



Merry Christmas and Happy Holidays



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The Bow Times

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

BOW, NH

VOL 23, NO. 12

December 2016

FREE

LOCAL YOUTH TO PERFORM IN A CHRISTMAS CAROL AT THE PALACE THEATRE

By Tracy Boucher

The Palace Theatre in downtown Manchester, NH is proud to present its annual production of Charles Dickens' *A Christmas Carol*, a heartwarming tale of Ebenezer Scrooge and Tiny Tim told with festive holiday songs and lively dance performed by a cast of professional actors from across the country and including children throughout New England. Ghostly visitors from Christmases past, present and future bring the true meaning of Christmas to the Palace Theatre stage December 2nd through 23rd creating a family memory you'll cherish forever.

This year, over 125 local youth actors will appear in the 18 performances of the production. Of the local youth chosen, one is from right here in Bow and her name is **Olivia Rader**. She will proudly represent her home town, break a leg Olivia!

Don't miss this annual Holiday extravaganza generously sponsored



OLIVIA RADER OF BOW

by Bellwether Community Credit Union and Fratello's Italian Grille and NHPTV. Tickets for *A Christmas Carol* may be purchased by calling the Palace Theatre Box Office at 603-668-5588 or online at PalaceTheatre.org. Tickets range from \$25-\$45. Season subscriptions, Flex Tickets and a variety of Group Rates are available. Tickets are on sale now so reserve your seats today!

BOW POLICE CHIEF GETS SWORN IN



Bow's Margaret Lougee is sworn in as our new police chief. She began as a patrol officer in 1996 and for the last ten years has been the School Resource Officer. *Photo by Eric Anderson*

BOW RECOUNT RESULTS IN LOSS FOR JOHN MARTIN

A recount requested by election day loser House Representative J.R. Hoell of Dunbarton resulted in John Martin of Bow losing 9 votes in the recount and Hoell gaining 12 votes and Bill Kuch gaining 16 votes. Voting count errors in Bow were the problem according to Hoell. The results:

	BEFORE	AFTER
Martin (R)	3002	2993
Hoell (R)	2987	2999
Kuch (R)	3187	3203
Walz (D)	3153	3156
D'Ovidio (D)	2672	2672
Kaminski (D)	2822	2813

COMMUNITY DEVELOPMENT UPDATE

By Matt, Taylor, Director

- Bow housing starts are up 58% already from the previous year!
- Some may have noticed the new construction along Route 3A. Audley Construction, based right here in Bow, has begun work on a project that will add over 25,000 square feet of commercial floor space.
- A new sign will soon be up along I-93 as a result of a vote at last year's town meeting to expand the Limited Industrial Zone District.
- In December, the Planning Board will begin consideration of a zoning change to present to the voters which will allow a mixture of commercial and residential uses on properties near the I-89, Exit 1 interchange.

BOW OFFICIALS CONSIDER NEW ZONING AT INTERSTATE INTERCHANGE OF I-89 AND I-93

A proposed zoning change could help with development in town if voters approve it in March. The Planning Board discussed a potential zoning change to the area at the Interstate 89 and Interstate 93 interchange during its recent meeting. The potential ordinance was drafted by Matt Taylor, director of community development.

The current zoning for the area — which is essentially cut in half by I-89 — establishes an institutional and commercial district near Exit 1 and a residential zone along Logging Hill Road on the other side of the interstate.

The new mixed-use zone would — as the name sug-

gests — allow for more flexible development in that area. “It allows for residential use, which isn't allowed in commercial, but it also allows for higher density,” Taylor said of the proposed zoning change. There are already a few businesses off Exit 1, including the Bow Mobil gas station and a Hampton Inn. In all, the zone encompasses about 170 acres, some of which is a protected state forest.

The goal is to create an almost village-like development in that part of the town. No specific companies or businesses have been considered for the area, but potential

ZONING CONT. ON P. 3

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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

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

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

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

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EDITORIAL

Similar Size Communities – But Very Different Crimes

During a recent trip out west, Debra and I stayed for two days at the Hopi Indian Reservation in Northern Arizona. Hopi is located on thousands of acres in Arizona, but mainly all on top of three mesas they have inhabited for over 1,000 years. Alcohol is illegal on the Reservation but remains the “drug of choice” among a very poor population with very few private sector jobs available.

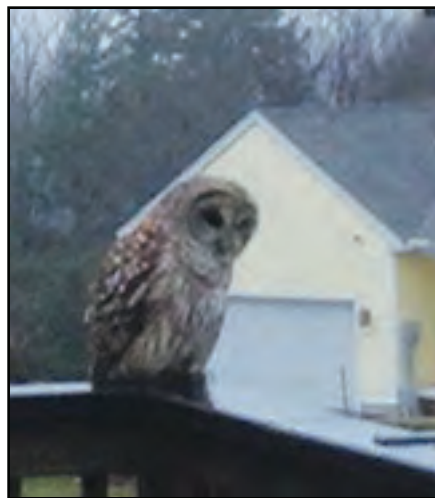
In reading their local paper, the Hopi Tutuveni, I was struck by the similar arrest rate for Hopi (8,000 people) and Bow (7,500 people). The September paper’s arrest report was for 24 people – the exact same number as Bow had for October. Both arrest reports had drug arrests (Hopi 3, Bow 9) but when it came to alcohol, the difference was dramatic.

While Bow had one DWI arrest and Hopi had 2, there were 20 of 24 in Hopi arrested for intoxication or possession of alcohol. Much of the sexual assault and family violence prevalent in parts of Indian County is traced to alcohol bought outside the Reservation but brought in by Tribal members.

For Indians, the disease leads to a dependency that the “dry” Reservation tries hard to eradicate due to the effect on family life. The goal is that by blending counseling with native religion, constructive change can result and “life out of balance” or koyaanisqatsi can be restored to Hopi’s population.

Charles G. Douglas, III

*For a free press,
je suis Charlie*



Early morning visitor at Ann Hourigan's looking for Thanksgiving leftovers!

LETTER TO THE EDITOR

The Town of Bow is considering a new zoning ordinance at the I-89 and I-93 interchange. The 75.04 acres as a residential district is claimed to have an average per acre assessment value of \$20,860.00. But according to the Town of Bow assessment records, three of the parcels making up the 75.04 acres add up to 59 acres with a total assessment of only \$3,672.00, far from the \$20,860.00/acre claimed by the town. Doing the math, $\$20,860.00 \times 75.04 = \$1,653,334.40$.

Deducting the assessed value on the 59 acres of $\$3,672.00 = \$1,561,662.40$.

Dividing the remaining 16.04 acres into $\$1,561,662.40 = \$97,360.50$.

I look forward to an explanation. Really, the math doesn’t lie.

Also, NOTHING should be considered or acted on until such time as the State of NH makes a final decision on correcting the very bad design at the intersection of I-89 and I-93.

Bryan Milazzo, Bow

BOW NAMES NEW SCHOOL RESOURCE OFFICER



Officer Michael Carpenter (*pictured above*) of the Bow Police Department has been appointed as the next School Resource Officer for the Bow and Dunbarton School Districts. Officer Carpenter was the top choice of a panel consisting of Bow School District personnel and a Dunbarton police officer.

Bow Police Chief Margaret Lougee served as the School Resource Officer for the past ten years. “Officer Carpenter will be a great asset for the Department and the School Districts,” said Chief Lougee. “This task is a huge responsibility and I feel Officer Carpenter will do a great job at continuing to keep open lines of communication with the District, teaching safety classes, and counseling students. He will be a great resource for the students, staff, and the communities of Bow and Dunbarton,” added Chief Lougee.

Officer Carpenter has previous experience instructing classes at Bow High School, working with the Bow Police Explorer Post, and at one time served as Juvenile Officer for the Tobey School. He will begin training and observation with Chief Lougee beginning January 3, 2017.



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DATE: December 12, 2016



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**Town of Bow Veterans Memorial
Dedication Ceremony**

“Honoring Those Who Have Served”

November 11, 2016

By Gary Nysten

Eagle Scout Candidate Andrew Nicholls opens the dedication ceremony at the new Veterans Memorial at the Evans Cemetery. The weather was brisk, the crowd of 100 or more paid tribute to those who served in all branches of our military services.



The Bow High School Band under the leadership of Kirsten Benson and Elisha Parker played the National Anthem and the marching music of each branch of the services. What a great job!! You touched the hearts and minds of all of those attending.



Selectmen Harry Judd and Andrew Nicholls cut the ribbon on the Veterans Memorial. Of all the Eagle Scout Candidate projects I have participated in over the last forty years I found this very well done and fitting. Andrew, you are the Man.



Photos by Bill Kuch.

ZONING CONT. FROM P. 1

tenants could be retail operations or restaurants, based on the proposed ordinance.

The hope is that visitors would be able to walk easily from the different businesses there.

The area would also lend itself to walking trails and other amenities and potential housing developments as either stand-alone structures or above the commercial spaces.

“If we’re going to have multi-family housing, we want it to have high value,” Taylor said.

Officials hope that this sort of development would help to enhance the tax base and diversify the types of businesses in town. “It’s about what’s good for the town as a whole,” said Planning Board Member Don Berube.

“This is just a first step,” Taylor said. “This is just a required first step to make anything happen there.”

A similar idea was proposed in late 2014, but progress was halted due to a lack of support from those who live in that area.

However, this new zoning ordinance is meant to address some of those points. For example, developers interested in coming to that area will need to hold a neighborhood meeting before approaching any of the boards in town for plan approval. “It addresses some of the concerns when this whole zoning

change was floating around before,” Taylor said.

A public hearing will be held at their Jan. 19 meeting for residents to give feedback on the proposed zoning district. The final draft will be presented to voters at the town meeting in March. Ultimately, it’s (decided at) town meeting,” Taylor said. “It’s not the board’s decision.”

This isn’t the only change slotted for the area. The state Department of Transportation is looking to eliminate some of the deficiencies at the interchange in Bow, as well as along the rest of the I-93 corridor.

Three different plans were presented to the Planning Board in October by Gene McCarthy, a project manager and senior engineer of the Concord-based McFarland Johnson engineering consulting firm. He’s working with the state Department of Transportation on the project.

The plans included things such as lengthening weaves and adding ramps to distribute the traffic more easily. No option has been chosen yet. Residents will also have the opportunity to weigh in on these potential changes at public meetings sometime in the future.

By Melissa Proulx
With permission from the Union Leader

**BOW PARKS AND RECREATION
CALL FOR ADDITIONAL PROGRAMS 228-2222**

ARCHERY

- *Do you want to compete?*
- *Do you want the health benefits of archery?*
- *Do you want to learn a new sport?*
- *Relax and shoot with friends and family*

Your DREAM our GOAL.

