official annual business meeting and closing out the garden club year.



ing the garden club to contact Membership Chairman Cathy Ahrens at wendell68@comcast.net or 228-5338 for membership information.

To learn more about the club in general and/or membership, please log on to www.bowgardenclub.org.

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.



BOW HONEY



Local
Maple
Syrup



W P Alexander Dairy Farm LLC
38 Robinson Rd. Bow, N.H.
Rick Nylén 603/496-5351

Fresh Eggs * Honey * Maple Syrup
Jams & Jellies,
Cabot Cheese Products





Mon-Fri 3PM-7PM Sat & Sun 9AM-6PM

Student Discounts for Students with a "B" Average or Better



RELIABLE INSURANCE SOLUTIONS LLC

Matt Poulin
5 Hills Avenue
Concord, N.H. 03301

603/568-2535 (cell)
603/715-2975 (office)
info@ReliableInsSolutions.com

Free Comprehensive Review of Your Insurance Needs

www.ReliableInsSolutions.com

Auto * Home * Life * Commercial * Investments

DUNBARTON SCHOOL DISTRICT 2016 WARRANT

Saturday, March 5th - 3:00 p.m. Dunbarton Community Center

ARTICLE 1

To determine and appoint the salaries of the School Board and Truant Officer and fix the compensation of any other officer or agent of the District, or to take any other action in relation thereto.

ARTICLE 2

To hear the reports of Agents, Auditors, Officers or Committees of the District or to take any other action related thereto.

ARTICLE 3

To see if the School District will vote to raise and appropriate the sum of Six Million Seventy-Six Thousand One Hundred Thirty-Eight Dollars (\$6,076,138) for the support of schools, for the payment of salaries for the School District officials and agents, and for the payment of the statutory and contractual obligations of the District or to take any other action in relation thereto. This warrant article (Operating Budget) does not include appropriations in ANY other warrant article. This warrant article includes the appropriation for food service. (Majority vote required) The School Board voted to recommend (5-0).

ARTICLE 4

To see if the School District will vote to approve the cost items included in the collective bargaining agreement reached between the Dunbarton School Board and the Dunbarton Education Association which calls for the following increases in salaries and benefits at the current staffing levels over those paid in the prior fiscal year:

Fiscal Year	Estimated Increase
2016-17	\$35,829
2017-18	\$48,055
2018-19	\$49,468

and further to raise and appropriate the sum of Thirty-Five Thousand Eight Hundred Twenty-Nine Dollars (\$35,829) for the 2016-17 fiscal year, such sum representing the additional costs attributable to the increase in salaries and benefits required by the new agreement over those that would be paid at current staffing levels. (Majority vote required) The School Board voted to recommend (5-0).

ARTICLE 5

To see if the School District will vote to raise and appropriate the sum of Seventy-Five Thousand Dollars (\$75,000) for the additional costs associated with implementing an All Day Kindergarten program at Dunbarton Elementary School. The School Board will have the sole discretion and authority to determine if an All Day Kindergarten program will run based on classroom space availability at Dunbarton Elementary School on a yearly basis. Defeat of this article will have no impact on continuing a half day Kindergarten program currently in place at Dunbarton Elementary School. Said amount to come from general taxation. (Majority vote required)

The School Board voted to recommend (5-0).

ARTICLE 6 (By Citizen Petition)

Shall we adopt the provisions of RSA 32:5-b, and implement a tax cap whereby the governing body (or budget committee) shall not submit a recommended budget that increases the amount to be raised by local taxes, based on the prior year's actual amount of local taxes raised, by more than 2 ½ %. (Voting on this article shall be by ballot vote, polls shall be open for a minimum of one hour, 3/5 majority required for passage)

The School Board voted not to recommend (0-5).

ARTICLE 7

To see if the School District will vote to raise and appropriate up to One Thousand Dollars (\$1,000) for deposit into the existing Dunbarton Kitchen Equipment Capital Reserve Fund established in March 2008 and to authorize the use of that amount from the June 30, 2016 Unreserved Fund balance (surplus) available for transfer on July 1, 2016. (Majority vote required)

The School Board voted to recommend (5-0).

ARTICLE 8

To see if the School District will vote to change the purpose and name of the existing Dunbarton Kitchen Equipment Capital Reserve Fund established in March 2008 to the Dunbarton Community Center Capital Reserve Fund. The purpose of the Dunbarton Community Center Capital Reserve Fund is for the repair or replacement of kitchen equipment, chairs, tables, score board, audio-visual equipment or any other similar equipment and further to appoint the School Board as agents to expend from the fund. (2/3 vote required)

The School Board voted to recommend (5-0).

ARTICLE 9

To see if the School District will vote to raise and appropriate the sum of Fifty Thousand Dollars (\$50,000) to be added to the existing Dunbarton School Capital Reserve Fund established in March 1991. Said amount is to come from general taxation. (Majority vote required)

The School Board voted to recommend (5-0).

ARTICLE 10 (By Citizen Petition)

Shall we adopt the provisions of RSA 40:13 (known as SB2) to allow official ballot voting on all issues before the Town of Dunbarton School District on the second Tuesday of March? (Voting on this article to take place on March 8, 2016 under the same polling hours and polling locations as established by the Town of Dunbarton) The School Board voted not to recommend (0-5).

FITNESS CONT. FROM PG. 11

you, your body will LOVE you and you will reap the long term benefits!

Can I Help You?

Could you use some help with your fitness and nutrition? Are you tired of being confused on what to eat and how to exercise properly so that you can get the best results possible? Let me help you transform your body, health, and your self confidence so you can look and feel the way that you truly want to.

Please email or call me today and I would be happy to help you in any way that I can. If you know someone that may enjoy this article, please forward it to them. As always, referrals are always appreciated and rewarded. Thank you and have a great day!

KINIRY CONT. FROM PG. 14

Pet Trusts, like many other trusts, have much to do with control over what happens when we are no longer here to oversee our affairs. Similarly, our beloved pets don't have the ability to speak up for themselves. In the end it may be best if there are two parties (checks and balances) working together to take your place in protecting your pet's wellbeing when you are no longer able to do so.



ROBERT C. KUEPPER, D.D.S.

Diplomate, American Board of
Oral & Maxillofacial Surgery

Robert C Kuepper, D.D.S.

at

Pembroke Place
5 Sheep Davis Road
Pembroke, NH. 03275

Tel: (603) 224-7831

BOW REAL ESTATE SALES

February 2016 Sales

3 Crescent Drive, 3245 gla, glaag 3245, 4 br, 2.5 bath, 3 car att., 2.27 acres, Sold \$547,400 02/08/16.

9 Merrill Crossing, 3304 gla, glaag 2804, 3 br, 3.5 bath, 2 car att., 3.22 acres, Sold \$382,500 02/23/16.

15 Albin Rd, 2076 gla. Glaag 1596, 3 br, 1.0 bath, 1 car att, 1.0 acres, Sold \$280,000 02/26/16.

2 Cob Rd, 2583 gla, glaag 1848, 3 br, 3.0 full baths, 2 car under, 1.50 acres, Sold \$253,500 02/23/16.

157 Hooksett Tpke, 2582 gla, glaag 1872, 3 br, 2.5 baths, 2 car att., 1.8 acres, Sold \$242,000 02/04/16.

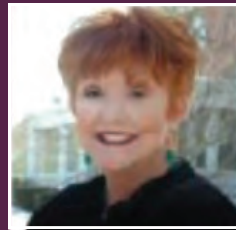
(Note: gla = Gross Living Area, glaag = Gross Living Area Above Grade)

These statistics are for all Bow Sales for the period 2-1-16 thru 2-27-16, 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.

REDUCED PRICE!

BERKSHIRE HATHAWAY HomeServices VERANI REALTY



Linda Hutton

Broker

Realtor of the Year



39 Ridgewood Dr. Ranch , new roof, flooring, interior/exterior paint, remodeled baths, Nat'l gas, FHA & Central A/C. \$239,900.

"Luxury Homes Specialist" Top 12 Leading edge

SELLING NEW HAMPSHIRE BY THE YARD

"Linda has still sold more houses in Bow than anyone"

Contact Me Today Cell # 731-2202 (Preferred)

Linda.hutton@verani.com

BHHS Verani Realty 224-0700 (6530)

143 N. Main Street Suite 103 Concord, NH. 03301

Comments, questions, Contact Linda at:

Cell 731-2202 (preferred)

Linda Hutton, Broker Associate

Berkshire Hathaway HomeServices Verani Realty

143 N. Main (224-0700x6530), Concord, NH 03301

lshutton@aol.com

www.lindahutton.com



Presidential Primary Voting photos by Eric Anderson

The Bow Times

If you want to see complete editions of *The Bow Times* go to www.thebowtimes.com and click on Past Editions for a full page-by-page unrestricted view of the paper.

AVAILABLE FREE ONLINE

Pay for your ad online at www.thebowtimes.com

Bow Public Safety Facility Fundraiser

Sunday, March 6th from 8:30am to 12:30pm
Bow Community Building



Bow Police & Fire Departments... Always ready to serve you!



Breakfast includes:
Pancakes
Scrambled Eggs
Bacon
Sausage
Donuts
Coffee
Juice



DONATIONS
\$6 Adult
\$3 Children (under 13)

~Members of the Bow Public Safety Committee will be available to answer any questions in regards to the New Proposed Safety Building!



