



The Bow Times

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BOW LOSES POWER PLANT CASE \$14,641,587 MAY BE OWED BY TAXPAYERS

Millions of tax dollars are at issue due to the recent loss of a court case involving the value of the Merrimack Station coal-fired plant in Bow. In 2012 the town set an assessed value of \$159 million for all Eversource-owned property. However, in an appeal of that number to court, Judge McNamara concluded it was only worth 42% of that number or \$66.6 million. The numbers for 2013 were similar.

Town counsel Paul Fitzgerald has appealed the decision, but the chances of overturning it are not great.

The statistics from utility tax appeals in the New Hampshire Su-

preme Court for the last 35 years reflect no reversals at all in similar cases.

Judge Richard McNamara pointed to other recent values for the coal-fired plant to help credit his conclusion that the plant itself was only worth \$18,900,000. That value dispute was the major issue in the assessment of all of Eversource's properties in Bow. He said professional valuation firm Liberty Consulting Group had a 2013 value of \$15,400,000 while La Capra Associates placed a 2014 value of \$10,000,000 on the plant. The judge was critical of the Bow valuation expert, George Sansoucy, for

values “many orders of magnitude higher” than those of PSNH expert John Kelly.

At several points in his opinion Judge McNamara found Sansoucy not to be a credible witness. Sansoucy testified that a probable purchaser of the plant would replace it with a new coal-fired plant “despite the fact that no coal-fired plant has been built in New England is decades and natural gas has become an increasingly large share of the region's power plant mix.” Kelly used a gas fired replacement plant reflecting the modern changes in energy markets. Fracking, said the judge, has led to dramatic production in natural gas and at lower prices than coal, so he sided with PSNH's expert.

In another part of his opinion the judge found Sansoucy lacked credibility when he claimed coal prices could be competitive some time in the future: “It is based on pure supposition and it flies in the face of compelling evidence regarding changes in the fuel market.”

Turning to an analysis of the two jet engines (or combustion turbines) that are fired up only at extreme demand times, Sansoucy

found the 50 year old engines to be good for another 25 years and therefore worth \$8,000,000. Judge McNamara said, “the court cannot accept that conclusion” as to the obsolete equipment.

At several other points in his opinion Judge McNamara found Sansoucy not credible, thus making an appeal difficult because the Supreme Court does not weigh credibility. It leaves that to the trial judge.

According to the Town Manager, refunded taxes and interest owed to Eversource are:

2012	\$5,106,355
2013	\$3,535,232
2014 (EST.)	\$3,000,000
2015 (EST.)	\$3,000,000

TOTAL \$14,641,587

It is possible that the above amount could be bonded for 20 years at 4% interest costing about \$1,000,000 a year to pay over time for principal and interest.

For an overview prepared by the Town see page 5.

SURVEY

NO ISSUE IS MORE URGENT THAN THIS!

BOW NEEDS TO:

- Cut spending
- Raise taxes
- Borrow \$14 million to pay Eversource

GO TO www.thebowtimes.com

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JANUARY SURVEY**

Results are tabulated by the national internet survey company Survey Monkey, not by this paper.



Bow volunteers assisted with holiday food distribution on December 22nd. Food was donated on behalf of the Capital Region Holiday Food Basket Program which provided 45 Families with food for the Christmas holiday. Courtesy of Deb Bourbeau.

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EDITORIALS

IT'S CUTTING TIME IN BOW

The first of two power plant shoes has fallen with a \$14,000,000 thud. Superior Court Judge Richard McNamara has held that Bow over assessed the plant and other Eversource properties by 58%, meaning for the tax years 2012-2015 Bow owes about \$14,000,000 with interest.

Now that the goose that long laid golden eggs has become a turkey vulture there will have to be large tax increases or spending cuts to fund the check to Eversource.

While the town has appealed, the effort seems futile given that most of the judge's decision was based on a lack of credible evidence from the town's expert on valuation of utility properties. The Supreme Court does not make new determinations of credibility.

After hundreds of thousands of dollars in attorney's fees and expert costs the town should take several steps now:

1. Get a new town counsel
2. Get an attorney that specializes in tax cases
3. Settle as soon as possible
4. For future years have the State value the property
5. Tell the voters how much the tax jump will be per thousand of residential tax dollars to make up for this fiasco
6. Cut the town and school budgets -- not increase them!

The alternative is to borrow \$14,000,000 at 4% interest for 20 years, which at 4% will cost at least \$20,000,000 and will run us \$1,000,000 a year to acquire nothing.

Finally, new blood will be needed on the school board and board of selectmen to retire the tax and spend crowd so long in control and who will surely resist the needed budget cuts.

Chuck Douglas

For a free press,

je suis Charlie

SCHOOL BOARD SHOULD REIGN IN FAKE NEWS

School board member Jennifer Strong-Rain should stop her misrepresentation of the work the Budget Committee is trying to do for reasonable spending. On Monday January 9 she attended the budget committee meeting and showed her colors as a shill for the spenders.

She used her social media that night to say "sitting at the Bow Budget...meeting...they are talking some tough cuts (2 million dollars)!!!" She clearly misrepresented what happened. Her Facebook post at 9:17 p.m. was more than an hour after the committee had merely asked the school administration to see what a level funded budget (the same as last year's spending) would look like. No one proposed a \$2 million dollar cut that night.

Board member Strong-Rain then went off the deep end by pleading that "if you have children you MUST rally the troops." In an update she said "It is a scary meeting!!!!"

This kind of hysteria by a public official is not going to help Bow fill the \$14,000,000 hole we face. Taxpayers should retire her at the next election she faces in Bow. As a school teacher in Concord she should know better than to intentionally misinform her "troops" in Bow.

In response to the Budget Committee's request to consider funding the schools at the same level they actually spent last year Dean Cascadden, our school superintendent, brusquely said that proposal would "impact the school program negatively," if we funded the schools with the exact same amount they spent last year.

It is easy for Cascadden to refuse any cuts because he lives in Meredith and takes \$200,000 a year in salary and benefits up 1-93 paid for primarily by Bow taxpayers.

The town budget has been cut by hundreds of thousands. Why can't the schools pitch in for their share of shared sacrifice due to the \$14 million dollar power plant hit?

Cascadden has not one single dollar at stake as a Meredith taxpayer but he gave a nose thumb to those of us in

Bow who have to pick up the pieces.

We wear it – not the Man from Meredith. You the voters need to consider why Bow police, fire and emergency services can be cut but the schools are an untouchable sacred cow!

Don't fall for it!

We who live in Bow and serve on the Budget Committee are not the devil incarnate. We are trying to do the right thing in a very, very difficult situation.

Support us, not the Man from Meredith who has no skin in the game.

Chuck Douglas

For a free press,

je suis Charlie

TOWN AND GRAPPONE SOLVE A PROBLEM

When you drive on Route 3-A you may have noticed the new pedestrian cross walk at Grappone. Grappone personnel need to cross the road on a regular basis, and it can be dangerous, especially during our short winter days.

3-A is a state road, and the state will not permit private crosswalks, but when standards are met municipalities may install them.