Instructor: Coach Lucy Morris

WHERE: Community Center -- All equipment is provided. Any outside equipment must be inspected for approval.

AGE: 7 years and older

SUNDAYS

BEGINNER | NEW Time: 3:00-4:15 pm

INTERMEDIATE | NEW Time: 4:30-5:45 pm

IV January 8, 15, 22, 29

VI. March 5, 12, 19, 26

“I will be offering these 2 amazing archery sessions for FREE because of our appreciation of Bow Recreation for all they do for this wonderful community and for letting us offer this program in such a cool town for almost 20 years!” ~ Coach Lucy

Pre-registration is required through Bow Rec. Space is limited. Don’t delay, register today!

ART LESSONS FOR CHILDREN

Instructed by Elsa Chern

Grades 1-4

Held at the Bow Community Center

Bus Transportation is available TO the Community Center FROM BES. Transportation is NOT available at the end of the program.

In this six week program we will be learning hands-on techniques and exploring various media to complete art projects including water-color techniques, oil pastels, printing, and 3D art with clay, along with introducing students to famous artist’ techniques and works.

WEDNESDAYS| Time: 2:30-3:30 pm

Session III January 4, 11, 18, 25, Feb 1, 8

COST: \$65/\$70

SUPPLY FEE: \$5 made payable to Instructor

Makeup if needed Feb 15

Session IV March 8, 15, 22, 29, April 5, 12

COST: \$65/\$70

SUPPLY FEE: \$5 made payable to Instructor

Makeup if needed Apr 19

CONTRATULATIONS!

Our faithful advertiser **John Cimikoski** of Cimo’s South End Deli was crowned Mr. Concord by the Concord Contemporary Club.

Debra Barnes of Wellington’s Market was honored by a full page about her specialty wine, cheese and food store in the national magazine Culture in its October issue.



Santa with Ava Popielarz

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The Mini Page

Issue 51, 2016

Founded by Betty Debnam

Holiday Music



© Cheryle Myers | Dreamstime.com

Mini Fact:

According to the Guinness Book of World Records, "White Christmas" is the biggest-selling holiday song of all time.

Do you love singing holiday songs at this time of year? Hundreds of years ago, traveling musicians spread holiday music from village to village. Other holiday songs, written in modern times, have become hits through movies, radio and TV.



Music with a message

Until about 800 years ago, people did not sing many religious songs. Most Christian music was serious and sung in Latin, an ancient language that many people did not understand.

Then some Catholic Church leaders such as St. Francis of Assisi began urging people to sing joyful religious songs in their own languages.

The Catholic Church began putting on religious plays with music. Much of that music, such as "The First Noel," is still popular today.

Until about the 1500s, most winter holiday music written in Europe was about the birth of Christ. Some holiday songs were also written about feasting and celebrating.

The 1800s

In the mid-1800s, an Anglican priest translated more than 400 hymns into English and changed the music to make them easier



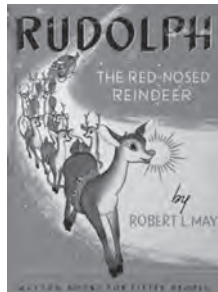
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to sing. Many of these hymns are sung as Christmas carols today. They include "O Come, O Come, Emmanuel," "Good King Wenceslas" and "Good Christian Men, Rejoice."

Some of our favorites

• The words to the much-loved carol "Silent Night" were written by Joseph Mohr, an Austrian Catholic priest, in 1816. He wrote the words one winter night while he was out walking to attend to church duties. A schoolteacher and organist, Franz Gruber, wrote the music two years later for the Christmas Eve midnight services at Father Mohr's church.

• "Rudolph the Red-Nosed Reindeer" was written in 1939 by Bob May, an ad writer for a department store, Montgomery Ward. Experts believe he first made up the story of Rudolph for his 4-year-old daughter, Barbara.



Many of these newer Christmas songs do not have a religious meaning, including "Santa Claus Is Coming to Town" and "Frosty the Snowman."

• Composer Jay Livingston and writer Ray Evans wrote "Silver Bells" in 1951 for a movie starring comedian Bob Hope.

Hanukkah songs

The eight-day Jewish celebration of Hanukkah usually comes in December.

This year it begins the evening of Dec. 24 and continues through Jan. 1.

During this time, people sing many traditional songs.



Children sing the "Dreidel Song" about a dreidel (DRAY-dle), a special toy top with four sides.

Another song both adults and children might sing is "Hanukkah, Oh Hanukkah."

It is more about the pleasure of gathering with family and friends during this holiday rather than about the religious services.

Modern composers have written Hanukkah music for children and young adults that connects the old traditions with modern experiences.

For example, "Light One Candle" was written by Peter Yarrow and performed by his singing group, Peter, Paul & Mary. It tells of the long Jewish fight to create a better world.



Try 'n' Find

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



CHRISTMAS, DREIDEL, FAVORITE, FROSTY, HANUKKAH, HIT, HOLIDAY, JOYFUL, LANGUAGE, LATIN, MUSIC, PLAYS, POPULAR, PRIEST, RELIGIOUS, RUDOLPH, SONGS, WINTER.

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

7 Little Words for Kids

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



- 1. rabbit food (6) _____
- 2. it goes with a key (4) _____
- 3. first meal of the day (9) _____
- 4. room for cooking (7) _____
- 5. bad guy (5) _____
- 6. nickels and dimes (5) _____
- 7. leader of a country (8) _____

BR	CRO	COI	CAR
LO	NS	ENT	FAST
KIT	PRES	EAK	ROT
CK	OK	ID	CHEN

Answers: carrot, lock, breakfast, lock, carrot, kitchen, crock, coins, president.

Mini Jokes



- Tim:** Why do some dentists gain weight?
- Terry:** Because just about everything they do is filling!
- Ted:** What's the difference between a New Yorker and a dentist?
- Tad:** One roots for the Yanks; the other yanks for the roots!

Eco Note



Hurricane Nicole's fury around Bermuda in October appears to have stirred up a "sea monster" from the deep — a 14-pound giant spiny lobster the size of a child! A fisherman on a Bermuda charter boat inadvertently reeled in the catch after the Category 3 storm passed.

adapted with permission from Earthweek.com

For later:

Plan a caroling party with your family! What songs will you sing?

Teachers:

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

**MONTHLY REPORT
FROM
THE TOWN OF BOW**

**PUBLIC SAFETY BUILDING
PROJECT**

The exterior framing work is complete and work began on the interior framing; gas and electrical services are installed up to the building; and the base coat of paving was partially completed to facilitate continued construction.

8TH TURKEY TROT A SUCCESS

The Bow Police Association held the 8th Annual Turkey Trot on Thansgiving Day and it was a huge success. There were 439 runners and 58 walkers who participated in the Trot. The Association would like to give thanks to the Bow Police Explorer Post, Bow High School's National Honor Society, Bryan Westover, Bow Men's Club, and Lori Fisher for their contributions to the success of the event.

**FIRE PREVENTION FOCUS
OF FIRE DEPARTMENT**

Fire Prevention week occurs annually towards the end of October. This year Firefighters visited several child care facilities, each Kindergarten class, and conducted several fire station tours. During these interactions, age appropriate fire safety topics are presented. The children learned things such as: stop drop and roll, when to call 911, fire drills, exit plans, and meeting places. The department hosted a senior citizen group for a

tour and had a discussion on injury prevention. Also, fire drills, lockdown drills, and shelter-in-place drills were conducted throughout the month at all three schools. Bow Fire Department recommends families develop an emergency plan including emergency phone numbers, exit routes from home, and meeting places. It is important to practice this plan with young children.

POLICE DEPARTMENT

Chief Margaret Lougee thanks the entire Town of Bow for the well wishes, cards and prayers. The turnout at her swearing in was remarkable. The Bow Police Association held the 8th Annual Turkey Trot on Thanksgiving Day and it was a huge success. There were 439 runners and 58 walkers who participated in the Trot. The Association would thanks the Bow Police Explorer Post, Bow High School's National Honor Society, Bryan Westover, Bow Men's Club, and Lori Fisher for their contributions to the success of the event.

JOB ANNOUNCEMENT

The police Department has an opening for a full-time Police Officer. Candidates may apply at www.policeapp.com.

Both certified and non-certified police officer applications accepted.

Bow Community Men's Club
New Years Day
Breakfast Buffet

At The Bow Community Center
8:30-12:00 PM
Adult \$ 10.00
Children (12 and Under) \$ 4.00

Eggs, Bacon, Sausage, Hash,
Chipped Beef, Beans, Pancakes,
Blueberry Pancakes, French Toast,
Fruit Salad, Toast, Coffee, Milk,
Tea, Hot Chocolate and Assorted
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TRAVEL TALK - BOW STUDENTS VISIT CUBA

BY BRAYDEN BINDER

ELO by Chase Binder

Bow High School's Extended Learning Opportunity (ELO) program gives students the chance to learn outside the traditional classroom, whether in structured learning activities in our own communities or in countries beyond our borders. Social Studies teacher Derek DeAngelis and World Language teacher Colony Barrett combine their disciplines and their students in a single guided trip designed to show students what different disciplines have to offer—and how the students can help each other decipher other cultures.

Last year DeAngelis and Barrett took a group of students to France and this year's ELO trip was to Cuba. My grandson, BHS junior Brayden Binder, participated in the Cuba learning experience and agreed to share his thoughts.

The Bow High School trip to Cuba was an awesome experience for me, and even a historic one—we were there when Fidel Castro died. Of course we researched Cuba before we left, but I can say that being there is a completely different experience than reading about it. I was wrong not only in my thinking about what Cuba would look like, but just about everything I expected before going on the trip was wrong. My senses were always in a new situation as I saw new things, felt new things, met new people and tasted new things.

It began mere minutes after the plane departed from Miami International Airport. I was in awe at the beautiful hues of blue on the water I was seeing right outside my plane window. On land, I immediately noticed the wide variety of color they use for their houses and other buildings. I had never seen so much color, and frankly seeing orange and light blue houses scattered around everywhere seem quite weird. With those odd (to me!) colors also came completely odd cars—American-made cars from the 1940's and 50's. An antique car anywhere in America would stick out like a sore thumb, but in Cuba they're everywhere. I was amazed that they were even still moving, let alone that they seemed to be just regular cars there.