412 West River Road Hooksett, NH (Rt.3-A)

Brian Johnson johnsongoldenharvest.com
Karen Johnson karen@johnsongoldenharvest.com

Johnson Golden Harvest

Know Your Farm - Know Your Food

LOCALLY FARMED
Produce, Meats and Dairy

Organic Veggies
Raw Milk
Locally Raised Meat
Gluten Free Products
New Hampshire Made Products
(603) 210-2031

Buy Local

M-F 10 am - 6pm
Saturday 10am-5pm
Sunday 11am-5pm

Taking Orders Now For Fresh Local Easter Hams And Pies

N. H. Route 3-A Hooksett

BUILDING A COLLEGE FUND

By Dominic Lucente, CFP

Do it smartly, without the all-too-common missteps.

According to Sallie Mae, U.S. families with one or more college students spent an average of \$24,164 on tuition, housing, and linked expenses in 2015. That was 16% more than in 2014.¹ Statistics like these underline the importance of saving and investing to fund a university education, but that effort has become optional to many. In its annual *How America Saves for College* survey, Sallie Mae found that only 48% of U.S. families with at least one child younger than age 18 were saving for college at all. Among those that were saving, the average 2015 amount was \$10,040 – the lowest figure in the 7-year history of the survey. It is little wonder that 22% of college costs are covered by either parent or student borrowing.^{1,2}

If you want to build a college fund, what should you keep in mind? What should you do? What should you avoid doing? First, save with realistic assumptions. Outdated perceptions of college expenses can linger, so be sure to replace them with current data and future projections.

Consider a tax-advantaged account. Remarkably, Sallie Mae's 2015 survey found that just 27% of households saving for higher education had chosen 529 plans or similar vehicles. Nearly half of the households building college funds were simply directing the money into common savings accounts, giving those dollars no chance to significantly grow or compound through equity investment.²

If you open a tax-advantaged account, fund it adequately. Some states have established very low contribution minimums for their college savings plans. That does not mean your contribution should be at or near that level.³ Explore your options with regard to these accounts. You can participate in any number of

state-operated college savings plans, not just the one in your state. Another state's plan may offer you different tax breaks or incentives. Many of these plans now offer more investment choices than they once did, in addition to the traditional age-based options. You can also change the way you invest assets in these plans, sometimes as often as twice a year.³

Think twice about opening a custodial account. Uniform Gifts to Minors Act (UGMA) and Uniform Transfers to Minors Act (UTMA) accounts were fairly popular at one time. About 10% of parents saving for college still use them, but they have distinct drawbacks. They do not offer tax-advantaged growth, and until the child turns 24, account earnings above a certain threshold are taxed at the parents' highest marginal rate instead of the child's lower rate. The money inside the account is considered an irrevocable gift and an asset owned by the student – a real demerit when trying to claim financial aid. Also, when the student reaches the "age of majority" (typically 18 or 21), the money can be used for anything the student desires.^{4,5}

Keep your retirement savings earmarked for retirement. In a 2014 Sallie Mae report, an alarming 30% of parents saving for higher education expenses said that their retirement savings would be their number one resource to pay college costs. Is this idea generous, or merely foolish? Sensibly speaking, eliminating your debt, starting a rainy day fund, and building up your retirement savings should all take precedence over amassing college savings.⁶

Set a specific savings goal – perhaps with certain schools in mind. Some parents build college savings without any real goal of how much to save, not knowing the university their children will attend. Defining the

destination should be part of the strategy. It is perfectly okay to tell your children that you will be saving \$X for college by the time they are 18, and that they may have to strive for scholarships and grants if they want to go to especially costly universities.⁶

The biggest blunder is not saving for college at all. As tuition costs continue to rise, getting any kind of head start on funding a university education is a must on a family's financial to-do list. While financial aid is certainly available, it rarely absorbs 100% of college costs.³ If you save \$300 per month for college for 10 years and that money earns 7% a year, your college fund will grow to \$52,228 a decade from now. If you borrow that much in Stafford Loans, you will owe about \$600 per month for the next ten years and pay about \$20,000 in interest along the way. A notable contrast and an argument for building a college fund.⁶

Dominic Lucente may be reached at 603.645.8131 or dominic.lucen-te@lpl.com.

Financial planning offered through

Northeast Planning Associates, Inc. (NPA) a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment.

Citations.

- 1 - news.salliemae.com/research-tools/america-pays-2015 [2/4/16]
- 2 - news.salliemae.com/research-tools/america-saves-2015 [2/4/16]
- 3 - tinyurl.com/hyroj6n [6/9/15]
- 4 - time.com/money/4155733/the-3-biggest-mistakes-parents-make-in-saving-for-college/ [12/22/15]
- 5 - franklintempleton.com/investor/products/goals/education/ugma-utma-accounts?role=investor [2/3/16]
- 6 - forbes.com/sites/learnvest/2015/02/24/4-common-college-savings-mistakes-many-parents-make/ [2/24/16]

Think

LOCAL

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

WHETHER YOU'RE PLANNING FOR RETIREMENT OR CONSIDERING YOUR CHILDREN'S EDUCATION, **DOMINIC LUCENTE** IS A LOCAL INDEPENDENT FINANCIAL PLANNER.

Don't rely on a call to an international phone center, discuss your financial future face-to-face with a local resource.



Dominic M. Lucente, CFP®
 CERTIFIED FINANCIAL PLANNER™
 NORTHEAST PLANNING ASSOCIATES, INC.
(603) 645-8131
WWW.DLUCENTE.COM



Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial or its licensed affiliates. The Credit Union, NPA and LPL Financial are not affiliated. 425 Hooksett Road, Manchester, NH 03104. 15-065

Not NCUA Insured | No Credit Union Guarantee | May Lose Value

Proudly serving Bow
for 15 years.

HUCKLEBERRY

We Deliver:

Propane Heating Oil

796-2007

BOSCAWEN, NH

Propane

Oil

Kerosene

"Local, honest and committed to keeping you warm"

OBITUARY



Ernest L. Guimond, 77, of Knox Road, died Thursday, Feb. 11, 2016, at the Concord Hospital. He was born in Concord, son of the late Leon T. and Eva J. (Plourd) Guimond. He was a graduate of St. John's High School. Ernest was a contractor for nearly 50 years, 34 years as owner/operator of his own company, Guimond Construction. He was an active member of Holy Rosary Parish in Hooksett, and a member of the Knights of Columbus. He enjoyed gardening and was well known by family and friends for sharing what he grew. He loved the outdoors, especially hunting and ice fishing, which he often did with his children. Mostly he enjoyed spending time with his family, and took special joy in being around his grandchildren.

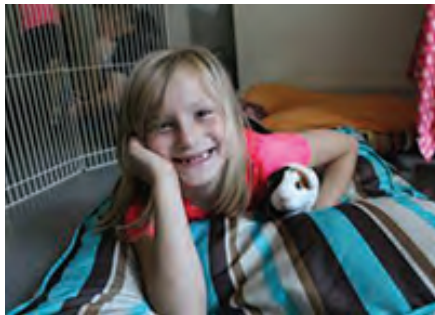
He is survived by his wife of 50 years, Carlene Guimond; three sons, Thomas Guimond of New York, Richard Guimond of Concord and Daniel Guimond of Bow; two daughters, Pamela Smith of Warner and Denise Guimond of Concord; seven grandchildren, two great-grandchildren, three sisters, Rita Martel and her husband, Larry, Terry Demain and her husband, Ken and Estelle Bailey and her husband, Charles, one brother, Albert Guimond and his wife, Judy.

He was predeceased by a sister, Doris Guimond, and a brother, Arthur Guimond.

Donations may be made in Ernest's memory to the Knights of Columbus, Fr. Raymond Langlois council, PO Box 16251, Hooksett, NH 03106.

Animals, Children, and Summer Camp - OH MY!

By Lori Taylor



The Pope Memorial SPCA is gearing up for a summer of fun with exciting and educational camps for kids to learn about and interact with our community's beloved animals. Back by popular demand, the Pope Memorial SPCA is getting ready to open their doors to dozens of summer campers, ranging in ages of 5 to 15, for week long camps focused around the love of animals.



Pope Memorial SPCA day camps offer children the opportunity to develop a caring, compassionate and responsible awareness of animals in the community. Perfect for children who have a sincere interest in all animals, campers will dive into topics and activities that include proper pet care, safety around animals, responsible pet ownership, and grooming and training techniques. Campers will meet special guests from the animal

care field throughout the week, including some personal time with the furry, hairy, and scaly animals who find their way to the SPCA.

"We are thrilled to announce the opening of registration for the 2016 Summer Camp Program," said Shannon Camara, Director of Educational Outreach at the Pope Memorial SPCA. "Due to last summer's success, we have excitingly doubled the number of



sessions being offered this year. The children in our community are the next generation of animal lovers and SPCA champions. The hands-on experience gained by all campers lends perfectly with the growing interest and involvement from our community's youth."

Designed for the interests of age-specific campers, the Pope Memorial SPCA is offering seven week-long sessions including 'Camp LUV-A-Pet' for 5 to 7 year old campers, 'Animal Advocates' for those 8 to 12 years old, and 'Animal Care Camp' for the 13 to 15 year old participants. Sessions are limited to a maximum of 12 campers on a rolling basis - SPCA staff are urging interested families to register as soon as possible to ensure their spots. If interested in learning more or to register your child, visit the shelter located at 94 Silk Farm Road in Concord or visit www.popememorialsPCA.org for an application.