The town executed all the necessary commitments with the state (construction, long-term maintenance, etc.) and Grappone provided the engineering, construction and a contractual agreement for all associated costs so there is no expense to the citizens of Bow.

This is an example of the town working with a good corporate citizen to improve safety and the business climate, but not add a dime of cost to the town budget.



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By Mitchell Harrington, Deputy Chief, Bow Fire Department

Importance of Consumer Product Registration

Many consumer products come with product registration instructions. Often these are postage paid index cards or online registrations. Completing the consumer registration process is necessary to receive timely safety bulletins or product recall information.

Bow Fire Department highly recommends registering the following consumer product types:

- household appliances and electronics
- heating and air conditioning appliances
- safety products-smoke and carbon monoxide alarms, fire extinguishers, etc.
- child passenger safety seats
- products using rechargeable batteries
- recreational vehicles-ATV's, campers, etc.

You can see specific products that have been recalled, sign up for alerts, or report an unsafe product at <http://www.recalls.gov> www.bow-nh.gov.



TOWN OF BOW, NH

How to File for Municipal Office in 2017

Annual municipal elections for the Town of Bow are non-partisan. The filing period for the 2017 Municipal Elections runs from **January 25, 2017 through February 3rd, 2017**. The Office of the Town Clerk will be open the following hours to receive Declarations of Candidacy:

- ☐ 7:30 a.m. to 4:00 p.m., **Wednesday, January. 25, 2017 to Thursday, February 2nd, 2017, AND**
- ☐ 7:30 a.m. to 5:00 p.m., **Friday, February 3rd, 2017.**

Candidates filing on the last day of the filing period are required to do so in person at the Office of the Town Clerk. An individual filing for municipal office must: be a citizen of the United States either by birth or naturalization; have and maintain a domicile in the town during the entire term of office; and, be a registered* and qualified voter in the Town of Bow. No filing fees are charged for these offices. The list below shows the offices that will be on the ballot on **Tuesday, March 14, 2017**:

Organization	Office	Number of Openings	Term Duration (in years)
Baker Free Library	Library Trustee	1	5
Bow School District SAU 67	School Board Member	2	3
Bow School District SAU 67	Moderator	1	3
Bow School District SAU 67	Treasurer	1	3
Town of Bow	Budget Committee Member	2	3
Town of Bow	Selectman	1	3
Town of Bow	Trustee of Trust Funds	1	3

If you have any questions, please contact Mridula Naik, Town Clerk at 603-228-1187, ext. 117.

*The deadline for registering to vote prior to the filing period is Tuesday, January 24th, 2017. Registration can occur during normal business hours, which are 7:30 am to 4:00 pm, Monday through Friday, excluding the January, 16th Civil Rights Day holiday, at the office of the Town Clerk / Tax Collector. Also, registrations will be taken at the meeting of the Supervisors of the Checklist, which will be held between 7:00 and 7:30 pm on Tuesday, January 24, 2017, at Bow Municipal Building, 10 Grandview Road, in Meeting Room B.

MASTER PLAN SURVEY SHOWS BOW RESIDENTS WOULD WELCOME NEW BUSINESSES BUT OPPOSE HIGH TAXES

By Matthew Taylor, AICP

With invaluable assistance from the Central New Hampshire Regional Planning Commission, the Bow Planning Board is nearing completion of a major update to the Town's Master Plan. A final draft will be presented this spring at a public hearing. A community survey was conducted in 2016 and the results will serve as the basis for the Plan's recommendations.

Economic development was the focus of many respondents and property taxes most definitely were the largest concern of residents who filled out the survey. While there were differences of opinion, there was a general consensus that the Town should expand and diversify its tax base to help lower tax bills for everyone over the long term. Here are some highlights from the results of the survey:

- When asked an open-ended question regarding what factors would influence a possible move out of Bow, almost 70 % of respondents cited high taxes.
- Another open-ended question, what do you dislike most about Bow, elicited a variety of responses. About half of the respondents cited high taxes and 17 % cited the lack of a town center and lack of businesses that serve residents.
- While there is interest in developing a town center, there is not a consensus on its location. When presented with a proposed location for a town center at the intersection of Knox and Logging Hill Road, 40 % were in support, 47 % were opposed, with the rest undecided.
- Only 18 % of respondents thought that the Town needed to exert more control over growth; the remainder thought that management of growth is sufficient or too restrictive.
- Regarding rezoning residential land to allow business uses, 42 % were in support, 35 % opposed, and the rest were undecided.
- There was a diversity of opinion in response to an open-ended question for what would constitute positive growth and economic development in Bow, but almost everyone supported the concept of bringing new businesses to Town.

WHITE ROCK NEWS



White Rock Senior Living

Community

Presents

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

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

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TOWN SETS FORTH ITS OVERVIEW OF THE TAX DISPUTE

The following is reprinted to inform Bow taxpayers of what the town's position is as a service to our readers concerned about the power plant case.

1. SUMMARY

Public Service Company of New Hampshire ("PSNH"), now Ever-source, challenged the Town of Bow's assessment of assets in Bow for 2012 and 2013. After attempts by Bow to resolve differences through negotiations, a trial was held in Superior Court, and the judge issued his decision on October 7, 2016, with a restriction that decision could not be released. That restriction was lifted on December 12, 2016. Bow filed a notice of appeal with the N.H. Supreme Court on December 13, 2016.

The judge accepted many of the positions presented by PSNH and rejected many of the positions presented by Bow's expert witness and found a total value of the PSNH assets of \$66,652,859. Bow contends the assets have a value of \$203,822,000.

The record in the case is extensive and complex. Past experience suggests the Supreme Court will need up to one year to hear the appeal, review the record and issue a decision.

The following sections provide a comparison of Bow's valuation and the court decision, a scale of potential impact on the tax base, and factors that will determine assessments going forward.

II. COMPARISON

Chart 1 identifies the value for assets that will continue to be included in the Bow tax base.

CHART 1

PSNH, TOWN AGREED STIPULATIONS OF VALUE	
T&D Rights of Way	\$2,430,000
Garvin Falls Improvements	\$20,000,000
Garvin Falls Land Value	\$138,700
28 Johnson Road Central Warehouse	\$4,547,400
24-32 Johnson Road	\$759,500
4 Garvins Falls Road	\$663,700
108 River Road	\$455,587
Route 3-A	\$182,700
South Bow Road	\$180,100
47-51 River Road	\$175,200
River Road (36-2-200-E)	\$165,800
River Road (345-2-152-A)	\$10,500
Total Stipulations of Agreed Values	\$29,709,187

Chart 2 is a summary of the differences between the court's decision and the assessment by Bow for 2012. This is provided to identify the areas of greatest differences and does NOT present the Bow assessed value for that year, for example, the pollution controls were not included in the assessment, notwithstanding Bow's contention that the improvements have value.