Some parts of Cuba also looked very old, and in a lot of cases very rundown. Inside the cities, you'd see buildings with a lot of paint chipping off because of how old they were. The poor sections of Cuba are usually on the outskirts of cities, and are riddled with houses that looked like they were built with random materials from the dump. But these outskirts were completely countered



Front row (l to r): Anna Shepard, Payton Barrett, Maria DeAngelis, Elizabeth Dunn, Brayden Binder (author)

Back row (l to r): Cody McCluary, Brendan Fournier, Kenny Breen, Robert Kremzner, Brandon Parker, Evan Alfano, Alistair Mayo, Mason Elle-Gelermpfer, Keegan Orzechowski, Ethan DeAngelis (photo courtesy of Derek DeAngelis).

by the amazing landscapes of the countryside. I've never seen such beautiful landscapes just outside of my window. It was breathtaking and nothing I could write could describe the beauty. My photographs don't even give liberty to the moments in which I took the shots.



Las Terrazas, an eco-community offers a hotel, riverside and forest nature walks and small cottages for local housing.

Most of the places we visited were community centers of all types: night schools, dance academies, art schools and more. One of the biggest things there is art. Cubans love music, art, and dancing. Often we were asked to get up and dance. It's just the fun spirit of the people and they want to live their lives grandly. They want to drink coffee when they get up and dance until they fall asleep. These community centers teach kids in rundown areas or from disturbed families how to live a certain life, and how to have fun while doing it. I could tell that the kids there really love these places, and I know for a fact that anyone in

through his town, and on top of that didn't give up until we had a paper to take home.

This *is* the people of Cuba. The feeling while there is warm, not only due to the weather, but also because of the people. Cubans are incredibly community-oriented people who have no problem helping you if you ask. The overall feeling I got while standing in the town squares, while in the various community centers, and while walking around on the streets was a tranquil and laid back one. It was actually pretty peaceful there.

Though the feeling there was great, I can't say we experienced the best food Cuba has to offer. Being on a tour limits your choice of food—and it's not what American teens are used to. Most of the country subsists on rice, chicken and pork...and the always-present dessert, flan.

There is so much to say about Cuba that I'm not sure I'll ever be done. Would I recommend going? I would wholeheartedly recommend going but I will say that the trip would definitely be more of an experience than a vacation.

my group would say the same thing about the artistic culture there. At all of the community centers, there was a lighthearted and fun feeling.

I thought that we Americans wouldn't be too kindly accepted in Cuba due to the history between our two countries. Boy, was I wrong. The Cuban people can be summed up in one story from my last morning in Cuba, in the small city of Santa Clara, where the last battle of the Cuban Revolution occurred in 1958. When I learned of Fidel's death, a few of us went to the town square to find Cuban newspapers. No one was selling newspapers in the square, so we asked a friendly-looking local for help. He didn't speak English and we struggled to explain what we wanted in Spanish. He took us through the entire square, trying to help. At last he figured it out and found a store, but the papers hadn't been delivered yet. We parted ways—it was time for us to leave. But as we were sitting on the bus 30 minutes later, I saw our Cuban friend outside our bus waving a newspaper. He had randomly helped us, escorted us



Cuban middle-school students play a local game in one of Havana's many public squares.



Top students have classes and meeting space in the University of Havana's restored classrooms and lecture halls. (Photos courtesy of Brayden Binder)

A GIFT OF FITNESS JUST FOR YOU

BY JIM OLSON

WE LOVE TO GIVE!!

We are giving you 12 exercises to do at home!

Health & Fitness is so important, and so are you!!

If you have a current fitness routine you can use this exercise program to add to your repertoire.

If you aren't following any type of fitness program you can use this to kick-start your fitness journey or to use over the Holiday's if you can't get to the gym, or if you are traveling.

Here are 12 exercises you can do at home, in the office, or on the go. Do each exercise for 30 seconds with a 10 second rest in between each, after the circuit is complete rest for 2 minutes.

You can follow this up with 2-3 more times through if you desire.

JUMPING JACKS

For 30 seconds - Jump while raising arms and separating legs to sides. Land on forefoot with legs apart and arms overhead. Jump again while lower arms and returning legs to midline. Land on forefoot with arms and legs in original position and repeat.



Jim Olson

WALL SIT

Start with your back against a wall (or use an exercise ball if you have one) with your feet shoulder width and about two feet from the wall. Slowly slide your back down the wall until your thighs are parallel to the ground. Adjust your feet if you need to so that your knees are directly above your ankles (rather than over your toes). Keep your back flat against the wall. Hold the position for 30 seconds, rest 10 seconds.

You may feel a burning sensation in the quads, but if you have pain in the knee or kneecap, stop the exercise.

PUSH UP

Place your hands on the floor so they're slightly outside shoulder-width. Spread your fingers slightly out and have them pointed forward. Raise up onto your toes so that all of your body weight is on your hands and your feet. Contract your abdominals to keep your torso in a straight line and prevent arching your back or pointing your bottom in the air. Bend your elbows and lower your chest down toward the floor. Once your elbows bend slightly beyond 90 degrees, push off the floor and extend them so that you return to starting position. If you're unable to complete a push-up, you can complete them from your knees instead of your toes. Get up into a push-up position and then lower your knees down to the floor so that your torso is still in a straight line with your thighs. You can also have your feet remain on the floor and place your hands on a bench, so that you're at an incline position. If you want to increase the difficulty of the regular push-up, you can place your feet up

onto a bench, which will increase the amount of body weight placed on your arms.

CRUNCHES

Begin this exercise by lying on your back on a mat in a normal sit-up position, with your feet flat on ground and your knees bent and your arms stretched out straight on each side. Simply execute a crunch while using only your abdominals and by reaching both of your arms straight out in front of you and then return slowly to the start position - do as many as you can for 30 seconds

STEP-UP (ALTERNATING LEGS)

Find a step, a bench, or a sturdy chair that when you place your foot squarely on it, your knee is at a 90-degree angle or larger. Step up for 15 seconds, leading with the right foot, then the left, bringing both feet completely onto the chair. To return to the starting position, lead with the right foot to step down to the floor, then the left, until

(FITNESS CONT. ON PG. 12)

Merry Christmas



Happy New Year

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ANY PORT IN A HOLIDAY STORM

By Nicole Habib



– dipping dramatically. Particularly here in the U.S., Port’s been unable to shed its dated and “uncool” stigma (though Nielsen data from 2016 shows that it’s the fastest growing wine category in the UK). So maybe there’s hope.

Why do I think this wine is so great? Well, I’m not a huge sweets lover, but the last few times I’ve indulged in Port, it’s been served with a bit of blue cheese – Roquefort, to be exact – and the flavors simply blew me away. (Seriously, you haven’t lived until you’ve tried this classic match.) Like any wine, when paired with the right food, Port becomes a show-stopper of a drink. Try serving with a plate of blue cheeses or smoked meats, or anything chocolate. Nuts are also a great pick, from just out of the shell to baked nut breads.

It’s rich. It’s sweet. It’s lively. And it’s the one perfectly festive drink American wine lovers will (once again) largely overlook this holiday season. But I’m hoping I can help convince some folks to give it a second chance.

Port, the famed fortified dessert wine of Portugal, was once the most popular wine in the world (particularly among the British). Unfortunately, the 20th and 21st centuries haven’t been so kind to the Port industry, with popularity – and exports to once flourishing markets



ny categories of Port, there are other subcategories of various quality – which means there’s a delicious Port out there to suit just about any budget or palate.

The Port industry wants consumers to think of their wines outside of a “winter warming” context and is hoping people will begin sipping Rubies and Tawnies all year long – to that end, they’re upping their marketing and packaging games; Croft has even introduced a rosé style to try and ride the coat-tails of pink wine’s “of-the-moment” drink status.

And, there are bright spots in Port’s future here in America. With the advent of “mixology” at bars everywhere, Port *has* been making a comeback in the cocktail world. So if you’re bored drinking it straight over the holidays, try this simple recipe: Pour over ice equal parts tawny port with unflavored vodka, and applejack (or any kind of brandy). Add a dash of Angostura bitters, then fresh lime juice and simple syrup to taste. Shake, then strain into a coupe or cocktail glass. Mint leaf garnish optional. Cheers – and Merry Christmas!



Quick Tip:

If you’re looking for a good bottle (and some of that tasty blue cheese I mentioned), stop by Wellington’s Marketplace on Main Street. I’m told their Annual Port tasting at the beginning of December was great fun – so I know they’ll take care of you.

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Bow Pioneers Snowmobile Club News

Article and Photos By Andy Foote

To those of you who are Club Members did you know that snowmobile season doesn't start after we have eight inches of snow on the ground? It actually runs year round with things such as monthly Board, Club and Trail Committee meetings. There are fall fund raising events like the Mum sale and the fall flea market. We also host the annual landowners appreciation dinner and in the fall we start the Saturday morning "four hours" of trail work where the Trail committee and volunteers worked to clear downed trees, removing annual brush growth and creating/re-routing trails for members and residents to enjoy year round.

The Bow Pioneers Trail Committee would like to let everyone know that we have done some major trail work to our system over the last two years, beginning with last season's Rest Area Trail! With the lack of snow two years ago, we put the downtime to use and were able to open a trail to the I-93S Rest Area. At the moment we are only providing access to the Restaurants, rest rooms and Liquor Store, so please do not drive to the pumps as we have not worked out the details on traffic flow and safety with the owners. We will, if members request it, add a "lock box" with five gallon gas cans, so you can get gas if needed. Gas is still accessible by sled at the Citgo on Rt. 3A (formerly Mr. Mikes).

Our next biggest challenge has been The Kimball Pond Trail. This has always been a difficult section for us to groom. For years we have worked to secure Land Owner permission along the power line through Dunbarton. Sadly, it has come without success and the fact that we cannot cross Kimball Pond with our heavy grooming equipment, we have had to deal with this broken trail right in the middle of a four hour grooming loop. STOP THE PRESSES, this is all about to change! We've been able, thanks to

the relentless efforts of Trail Master Mark Dube and Trail Committee member Andy Foote, to secure land owner access around Kimball Pond, across Robert Rodgers Rd., onto the Class Six Stone Road and through the Stone Farm Family Trust land and then back onto the power lines just before Guinea Road in Dunbarton and reconnect with our existing trail. The reroute, known as the "Stone Rd. Trail" will provide us with a continuous loop that is groomable by the BPSCTucker and any future grooming equipment for years to come! This has been the club's largest reroute in over five years, and with the help of Bow and Dunbarton riders/members, we plan to have it open for the 2016/2017 riding season!



Trail Committee Members, Craig Ott, Andy Foote, Brian Ellis and Ray Cote completed the reroute of the old trail behind new Safety Building Complex. The new trail weaves through the buffer of trees behind the new building. There will also be access in front of the Safety Complex to the Sledding Hill.