Paws for Compassion

Join us at an elegant lunch, silent auction, and exciting guest speaker, all to benefit the

Pope Memorial SPCA !

Socialize with adoptable shelter pets. Participate in our silent auction which hosts over 100 items. Be entertained by keynote Speaker (s)

Bruce Zeman & Hobbes

Purchase your ticket today by visiting our website or calling the SPCA.

www.popememorialsPCA.org

(603)856-8756



Hours: Tuesday, Friday, Saturday & Sunday 12-5 PM. Thursday, 12-7 PM.

603-856-8756

www.popememorialsPCA.org

All completed applications must be received no later than June 1, 2016. Since the camp weeks fill up fast interested parties are encouraged to apply now.

For over 105 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.

(Photos supplied by Lori Taylor)



Allied Insurance Agency Inc.

No one wants to find themselves in a position where they **NEED** their home or auto insurance. However, accidents do happen.



Allied Insurance Agency understands how complicated the claims process can be. We use our experience and knowledge to help you navigate the claims process quickly and easily.

**500 South Street
Bow, NH. 03304**



alliedia.com
224-5394

BAKER FREE LIBRARY NEWS

By Lori Fisher

Successful Candidates Forum on 2/18

On Thursday night, 2/18, the Library held the first annual Bow Candidate's Forum, providing residents with an opportunity to meet candidates running for Bow elected town offices in 2016. All eleven candidates were in attendance, as well as a dozen members of the public. Each candidate was given up to 5 minutes to speak about themselves and their candidacy, and the public had the opportunity to ask questions of each candidate. All manner of topics were discussed, from the Public Safety Building proposal and the upcoming tax rate for 2016/17, to voter fraud and important issues facing the school board. A number of attendees, both public and candidates, stated that this forum is a great idea that should be continued in future years. The Library does plan to make this an annual event, along with compiling and distributing Candidate Information Packets each year. A big Thank You to the candidates who participated this year!

Last request for Lower Level at Town Meeting

The Library Trustees will make their last request to the residents of Bow for the Lower Level project at the 2016 Town Meeting on March 9th. Since 2012, the residents of Bow have supported the joint public/private funding of the project by approving \$250,000 of the \$300,000 in public monies needed. The request at the 2016 Town Meeting asks for the last \$50,000 from the Town towards the project.

As of 2/19, we've raised over \$237,000 of the \$300,000 private fund raising monies needed to complete the Lower Level Renovation project! With only \$63,000 in private monies left to raise, and great past support of the residents for the public half of cost, the Library Trustees are optimistic that Phase 2 of the Lower Level renovation will begin in Fall 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.

Coming Soon - scrolling Town events list

As part of our efforts to include as much information about town/school events as possible in our communications with residents, the Library will be adding a TV to the seating area by the magazines that will solely be used for silent, scrolling announcements of town and school activities. Thanks to Bow resident Mark Leven's donation of a flat screen TV, we'll be able to provide a quiet, yet easy-to-see scrolling list of everything we can find to do in Bow. We'll be contacting Bow organizations/clubs to contribute information, and will hold a few "How-To" sessions for those not familiar with creating a PowerPoint slide to include in the scrolling list. Look for this new feature in the Library by the end of March! Questions? Contact Lori Fisher, Library Director, at 224-7113 or bfldirector@comcast.net.

Group Tutoring Rooms available to reserve as of 3/1

After completing a lengthy review of liability and legal issues, the Group Tutoring Rooms in Phase 1 of the Lower Level will be available for reservations starting 3/1. These rooms are monitored and recorded by video cameras installed in each room to ensure the safety and security of users. In addition, there is a parental permission form that must be filled out before tutoring of a minor can take place in those spaces. Paid tutors are able

to utilize these rooms for a fee of \$5 per hour (payable prior to scheduled room use). For more information and to review the Policy on Group Studying and Tutoring, as well as the Parental Permission Form for Group Tutoring Sessions utilizing the Group Tutoring Rooms, please visit the [Meeting Room Reservation Form](#) page of the Library's web site. Questions? Contact Lori Fisher, Library Director, at 224-7113 or bfldirector@comcast.net.

NEW! Books & Babies on Friday mornings

This new class on Friday mornings at 10:30 a.m. starting 3/11 is for children UNDER 2 years of age, with an adult caregiver. Each child must have their own adult because all activities are designed for one-on-one interaction between the adult/child pair. This is a 30-minute program using books, nursery rhymes, puppets, and lots of movement activities. Registration is required. Questions? Contact the Library at 224-7113 or bowbakerfreelibrary@comcast.net.

Essential Oils Basics & Benefits on 3/17

Learn about essential oils and how to use them in your home and life on Thursday 3/17 at 6:30 p.m. in the Library's Upstairs Meeting Room. Essential oils can be used as household products, as bug repellent, for beauty products, emotional healing, stress reduction, and more. Presented by Alicia Rossman, RD/LD/RYT. Registration strongly suggested - call 224-7113 or email bowbakerfreelibrary@comcast.net.

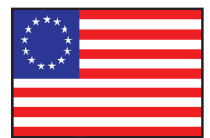
Next Community Forum on 4/14

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!

April 14 - Environmental Protection: Meet members of the Conservation Committee, Recycling Committee, Drinking Water Protection Committee, and Bow Open Spaces, and find out how they ensure a better quality of life in Bow and how you can become involved.

Questions about the Community Forum series? Contact Lori Fisher, Library Director, at 224-7113 or bfldirector@comcast.net.

Live Free and Sweet Pure Maple Syrup



Treat's Sugarhouse

T 3 Hop Kiln Road
Bow, N.H. 03304
bruceat@gmail.com
12 fl. oz.

Free In-Home Water Testing and Estimates!

Arsenic & Radon Sample Collection for Air and Water (lab fee extra)

Complete well pump system service.
Complete whole-house water treatment systems for hard water, odors, staining, arsenic & more.
Complete annual and semi-annual maintenance.
Sanitization: Well and whole-house chlorination and sanitization to eliminate bacteria and mineral build up.

Service: Most major brands, and will match or beat most written estimates.

525-7518 AllWaterNH@gmail.com * AllWaterWorks.com



WATER TREATMENT SPECIALISTS

Night & Weekend Appointments Available!



Concord's Favorite Address

- Luxury Gated Community
- Washer/dryer in each Suite
- Elevators
- Free Storage

The Perfect Alternative for those seeking a Luxury Lifestyle or a Quality Downsizing Option!

(603) 228-1000 or

Visit us online at www.hodgescompanies.com

The Mini Page

Founded by Betty Debnam

Painting the Presidents



Mini Fact:

Gilbert Stuart painted this self-portrait as a young artist, when he was just 23.

Self-Portrait, Redwood Library and Athenaeum, Newport, Rhode Island

Stuart's many portraits

Gilbert Stuart made many head-and-shoulders paintings of Washington. He painted almost all of them with the president wearing a black velvet suit and a white shirt with ruffles.

Stuart never finished this portrait. He used it as a guide to make as many as 75 versions of it.

This painting was difficult to do because Washington had just been fitted for a new set of false teeth that made a bulge around his mouth.

In the painting at the left, Stuart painted the face during one sitting and asked someone else to "stand in" and pose for the rest of the figure.

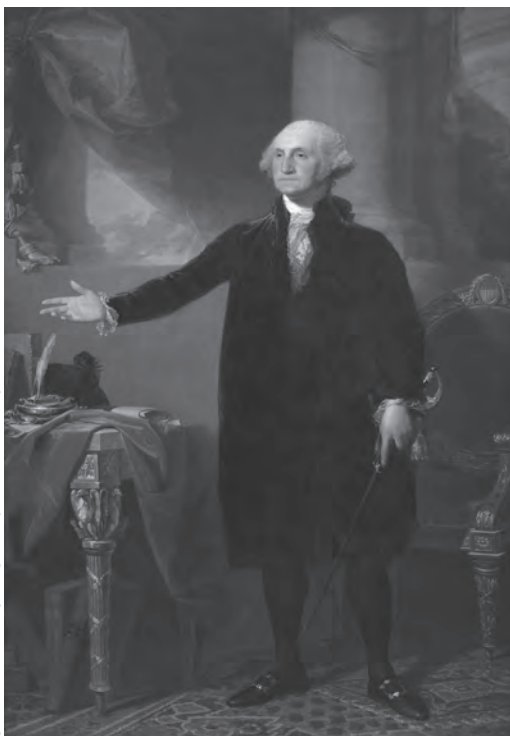
A familiar face

Gilbert Stuart painted the image of Washington that we see on the \$1 bill.



George Washington, (The Athenaeum Portrait), jointly owned by the National Portrait Gallery, Smithsonian Institution, the National Archives, the University of Delaware, the William Francis Warden Fund, John H. and Ernestine A. Payne Fund, Commonwealth Cultural Preservation Trust.

This full-length, life-size portrait of Washington is considered Gilbert Stuart's greatest American portrait. Beginning next month, the National Portrait Gallery in Washington, D.C., will begin conservation treatment on the portrait.



George Washington, The Lansdowne Portrait, National Portrait Gallery, acquired as a gift to the nation through the generosity of the Donald W. Reynolds Foundation.

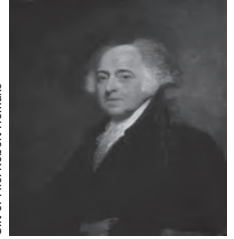
The Mini Page® © 2016 Universal Uclick

Other subjects

Gilbert Stuart also painted other presidents and first ladies. Martha Washington wanted a portrait by Stuart, but he never finished her painting.