CHART 2

2012 TAX YEAR MARKET VALUE DIFFERENCES		
Asset	Court	Town
Merrimack Station Improvements	\$5,330,000	\$174,350,000
Merrimack Station Land	\$10,650,000	\$10,650,000
Transmission & Distribution Improvements	\$19,400,000	\$33,622,800
Combustion Turbines	\$0	\$8,000,000
Total Stipulated Assets (See Chart I above)	\$29,709,187	\$29,709,187
Pollution Controls	N/A	\$38,357,000
Total	\$67,566,774	\$300,260,274

III. POTENTIAL IMPACT

The final determination by the NH Supreme Court is many months away. However, it is appropriate to consider the challenges should the court fail to adopt Bow's valuation of assets. There are many factors to consider and a chart detailing the tax impact is being developed.

IV. ASSESSMENT FACTORS

The Superior Court decision failed to consider a number of factors Town officials believe are relevant to the valuation of assets. These factors include:

1. The auction of PSNH generation is underway and it is likely a decision will be made on the sale of Merrimack Station will pre-date a decision by the Supreme Court. Town officials expect a buyer will consider all aspects of the plant when purchasing, including those listed here. The purchase price will be a factor in determining the value of the assets in the future.
2. The two combustion turbines are in service and used by PSNH and relied upon by ISO New England to meet system peaks and therefore the value should be included in the assessment.
3. Merrimack Station is under contract to be available to the grid as needed. This is the so-called capacity market. These contracts will continue into the future. The Superior Court failed to recognize that value.
4. The Superior Court assigned no value to the installed pollution control equipment.
5. With a new administration at the national level the future for coal-fired power plants may well be revisited, which will influence the value of Merrimack Station into the future.
6. Garvin Falls will be sold. The purchase price will be a factor in the future assessed value of that asset.

V. CONCLUSION

Bow officials believe there are significant errors in the Superior Court decision, and that the value of PSNH assets are much greater than reflected in that decision. It will be up to a year before the NH Supreme Court issues a decision.

In the interim, Bow officials, including the Budget Committee members, will work to address ways to mitigate the tax impact of the decrease in the value of PSNH assets.




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TRAVEL TALK - LETTERS FROM ALBANIA

By Jeanette Lizotte

By Chase Binder: Retired Bow High School Librarian Jeanette Lizotte is in Tirana, Albania, for a two-year stint as head librarian for the brand new international school, Albanian College of Tirana. This is the third in her occasional series, Letters from Albania. She and her husband Jeff and their two dogs, Basin and Scuppy, are so smitten with the country and the experience that they will be re-upping for another two years at the end of their contract in August, 2017. If a similar adventure appeals to you, visit International School Services at iss.edu.



Drive through Albania

It's hard to believe we've been in Albania for almost 18 months! Each month has brought new and interesting experiences and I think we will be discovering new things for many more months.

Most often life here seems natural...extremely enjoyable with an almost leisurely pace. Jeff is still relishing the European approach to food. There are no supermarkets, so you have to get to know the butcher, fish monger, produce stands and (best of all) the bakeries. Jeff heads out in the mornings, dogs neatly tucked beside him, and strolls through our section of Tirana looking for the freshest ingredients for dinner. The locals are cheerful and friendly and I know that Jeff would say this is a wonderful way to experience life in retirement.

Now that we are a bit more acclimated, we have been able to get out and explore the countryside. From the steep mountain scenery to the beautiful beaches along the Adriatic, Albania is just stunning. Even better, the citrus harvest is in full swing now and you can find wonderful roadside stands and well as street vendors who sell the produce that comes in from the farms every day. Even the trees in our yard are bursting with lemons, oranges and mandarin oranges.

Albania is a mix of the old world and the new. There is a tremendous growth in the infrastructure—it seems like they are working on the roads day and night. At the same time, there is a large Roma (gypsy) population in the city. Many are employed as street sweepers, and they use homemade pine bough brooms. They roam the streets in large motorized bicycles and carts, always ready to pick up discarded items like old washing machines and carpets for recycling. They announce their arrival by singing some ancient Gregorian-like songs. Along with our neighbors' roosters and the early morning Muslim call to prayers, the city feels and sounds timeless.

The holiday season is quite different here. No nativity scenes. No



Ice skating at Holiday carnival

Santa Claus. But there are wonderful winter-themed decorations along the streets and boulevards as well as a winter carnival right in Tirana's Mother Theresa Square (named after the most notable Albanian, of course!). Locals products were everywhere—honey, crafts, rugs, table linens and more. We had a wonderful time sitting in the sun and enjoying the local wine.

Albanians also have a unique way to celebrate the end of the year.



Chestnuts for sale

Many families that have yards buy a live turkey a few weeks ahead of New Year's Eve for "fattening up." Come New Year's Eve, the turkey is ceremoniously sacrificed! You often see live turkeys and chickens for sale on the streets.

As wonderful as life is here, I do think of home and how I miss some things. You can't find New England clam chowder, maple syrup or corn tortillas. There are very few clothes dryers and I wish I had my cast iron skillet! And I am finding some special challenges: the metric system, military time, reading the temperature in Celsius and their weekly calendar goes Monday-Sunday--crazy!

My work at Albania College is fun and rewarding. Our enrollment has almost tripled and the curriculum is taking shape. The student's mother tongue is Albanian, but classes are taught in English, though French and Mandarin are offered as foreign languages—and the Albanian education ministry requires all international students to take Albanian literature. But more about the school in my next letter.

Although we have made a few trips home, we are finding the experience of living and working abroad so compelling that we can't resist signing up for another 2-year contract. We'll be right here in Albania, anxious to see the progress they are making on so many fronts. Of course, Albania is also a great launch pad for exploring Europe. We're headed to Florence, Italy, soon and have just returned from a ferry trip to Greece—complete with dogs!

It's wonderful to be able to explore the continent with our dogs, but they've also gotten used to international air travel. Basin, our Golden Retriever, seems to do well in the special pressurized cargo area, and Scuppy, our Yorkie, sits in the cabin with Jeff. It's been pretty routine, actually, except for one incident where a TSA agent mistook Scuppy for a live chicken! Too funny!

For those who are wondering what impact our elections have had in this part of the world, it seems to be shock. Albanians loved Bill Clinton—in fact one of my Albanian friends is name Clinton after him—and are saying, perhaps jokingly, that America will never be the same.

Until next time! Jeanette Lizotte



Roadside produce, honey, tea

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10 TIPS FOR SHEDDING HOLIDAY FAT

BY JIM OLSON

Let's face it, this is a challenging time of year for many people because of the excessive calories, sugar and fat that many of us consumed during the holiday season. The average person puts on roughly 10-15 pounds of body fat on during the time from Halloween until New Year's Day. If you are one of the many people worldwide that may have packed on a few pounds of body fat over the course of the holidays, follow the tips below to shed that unwanted body fat.



Jim Olson

1. Don't cut calories too drastically - eating too few calories can slow down your body's metabolism, remember you have to eat to lose; it is about eating the right balance of foods and calories for your body.

2. Pick up the pace for the New Year - getting active doesn't have to only mean heading to a gym, it can also mean just burning some more calories each day - cleaning the house, shoveling snow, or taking a brisk walk before breakfast are easy ways to get moving this year.