Dan Freeman from Parks and Recreation opened a completely new route around the recently upgraded sports fields on Albin Road. This trail is as nice as any of

the trails in the School Forest and a much more convenient access to Turee Pond and the Turee Pond Loop Trails. Please be kind and stay on the trail and off of the sports fields, Dan has put countless hours into improving the field conditions for our athletic teams!

Over the last five years I've seen dozens of riders on the Logging Hill Loop and have been asked, "Hey Andy, what happened to the old trail that connected to Turkey Pond"? Well, we have revisited the closing and currently have a request in with landowners to re-open Turkey Pond to Albin Road Ball Fields/Turee Pond and the Logging Hill Loop trail. From someone that lives on the north end of town, and as the guy that maintains the Logging Hill Loop we need to get this back as a "Club Maintained" trail. It appears there are some changes in the management of the property, some new blood and a previous rider that is relooking at the request.

So, if you haven't been out walking, jogging, biking, hunting on the town trails this fall you are in for a great surprise! Under the supervision of our Trail Master, Mark Dube and the tedious planning/design work of Jimmy Dimick, and Manual Laborer Foote (Lead Post Pounder Operator), a HUGE sign project is exploding all over town. This is most definitely the single biggest update to the Bow Pioneer Trail system. We would



like to ask that while you are out this fall or riding this winter to look at the new 'Green and White' trail signs. They are at all of our major intersections. We are working on an updated map which will include all of the new projects listed above and we ask that if you find a confusing sign, send the 'Junction #' and your suggestion to the trail master, Mark

Dube at mark_dube@comcast.net. We will be posting four donor signs at our entry and exit trails and in the center of town, please take a moment to thank the local business listed for their support that made this project possible.

The fall fund raisers were the best we've had in years, a huge thank you to everyone that bought MUMs at the MUM sale, by far our best year yet! With the help of Jim Whalley and HK Powersports, the annual Snowmobile Flea Market had a record year. It takes a lot of time and money to maintain all of the bridges, the trail maintenance and grooming equipment and your support helps us to get it done. As they say, 'the proof is in the pudding.' Thank you for your support of our club and the town trail system!

We are currently working with two vendors to come up with a more "modern" club patch design to use on Sweatshirts, T-Shirts and Knit Hats. Below is a rough draft of what the new design may look like. We are open to ideas as we want this to be a marketing tool, fund raiser, something "cool" to wear this winter, so if you have a suggestion please email Andy Foote at Anthony.c.foote@gmail.com or call him at 738-3616.



The trails committee would like to get town input on what areas need trail access. So... if you and your neighbors have sleds and can't hook into the trail system, we need to know. Email Mark and we'll come up with a plan!

In an attempt to foster more fun club activities this riding season we are working to keep our Club Facebook Page updated. It is our hope to make membership in the BPSCT more than a \$30 discount on your annual registration. So let's all get onboard and come up with some new ideas on how to keep the riding team together all season long! So like us on FB and let's get the word out, BPSCT is a four season club!

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In The Woods



I finished up my deer season in Anticosti. I scored two bucks, an eight and ten pointer. That made my season complete with the seven pointer. Reading a recent article about rifle calibers caught my attention. While rifle calibers are important, optics are crucial to the serious deer hunter. In scopes, you get what you pay for, Low light conditions are common in deer hunting. Pay the extra money and get something really good. A high quality scope will help you make that perfect shot. I recently observed a hunter try to sight in his rifle with different ammo than what he used in NH. Do not mix and match ammo, use the same ammo to sight in that you hunt with.

Use high quality ammo and

pay the extra money. I prefer Winchester Ballistic Silver Tip. It is an excellent round. For Christmas shoppers that have a fly fisherman to shop for the book, "Brook Trout" by Nick Kiras is exceptional. With the closing of hunting season on December 4, 2016, we begin to think about getting prepared for ice fishing. Check out your ice fishing tackle and purchase items that need to be replaced but better yet they make great Christmas presents. Half the fun is getting ready. Our state has many ice fishing locations and some places have safe ice before others. Check out the N.H. Fish and Game website www.wildlife.state.nh.us/outdoor-recreation/documents/ice-safety.pdf. Take the time and be safe. Consult the N.H. Fish and Game Department Laws, Rules, and Regulations about the various ponds and lakes where fishing and bag limits are listed.



Ron Lacroix Lives in Bow



NEW HAMPSHIRE BANKER APPOINTED TO THE AMERICAN BANKERS ASSOCIATION'S MUTUAL BANK ADMINISTRATIVE COMMITTEE

By Brandy Waterman



Mark Pitkin, President and CEO of Sugar River Bank in Newport, NH, has been appointed to the Administrative Committee of the American Bankers Association's Mutual Institutions Council for the 2016-2017 association year. The Council, which is made up of more than 100 mutual bankers and is governed by a 15 member administrative committee, meet twice a year to discuss the critical issues affecting mutually-chartered institutions. Members of the Administrative Committee convene in between Council meetings to provide guidance and recommendations to ABA

on a number of legislative and regulatory concerns relating to mutual institutions.

"It is an honor to be part of this committee and shed light on the unique issues affecting mutual institutions all over the country," said Mark Pitkin, President and CEO. "This appointment gives me the opportunity to address the needs of our community and help keep these banks a viable part of our industry."

Mr. Pitkin has 24 years of banking experience. He attended the University of New Hampshire where he earned a Business Administration degree as well as his MBA. He also serves as the Director and Treasurer of the New Hampshire Banker's Association, Director of the Community Bankers of NH. and Director of Banc Alliance.

ABA's Mutual Institutions Council is open to representatives of any ABA member institution in mutual form, including institutions within mutual holding company structures.



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for making this another record year.

Wishing everyone a wonderful holiday season



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BAKER FREE LIBRARY NEWS

By Lori Fisher

UPDATE ON PHASE II RENOVATIONS

The Phase II renovations are moving along! The concrete, framing, and bathrooms are being installed in the Lower Level, with work on the 2nd egress expected to begin before the new year. Our completion date is still early February 2017. Thank you for your patience during this major transition - we are all very excited about the new spaces we'll have to offer Bow residents after the New Year! Questions? Email info@bakerfreelib.org or call 224-7113.

SUCCESSFUL WREATH AUCTION ON NOVEMBER 12



Lisa Richards and Donna Deos socialize after looking over the raffle prizes at the 2nd Annual Baker Free Library Wreath Auction. Photo by Lori Fisher

The Friends of the Baker Free Library held their 2nd Annual Baker Free Library Wreath Auction on November 12th, netting over \$2000 for the Lower Level Renovation.

Forty wreaths were donated by folks ranging from young children to business owners and community organizations. (There was even a wreath with a real ukulele!). Those attending the Auction cocktail party on November 12th enjoyed jazz entertainment, wine, and fine hors d'oeuvres, while socializing and placing final bids. Thank you for all your support of the Friends of Baker Free Library and our efforts to enhance this community gem! Questions? Contact Rita Morrison at morrison.rita64@gmail.com, or

call the library at 224-7113. Thank you for participating in the Library Survey.

The Baker Free Library conducted our quadrennial survey of Bow residents and library card holders during the month of November, and we're happy to say that we had 389 participants - more than in 2012 and 2008!

The winner of the \$50 Irving gas card was Bob Couch....Congratulations Bob!

Thank you to everyone who participated, and the results of this survey will be shared with the Library Trustees and with the public in future newsletters. Questions? Email Lori Fisher, Director, at lori@bakerfreelib.org.

8TH ANNUAL HOLIDAY GIVING TREE

Are you looking for a unique and meaningful way to give back to the Bow community this holiday season? Or are you interested in making a cash donation before the end of 2016 for a tax deduction?

Please consider helping the library through our 8th annual Library Holiday Giving Tree beginning on Monday 11/28 and continuing through Saturday 12/31.

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

All donors will be recognized on the tree with a dove grey paper ornament (which can be labeled "anonymous"), and cash donors will receive a letter of acknowledgment if the amount is over \$50.

Thank you in advance for your generous support of the library! Questions? Contact Lori Fisher, Director, at 224-7113 or lori@bakerfreelib.org

HOLIDAY LIBRARY CLOSURES

The Library will be CLOSED on Sunday, December 25 and Monday December 26 for the Christmas Holiday. We'll re-open at our regular time of 10 am on Tuesday December 27. The Library will be CLOSED on Sunday January 1, 2017, and Monday January 2, 2017,

for the New Year's Holiday. We'll re-open for our regular time of 10 am on Tuesday January 3, 2017.

Remember that you can always reserve and renew materials online through the Library Catalog on our web site, www.bowbakerfreelib.org. Also, our book drop and DVD/CD drop are open 24/7 when the library is closed. Happy Holidays from our families to yours!

Fundraising Update

To date \$570,000 or 95% of the funds needed to complete the renovation of the lower level at the Baker Free Library have been raised. With your contribution, the private funding goal can be met, and the project can be completed.

100%
\$300,000

Public Funds Raised

90%
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Private Funds Raised

\$570,000 or 95%
Total Funds Raised to Date

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By Ian Riensche

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2	9		6				1	
7		2	3		4		9	
	4			1			6	
	3		5		9	7		2
	6				7		2	4
		4	9	2		1		
		7			1			

Use logic and process of elimination to fill in the blank cells using the numbers 1 through 9. Each number can appear only once in each row, column and 3 x 3 block

(FITNESS FROM PG. 7)

ending with both feet on the ground. Switch legs, and start stepping for 15 more seconds.

SQUATS

Stand with your head facing forward and your chest held up and out. Place your feet shoulder-width apart or slightly wider. Extend your hands straight out in front of you to help keep your balance. You can also bend the elbows or clasp the fingers. Sit back and down like you're sitting into an imaginary chair. Keep your head facing forward as your upper body bends forward a bit. Rather than allowing your back to round, let your lower back arch slightly as you descend. Lower down so your thighs are as parallel to the floor as possible, with your knees over your ankles. Press your weight back into your heels. Keep your body tight, and push through your heels to bring yourself back to the starting position. Do this for 30 seconds.

CHAIR DIPS (TRICEPS)

Sit in a chair, holding on to the edge with both hands, knuckles pointing forward. Slide your bottom off the seat and hold yourself up with arms straight, keeping your body close to the chair. Slowly lower your body for two counts as you bend your elbows (they should point directly behind you, not out to the sides); straighten your arms for a count of two. Make sure your arms (not your feet) are supporting your weight throughout the motion. Repeat 12 times. On the last rep, hold at the bottom for eight counts, then pulse up and down slightly eight times before straightening your arms.