National Gallery of Art, Washington, D.C., Gift of Mrs. Robert Homans

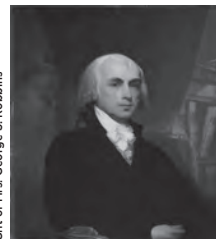


Stuart's paintings of Abigail and John Adams are thought to be the best ones to show their strong personalities.

Thomas Jefferson was an author of the Declaration of Independence. There are no Stuart portraits of his wife, who died before he was elected president.



Bowdoin College Museum of Art, Brunswick, Bequest of the Honorable James Bowdoin III



The Colonial Williamsburg Foundation, Gift of Mrs. George S. Robbins

James Madison is known as the father of our Constitution because of the important role he played in the writing of this great document.

Resources



On the Web:

- s.si.edu/1OLao4z
- bit.ly/1n2L3x0

At the library:

- "Dear Mr. Washington" by Lynn Cullen

Try 'n' Find

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

- ADAMS,
- CONSERVATION,
- GEORGE, GILBERT,
- HEAD, IMAGE,
- JEFFERSON, MADISON,
- PAINTING, PORTRAIT,
- POSE, PRESIDENT,
- SHOULDERS, SIT,
- STATES, STUART,
- TREATMENT, WASHINGTON.

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



7 Little Words for Kids

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



- | | | | | |
|--------------------------------------|-----|-----|-----|------|
| 1. baby pig (6) _____ | DE | EN | MU | TE |
| 2. hair above the lips (8) _____ | | | | |
| 3. cutting part of a knife (5) _____ | DIA | GH | RT | DOU |
| 4. ten plus five (7) _____ | | | | |
| 5. not very long (5) _____ | BLA | FIF | LET | CHE |
| 6. uncooked bread (5) _____ | | | | |
| 7. expensive, sparkly rock (7) _____ | PIG | STA | SHO | MOND |

Answers: piglet, mustache, blade, fifteen, short, dough, diamond.

Mini Jokes



Pat: Who is considered to be the leader of the popcorn?
Paul: The kernel!

Eco Note



Need to go somewhere? Cars create pollution, so the less we drive, the healthier our planet will be. Every year, American cars drive 3 trillion miles! Ride a bike or walk instead of driving, and encourage your family to ride or walk, too.

adapted with permission from "The New 50 Simple Things Kids Can Do to Save the Earth" by The Earthworks Group, Andrews McMeel Publishing (andrewsmcmeel.com)

Thank You



The Mini Page thanks Ellen Miles, curator emerita of painting and sculpture, National Portrait Gallery, Smithsonian Institution, for help with this issue.

Teachers:

For standards-based activities to accompany this feature, visit: bbs.amuniversal.com/teaching_guides.html

©2016 Blue OX Technologies Ltd. Download the app on Apple and Amazon devices.

The Mini Page® © 2016 Universal Uclick

ON AGING - "THE EVENTUALS" OF LIFE

By Donna Deos

In February we talked being "ready" – or not and I let you know that this month I would give you the 10 cent story on what it is I do now and how maybe that can help you and your loved ones on your own journey. Over the past decade I have collected a unique pile of skills all geared toward "The Eventuals" of life (yes, I have filed for Trademark on that term!) What are "the eventuals" of life? Well, those are circumstances and situations that we are likely – eventually – to encounter, either for ourselves or our loved ones. Things like: accidents, illnesses, death, dying, transitions to different living situations and so on.

It started as I was working for the CCRC. I spent my time helping people decide what the next right move was for them or for their parents, depending on who was doing the inquiring. I helped them think about what they wanted, what they could afford, where they were really at currently (physically, emotionally and mentally) and we compared it to what my community had to offer. If it was a match, great! If not, I helped to point them in the direction of what would be a possible solution that might better fit their situation, needs and desires. The key was to help people find the best outcome for them.

It was fun and I enjoyed it very much. It was like working on a jigsaw puzzle. Finding all of the pieces and fitting them together. The best part was the people who were working on this puzzle with me. I learned so very much from their stories and from their thinking processes. I can never thank them enough for what they taught me and the growth we shared along the way. There were many families to which I felt like the adopted sibling to! It's such a bit transition that the journey and the bonds you form become very strong and dear.

Simultaneously with helping proactive people figure out their future (yes, it really is kind of like being a financial planner or elder law attorney, but without the legalities of those things. What I mean by this is,



I helped them set and reach goals that gave them the desired outcomes they wished for. Our planning and the process we went through to get there was all about their individual legacies). I was helping to take care of my own loved ones on the home front. I helped my mother care for my father during his almost 3 year battle with terminal cancer. After that I helped her and the rest of our family with the logistics of what happens after that (I call it the "business end of things" and it pertains to picking up the tasks and filling any holes left by the person who has departed, of which there are usually more than you ever realized; as well as cleaning up the estate and property matters to attend to) and our collective and individual grieving.

Next, was Mom's near fatal car accident in December of 2010. I was the primary care giver in a rigorous 6 month recovery period, and then she experienced a series of other events prior to her passing in November of 2014. Basically, I spent the last 4 -5 years of her life progressively taking on more and more care giving and assistance for her as her needs increased. I am sure this is a familiar story to many of you. It's simply what happens as people age and it is what we do as family to take care of our own. What I decided at the end of all of this was this: it shouldn't have to be this hard!

So, I took it upon myself to create Donna Deos, LLC which is all about helping people with the transitions and "the eventuals" of aging. I offer online courses that people can either participate in live with me and the others in the group (having a sense of community and camarade-

rie, that you are not alone is so very important); or there are some that people can just download and work on in their own time. The basis for this is that I remember all too well how your time fluctuates. You either have plenty because they are in the hospital and you are sitting by their side doing nothing much, or they are home and you are maxed out trying to help with everything and have little to no time what so ever.

I also included coaching and counseling. Let's face it, most of what I do is counseling. Going through these changes and uncertain situations is very upsetting. Many times you need someone who gets it to hear you out, encourage you, and cheer you on. Plus, in counseling we ask questions, from an unbiased position, to get you to think about things you perhaps had not considered.

So, what is coaching then? Well, coaching is for the doers. Yes, those who are doing so very many things. Coaching is where someone helps you with your overall plan, breaks it into steps along the way to be aware of, helps you figure out what to do and who to get to help you and then works with you over time to keep you on track and heading toward the end result of accomplishing your goal. It is more hands on and instructional than the counseling part. Counseling works through the feelings, coaching works through the tasks. We will go back and forth in both of these areas all of the time based on what you need in that moment.

We each need all three of these roles at different times in our lives. Sometimes we see that and are able to act upon it, sometimes we don't. Sometimes the various roles are filled by our friends and loved ones so we do not even realize that we have been experiencing what I have just described. I bet as you think back on your life and different things you have experienced, you will be able to identify the people who coached you, the ones who counseled you and the ones you learned from. For each of us there is a very long list of

people who have filled these roles. So, now you know what it is I do now for work, how I came to do it, and why it is so important to me. Simply put, it just shouldn't have to be that hard. So, I am here to help people make it easier for themselves and their loved ones. Why reinvent the wheel when there are trained professionals out there who know what to do and can help you, right?!

If you think you are ready to work on any of these areas, let me know. In just a couple of weeks I am doing an online ten week course on "Transitioning Your Parent or Loved One", maybe this is the right one for you...in April I'll give you a bit more on what you need to know for the main categories of what we will be covering in that course. I am here if and when you need me!

Fondly,
Donna

BHS Falcon Booster Club



Second Annual "Taste of Bow Spirit" Wine and Beer Tasting

March 30th

5:30 - 8pm

Old Town Hall

Contact Karen McGee at
ishore@comcast.net for tickets



Donna Deos, LLC

Spiritual Teacher & Transitions Specialist

603-224-4178

1-855-772-2622

* Counseling * Coaching * and Education *

From your first "OMG Moment" where a loved one needs your help, right through care giving, advocacy, lifestyle changes, terminal illness, death, dying, grieving and all that comes after. You are not alone—we are here to help.

www.donnadeos.com

ONE-STOP LENDING.



Sugar River Bank has everything you need under one roof. From local lending professionals, local servicing, and local underwriting to full-service banking. We're your Hometown Bank. How can we help you?



Newport | Concord | Grantham | New London | Sunapee | Warner | 800-562-3145 | sugarriverbank.com | Member FDIC | EQUAL HOUSING LENDER

ORAL HEALTH AND PREGNANCY

By Dr. Mostafa El-Sherif



A lot of patients ask if they do have to take extra care of their oral health during pregnancy? During pregnancy there is a rise in body hormone levels which can cause pronounced gingivitis. Gingivitis is a condition that results from unremoved plaque on your teeth which irritates the gums making them red and tender and bleeding easily.

Hormonal increases during pregnancy exaggerates the way that gum tissue react to irritants in the plaque. Even with this change you can keep your oral health in excellent condition by thoroughly brushing and flossing your teeth daily and eating a nutritional balanced diet.

Also keeping your regular dental visits for cleaning and check up is advisable. If any pregnant patients need a dental treatment for any condition it is recommended to be done in the second trimester. I also hear the question of

whether is it true a tooth is lost for every pregnancy? And the answer is No. This is not true. Teeth lost during pregnancy are always due to severe cavities or gum disease that was neglected for a period of time.

Frequent dental check ups are recommended during pregnancy.

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

Saving for retirement is personal.