3. Fresh foods are best - tossing away excess pre-packaged foods and heading straight for the produce

aisle; fresh fruits, vegetables, lean proteins, and grains are best when you are trying to shed those excess pounds. Try heading to the grocery store at least one time per week to keep your kitchen well-stocked.

4. Keep a journal or diary - include the specific foods consumed, beverages, servings, time, and activity each day, and feelings, such as hunger, sadness, or boredom - this will help you stay in tune with your eating style and behaviors.

5. Start eating breakfast - even if you do not enjoy eating before noon, try to get in a little something, it can be oatmeal, yogurt and wholegrain cereal or an egg white omelet to get the day and your metabolism started, then try eating small meals throughout the day to help keep your hunger levels down. It will also help prevent overeating at lunchtime.

6. It is not all or nothing - you are going to have meals or days that don't exactly fit into your new, healthy lifestyle - this is reality. Don't be too hard on yourself.

7. Small portions please - If you want to eat something that doesn't exactly shout LOW FAT ... then try a small sliver or a couple of bites. Some foods have small, individual varieties or you can portion out servings on your own using small bags or Tupperware.

8. Watch what you are drinking - whether it is soda, juice, or alcohol -the calories add up! Do yourself a favor and choose water or low calorie beverages. If you replace your 3 cans of regular soda each day for water, this can mean

you can lose up to 1/2 pound per week, in addition to all your other efforts!

9. Get your family and friends on board - having a solid support network is very important when trying to lose weight and keep it off. It is always better to have someone to cook with, eat with or walk with ... it will help to keep your motivation levels up so that you stay on track this year.

10. Get cooking! - Eating out and on the go can mean eating lots of hidden calories from fat and sodium. So this year, try cooking easy meals if you never cooked before. Cooking over the weekend can help you pre-plan for the week. Experiment with new herbs, seasonings, and foods to help keep your taste buds delighted and your waistline down.

If there is anything that I can help you with in regards to your fitness please let me know and I would be happy to help you in any way that I can. Referrals are always appreciated and thank you very much for your support. Have a great 2017 and I look forward to helping you!

LET US HELP YOU GO FROM THIS TO THAT!!



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Everyone knows they should exercise, yet they can still come up with a ton of excuses why they aren't. Having a routine and accountability is one of the biggest reasons people come to us. We understand our clients limitations, challenges, and struggle areas and want to help you achieve a healthy lifestyle by removing those obstacles for you.

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BUDGET COMMITTEE SEEKS LEVEL FUNDED SCHOOL BUDGET

On January 9 the Budget Committee met with school officials and three school board members to begin the 2017-18 budgeting process for the three schools.

After a couple of hours of discussion the Budget Committee asked the superintendent and Business Administrator to recognize the severe financial crunch Bow is facing due to the power plant litigation.

The committee asked to see a budget for 2017-18 based upon the same amount the schools actually spent last year or \$26,481,802. That is not a cut because the final year of the high school bond issue was paid off in 2016 in the amount of \$828,144 according to Superintendent Cascadden and thus the spend number included that last payment. The current request by the schools is \$900,000 more than what was actually spent last year.

School board member Jennifer Strong-Rain was present at the meeting and used social media to claim the budget committee cut \$2 million. That is false.

The budget committee not-

ed the much smaller town budget of \$9 million had already been cut by the Selectmen to the tune of about \$600,000.

Because the school budget is three times as large as the town's, a flat funding is not the same magnitude of spending reduction as was made by the town selectmen.

A lengthy discussion was also held to discuss class sizes. The expense of classes for only a handful of students is an area the administrators will look to for reduction of staffing.

Examples of low enrollment classes that are not part of the core curriculum are:

Film making
11 students

History v. Hollywood
10 students

Chinese III
8 students

Chinese IV
7 students

Advanced Art
2 students

Guitar
10 students

Metalsmithing II
3 students

Pottery II
12 student

Intro to Game Design
8 students

The Bow School District class size recommendations are 25 students for grades 3 through 8. The State minimum standard for class size is 30 students at the middle and high school. Concord has since 1983 set a minimum class size of 15 students.

Budget Committee member Dominic Lucente said, "With the huge downsizing in the value of the power plant we must make tough decisions on not only public safety budgets but the much larger school budget.

The goal is good education but at an affordable price in keeping with the Master Plan survey results of Bow voters."

OBITUARY



Bow Men's Club member William "Honky Tonk" Tonks of Concord, NH passed away peacefully on December 23, 2016, almost a week after celebrating his 93rd birthday.

He served as an electrician in the Navy, and was also in the Coast Guard and Merchant Marines. He started out working in his parents' diner and worked in a few others around NH later on in life.

He held various jobs over the years but his career was in carpentry. He grew up in Wakefield, MA, where he was born in 1923.

He was a self-proclaimed "punster and a wit." Honky Tonk enjoyed entertaining people one on one with his rhymes and limericks, some of which he would describe (with a wink) as "Risqué."

He enjoyed hanging out with the fellas and spending time at his favorite clubs in Concord, American Legion Post 21 and VFW Post 1631.

Crosswords and reading were his favorite things to do in order to keep his mind sharp.

Honky Tonk leaves behind a daughter, Jennifer Strong of Concord, NH; a sister, Gloria Thornell of North Carolina; grandson, Jacob Finan of Bow, NH; and many cousins, nieces and nephews in RI and MA.

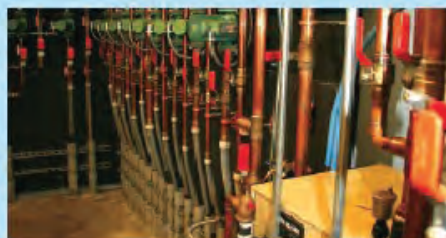
A graveside committal service with military honors was held at the New Hampshire State Veterans Cemetery.

He was very fond of all animals so in lieu of flowers please instead make a donation in his name to the Pope Memorial SPCA, 94 Silk Farm Rd, Concord, NH 03301.



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BOW WOMAN NAMED GOVERNOR'S CHIEF OF STAFF



JAYNE MILLERICK

Governor Chris Sununu chose Bow's Jayne Millerick, a former state GOP chair, as his chief of staff. Millerick is an independent public relations consultant and adviser in public affairs and communities. She was a deputy press secretary for U.S. Senator Bow Smith, R-NH, and director of scheduling for Governor Stephen Merrill.



The Black Crappie is a popular target for the ice fisherman. It is present in many ponds and lakes. In the winter it will be found in deep water. Like the white perch they are most active early and later in the day. They also school up like perch. The bite from a crappie is very soft. Light lines, small baits are most effective. The meat from a crappie is white and very mild and is very popular table fare.

The **White Perch** are also found in spots. Winnepesaukee, Pleasant Lake "Deerfield," and Wentworth Lake are some of the more popular spots. These fish can reach over 2 lbs. They are a very hard fighting fish and aggressive feeders. Small shiners or smelt work well. A medium Swed-

ish Pimple with an orange stripe tipped a piece of Dilley would be my choice.