PLANKS

Place the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance. Ground the toes into the floor and squeeze the glutes to stabilize the body. Your legs should be working in the move too; careful not to lock or hyperextend your knees. Neutralize the neck and spine by looking at a spot on the floor about a foot beyond the hands.

Your head should be in line with your back.

Hold the position for 30 seconds.

HIGH KNEES

Basic high knees can be performed while running in place or moving over a distance. Stand in place with your feet hip-width apart. Drive your right knee toward your chest and quickly place it back on the ground. Follow immediately by driving your left knee toward your chest. Continue to alternate knees as quickly as you can. Perform this exercise for 30 seconds.

SIDE PLANK

Lie on your side on your mat. Place forearm on mat under shoulder perpendicular to body. Place upper leg directly on top of lower leg and straighten knees and hips. Raise body upward by straightening waist so body is ridged. Hold position. Repeat with opposite side for 30 seconds.

LUNGES (ALTERNATING LEGS)

Slowly step forward allowing both knees to bend so that the thigh of the forward leg is parallel to the floor and the knee of the rear leg touches the floor. Then, slowly push off with forward leg to return to the starting position. Alternate legs - for 30 seconds. If this movement is too difficult to perform due to weakness, do not perform the full movement.

PUSH UP WITH ROTATION

Start with hands just wider than shoulder-width, hands and feet on the floor, body straight from head-to-heel, arms fully extended, but not locked. Lower your body until elbows are bent at 90 degrees, keeping core muscles engaged. Push up, rotate upper body and extend your right arm upwards. Return to starting position and repeat. (Alternating sides). We love to give, and change lives!! Are you ready to make that change!? If you are in a rut with your own fitness routine and struggle to stay on track we are the accountability you are looking for!!

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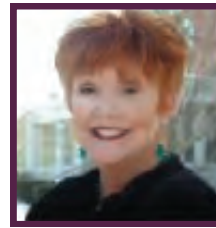
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BOW REAL ESTATE SALES

November, 2016

- 23 Buckingham Dr, 5263 gla, glaag 3983, 4 br, 4.5 bath, 2 car att., 2.13 acres, Sold \$565,500 11/16/16
- 23 Longview Dr, 5142 gla, glaag 3193, 4 br, 3.5 bath, 2 car att., 2.79 acres, Sold \$440,000 11/28/16
- 6 Longview Dr, 3647 gla. Glaag 2527, 5 br, 3.5 bath, 3 car att., 2.32 acres, Sold \$417,200 11/17/16
- 13 Parson's Way, 2200 gla, glaag 2200, 3 br, 2.5 baths, 2 car att., 1.59 acres, Sold \$413,100 11/01/16
- 22 Longview Dr, 4300 gla, glaag 3300, 4 br, 4 baths, 2 car under, 2.35 acres, Sold \$395,000 11/28/16
- 14 Van Ger Dr, 2560 gla, glaag 2560, 4 br, 2.5 baths, 2 car under, 2.49 acres, Sold \$366,200 11/04/16
- 85 White Rock Hill, 2562 gla, glaag 1932, 3 br, 2.5 baths, 2 car att., 2.09 acres, Sold \$319,900 11/30/16
- 38 Lewis Lane, CONDO, 1650 gla, glaag 1650, 2 br, 3.0 baths, 2 car Det., 0 acres, Sold \$313,400 11/14/16
- 72 Stone Sled Lane, 2250 gla, glaag 1454, 2 br, 2.0 baths, 2 car att, 0 acres, Sold \$309,000 11/14/16
- 23 Marion's Way, CONDO, 1347 gla, glaag 1357, 2 br, 2.0 bath, 2 car att., 0 acres, Sold \$269,006 11/18/16
- 26 Allen Rd, 2055 glaag 2055 gla, 2055 glaag, 3 br, 1.5 bath, 2 car Det, 2.0 acres, Sold \$260,000 11-10-16
- 15 Knox Rd, 1548 gla, glaag 1548, 3 br, 1.5 bath, 1 car under, 1 car under, 1.1 acres, Sold \$239,000 11-29-16
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(Note: gla = Gross Living Area, glaag = Gross Living Area Above Grade)

These statistics are for all Bow Sales for the period 11-1-16 thru 11-31-16, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

Provided by LINDA HUTTON. Linda has been selling homes & property in Bow for over 24 years & has sold more homes in BOW than anyone. She knows Real Estate!!!

Comments, question, Contact Linda at: Cell 731-2202 (preferred)

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THE WASHINGTON REDSKINS FINALLY DROP THEIR OFFENSIVE NAME



Dan Snyder, owner of the NFL Redskins, has announced that the team is dropping "Washington" from the team name, and it will henceforth be simply known as "The Redskins." It was reported that he finds the word "Washington" imparts a negative image of poor leadership, mismanagement, corruption, cheating, lying, and graft, and is not a fitting role-model for young fans of football.

Arizona located on the Navajo Reservation (America's largest) has a high school of 100% Navajo Indians. Not one white American lives there. Their high school football team would be politically incorrect in the liberal enclaves of San Francisco and New York. Can you guess?

Their team is proudly called the Red Mesa Redskins. I guess no one told them that is supposed to be offensive to Indians. Feel free to google Red Mesa.

NOTE: Speaking of Redskins

It is worth noting that Red Mesa

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Cloyd and Nancy Averill of Bow with their granddaughter, Mya Averill, in Auckland, New Zealand. Mya lives in Auckland and the photo was taken at the Elevation Cafe, Waitakere Range, Auckland.

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Love and Support When You Need It Most!

By Donna Deos

Welcome to December and the end of this calendar year. What a big year full of change it has been! Now we face wrapping things up and gearing up for 2017. Where does the time go?!

I hope you have found my columns over the past year or two to have been helpful. That is my goal. I continuously strive to provide you with the love and support I think you may need as each month comes by. Really, I feel that is my purpose in life. To be here and support people in their most pressing times of need. To talk about the things no one wants to talk about, but that we all go through.

I want to let you know that you are not alone in what you are thinking and feeling. Aging, change, watching our loved ones age and change, doing it ourselves is all very tough stuff. No one should have to go through that alone. No one does have to go through that alone. That is why I am here and I do want to help. So please, reach out. If you find yourself unsure and not knowing who to turn to, call me. If I am not the best person to help you I will point you toward the one who is.

The holidays typically bring around family and visitors, but not for everyone. Some of us are essentially on our own a lot of the time. That doesn't seem or feel right, does it? Not to me and I'm sure not to many of you either. So, if you have a neighbor that you know of who seems to be left out or somewhat forgotten – reach out to them, please. Not just this time of year, but periodically throughout the year.

Remember, many seniors don't want to be a bother. They won't let you know they are lonely or don't have a place to go for the holidays or a special meal to have on their special day. They won't ask. They won't tell you. It's not in their nature and it's not how they were raised. However, if you show up with a meal or an invitation or some other special thing I guarantee you will make their day! We all want to be loved and appreciated – by as many people as possible. Perhaps a good goal for all of us for 2017 would be to make a commitment to once a month go out of our way to do something special for a senior



citizen that we know who could be lonely.

Even if you think they have family nearby, and even if they do, you can still make their day.

My very own next door neighbor has had a tremendous influence on my whole family by being the wonderfully caring person her parents raised her to be. On many occasions she visited my mother with her kids and brought more joy than you can imagine to her. Just the other day, on the two year anniversary of my mother's passing she dropped by with a meal for me. She truly is the best neighbor ever and I'm so proud to have her in my life. Thank you Carolyn! You are an amazingly beautiful woman who opens hearts everywhere she turns. Please don't ever stop being your wonderful self. We love you.

I wish we could all have our very own Carolyn, or be our very own Carolyn to someone else. Just doing a nice thing like stopping by to say "hi" even if you have no gift to offer is a wonderful thing to do.

So, spread the joy this December to those you think could use the pick me up. And, then spread it to someone you think doesn't even need it but do it anyway. You will give them a blessing they will not soon forget and the feeling you give yourself and the example you set for your children will be a gift that keeps on giving.

My gift to you this holiday is that I have put a sale on my entire website of services and offerings. Now through Christmas Day (because that is the holiday I celebrate) is 25% off your entire purchase. Simply use the coupon code of "LoveAll" at checkout.

My new program on advocacy called "Speaking for Them" is available in a downloadable course now. So, you can have access to it anytime versus when it is offered live on line. Downloads give you freedom and flexibility, but live courses give you camaraderie with your fellow classmates.

I welcome any suggestions you may have for 2017. I am actively planning and writing my courses and plans for the coming year. You will hear about those as 2017 unfolds.

Remember, I am always here for you. You have love and support any time you need it. If you have a group you would like me to speak to, a topic you would like me to write or teach about, I am here to listen and open to suggestions. You can always email me at donna@donnadeos.com or call 224-4178. I welcome your input. After all, **YOU are why I do what I do.** With blessings and love this holiday season,

P.S. In November, I was a speaker in an online summit of experts called "The Family Caregiver's Summit". The entire summit was recorded and can be purchased by those who are interested. My website has a link on it under the Events Section or go to: <http://www.donnadeos.com/new-events/2016/10/25/family-caregivers-summit-2016>. I will always try to provide you with resources – my own or others – that I feel will help you with all that you face!

WINTER TIPS

BY TIM SWEENEY

DEPT. OF PUBLIC WORKS

WINTER SNOW SHOVELING AND CLEARING

- Prevent back injuries by using small shovel loads and shoveling in layers, starting from the top.
- Shovel in time intervals, every hour or two, to reduce the amount of snow accumulation.
- At the road side, pile snow on the side of your driveway, on the downstream-flow of traffic.

This reduces the amount of snow the plow truck puts in your driveway.

- Don't throw snow into the street — it creates a driving hazard and eliminates the plows from pushing the snow in front of your driveway.

PREVENT DAMAGE TO YOUR MAILBOX

- Maintain a sturdy mail box; perform repairs every fall season.
- Add reflectors to mailboxes; Christmas lights work great too!
- Keep snow cleaned away from mailboxes; each winter event, accumulation becomes a block of ice and added plow pressure can cause damage.
- If your mailbox seems to always be a target, contact us at Public Works and ask what can be done to prevent further strikes! The most common contributing factor is the location, post too close to the road, or maybe it is located on a sharp curve and needs to be relocated.

Have a safe winter season and remember the plow trucks are here to help.

The Bow Times can be picked up at these locations!