So is the service you'll get from The Merrimack.

Saving for retirement is essential – and it's never too early or too late to start. At Merrimack County Savings Bank, we can provide the guidance, tools and resources you need to plan for the future you want. Contact one of our IRA specialists today at 800.541.0006 or visit us online at TheMerrimack.com.

April 15th is the last day to contribute to a qualified retirement account for the 2015 tax year.



800.541.0006 TheMerrimack.com

Dr Mostafa El-Sherif DMD.MSCD.PHD • Dr Stephen Rosenberg DMD

Ultimate Dental Care Welcomes Dr. Jacqueline Cash

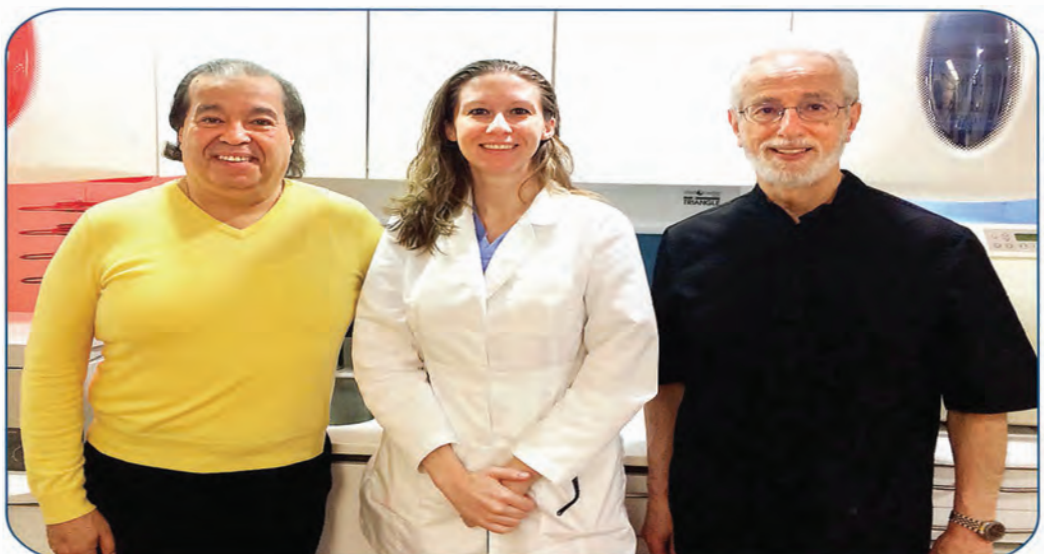
All Your Dental Needs Under One Roof

Our Team Offers:

- Family Dentistry
- Cosmetic Dentistry
- Endodontic Dentistry
- Implant Dentistry
- Periodontal Treatment
- All your Dental Needs



u c
Ultimate Dental Care



Dr Mostafa El-Sherif
DMD.MSCD.PHD

Dr. Jacqueline Cash

Dr Stephen Rosenberg
DMD



Hours: Mon.-Thurs. 7:30-4:30
Fri. 7:30-1:00

603-224-1851

410 South Main Street | Concord, NH | 03301 | www.ULTIMATEDENTALCARENH.com

BOW HIGH SCHOOL SPORTS

GIRLS VARSITY BASKETBALL

GIRLS LOSE TO CONANT IN QUARTERFINALS AFTER EARNING SECOND-ROUND WIN OVER WHITE MOUNTAINS 43-30

The Bow Falcons overcame a slow start and early deficit in the first quarter to top White Mountains in the second round of the NHIAA playoffs, 43-30. Coach Bill Vermette tried to change his lineup slightly. "We went small, usually there's three bigs that we rotate and wanted to start with just one," Vermette said. "White Mountains opened with a 9-2 run, so we put two (forwards) back in." Vermette said his team started off in a zone defense and then went back to man-to-man defense for the rest of the game. The Falcons' defense shut down the White Mountain offense in the fourth, outscoring them 16-5 while only letting up two free throws and a late three-pointer. Baldwin finished the night with 10 points, making all four of her shots from the free throw line, while Horner had five and Fortin was a force on the glass. Lea Crompton went 4-for-4 from the stripe as the team shot 14-for-20 from the line for the entire game. Amanda Murray also scored six points, all in the fourth quarter. The girls suffered losses to Fall Mountain Regional and Somersworth.

GIRLS CRUISE INTO POST SEASON WITH WIN AGAINST HILLSBORO-DEERING HIGH SCHOOL 50-14

Key players: Bow – Lea Crompton (13 points), Taylor Darrell (9 points), Erin Baldwin (7 points, 5 rebounds), Amanda Murray (5 points, 4 rebounds, 2 assists), Lauren Goyette (7 rebounds, 3 steals); H-D – Nicole Mooney (5 points), Kiersten Clough (4 points), Hannah Grimes (7 rebounds).

GIRLS GYMNASTICS

JENNIE ESS 24TH ALL-AROUND --ABBY COE - 27TH ALL-AROUND AT STATES!

Jennifer Ess (24th all-around) was 32nd on bars (6.45), tied for 60th on beam (6.7), tied for 33rd on floor (8.15) and tied for 29th on vault (8.0). Abigail Coe (27th all-around) tied for 68th on bars (4.85), tied for 21st on beam (7.85), was 23rd on floor (8.45) and tied for 46th on vault (7.775).

BOYS VARSITY BASKETBALL

BOYS SURGE WITH UPSET OVER MASCENIC 55-34

Bow beat Mascenic 55-34, for its fifth win in its last six games. Bow led by just a single point at halftime, but turned up its defense in the second half, thanks to the play of Shane Wunderli, Will Holmes and Adam Nelson. Wunderli held Mascenic's best player, Brett Stauffenecker, to seven points, while Holmes and Nelson combined to hold Daimon Gibson to just two points. "The play from those guys, our whole defense, was just huge," Coach Gaudreau said. Up by eight heading into the fourth quarter, the Falcons' Adam Nelson (18 points) buried a pair of 3s early in the fourth, while Wunderli scored 10 of his 17 points in the final frame. Nate Alford added nine points and eight rebounds for the Falcons, while Ryan Andrews poured in seven points.

BOYS ROUTS HILLSBORO-DEERING HIGH SCHOOL 76-19

Key players: Bow – Adam Nelson (15 points), Nate Alford (12 points), Matt Scanlon (10 points), Derek Gardner (10 points). **Highlights/key moments:** Bow jumped out to a huge first-quarter lead and never looked back en route to the rout.

BOYS PULL AWAY TO BIG WIN OVER SOMERSWORTH 68-53

Key players: Brendan Winch (12 points, 5 rebounds), Adam Nelson (10 points, 5 rebounds, 4 assists), Nate Alford (10 points, 9 rebounds). **Highlights/key moments:** Bow came out of half-time firing and outscored Somersworth, 22-9 in the third quarter to open up a twenty point lead.

BOYS COME UP WITH BIG WIN OVER FALL MOUNTAIN REGIONAL 53-38

Key players: Adam Nelson (13 points), Brendan Winch (10 points), Shane Wunderli (6 points), Will Holmes (5 points). **Highlights/key moments:** The Falcons had an 11-5 lead after the first quarter, but Winch, Matt Scanlon and Derek Gardner combined for 10 points to lift the Falcons to a 33-19 halftime lead. Brad Zahensky hit a big 3 at the end of the third quarter to give the Falcons a nine-point lead heading into the fourth and kept the momentum in Bow's favor.

The boys lost a close game to Hopkinton 45 - 54 and Campbell beat them 69-53 in its last season game.

BOYS VARSITY ALPINE SKIING

SAM SELLECK WRAPPED UP THE SKIMEISTER!! TEAM PLACES 4TH IN STATES!

Bow's Sam Selleck wrapped up the skimeister title on February 12th by finishing 18th in the GS and 34th in the slalom. Those scores, combined with his scores from the Nordic state meet, put him ahead of Gilford's Matt McDonough, who was the only other skier to vie for the skimeister crown. Ben Wachsmuth scored the most Alpine points for the Falcons, finishing 10th in the slalom and 13th in the GS. Alex Mangini posted the best finish for Bow with his eighth-place result in the GS. The Falcons also got points from Tony Sampo (11th slalom), Kieran Fahey (21st GS) and Francesco Scali (43rd slalom).

CO-ED SWIMMING

KATY JENKINS LEADS GIRLS TO 7TH PLACE FINISH AT DII CHAMPIONSHIP

The Bow girls' swim team had two relays qualify for the A finals (the top six times from the preliminary rounds; the B finals determined the seventh through 12th places) and Katie Jenkins finished third in the 100-yard butterfly and eighth in the 100 backstroke to lead the Falcons to seventh overall at the Division II championships. The sophomore broke school records in both of her individual events in the preliminary round and then broke both of them again in the finals. "Katie is the only one with a lot of experience (swimming trials and finals in the same day)," Bow Coach Joanne Jackson said. "And you could see it. She had better times tonight (in the finals) than she had in the prelims." Jenkins also swam on the sixth-place 200 freestyle relay with Amanda Sampo, Sonya DeLorie and Riley Hicks and on the fourth-place 400 freestyle relay with Sampo, Dillon Hicks and Riley Hicks. Riley Hicks swam an impressive third leg in the 400 freestyle relay, starting in fifth, but caught up and gave her team the lead before Jenkins secured the fourth place finish with a speedy anchor leg. "It was a great day for Riley (eighth 200 freestyle). She saved that 400 free relay," Coach John DeCaprio said. "She had a great swim in the third leg and she swam her best times in all of her events." Sampo (11th 100 free) and Dillon Hicks (11th 500 free) rounded out the scorers for Bow.