Lake Trout are popular in Winnepesaukee, Newfound, Sunapee, Nubanusit and Big Diamond Lake and have produced very large Trout. Fishing with cut sucker has been most effective.

Large Rainbows can be taken on these big lakes and shallow sandy areas are very popular. Weirs Beach, Ellacoya and many ponds and lakes are stocked in the fall with **Brood Stock Trout** for the ice fisherman. These fish are caught mostly in 1-3 feet of water. Any small bait will work and small shiners are a good choice. Some of the popular lakes include Pleasant Lake "Deerfield," Highland Lake, Tewksbury Pond and Little Lake Sunapee.

Bass can be found in shallow water where there are rocks or other structures. **Remember to check the Laws, Rules, and Regulations before you go fishing! Be safe and check the ice before venturing out.**

NHTI FALL 2016 DEAN'S LIST

By Alan K. Blake, Director of Communications

The following students from Bow have been named to the Dean's List at NHTI, Concord's Community College, in recognition of their academic achievement during the Fall 2016 term. In order to qualify for Dean's List a student must be considered full time (registered for 12 credits or more) and have a term GPA of 3.3 or higher.

BOW

- David Duncan, Ethan Fargo, Amy Narkis, Regan Naughton, Rachel Porath, Fernando Ramirez, Jordan Vachon, Andrew Yvars

NHTI is a dynamic public institution of higher learning providing accessible, rigorous education, serving students, businesses and the community by creating pathways for lifelong learning, career advancement and civic engagement. With 95 full-time fac-

ulty and over 300 adjunct faculty, NHTI Concord's Community College offers more than 80 academic programs to more than 7,000 students annually. NHTI is a member of the Community College System of New Hampshire, and has been accredited by the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges, Inc., a nongovernmental, nationally recognized accrediting agency, since 1969. Contact Alan K. Blake, Director of Communications, (603) 271-6484 x4115, ablake@ccsnh.edu for information.

STR8TS

Medium

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

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How to beat **Str8ts** – Like Sudoku, no single number 1 to 9 can repeat in any row or column. But... rows and columns are divided by black squares into **compartments**. Each compartment must form a **straight** - a set of numbers with **no gaps** but it can be in any order, eg [7,6,9,8]. Clues in black cells remove that number as an option in that row and column, and are not part of any straight. Glance at the solution to see how 'straights' are formed.

2	1		4	5	
6	4	5	3	2	
4	5		2	1	
4	3	6	2	1	5
3	5	2	1	4	
2	1	3			

SUDOKU

Medium

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

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To complete Sudoku, fill the board by entering numbers 1 to 9 such that each row, column and 3x3 box contains every number uniquely.

For many strategies, hints and tips, visit www.sudokuwiki.org for Sudoku and www.str8ts.com for Str8ts.

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BOW GARDEN CLUB - YEAR IN REVIEW 2016

By SUSAN JOHNSON, CLUB PRESIDENT



SUSAN JOHNSON, PRESIDENT

The Bow Garden Club enjoyed yet another great year as one of the Town's very active and community organizations. Since 1964 when three forward thinking women got together and decided to start a garden club in Bow, until now where we boast of our annual membership numbers that consistently average between 40 and 45 dedicated women—and men. We would be remiss not to acknowledge our unofficial “auxiliary” members—husbands and “significant others” that were always at-the-ready throughout the year to help us accomplish our goals and objectives.

This term's BGC Executive Board included me as Club President; Beverly Gamlin, Vice-President; Bonnie Addario, Recording Secretary; Lorraine Dacko, Treasurer and all Committee Chairmen: Joyce Kimball, Awards, Fundraising, Historian and Publicity; Sue Smith, Civic Beautification; Ruth Brack, Youth Program, Scholarship, Remembrance, Communication and Nominating; Lorraine Dacko, Hospitality; Cathy Ahrens, Membership and Webmaster; Susan Johnson and Beverly Gamlin, Programming; Ginny Urdi, Smokey Bear and Woodsy Owl Poster Contest and Water Quality. Although membership meetings are held only during the months of April-June and September-November, the Executive Board meets throughout the year.

The garden club held their regular membership meetings in

2016, plus their annual Progressive Dinner and Garden Tour in July and their Annual Business Meeting & Holiday Brunch on December 10th where new officers were installed for the 2017-2019 term. Our new year started off with April's program of “Propagation for the Home Gardener” presented by Amy Papineau, an Agriculture Specialist with UNH Cooperative Extension; May's meeting featured Noah Wilson-Rich, Ph.D., founder of “The Best Bees Company” based in Boston who spoke on the agricultural importance of bees; June's meeting was a “Show and Tell” of both new and tried and true perennials available to consumers with Nancy Toole, owner of Black Forest Nursery in Boscawen. (The club customarily does not meet during the month of August). In September, Ruth Axelrod, a UNH-trained Master Gardener spoke to our group about “Eco-Friendly Gardening and the “Wings of the Night” program presented by Hilary Chapman, an educator for the NH Audubon was just perfect for our



October program as it was all about owls and bats! Our November meeting unfortunately was cancelled due to a conflict with the meeting venue and the scheduled program “Learn to Live with Bears” which was to have been presented by a Fish and Wildlife Steward for



NH Fish and Game was postponed until 2017.

Bow residents supported the garden club's fundraising efforts with great gusto again this year: Our Spring Plant was once again a sellout by noon and our annual poinsettia pre-sale again exceeded the previous year in sales. Thank

that decorate the town buildings, the gazebo and the “Welcome to Bow” road signs each year for the holidays.

The garden club also provided patriotic wreaths again this year for the Memorial Day celebration and in June awarded a small scholarship to a graduating Bow Senior. In November, we gave our annual donation of gift cards to the Town Food Pantry for their Thanksgiving baskets and we donated the 80 pairs of new and warm pajamas and 63 children's books collected during our “Pajama Project” to Family Promise of Greater Concord who provides shelter for the homeless and families in transition.

The Bow Garden Club meets in the early evening, usually the second Monday of the months of April, May, June, September, October and November. Guests are always welcome at our meetings and new members are encouraged! Social time begins at 6:00 p.m. followed by the evening's educational program and a brief business meeting with refreshments being available throughout the evening. Please consider joining the Bow Garden Club for an enjoyable experience while helping us keep Bow beautiful!

I have enjoyed my two years as Club President and cannot say enough about these dedicated men and women who *are* the Bow Garden Club. They truly love their town and enjoy helping to keep it beautiful. *Photos courtesy of Joyce Kimball.*

www.bowgardenclub.org



BAKER FREE LIBRARY NEWS

By Lori Fisher

CREDIT CARDS ACCEPTED AT THE CIRCULATION DESK!

Welcome to the 21st Century!
We now have the capability to accept all four major credit cards at the Circulation Desk!