Blue Seal Feeds	Bow Mobil
Cimos	Merrimack County Savings Bank
Baker Free Library	Chen Yang Lee
White Rock Senior Center	Patty Lee's Kitchen
Merrimack Savings Bank	Robie's Store, Hooksett
Hooksett Northbound (93)	Quality Cash Market, E. Concord
Veano's, Manchester St.	Sugar River Bank, Concord Heights
Johnson Golden Harves	South St. Market
Alltown Gas & Store	Wellington's Market, Main St.
Tuckers Restaurant	Bow Town Offices
Bow Recreation Building	Dunbarton Town Office

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POPE MEMORIAL SPCA "SADIE DOG TRAINING PROGRAM" BUILDS SELF-ESTEEM IN LOCAL YOUTH AND ADOPTABLE PETS

BY LORI TAYLOR

The Pope Memorial SPCA of Concord-Merrimack County (PM-SPCA) and Bridge Alternative Middle School in Pembroke has successfully partnered to host the "Sadie Dog Training Program."

Recognizing the special bond between human and canines, the program seeks to further interactions between parties, growing confidence and self-esteem for all involved.

Taking place throughout the month of October, adoptable dogs from the Pope Memorial SPCA and students from Bridge Alternative Middle School met for guided canine behavior training sessions – increasing the adoptability and exposure of the dogs as well as confidence and skills of the students.

This is such an amazing program," stated Shannon Camara, Director of Educational Outreach at the PMSPCA "to see the transformation with students and dogs as they bond, learn and grow with each other at such a fast rate is outstanding."

The program seeks to benefit students by allowing them to learn and practice training skills which assists with building self confidence in the nonjudgmental, rewarding audience of animals. Students are able to not only these new skills sets, they are also able to learn to appreciate and safely interact with canines in the community. Canines chosen to participate in the program greatly enjoy the one-on-one time and enthusiasm of their new found friends.

Kennel Club and NH Caring Animal Partners Evaluator. Learning to better read body language as well as positive reinforcement training techniques are easily translatable into each student's everyday lives.

For the program's participatory canines Trenton, Ciara, Lilo, Barley, and Jax, these experiences have helped them further achieve basic training and proper child socialization skills.

In reflecting on the sessions, trainer Nancy Large stated, "I truly enjoyed working with the students of Bridge Alternative Middle School, the dogs and all parties involved in the Sadie Program at the SPCA. It is so gratifying to be a part of this life-changing experience. The dogs and the students look so happy during the sessions. We truly made a difference."

Karen Johnson, Behavior Specialist for Bridge Alternative Middle School in Pembroke remarks: "The Sadie program is a definite win/ win program that is both beneficial and special for trainers and trainees. Kudos to all parties who make this program possible for the youth in our community. It's an amazing opportunity."



Lukas: "It was so much fun training dogs at Pope Memorial," commented Lukas, one of the Sadie Program students. "I met a dog named Jax who was only six months and very well behaved. I also met a



At the start of the program, students learned safety measures to be taken in approaching, handling and interacting with dogs under the direction of Nancy Large, MST Volunteer Trainer for Lakes Region

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dog named Barley who is very shy at times but became more happy and joyful. It was so much fun learning to train dogs and I'm glad they are all finding good homes."



Fellow student and participant Damien comments: "It was really

nice working with dogs.

Although some were hesitant at first they really came around each week and enjoyed working with us. They responded to the training techniques."

Since the program completion, all five adoptable dogs have found new loving homes and their new families are extremely grateful for the extra effort that was put into their new family members.

Sadie Program students are still excitedly talking about their experiences and look forward to visiting the SPCA again soon.

More information on the Sadie Program can be found at www.PopeMemorialSPCA.org or by contacting Shannon Camara, Director of Educational Outreach, at (603) 856-8756 x224 or scamara@pope-memorialsPCA.org.

Wishing you a Merry Christmas & A Safe and Happy 2017

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WHAT IS LONG-TERM CARE INSURANCE?

BY BEN KINIRY, ESQ.

There are many types of insurance sold and purchased in our society. Auto, home, health, life, and disability to name a few of the more common types. We purchase the policies in order to keep from sustaining massive losses that could destroy our financial futures. Many of us have been told about these types of insurance in the normal course of life.

What about long-term care costs which are rising at an accelerated rate? In fact, some people spend in excess of \$120,000 per year, right here in New Hampshire. If you are approaching the age of 50, I would encourage you to learn about this type of insurance and seriously consider seeking out a professional to see if this type of coverage is right for you.

Following this paragraph is an excellent explanation of Long-Term Care Insurance written by the National Academy of Elder Law Attorneys, Inc. (NAELA). NAELA is an excellent resource for all who desire to help our elders and those with special needs. I encourage you to peruse NAELA's website to learn more about this valuable resource (www.naela.org).

"The Issues"

Many people are under the mistaken belief that Medicare and Medicaid supplement policies will cover the cost of long term care. While these plans provide benefits to help pay for hospital care and physician

services, they provide very limited payment for the cost of long term nursing home care.

Medicaid does assist with the cost of long term care, but it is a needs-based program. Relying on Medicaid to cover your care limits the care options that may be available to you. The purchase of long term care insurance gives you the flexibility to choose the type of care you need in the setting you desire.

There are hundreds of different policies offered by a number of different companies and no two are alike, so it is very important to be an educated consumer.

What You Need to Know

When deciding whether to buy a long term care policy and what type of coverage to buy, you need to carefully review the policy's terms. You should ask the following questions:

- How much coverage do I need? You must decide on a daily benefit amount: the amount of payment you need to help cover your cost of care. You must decide on the benefit period which can range from two years to lifetime coverage.

- Does the policy cover nursing home, assisted living and care in your own home? Most policies now cover all three, but some have reduced benefits for assisted living or home care.

- What is the elimination period? This is the period of time during which you will have to pay on your own before payments under the policy begin.

- What triggers payment under the policy terms? You become eligible to collect benefits under most policies when you have been diagnosed with a cognitive impairment or are unable to perform two (sometimes three) activities of daily living. It is also important to understand who will be responsible for making this decision.

- Is there inflation protection? The amount of coverage you need today may be inadequate 10 or 20 years from now. Most companies



offer inflation riders for an additional premium.

- Is the insurance company highly rated (A or A+ with A.M. Best Rating Service)?

Where to Go for Help

Many of the questions we have raised are complicated, but they are important in understanding what you are buying. After you have reviewed long term care policies, you may want to have them reviewed by someone independent of the insurance company.

Many states have insurance commissions or insurance departments that have prepared comparative reviews of different policies available in their states. You can request these from their offices. Local Area Agencies on Aging in your community often have an ombudsman who is either familiar with these issues or can refer you to someone who is. Your attorney or financial planner may also be a source of independent advice.

The Role of the Elder Law Attorney Planning for the expenses of long term care as well as planning for other issues related to disability is an important part of the practices of many Elder Law attorneys. The need for long term care insurance and the type of insurance to choose is an important topic to discuss with your Elder Law attorney. Always be certain to assure that the attorney has experience and training in the area in which you are seeking assistance.

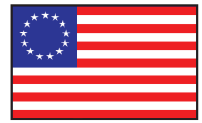
About the National Academy of Elder Law Attorneys (NAELA)

NAELA, founded in 1987, is a

national association of Elder Law Attorneys devoted to the education and training of attorneys who can meet the needs of seniors and people with disabilities, and who advocate for the needs of such individuals. While NAELA Elder Law attorneys work one-on-one with clients in their local areas, NAELA also examines and advocates on national public policy issues facing seniors in America including long-term health care; planning for retirement; estate planning and probate; guardianship and conservatorship; health care decision making; and elder abuse and neglect."

National Academy of Elder Law Attorneys, Inc.: Long-Term Care Insurance (2008)(NAELA). The information provided in this article does not constitute, nor is it intended to be, legal advice (is legal advice ever given in a newspaper?).

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MY TABLE – YOUR TABLE

BY DEBRA BARNES

SEASON’S GREETINGS FROM MY TABLE TO YOURS! ...



It’s here! It’s here!

The time of year where we get away with eating anything we want because it’s the holidays! Woot Woot! Some of the foods at the top of my list...prime beef, king crab, triple crème anything, 40 year Grahams Port and almond kringle. Consuming all of these delights in one day is preferred, but not necessary, I’m willing to stretch it over two!

Let’s get down to a main dish idea for a special Christmas dinner. I’m that person who saves all my November and December food magazines for years. Remember when Gourmet was still in print. Loved those! It’s more fun to grab a few from 15 years ago, and see what were the “hot new holiday dishes” compared to today’s menu. You can’t believe how many ways you can mash a potato! Last year I decided to go off in a Thai seafood direction. Loved it! This year with our store Wellington’s in full retail swing, I’m going back to something I have made a so many times, I can

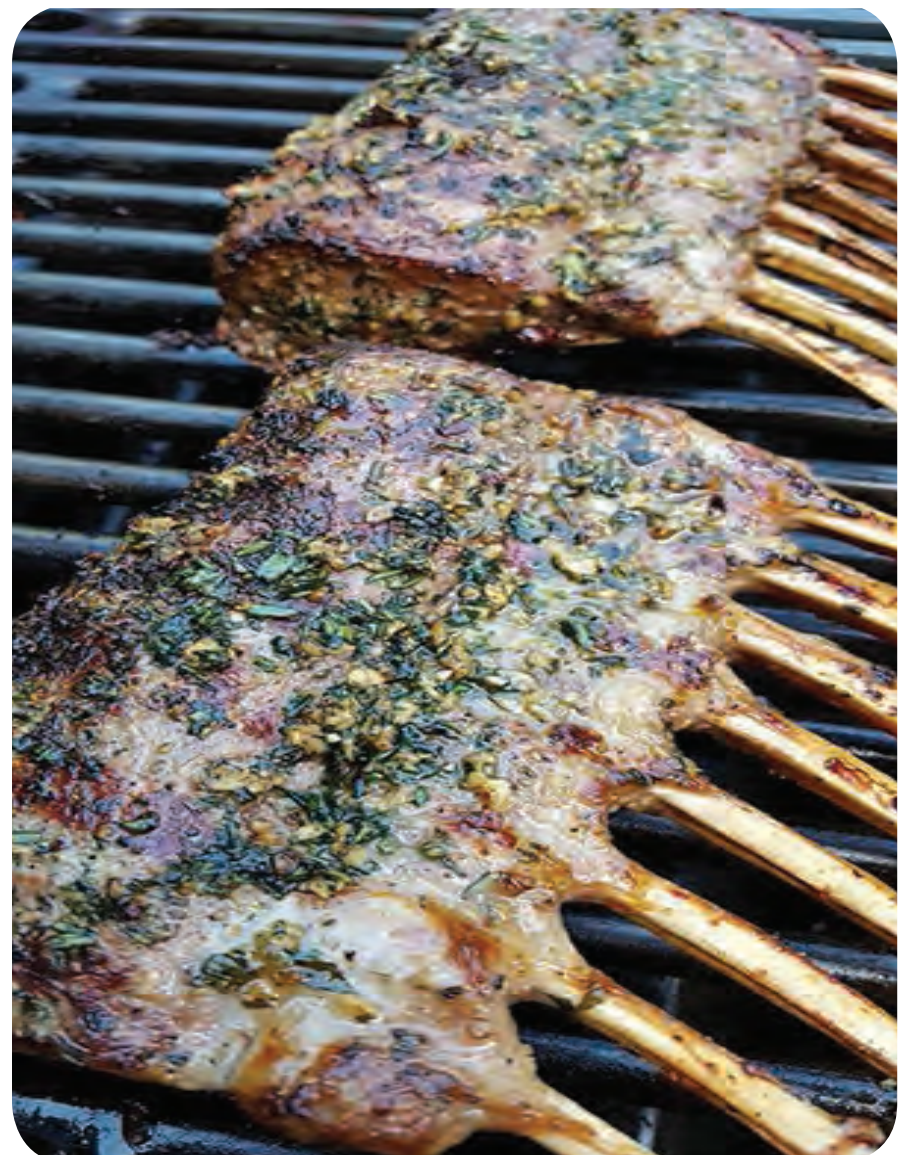
cook it in my sleep...rosemary and garlic rack of lamb. It’s a main dish that I can marinate a few days ahead and cook either on the grill or in a skillet and finish in the oven. The important part of a nice rack of lamb, that first sear.