BOYS VARSITY ICE HOCKEY

BOYS TAKE OVER DII POINTS LEAD WITH BIG WIN OVER KEENE 5-4

Key players: Bow – Josh Connor (goal, assist), Colin Tracy (goal), Doug Champagne (goal), Brandon Tibbetts (goal), Chris Mead (goal), Alex Killion (assist), Nate Carrier (21 saves). **Highlights/key moments:** Mead scored on a rebound with assists from Killion and Connor (who played his best game of the year, according to Coach Tim Walsh) in overtime to hand Keene only its second loss of the season.

BOYS DEFEAT KINGSWOOD 6-1

Key players: Doug Champagne (3 goals), Ryan Tobeler (2 assists), Josh Connor (goal, assist), Brendan Ulrich (goal), Alex Killion (goal), Colin Tracy (great defense). **Highlights/key moments:** Kingswood scored in the game's first minute, but from there it was all Bow, with Champagne's hat trick leading the way.

BOYS SKATE PAST WINNACUNNET 6-1

Key players: Austin Beaudette (2 goal), Josh Connor (2 goals), Doug Champagne (goal, assist), Brandon Tibbetts (goal), Ryan Tobeler (2 assists).

BOYS TOP DOVER, CLOSE IN ON TOP SEED IN DIVISION II (4 - 3)

When it's the backup netminder going against the No. 3 team in the division, trailing by two can be a recipe for disaster. But the Falcons rallied around Kinsman Corthell, who finished with 15 saves, and erased the most dangerous lead in hockey to earn a very important 4-3 win. "He really hasn't seen much time, but tonight he answered the bell," Coach Tim Walsh said. The Falcons' Ryan Tobeler led a 3-on-2 rush. Alex Killion scored the eventual game-winner in unusual fashion. Killion blocked a point shot in his own defensive end and beat the Dover defender one-on-one. Ess blocked a shot with his ankle and prevented them from getting any good looks to tie it up. After the (Killion) goal, they came together as a team to get the win on February 20th.

BOYS SQUEAK PAST SPAULDING 2-1

The Bow Boys Varsity High School Ice Hockey ended the regular season with a 2-1 victory over Spaulding. Brendan Ulrich was the star of the game scoring both goals for Bow as they held off a pesky Spaulding club.

My Table - Your Table

By Debra Barnes

"Food is love - Share your food & Share the love"

The Exchanging of a Recipe

Whether handed down from your grandmother, mother or given by a friend, to receive the gift of someone's recipe is personal and should be cherished.

My mother has been gone for 9 years and I still use her recipe cards, a few knives and a well oiled cutting board. I look at, touch and can still see her using them all. Her cutting board sits next to my stove with array of finishing salts and a pepper grinder I brought back from Harrods in England some 20 years ago. When I slice a tomato, there is a certain slender serrated knife that is used. I know her hands touched these things a 1,000 times. This is how I keep her in the kitchen with me every day. Then there are her recipes. One of my all time favorites is her meatloaf. The recipe is over 40 years old and is as old fashioned as a rotary phone! Have I tweaked it just a hair...of course I did! Served hot out of the oven with some classics like mashed potato and green beans or the next day on a sandwich, it was one of the many comfort foods my mother made and I loved.

Our customers who come to Wellington's wait patiently until I put the meatloaf sandwich on. The phone rings off the hook! They know only a certain amount is made and when it's gone, it will be weeks before I bring it back.

Like any good cook...we share. We share our kitchen wisdom (even when we're not asked!),



Debra Barnes lives in Bow with her husband Randy. She is a graduate of the Cambridge School of Culinary Arts and chef/owner of Wellington's Marketplace on Main Street in Concord across from the State House.



our sugar and spice and our recipes. Start a tradition this Sunday, gather around the kitchen, open a bottle of your favorite wine and cook. It beats twittering, tweaking, twirking or staring at a computer screen any day of the week!

Kitchen Tip – Store nuts such as almonds and walnuts in the freezer. They have natural oils that will go rancid over time.

Kitchen Quote – Tell me what you eat, and I will tell you what you are – *Anthelem Brillat-Savarin*

My Mom's Meatloaf:

Serves 8 -12 (depends on whether your feeding a growing teen!)

- 4 lbs 80% ground hamburger
- 2 lbs ground pork
- 4 x-large eggs beaten lightly
- 1 green pepper seeded – cut into large chunks
- 1 red pepper seeded – cut into large chunks
- 1 white or Spanish onion, peeled and cut into large chunks
- 4 cloves fresh garlic minced or 1 ½ Tsp granulated garlic
- 1 TBSP Worcestershire Sauce
- 1 Tsp dried Oregano
- 1/3 cup ketchup or 1- 8 oz. can of tomato sauce
- 1 ½ cups Panko bread crumbs – you can use regular bread crumbs as well
- 1 ½ Tsp fresh ground pepper
- 1 ½ Tsp kosher or sea salt
- 1 SMALL onion, thinly sliced and set aside for topping
- Good splash of soy sauce

Preheat oven to 350 degrees.

Line a cookie sheet or ½ sheet pan with tin foil or parchment paper – this is a free form meatloaf.

In a food processor, lightly puree the peppers and onions all individually. If there are a few small pieces, that's fine, they will add a little color to the dish.

In a really big mixing bowl combine all of the ingredients. Mix gently but thoroughly. (I find it helps to use gloves when mixing). Gathering the meatloaf in the bowl, start to bring together so you can form into a 6 x 12 to 14 inch freeform loaf. Roll the meatloaf onto the cookie sheet and using your hands, form into what will be about 3-4 inches high x 6-7 inches wide by 12 inches long. Top with the small sliced onion.

Bake for 45 minutes or until a thermometer registers 145/150 degrees. Remove meatloaf from oven and let sit tented with tin foil for another 10 minutes. Slice into thick delicious pieces!



15% off any CHEESE with this ad

WELLINGTON'S MARKETPLACE

Sandwiches Soups Salads too!

FINEST SELECTION OF CHEESE WINE & CRAFT BEER

VOTED BEST SANDWICH IN CONCORD! Wine & Beer by the glass

124 No. Main St Concord NH 03301 603-715-1191

BLUE SEAL

Be Prepared for Snow

MinnsNOWta ROOF RAZOR

BLUE SEAL FEEDS
520 HALL STREET BOW, NH 03304 (603) 225-0323

Check out The Latest in Roof Snow Removal Tools.
www.minnsnowta.com
Your Local Roof Razor Distributor

STREET RENAMING AND RENUMBERING TO BE VOTED ON AT TOWN MEETING

PETITIONED ARTICLE #21

To see if the town will vote to amend an ordinance adopted by the selectmen on September 10, 2013, by striking sections 1 and 2 of chapter 157 and replacing them with the following:

For the purposes of this Article, "addressable structure" shall be defined as: Any buildings currently occupied, or which in the future may be occupied, to which emergency services may be dispatched.

§157-2. Parties Affected.

A. Properties and primary addressable structures on any new public or private way, street or road.

B. Renaming and/or renumbering of any existing public or private ways, streets or roads shall not occur until approved by a vote of the legislative body.

C. The provisions of sections 3, 4 and 5 of this ordinance shall remain in effect but shall apply only to new public or private ways, streets or roads unless a vote in accordance with section B above has occurred.

The above changes would be made to the existing ordinance which is reprinted as follows:

EXISTING NUMBER AND NAMING ORDINANCE

Chapter 157

STREET NUMBERING AND NAMING SEPT. 10, 2013

§157-1. Purpose.

- A. To establish a uniform system of numbering buildings and establishing street and mailing addresses within the Town of Bow.
- B. To provide a more expedient response from all emergency service agencies, such as police, fire, ambulance or other rescue services.
- C. To promote efficiency in locating buildings within the Town of Bow for the delivery of utilities, mail, and other services.
- D. To provide a uniform and standard system for naming the public or private ways and streets of the Town of Bow.
- E. For the purposes of this Article, "addressable structure" shall be defined as: Any buildings currently occupied, or which in the future may be occupied, to which emergency services may

be dispatched.

§157-2. Parties affected.

A. Properties and primary structures on any new public or private way, street or road.

B. Any new addressable structure built on an existing new public or private way, street or road will require the renumbering of all addressable structures and properties on that street in accordance with the numbering system detailed in §157-3.

C. Any public or private way, street or road that is renamed by the Board of Selectmen will result in the renumbering of all addressable structures and properties on that public or private way, street or road in accordance with the numbering system detailed in §157-3.

§157-3. Numbering system.

The numbering system has been established by the Board of Selectmen upon recommendation of the New Hampshire Department of Safety, Division of Emergency Services and Communications. The numbering system is based on the following processes:

- A. The starting point of each public or private way, street or road is determined by its primary intersection, and the numbering begins at each public or private way, street or road's starting point.
- B. All addressable structures for which the access point is on the right side of the public or private way, street or road shall have an even number. All addressable structures for which the access point is on the left side of the public or private way, street or road shall have an odd number. Unused numbers shall be reserved for future use to prevent the need to renumber in the future.
- C. One even or odd number shall be assigned to every 50-foot increment from the starting point of the public or private way, street or road.
- D. All public or private way, street or road numbering will be based upon the most current Addressing Standards Guide prepared by New Hampshire Department of Safety, Division of Emergency Services and Communications.