You can use a credit card to pay for lost materials, DVD fines, faxes, copies, out-of-town library card annual fees, or donations to the Library. The purchase minimum is \$5...if you have to pay something to us totaling under \$5, you will still need to pay by cash or check. Sale of items or donations related to the Friends of the Baker Free Library or the Baker Free Library Foundation cannot be done through this credit card system since those two organizations are private non-profit entities by the tax code. We hope offering this service makes your life easier! Questions? Contact Lori Fisher, Library Director, at lori@bakerfreelib.org.

DVD LENDING TIMES EXTENDED TO TWO WEEKS. YOU'VE ASKED, AND WE ARE DELIVERING!

One of the questions in the recent Library Survey related to extending DVD lending times for TV series, because they contain multiple disks and are hard to watch within a one week time frame. Given the survey results and comments, we're actually doing that and taking it one step further:

All DVDs will now have a two week lending period!

The one thing that will stay the same is the limit to two DVDs per library card. We ask that all patrons who borrow DVDs think courteously given the new lending period...if you are done watching a DVD, particularly if it is only one disk and is a new or popular movie, please return it prior to your due date if you are finished. This will help shorten the extended wait times we'll now see with the longer lending period. Questions? Email Lori Fisher, Director, at lori@bakerfreelib.org.

SURVEY RESULTS IMPLEMENTATION

As you can see from the change described (DVD lending period extension), we are already implementing changes due to the feedback we have received through the recent Library Survey in November. This survey, conducted every four years, helps to guide the Library's long range strategic planning process.

The Library Trustees and staff will be working on the new plan for



Library Trustees & Library Director in front of the window area to be created in the Bow Rotary Community Room in the Lower Level of the Library. The orange "x's" indicate where the concrete foundation needs to be cut for the new windows. Expected completion date for the Lower Level space is early February 2017. From left to right: David Withers; Christine Carey, Tom Ives, Lori Fisher (Director), and Benette Pizzimenti. Absent: Trustee Peirce Hunter. Photo by Eric Anderson.

2018 through 2021 during the new year.

In the meantime, we will be doing a couple of things throughout 2017 to keep you informed about the results of the survey or to provide more information that you've asked for:

- Every month starting in January, our newsletter and web site will highlight one area of feedback we received through the survey. This month, we've focused on the DVD lending period change. Other topics that will be covered include patron privacy, downloadable books, using our catalog more effectively, collaborations with other library such as Hooksett Public Library, inter-library loan, and print/digital magazines.
- A number of survey respondents have asked for more information about the staff at the Library. While we need to honor the privacy requests by some staff and Trustees to not have their picture as a permanent part of the Library web site, we will be doing a Staff Member/Trustee profile each month so that you can get to know the people behind the books. This profile will appear in the newsletter and on the home page of the web site for that particular month.
- The survey revealed a strong need for more technology troubleshooting and learning in our community, so we will be exploring avenues to provide that service and information to our patrons. We are looking at partnering with BHS to provide a

monthly tech lab for walk-in troubleshooting, a monthly email blast highlighting two or three tech how-to's, and a new page on the web site compiling tech info into one place for one-stop shopping.

SAVE THE DATE FOR CANDIDATES NIGHT ON WEDNESDAY, FEBRUARY 15TH

For the 2nd year, we'll host a Town Candidates "Meet & Greet" on Wednesday, February 15th at 6:30 pm. You'll get a chance to meet the 2017 candidates for elected town offices and ask questions about their ideas for our town. Snow date for this event is Wednesday, February 22nd at 6:30 pm.

The Library will be asking all candidates who file for a position to provide background info so that a handout is available at the Library and on the Library's web site for interested voters.

As always, if you have feedback, positive, constructive, or other that you would like to share, please contact Lori Fisher, Library Director, at lori@bakerfreelib.org. Thank you again to those who completed the survey and provided us for information to guide us in providing the services and resources you need.

THE LOWER LEVEL IS PROGRESSING!



PHOTOS BY ERIC ANDERSON

DUNBARTON ELEMENTARY SCHOOL HONOR ROLL

By Shelley Westenberg

Grade 4 High Honors

Carter, Trevor
Cattabriga, Annabelle
Glance, Jaden
Kiah, Nathan
Krukowski, Zoe
Lampron, Hannah
Laws, Makaylie
Madden, Vivian
Magdziasz, Michael
Tarsa, Gabriella

Grade 5 High Honors

Alexakos, Allison
Cannon, Isabella
Duncan, Hunter
Johnson, Lily
Lafferty, Marissa
Speckman, Sierra
St. Onge, Olivia
Tarsa, Juliette
Virta, Luke

Grade 6 High Honors

Kiah, Emily
Magdziasz, Alex
Pelletier, Rachel
Westenberg, Jake

Grade 4 Honors

Amsden, Delaney
Camire, Alexa
Constant, Angelo
Dugan, Mackenzie
Grant, Molly
Hammond, Samuel
Jewell, Andrew
Klements, Ian
Lalla, Piper
Lavallee, Alex
Murphy, Marilyn
Pinard, Jonah
Poitras, Caly
Raisty, William
Rondeau, Benjamin
Tefft, Holden
Weiss, Carter
Wilson, Bridget

Grade 5 Honors

Ayers, Cole
Davenport, Wyatt
Labbe, Gwen
Labrecque, Aidan
Modzeleski, Maxwell
Rapp, Lauren
Roos, Ella
Tassi, Korbin
Vose, Julie
Zanella, Lilianne

Grade 6 Honors

Bouch, Austin
Cross, Zachary
Fredette, Hazel
Milano, Michael
Milbury, Olivia
Pollock, Brian
Raisty, Isabella
Rondeau, Hannah
Spaulding, Curtis



CHARLOTTE WEISBERG NAMED TO DEAN'S LIST

Charlotte Weisberg (left) was named to the Dean's List at Lehigh University for the Fall 2016 semester and is currently interviewing for admission to veterinary schools.

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BOW REAL ESTATE SALES

December 2016 Sales in Bow

- 17 Chelsea Dr, 3366 gla, glaag 2736 3 br, 3.5 bath, 2 car umder, 2.27 acres. Sold \$449,000 12/07/16
 - 17 Parson's Way, 2286 gla, glaag 2286, 3 br, 2.5 bath, 2 car att., 1.60 acres. Sold \$398,550 12/15/16
 - 17 Wheeler Rd, 2784 gla. Glaag 2784, 4 br, 2.5 bath, 2 car att., 3.00 acres. Sold \$355,000 12/29/16
 - 4 Lewis Lane, CONDO, 2475 gla, glaag 1650, 2 br, 3.0 baths 1 car att., 0.0 acres. Sold \$340,848 12/29/16
 - 6 Windchime Dr, CONDO, 1330 gla, glaag 1300, 2 br, 2 baths, 1 car att., 0.0 acres. Sold \$250,000 12/19/16
 - 29 Bow Ctr Rd, 2122 gla, glaag 1522, 2 br, 1.5 baths, 2 car Det., 0.70 acres. Sold \$244,000 12/27/16
 - 170 Bow Bog Rd, 1350 gla, glaag 1086, 3 br, 1.0 baths, 2 car Det., 2.06 acres. Sold \$242,400 12/09/16
 - 11 Bow Bog Rd, 1264 gla, glaag 1264, 3 br, 1.0 baths, No garage, 5.60 acres. Sold \$180,000 12/05/16
 - 36 Logging Hill , CONDO, 1848 gla, glaag 1548, 3 br, 2.0 baths, 1 car att, 0 acres. Sold \$155,000 12/02/16
 - 21 Grandview Rd, 1505 gla, glaag 1505, 3 br, 2.0 bath, 2 car Det., 1.30 acres. Sold \$139,000 12/07/16
 - LAND - 109a Page Rd, 5 acres, 420' Road frontage. Sold \$ 78,500 12/23/16
 - LAND - 9 Grandview Drive, 1.0 acre, 200' Road Frtg. Sold \$ 65,000 12/09/16
- (Note: gla = Gross Living Area, glaag = Gross Living Area Above Grade)