Remove extra fat and tough skin from the rack. Place into a heavy-duty freezer zip lock bag large enough to hold both racks. Empty contents of the marinade into the bag. Gently massage into the lamb being careful not to puncture the bag with the bones. I always place the bag into a bowl just in case there may be a pin hole in the bag. Marinate for 24 – 48 hours.

Preheat a grill to 425 degrees. When hot and ready, remove the racks from the bag directly onto the grill meat side down. Be sure to let excess oil drip off from the racks before placing on the grill (flame ups). Grill for about 3-4 minutes until nicely seared. Turn the temperature down on the grill to 375, turn the racks and place off direct flame to finish cooking. The total time for medium rare should be about 17 -20 min. Let the racks rest for about 7-9 min before slicing.

Kitchen Tip – Invest in some disposable gloves. I find them indispensable in the kitchen. Whether cutting up some chicken or just mixing some ground beef. It’s so quick and easy to remove if the phone rings or you need to start chopping some veggies. You can find them at most grocery stores as well as some hardware stores.

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, a wine, cheese and specialty food store on Main Street in Concord.



HERBED RACK OF LAMB

Marinade for 2 Racks of Lamb:

- 2 TBSP fresh minced rosemary (dry won't work)
- 2 TBSP Dijon mustard
- 4 TBSP Extra Virgin Olive Oil
- 2 TBSP chopped garlic
- 1 TSP kosher or sea salt
- 1 TSP fresh ground black pepper
- 2 TBSP parsley

Mix all together in a bowl.

Lamb:

2 Racks of Lamb



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RE-PURPOSING HISTORY – PART II

By: Gary D. Nylen

How does this 18th Century Barn fit into Re-purposing?



The Ice Storm of 2008



The above shown Gable End and Truss were constructed from the storm material.



The Wind Storm of 2009

As you look at the photo below of the finished roof protecting our original/reconstructed Bow Town Snow Roller, you can see the Re-purposed historical items and products of those events were utilized to preserve our town's history.



Yes the vertical support beams are covered with boards from the Hammond Barn, as well the header beams and beam support braces, the trusses, roofing and gable end boards from the Great 2008 Ice Storm, and 2009 Wind Storm. The shingles on the roof were donated as well all the labor, time, and enjoyment by the many citizens of Bow who came together to build the snow roller and the roof that helps preserve the happenings of years

past for the enjoyment of today's citizens.

The Photos By: Eric Anderson

This project could not have been accomplished without the many organizations, town employees, departments, the members of the Bow Men's Club, Bow Heritage Commission, Selectmen, and the citizens of Bow.



Let it Snow! Let it Snow ! Let It Snow!

SUDOKU ANSWER

By Ian Riensche

www.sudokupuzzler.com

6	1	8	2	4	5	9	3	7
4	7	5	1	9	3	2	8	6
2	9	3	6	7	8	4	1	5
7	8	2	3	6	4	5	9	1
5	4	9	7	1	2	8	6	3
1	3	6	5	8	9	7	4	2
9	6	1	8	5	7	3	2	4
3	5	4	9	2	6	1	7	8
8	2	7	4	3	1	6	5	9

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YOUR YEAR-END FINANCIAL CHECKLIST

Seven aspects of your financial life to review as the year draws to a close.

BY DOMINIC LUCENTE

The end of a year makes us think about last-minute things we need to address and good habits we want to start keeping.

To that end, here are seven aspects of your financial life to think about as this year leads into the next...

YOUR INVESTMENTS

Review your approach to investing and make sure it suits your objectives. Look over your portfolio positions and revisit your asset allocation.

YOUR RETIREMENT PLANNING STRATEGY

Does it seem as practical as it did a few years ago? Are you able to max out contributions to IRAs and workplace retirement plans like 401(k)s? Is it time to make catch-up contributions? Finally, consider Roth IRA conversion scenarios, and whether the potential tax-free retirement distributions tomorrow seem worth the taxes you may incur today. If you are at the age when a Required Minimum Distribution (RMD) is required from your traditional IRA(s), be sure to take your RMD by December 31. If you don't, the IRS will assess a penalty of 50% of the RMD amount on top of the taxes you will already pay on that income. (While you can postpone your very first IRA RMD until April 1, 2017, that forces you into taking two RMDs next year, both taxable events.)¹

YOUR TAX SITUATION

How many potential credits and/or deductions can you and your accountant find before the year ends? Have your CPA craft a year-end projection including Alternative Minimum Tax (AMT). In years past, some business owners and executives didn't really look into deductions and credits because they just assumed they would be hit by the AMT.

The recent rise in the top marginal tax bracket (to 39.6%) made fewer high-earning executives and business owners subject to the AMT – their ordinary income tax liabilities grew. That calls for a closer look at accelerated depreciation, R&D credits, the Work Opportunity Tax Credit, incentive stock options, and certain types of tax-advantaged investments.² Review any sales of appreciated property and both realized and unrealized losses and gains.

Take a look back at last year's loss carry-forwards. If you've sold securities, gather up cost-basis information. Look for any transactions that could potentially enhance your circumstances.

YOUR CHARITABLE GIFTING GOALS

Plan charitable contributions or contributions to education accounts, and make any desired cash gifts to family members. The annual federal gift tax exclusion is \$14,000 per individual for 2016, meaning you can gift as much as \$14,000 to as many individuals as you like this year tax-free. A married couple can gift up to \$28,000 tax-free to as many individuals as they like. The gifts do count against the lifetime estate tax exemption amount, which is \$5.45 million per individual and \$10.9 million per married couple for 2016.³

You could also gift appreciated securities to a charity. If you have owned them for more than a year, you can deduct 100% of their fair market value and legally avoid capital gains tax you would normally incur from selling them.⁴ Besides outright gifts, you can plan other financial moves on behalf of your family – you can create and fund trusts, for example. The end of the year is a good time to review any trusts you have in place.

YOUR LIFE INSURANCE COVERAGE

Are your policies and beneficiaries up-to-date? Review premium costs, beneficiaries, and any and all life events that may have altered your coverage needs.

SPEAKING OF LIFE EVENTS

Did you happen to get married or divorced in 2016? Did you move or change jobs? Buy a home or business? Did you lose a family member, or see a severe illness or ailment affect a loved one? Did you reach the point at which Mom or Dad needed assisted living? Was there a new addition to your family this year? Did you receive an inheritance or a gift? All of these circumstances can have a financial impact on your life, the way you invest and plan for retirement, and how you wind down your career or business. They are worth discussing with the financial or tax professional you know and trust.

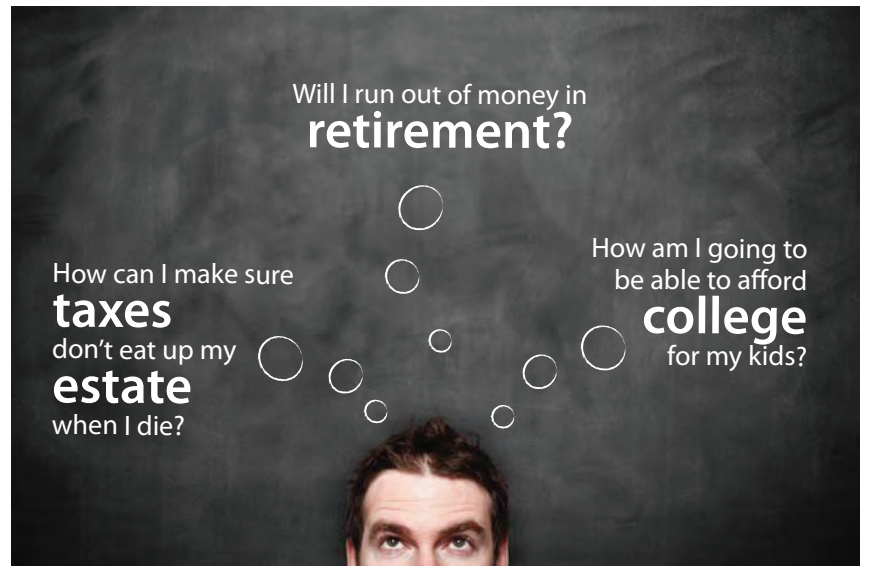
LASTLY, DID YOU REACH ANY OF THESE FINANCIALLY IMPORTANT AGES IN 2016?

If so, act accordingly.

Did you turn 70½ this year? If so, you must now take Required Minimum Distributions (RMDs) from your IRA(s).

Did you turn 65 this year? If so, you are likely now eligible to

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Did you turn 62 this year? If so, you can choose to apply for Social Security benefits.

Did you turn 59½ this year? If so, you may take IRA distributions without a 10% penalty.

Did you turn 55 this year? If so, you may be allowed to take distributions from your 401(k) account without penalty, provided you no longer work for that employer.