§157-4. Numbering requirements and procedures.

A. All existing and new addressable structures shall use only the number assigned by the Board of Selectmen.

B. All numbers shall be affixed, either vertically or horizontally, to a post or other fixture, such as a tree or mailbox, but not to a utility pole. With the exception of numbers affixed to a building as in paragraph C, below, or to a mailbox as in paragraph D, below, numbers shall be displayed at a height of between 4 to 8 feet from the elevation of the traveled roadway. If the numbers are affixed to a post or other fixture, such fixture shall be located on the property between 4 to 8 feet from either side of the driveway or access, and shall be no closer than 2 feet from the road right-of-way.

C. As an alternative, where an addressable structure is visible from the traveled roadway, the numbers may be placed on the building in an unobstructed location, so as to be easily visible from the traveled roadway from both directions of travel. Such numbers shall conform to all other requirements of this section.

D. Mailboxes may be installed pursuant to US Postal Service regulations, as long as the mailbox or any part of its structure does not project into the traveled roadway or interfere with travel, road maintenance, and snow removal. In situations in which a mailbox is placed on the side of the traveled roadway opposite the primary structure, the numbers must be displayed on a separate post at the driveway of access to the primary structure to eliminate confusion of the traveled roadway on which the primary structure is located.

E. All property owners are responsible to maintain their street numbers so as to be visible year round. All numbers shall be

placed so as to be visible and legible from both directions of travel.

F. All numbers shall be displayed in Arabic form (0, 1, 2, 3, 4, 5, 6, 7, 8, 9).

G. All numbers shall be at least 4 inches high, with the exception of numbers affixed to a mailbox, which shall be at least 3" high. Numbers shall be reflective or shall be visible at all hours of the day and in all weather conditions throughout the year.

H. All existing numbers shall be changed to conform to the provisions of this Chapter. No person shall display any number that may be confused with or conflict with the number assigned by the Board of Selectmen (except for those numbers on signs that identify the year in which a historic house was established or built).

§157-5. Naming of streets, roads and private ways.

A. Under the provisions of RSA 231:133, any future requests to name a public or private way, street or road shall be first submitted to the Board of Selectmen for approval. The Board of Selectmen shall consult with the Police Chief, Fire Chief, and Town of Bow E911 Liaison prior to approving any name.

B. The Planning Board, while reviewing an application for a subdivision that will result in a public or private way, street or road, shall refer the subdivision applicant to the Board of Selectmen for approval of the proposed public or private way, street or road name(s).

C. Pursuant to RSA 231:133, the Board of Selectmen shall not approve any name that is "confusingly similar to any such existing name, or which otherwise might delay the locating of any address in an emergency."

	<p>Commercial Insurance</p> 
<p>Personal Insurance</p> <p>Home Insurance</p> <p>Auto Insurance</p> <ul style="list-style-type: none"> • Life & Health Insurance • Recreational Vehicles & Boat Insurance • Umbrella Insurance <p style="text-align: right; font-size: small;">www.crossagency.com</p>	<p>Employee Benefits</p> <p>Bonds & Specialty Products</p>
<p>1100 Elm St. Manchester, NH. 03101 603-669-3218</p>	

BOW COMMUNITY CALENDAR

Sunday, March 6
Pancake Breakfast
Bow Community Building 8:30-12:30

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 Auditorium - 6:00 p.m.

Saturday, March 19
Bow Men's Club Easter Breakfast

Wednesday, March 30
Bow Falcon Booster Club Wine Tasting
Old Town Hall 5:30 - 8 p.m.

Monday, April 11
Bow Garden Club - Plant Propagation
Old Town Hall - 6:30 p.m.

Thursday, April 14
Baker Free Library- Community Forum 630 - 8:00 p.m.
Environmental Agencies of the Town

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



The Stone Farm Conservation Benefit



Help preserve 200+acre Stone farm in Dunbarton as open space! A conservation easement on the farm will ensure the land is always available for farming and forestry. A public trail will make it accessible to all. Information at www.5rect.org

Please Join Us!
Saturday, February 27th, 6-8 p.m.
Dunbarton Congregational Church

A fun night of live jazz & classics
N.H. wine tasting & hors d'oeuvres
featuring pianist Dan van Kalken & friends

Tickets \$15 at the door
or in advance www.shop.dccucc.org
All Proceeds support the Stone Farm Conservation Campaign



HOLY WEEK SERVICES:

The Bow Mills United Methodist Church, 505 South St., Bow, will hold the following services in March:

- **Palm Sunday**, March 20, 2016 - 8:00 and 10:30 am services

COME.... Listen to a conversation between Judas Iscariot (*Bob Stewart*) and Simon Peter (*Rev. John Blackadar*) in the Upper Room as they remember together everything that has taken place since they gathered with Jesus and the other Disciples for the Pass-over meal.

- **Palm Sunday** - March 20, 2016 at 7:00 pm
- **Maundy Thursday** - March 24, 2016 at 7:00 pm
- **Good Friday Service** at 7:00 pm, March 25
- **Easter Sunday Sunrise Service** at Dimond Hill Farm, Hopkinton Road in Concord, starting at 6:15 am
- **Easter Celebration Services** at 8:00 and 10:30 am in the Sanctuary on March 27.

Join us for these inspirational Holy Week events, reminding us that the power of God's love is still alive in our world today!

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



A member-run organization providing lifelong learning and social opportunities for adults over 50.

Learning for the Fun of It!

Bus Trips (Ottawa, NYC, Hudson Valley, and more) – Game Days
Lunch & Learns – Book Club – State House Tours – Currier Museum
Black Hawk Helicopter – Hiking – Kayaking – Bridges House Tours
Backstage Tours (Audi, CCANH, Palace)

Membership: \$40 for a full year Gift Certificates Available



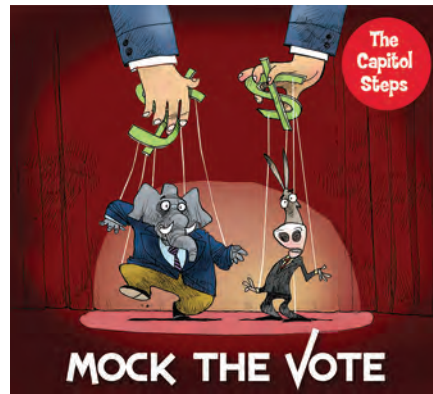
Osher Lifelong Learning Institute
25 Hall Street, Concord, NH 03301
603-513-1377 | <http://OLLI.granite.edu>

FASHIONABLE MINDWARE FOR SENIORS

Spring catalogs are out! There's excitement all around about the latest adventures in learning offered by OLLI, the Osher Lifelong Learning Institute at Granite State College. Planned by seniors and for seniors, the catalogs showcase an amazing variety of subjects that change from season to season.

Many Bow residents are among the volunteers that make OLLI function smoothly for people who have reached that 50 year threshold of opportunity. Dan Fogarty, for example, chairs the committee charged with distributing the Institute's catalogs. Beryl Leggett, is the organizer, tactician and coach who directs the catalog express delivering about 800 catalogs to libraries, retirement homes, and other public places. Bow resident, Mary Davies, devised the strategy for bringing catalogs to receptive minds throughout Concord and neighboring towns. Every spring and fall during the past five years, volunteers have carried out this mission with gusto. Before setting out, the couriers huddle over targets and catalog loads while fortifying themselves with coffee, cookies, and camaraderie. Their mission is clear: Learning is fun. Try it, you'll love it at OLLI. You can find OLLI catalogs at the Baker Free Library, Town Office and other locations around town. If you have any questions, email me or call at 63-228-2484. Thank you! **Dan Fogarty**

CATCH to Host 22nd Annual Comedy Night featuring the Capitol Steps



The Capitol Steps, a Washington DC-based comedy troupe that began as a group of Senate Staffers, will present a show based on their new album, "Mock the Vote." Their songs parody current events and the political climate, and include "Stuck in the Middle East, Too" and "Ain't No Pipeline, Now It's Gone." Now in its 22nd year, Comedy Night is CATCH Neighborhood

Housing's annual fundraiser that encourages laughter in the name of affordable, workforce housing for the Capitol region.

On Wednesday, March 9th, Comedy Night will begin with a pre-show reception at 6:00 p.m. in the Governor's Hall at the Capital Center for the Arts in Concord. There, CATCH will present the 2016 Housing Hero Award, Business and Volunteer of the Year, and the Helen M. Greene Visionary Award. The Capitol Steps' performance will begin at 7:30 p.m. and all proceeds from the show will benefit CATCH's affordable housing programs. Tickets are available from the Capital Center for the Arts online at <http://ccanh.com/event/capitol-steps-0>, at the CCA box office, 44 South Main Street in Concord, or by calling (603) 225-1111. Admission to the pre-show reception is complimentary and tickets for the show range from \$13 to \$39.



Girl Scout Cookie Booths Are Open for Business

NEW HAMPSHIRE AND VERMONT - It's the most wonderful time of the year - Girl Scout Cookie Booths opened last weekend across New Hampshire and Vermont. Cookie booths can be found at shopping centers and other local hot spots, including select Simon Malls, from now through early April. To find a cookie booth near you, visit girlscoutsgwm.org and click on the Cookie Locator.

Seven Girl Scout cookies—including the iconic Thin Mints, and top-selling Samoas, and Tagalongs—are available at \$4 per box. Gluten-free Toffee-tastic Girl Scout cookies retail for \$5.