These statistics are for all Bow Sales for the period 12-1-16 thru 12-31-16, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

Happy New Year! And all things good to you
In 2017

To the clients who brought me flowers, when we'd made their dreams come true, and the buyers who were patient, when we've seen more than a few, To the sellers who were so surprised, when it sold the second day... And the ones all settled snugly, with the baby on the way, Thank you for your confidence, your trust, and loyalty, And if you need to Buy or Sell remember to call me.

Linda Hutton  *BHHS Verani Realty
143 North Main Street
Concord, NH 03301
224-0700 x 6530*

Cell 731-2202
"She Knows Real Estate"

To all my clients, customers and friends who made 2016 a year filled with good memories, and to all those from years past that I hold dear, May health and happiness be yours in 2017.

Real Estate Consumers: Please click on the link and read this document, which I am required to present to you BEFORE we look at or discuss any specific real estate. <http://bit.ly/KOLvyG>

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

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

Linda Hutton, Broker Associate
Berkshire Hathaway HomeServices Verani Realty
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Concord, NH 03301

CELL: 731-2202 lshutton@aol.com www.lindahutton.com

THE SUNCOOK VALLEY CHORALE

The Suncook Valley Chorale is a non-auditioned community chorus of about 75 members, based in the Concord, N.H. region. We are open to all singers interested in performing a variety of quality music – classical, pop, Broadway and folk.

We currently meet on Monday evenings, 6:30 – 8:30 at Concord High School's music room. We meet from September through May,

with concerts held in January and May.

Our next "Open Sings" will be held on Monday January 30 and February 6 at 6:30 to preview our music for the upcoming May concerts.

All are welcome to come and join us, especially Tenors and Basses!

Our motto is to "Sing for Joy!" Hope to see you there.

For more information, check us out on Facebook or call : Sue Wheeler at 774-3751.

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COMMUNICATION IS KEY!

By Donna Deos

How many times have you been having a conversation with someone who you know is not listening to you? How many times have you not been listening to someone talking to you? How many conversations have you had where it feels like you are both spouting off about different things under the guise of talking about the same thing? Finally, how frustrating is all of this to you when you are experiencing it?! Right. At least one half of communication is LISTENING. More than that if you truly want to understand someone and help them. And yet, we would rather yammer on with our point of view instead because we think we are right and need them to understand that and submit. Well, they are doing the same thing.

Watched the news lately? (I try not to but find that since the election I cannot seem to help myself.) It is the perfect example of people trying to talk about the same topic but approaching it from diametrically opposing views and skewing what they are saying (R's & D's, I'm talking about) to exaggerate and hyperbolize their views, all the while painting the other view as bad or wrong or ignorant. The end result is that the public is frustrated that no one is listening to them, instead they are fighting the same old fight still trying to win and nobody else but them cares anymore. It's actually rather comical and pathetic.

Anyway... stepping back from politics, because I do try to avoid that and religion, apply this to your own life. Most of the reason that seniors and their adult children end up arguing at cross purposes is because both of us are so sure we are right and that the other person has no idea what they are talking about that we keep arguing and pushing our view or goal.

We adult children are trying to solve the problem at hand. Mom or Dad (or Aunt Matilda or whoever the aging loved one may be) are trying to figure out so very much more than that. Do any of us try to hear what our aging loved ones are saying? Do we try to give them the time, space and attention to find out what is really burdening their heart and mind? No. We have to move on to solving our children's issues and the committee we volunteer for issues and our work issues as well.

Stop. Take a breather. If you are still reading this, I commend you! I know it sounds a bit preachy, I'm sorry. This is important. If you truly want to help your aging loved ones – and yourselves – then stop and listen to them.

Find out what they really want for the quality of life moving forward. Let them review their life up until this point. The reason they keep repeating certain stories is because they are pivotal points in their lives. They illustrate an important



point. They tell you about who they are and what they want to be remembered for.

We, as the adult children, are stuck in the middle of our lives. We are looking at the issues of where we have come from and where we are to go to from here. We are looking for purpose.

They are looking at Legacy. It's entirely different. One is not good and the other bad. One is not right and the other wrong. There does not have to be a winner and a loser.

They are simply different points in life with different views, different results, different issues and heart strings being pulled.

Your aging loved ones want and need to know that their life up to this point mattered... that they made a difference... that they influenced you in positive ways.

They want to know that the legacy they leave behind is a good one. You may or may not value their life and accomplishments up to this point, but if you value their self-worth you need to at least give them the time and energy needed to process this and work through it. They may truly have been the best parent ever and you can honestly show them that. They may not have been. If that's the case there are ways in which you can still address that without hurting them to let them know that that did in fact form who and how you are, without telling them it persuaded you to go in the opposite direction. Either way, they are having a full life review while you are having a mid-life review.

You have plenty of time to course correct. They may not. This is one of many processes that we go through in life. As we age we take stock of our accomplishments, our failures and so on. We weigh things out and hope the good outweighs the bad. Sometimes all they need from you is to know that you made the time for them, you listened, you truly heard them and you gave them some sort of positive feedback.

This is why sometimes you want to try and talk them into giving something up and they want to talk about a glory day's story of how great things were way back when. They likely know they aren't as sharp as what they once were. Harping on that and stressing safety



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issues alone won't win that battle. Admitting they did have the coolest car of any parent around back in the day and they were wonderful about taking you and your friends everywhere in it can help get them further down the path to having a wonderful memory to hold onto as they face giving up something they really don't want to.

Communication is the key. Listening is what's most important. If you listen to them, they will likely listen to you. It's a two way street. Plus, you will get to know what's really important to them, which down the road is something you will treasure. Trust me, I know. Sometimes the stories, photos and reminiscing are all we have. Gather all of that up while you can. It is well worth the time it takes and more.

Wishing you and yours many happy conversations in this wonderful new year. If you come across something you aren't sure how to talk with them about, call me. I'm really good at talking about things that people really would prefer to avoid. Plus, I can tell them (parent or well-meaning adult child) things that you likely already have. However, coming from me they may listen. Not because you said it any differently, and not because they don't respect you, but simply because it's what I do and I am a non-family member. That makes all the difference in dynamics of conversation.

Talk with you soon!