Did you turn 50 this year? If so, you can make "catch-up" contributions to IRAs (and certain qualified retirement plans).^{1,5}

The end of the year is a key time to review your financial "health" & well-being. If you feel you need to address any of the items above, please feel free to give me a call. **Dominic may be reached at 603.645.8131 or dominic.lucente@LPL.com. Dlucente.com.**

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Citations.

- 1 - fool.com/retirement/general/2016/04/11/required-minimum-distributions-common-questions-ab.aspx [4/11/16]
- 2 - nerdwallet.com/blog/taxes/income-taxes/federal-income-tax-brackets/ [9/8/16]
- 3 - turbotax.intuit.com/tax-tools/tax-tips/Tax-Planning-and-Checklists/The-Gift-Tax-Made-Simple/INF12127.html [11/7/16]
- 4 - marketwatch.com/story/what-to-know-when-deducting-charitable-donations-2016-02-23 [2/23/16]
- 5 - merrilledge.com/Publish/Content/application/pdf/GWMOL/retirement-deadlines-checklist.pdf [11/7/16]

BOW GARDEN CLUB NEWS

By JOYCE KIMBALL

It has been a very busy year for the Bow Garden Club and as we reflect on our activities and accomplishments in 2016, we absolutely must thank the citizens of Bow for their continuing support of our efforts. Bow residents patronize our Spring Plant Sale in May—our biggest fundraiser and in October and November they deposited eighty (80) pairs of new and cuddly pajamas and seventy-three (73) children's books in collection boxes the club placed at the Baker Free Library, the Municipal Building and Bow Rec. that were donated to a local charity serving families in transition. And most recently Bow residents purchased two hundred and twenty-four (224) gorgeous red, white or pink holiday poinsettia plants from garden club members for their homes, offices or gifts, which will help fund future garden club goals and objectives, including, but not limited to civic beautification and community service.



Each year the Garden Club makes a pair of swags from fresh greens to decorate the "Santa's Place" sign located by the Town Pond.



Just a fraction of the 224 poinsettias delivered to the Old Town Hall on December 2nd for sorting by seller and customer.

Our garden club members are very devoted to the club and their town and take great pride in making Bow just a little more "beautiful" by planting and maintaining their ten (10) Bow Beauty Spots located around town throughout the seasons and by adorning the town buildings and Bow entrance signs with holiday wreaths and swags in December.

And do we love it when passersby give a little "toot" of appreciation or call out "looks great" or "Thank You" when they drive by and see garden club members tending the Rotary Park community garden or any of the floral containers that are placed around town. We also appreciate the cooperation and assistance of town employees and our other community organizations who assist and support our efforts on a regular basis. "It takes a village...."

Susan Schiltgen Johnson, BGC Past-President 2015-2016



Catherine Wittliff, BGC Community Service Chairman arrives at the Old Town Hall with an armload of hand-tied bows. They were wired onto the wreaths and swags garden club members made and/or decorated for the town buildings and road signs.

NEW OFFICERS FOR 2017-2018

The following officers were installed at the Bow Garden Club's 2016 Annual Meeting held on December 10th:

PRESIDENT: Beverly Gamlin

VICE-PRESIDENT: Sharon Pearce

SECRETARY: Bonnie Addario

TREASURER: Barbara Downie

The garden club will be on hiatus until April 11, 2017, when they will resume their monthly meetings and educational program schedule.

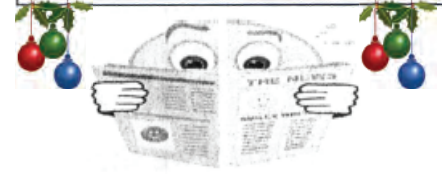
A roster of the upcoming meeting dates and program topics



The half-barrel placed under the Evans Cemetery sign was decorated with holiday greens and berries by Sue Johnson, PGC Club President. This is only one of ten "Bow Beauty Spots" members "adopt" and care for throughout the seasons.

will be published in March. Bow area residents are encouraged to attend up to two (2) Bow Garden Club meetings as their guests and prospective members are always welcome! Please visit www.bowgardenclub.org to learn more about the Bow Garden Club.

WHITE ROCK NEWS



White Rock Senior Living

Community

Presents

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

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

White Rock Senior Living Community Wishes

Everyone a Safe and Happy Holiday Season

Thank You to the Bow Fire and Police Departments for Their Continued Support



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



Gift Memberships Available

Become a new member in December and enjoy a bonus term! January classes available in Concord, Manchester, Nashua, Portsmouth and Conway. Winter Term registration open now.



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

OLLI: THE GIFT THAT KEEPS ON GIVING

By Jacki Fogarty

If Dad's favorite hobby is golfing . . . and he lives in Bow . . .

If Mom's favorite hobby is gardening . . . and she lives in Bow . . .

If Gram's only hobby is sitting in front of the TV . . .

If Gramps' only hobby is pestering Gram. . . .

If they're retired and you're concerned what inactivity and isolation might mean for them. . . .

Right down the road a piece is a stimulating and fun option for engaging the mind and spirit of adults from 50 to 100! It's called OLLI which stands for the Osher Lifelong Learning Institute. And, with a gift membership you can give those retired folks a year's worth of access to classes, trips and social activities. Class fees start as low as \$15.

But wait, there's more! A gift membership activated in December provides a bonus fifth term! Winter, Spring, Summer and Fall of 2017 and Winter 2018 are included in one \$40 membership. Registration for Winter term is open now with classes available in Concord, Manchester, Nashua, Portsmouth and Conway.

In Concord, OLLI members can select from courses on Dawn of the Space Age, Women's Rights (Elizabeth Cady Stanton and Susan B. Anthony), The New Hampshire Connection to the Brinks Job, Stories of the Concord Theater, Early 20th Century Physics (the simple version!), Rug Braiding, Politics, Lies and Culture, Aging and the Brain and Films: Bonnie and Clyde. Twenty-two additional courses at the other sites will be held between January 3 and February 3.

OLLI is affiliated with and supported by Granite State College, but classes are not college-level. Rather, volunteer presenters, many of them OLLI members, teach their passion. Winters in Bow don't lend themselves to golfing and gardening. Give your folks the gift of **learning for the fun of it.**

BOW POLICE LOG

NOVEMBER 2016 STATS

Arrests – 9 Motor Vehicle Stops – 143 Warnings – 123 Citations – 20 Accidents – 14 Parking Tickets – 9 Restraining Orders – 3 Incident/ Investigation Reports - 47

NOVEMBER 2016 ARREST LOG

11/04 Matthew D. Conklin, 23, 148 Highland Ave, Jersey city, NJ, was arrested for driving after revocation or suspension.

11/12 John P. Bisset, 30, 33 Briemann Dr, Merrimack, was arrested for driving while intoxicated and possession of drugs in a motor vehicle.

11/15 Julie K. Prell, 42, 620 Hayward St, Apt. #3, Manchester, was arrested for driving after revocation or suspension.

11/18 Cody M. Loos, 21, Homeless, Manchester, was arrested on a warrant; Joseph P. Tremblay, 22, 470 Silver St, Apt. # 325, Manchester, was arrested for possession of controlled drugs.

11/20 Kimberly A. Bundy, 38, 637 Page Rd, Bow, was arrested for simple assault.

11/22 Tyler Payne, 30, 48 Arthur Rd, Weare, was arrested for receiving stolen property.

11/26 Roland W. Thibeault, 50, 313 Buck St, Pembroke, was arrested on a warrant.

There was one involuntary emergency admission during November.



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CLEANING TIPS FOR YOUR HARD- WORKING APPLIANCES

By Ann Dippold

Occasionally cleaning household appliances like stoves and refrigerators may seem obvious, but what about equipment that does the cleaning, like the dishwasher and washing machine? Give these often overlooked appliances a deep clean with the following tips before the holidays have them working overtime.

Unclog the dishwasher. The cleaner the dishwasher, the cleaner your dishes will turn out after going through a wash cycle. Take a moment to clean the dishwasher's filter, usually located on the inside bottom of the machine. This detachable filter becomes clogged with food and debris over time, so empty it out regularly to keep it working efficiently.

De-gunk your garbage disposal. Use a natural abrasive combo of ice and salt to loosen grime from the blades. Though it will be loud, run the disposal until the ice is gone. When finished, you can grind up a lemon or lime wedge to deodorize the drain.

Give your washing machine a wash. Hosting out-of-towners during the holiday season? Avoid musty bedding and towels by sanitizing the machine and removing mildew buildup every few months. To do this, run a hot wash cycle without a load and add one cup of bleach to the soap dispenser or directly into the machine.

Give your vacuum more power. Increased foot traffic could have this tool working harder over the holidays. Keep your vacuum maintained with simple fixes like unclogging hoses, cleaning the rotating brush and replacing the filter.

Want to keep your appliances working hard for you? Give them regular attention and their own cleaning now and then.

You can find my listings and other great information on my Facebook and Pinterest pages. I'd love it if you'd "LIKE" my Facebook page while there. Feel free to connect with me on Twitter and LinkedIn too. Don't hesitate to reach out with any questions.

TOWN OF BOW LAUNCHES NEW WEBSITE

On November 29th, the Town of Bow launched a new, interactive municipal website, www.bownh.gov. In alignment with the Board of Selectmen's goal to continually perfect the dissemination of Town information and communications, new features include:

- "How Do I" directory for quick reference,
- "Notify Me" button to receive texts and/or email updates,
- Community Calendar highlighting town-wide events, and
- A mobile-friendly format for tablet and smartphone users.

In addition to a new domain name (www.bownh.gov), the Town also launched a simplified email system so the public can send messages to Town employees using their first initial and last name (example jdoe@bownh.gov). Updates will continue into 2017, as the Town looks to build upon the design of the site and integrate more solutions to better serve its residents and businesses.

CONGRATULATIONS FOR A GREAT SEASON!



VARSITY GOLF



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BOY'S VARSITY SOCCER



GIRL'S VARSITY CROSS COUNTRY



GIRL'S VARSITY FIELD HOCKEY



GIRL'S VARSITY SOCCER



BOW'S SPIRIT COED

Photos courtesy of Bow High School



BOY'S VARSITY FOOTBALL





BOW COMMUNITY CALENDAR



CLOSURES:

Baker Free Library - Closed December 25th and 26th for Christmas.

Baker Free Library Closed January 1st and 2nd for New Year's

Town Offices will be closed December 23rd and 26th for Christmas

EVENTS:

January 1st - Bow Community Men's Club Breakfast Buffet
Bow Community Ctr. 8:30 a.m. -12:00 p.m.

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Joy and prosperity!

Wishing you and your family happiness this holiday season. Thank you for letting Modern Woodmen of America serve you this past year.



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