All proceeds support local Girl Scout programs and serve as a major funding source for troop activities, including field trips, camping, community service projects, and more.

About Girl Scouts of the Green and White Mountains:

Girl Scouts of the Green and White Mountains is recognized throughout New Hampshire and Vermont as a leading expert on girls. Our innovative leadership programs help girls discover, connect and take action as they develop strong values, a social conscience, and a deep sense of self and their potential. For further information, www.girlscoutsgwm.org.



BOW COMMUNITY MENS CLUB MEMBERSHIP DRIVE



Are you:

- looking for a fun way to spend one evening a month?
- interested in doing more for the community?
- Interested in keeping Bow a great place to live?

If so, come see what the Men's Club is all about and hear New Hampshire's First Gentleman Tom Hassan speak about the positive impact of volunteers on local communities

Thursday 24 March 2016 in the Old Town Hall located at 91 Bow Center Road

Social hour begins at 6:00 PM, dinner is served at 7:00. Dinner is free for first time visitors or potential members

The Bow Community Men's Club was established in 1948 and is comprised of civic minded gentlemen from all walks of life dedicated to having fun and the betterment of our community. The club is open to all men and is committed to making Bow a great place to live.

Monthly membership meetings, including a hearty dinner and guest speaker, are held on the fourth Thursday of the month from September through May.

Through our fundraising efforts the club supports Bow High School Senior Projects & Scholarship Programs, The Boy and Girl Scouts of America, the Bow Food Pantry, Bow Parks and Recreation, the Bow Police Association, The McKenna House, and many others.

For information call Warren Perry (603) 219-6685 or email warren.m.perry977@gmail.com

Bow Memorial School Honor Roll Second Quarter 2015 - 2016

By Kathy McKernan

GRADE 7 HIGH HONORS

Rosaria Anderson, Nicholas Aubrey, Katharine Barker, Lucas Berube, Brooke Biehl, Chloe Binder, Daniel Blandini, Rachel Budd, Matthew Cardarelli, Louisa Carey, Carizza Cayabyab, Amelia Coe, Jonathan Cross, Meaghan Danahy, Annika Geiben Lynn, Patrick Glynn, Paige Grondin, Leah Hoey, Katelin Howe, Ethan Krueger, Elise Labonte, Daniel Leuchtenberger, Owen Libby, Catherine Maurer, Greta McGregor, Madeline Michaelis, Justin Murphy, Saige Murphy, Kathryn Nagy, Benjamin Neff, Ryan Nicholls, Samuel Ralston, Tyler Rancourt, Joseph Reed, Jack Roberge, Matthew Selleck, Dylan Shedd, Connor Treybig, Journey Vanderveer, Emma Van Ham, Wyatt Weber, and Finnian Welch

HONORS

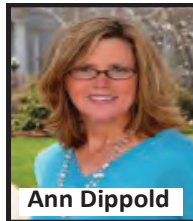
Sydney Abramson, Emma Avery, Alex Baer, Vitalia Brock, Robert Bzdula, Anthony Constant, Alexander Cross, Owen David, Adele Elle-Gelernter, Aiden Fisher, Isaac Furr, Dalton Gilbert, Madison Gordon, Elizabeth Hanson, Brooke Hull, Sonia Hunter, Anna Krause, Anya Krug, Falon Labrecque, Gabriella LaPerle, Cooper Larrabee, Ryan Leonard, Shaun Lover, Nicholas McGovern, Lauren McKeen, Aiden Munro, Makayla Murray, Caleb Paige, Olivia Parzick, Kristina Pizzi, Reece Protzmann, Erika Roberge, Colby Rousseau, John Sargent, Ryan Thompson, Sophia Valpey, Jackson Weber, and Margaret Young

GRADE 8 HIGH HONORS

Emily Barker, Aaron Burkett, Olivia Bynum, Katharine Cross, Liam Dennehy, Juliette Doucet, MaKenna Dougherty, Connor Griffin, Alyssa Harpring, Evelyn Hatem, Annaliese Kaufman, Maximillian Keef, Meredith Krause, Megan Lavigne, Madeline Lessard, Glenn Lewis, London Mills, Jacob Needleman, Brian Rescino, Sarah Sardella, Madeline Soucy, Skylar Star, Jana Stich, Ruby Towne, Maxwell Udelson, and Parker Van Ham

HONORS

Madison Amann, Sebastian Beaulieu, Patrick Beggan, Rebecca Bernard, Andrew Berube, Jessica Brown, Taylor Burnham, Brian Carter, Sage Chapman, Lara Chern, Megan DesRuisseaux, Devin Dulude, Sarah Epstein, Courtney Evans, Matthew Ferland, Connor Gagan, Matthew Hamilton, Benjamin Harris, Emma Hilton, Julia Hittle, Eric Hodgkins, Hailey Kaliscik, Gwendolyn Kelly, Samantha Kernen, Nicholas Kiah, Riley King, Paige Margenau, Madison McSweeney, Robert Mullen, Gabriel Neff, Madison Paul, Maile Petersen, Montana Pouliot, Delaney Provost, Jillian Roberts, Jake Spaulding, William Stadelmann, Madison Tibbetts, Dustin Wells, Sara White, Emma Wilke, and William Zachistal



Ann Dippold



For more information or to schedule a showing call Ann at:
C:603-491-7753
O:603-228 0151



I JUST LISTED Your Dream Home!
32 Heidi Lane. Bow



FHW w/CENTRAL AIR, NATURAL GAS, 4 BR/4BA. HEATED INGROUND GUNITE POOL WITH HOT TUB, FINISHED WALK OUT LOWER LEVEL & OPEN CONCEPT FLOOR PLAN.

REFRESH YOUR INTERIOR WITH THE RIGHT PAINT

By Ann Dippold, CBR, GRI

Looking for a quick way to rejuvenate your living space? Before you go changing layouts or knocking down walls, try giving your interior a fresh coat of paint. This fairly simple task can dramatically alter the look and feel of your home.



Changing interior paint is an easy do-it-yourself project that most can tackle in a weekend or two. Before you get the rollers out and start painting, here are some basics about the interior paint finishes available:

Flat or Matte -- Hide imperfections with flat paints, which absorb light and make the colors seem darker. The downside? This type of paint is the least stain resistant, so reserve it for low-traffic areas and ceilings.

Eggshell -- Not as dull as flat paint but less shiny than semi-gloss, this low-sheen option works well in living rooms and bedrooms. Be aware that the shine can accentuate wall imperfections, so it's best on smooth, well-prepared surfaces.

Satin -- This easy-to-clean finish is often used on windows, doors and trim. Its soft sheen sets it apart from walls painted in eggshell or flat finishes. Though it is highly durable, satin paint has less protection than shinier options.

Semi-Gloss -- Designed to stand up to stains, semi-gloss paints are the easiest to clean, making them ideal choices for kitchens and children's rooms. Semi-gloss sheen also stands up to moisture, so consider this selection when repainting a bathroom.

Low VOC -- The name says it all. This type of paint contains fewer volatile organic compounds (VOCs), which release toxic gases. Opt for low-VOC paint if you want to go green in your home and deal with less paint fumes.

Having the Right Key or Combination is The Path

to Success.



Unlock Your Customer
Potential.

Advertise Your Business in

The Bow Times

Call Gary Nysten 603/496-5231



NO Dental Insurance? Unhappy with your Insurance?

We are proud of our
Dental Savings Membership Program

QUALITY DENTAL PLAN

Save money on every visit!

- No Maximums
- No Deductibles
- No Waiting Periods



Call us today to start saving:
225-6331

9 Triangle Park Drive,
Suite 3, Concord

Dr. Christopher T. Binder | Dr. Albert R. Binder | Dr. Victor N. Stetsyuk | Dr. Christopher S. Moriarty



Supporting the **Community** starts at home

Why does your Modern Woodmen of America financial representative live and work here? It's the best way to help you create a personalized plan for life - from protection to saving to retirement planning. Let's talk.



Donald M. Legere, FIC, LUTCF
109 1/2 S. State Street
Concord, NH. 03301
B 603-223-0044
donald.m.legere@mwarep.org
CA OK29272

Career Opportunities Available



Touching lives. Securing futures.®

* Registered representative, Securities offered through MWA Financial Services Inc., a wholly owned subsidiary of Modern Woodmen of America. Member FINRA, SIPC.

SUPG0312

THE PIZZA MAN



OF HOOKSETT

254 WEST RIVER RD. 03106

603-626-7499

HOURS: Monday-Wednesday 11AM-9ish
Thursday-Saturday 11AM-10ish
Sunday 12PM-9ish

WE DELIVER TO ALL OF BOW



ASK ABOUT

OUR GLUTEN FREE & VEGAN PIZZAS



\$ 5 OFF

Any Order of
\$ 40 Or More

With This Coupon Valid for Dine-In
Pick-Up or Delivery. Cannot be
Combined with any other Offer.

\$ 4 OFF

Any Order of
\$ 30 Or More

With This Coupon Valid for Dine-In
Pick-Up or Delivery. Cannot be
Combined with any other Offer.

\$ 3 OFF

Any Order of
\$ 20 Or More

With This Coupon Valid for Dine-In
Pick-Up or Delivery. Cannot be
Combined with any other Offer.

\$ 6 OFF

Any Order of
\$ 50 Or More

With This Coupon Valid for Dine-In
Pick-Up or Delivery. Cannot be
Combined with any other Offer.