Donna



(Left) Gary and Carol Asker, formerly of Bow, catch up on the news in Florida.

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From left to right: Chris Lindquist, Allen Lindquist, Sue Lindquist, Kevin Lindquist

Bow Auto Parts of Bow and Premium Recycled Parts Northeast presents a check for \$16,000.00 to the Honor Flight Program.

Honor Flight began in 2009 and is a non-profit organization dedicated to honoring America's most senior veterans.

Through generous donations, they transport our heroes to Washington, D.C. to visit and reflect at the memorials, at no cost to the veterans. Top priority is currently given to WWII veterans, along with those other veterans who may be terminally ill. Beginning in 2016 Honor Flight began transporting Korean War veterans.

When the flight began in 2009, 50 veterans and guardians traveled together. There were 14 WWII prisoners of war and 5 WWII heroes, including one hero that lost his sight while serving his country.

Our veteran heroes aren't asking for recognition, but they deserve it. This program is a small token of appreciation for those that gave so much.

THE ARMED CITIZEN®

ARMED MOTORIST FATALLY SHOTS TROOPER'S ATTACKER

A passing motorist in Arizona fatally shot a man who had ambushed and wounded a state police officer along an interstate highway.

Investigators said the officer encountered a rollover accident, exited his vehicle and began laying out flares when he was attacked and shot.

The unidentified motorist saw the attacker "getting the better" of a state trooper who had been shot in

the shoulder. The motorist pulled over to ask the officer if he could help.

The male officer, a veteran of 27 years, suffered a severe wound but was expected to survive.

After getting permission from the trooper, the civilian retrieved his gun from his car and ordered the attacker to stop.

When the suspect refused the civilian then shot the attacker. The civilian then picked up the trooper's radio and summoned assistance.

This column was reprinted with permission from the American Rifleman, Magazine of the National Rifle Association.

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PRESS RELEASE

Dunbarton Hazard Mitigation Plan Update 2017

Public Invited

The Dunbarton Hazard Mitigation Committee invites Dunbarton residents and business owners to participate in the discussion at its next meeting on **Monday, February 6, 2017 at 2:00 PM at the Dunbarton Town Office, 1011 School Street, Dunbarton.** This meeting is one of 8 meetings that have been scheduled through February, 2017 in order to update the current **Dunbarton Hazard Mitigation Plan.**

Every 5 years, the Hazard Mitigation Plan must be updated and approved to current requirements to ensure the Town's continued eligibility for federal disaster recovery and mitigation grant project funding.

Tell us what matters to you. We encourage all of the Town's citizens, businesses, and organizations to share their knowledge and unique perspective to help us develop actions to better protect people, buildings, infrastructure, businesses, and property from natural hazards.

The draft Dunbarton Hazard Mitigation Plan Update 2017 document is anticipated to be completed in spring 2017. For more information, please phone Stephen Laurin, Hazard Mitigation Staff Coordinator at 603-774-3541, ext. 106, or E-mail at building@dunbartonnh.org.

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A MEDICAID STORY (BASED ON REAL LIFE EVENTS)

BY BEN KINIRY, ESQ.

I was contacted by a woman named Kim (not her real name), one of our fellow Bow residents, seeking counsel regarding a Medicaid matter. Her husband, Jason (you guessed it, not his real name) had been diagnosed with dementia some years ago and was now in a long term care facility.

Kim and I met to discuss her concerns. Here is what she told me: Jason is 72 years old. Some years after the diagnosis of dementia his mobility had declined and he eventually took a fall in their home. The fall necessitated a short hospital stay and a couple months of rehabilitation. Jason returned home for a week or so, but fell again. It was clear to Kim, and her family, that he required a level of care she was not equipped to provide in their home.

At our meeting, Kim made a statement similar to statements I've heard in the past. In regards to her effort to keep Jason at home she said "I thought I might die if I continued to take care of him." I, most unfortunately, had a previous client who was taking care of her husband and she died. I can't say that it was her endless efforts that eventually led to her demise, but to this day I believe her efforts played a role. Since that time, I'm a much better counselor and when I see the signs, I'm compelled to speak my mind. I certainly understand that spouses will make heroic efforts to keep their loved one out of a long term care facility, however, I suggest that you know your limitations and when to ask for help.

Also, regarding the family finances, Kim had been paying out of pocket for Jason's long term care for some months. In Jason's case the monthly bill for his long term care is in excess of \$7,000. Considering their given income level and the fact that all of their other life cost won't go away, the result is that most of the \$7,000 would need to come out of their life savings if something didn't change. How long could she withstand this monthly expenditure? How long could your family?

Granted, Jason needs to receive this care, but Kim is only 68 years old and has many years ahead of her, how is she going to pay for her cost of living if their life savings is gone?

Kim had discussed the cost with the nursing home and with the State agency that implements the Medicaid for long term care program (helps pay for some or all of the long term care bill, which is designed to protect the healthy spouse financially)(see prior articles on this



topic at www.thebowtimes.com under the Elder Law tab). Kim was informed, in so many words, that Jason would not qualify for assistance and therefore she would need to continue to pay the full bill out of pocket until half of the family assets were spent on Jason's care (excluding the home and automobile).

Additionally, she was led to believe Jason's income would need to be paid to the nursing home. Jason is the breadwinner, so to speak, and his income is \$5,500 per month. Kim's income is under \$400.00 per month.

Basically, Kim was being told she would eventually have to survive on her income alone and half of what would be remaining of their life savings. *Are you feeling Kim's stress?*

What could be done to help Jason and Kim? Though Kim was told Jason did not qualify for Medicaid for long term care, this was not the absolute truth of the matter. For purposes of this article, there are two sides to applying for the Medicaid long term care benefit, the asset side and the income side.

The asset side. Technically, Jason and Kim did not qualify due to how they titled their assets. A few changes to their financial accounts would place them more in line with being approved. Ideally, Jason (through the use of his Durable Power of Attorney (see prior articles)) would transfer his share of the family home to Kim (if not immediately, then in the very near future).

Did Kim really have to spend half of their assets? No, this is not accurate. It's possible, once the funds are moved into Kim's name, to then change how she holds title to those funds. The result is significantly more than half of the family assets will be retained by Kim.

Good news, Kim will still have savings to help provide for her remaining years!

The income side. It's true that Jason's income, at a quick glance, disqualified him for the Medicaid long term care benefit.

However, that is only the beginning of the analysis. There are deductions that must be subtracted

from Jason's total income (such as medical insurance premiums and any income that Kim is entitled to keep (discussed below)) prior to an eligibility determination being made. In my opinion, after the required deductions, Jason will qualify for the program.

What about Kim's income? Even if she keeps additional savings, the loss of Jason's monthly income of \$5,500 per month would be devastating. How could Kim live on less than \$400 per month? Does this seem unfair or extreme to you?

Well here is another issue that was not brought to Kim's attention. Under federal law, there is a formula that is designed to protect Kim, to make sure she has a minimum amount of income.

In her case, the formula results in a requirement that Kim receive \$1,800 per month of Jason's income, prior to the remaining income going to the nursing home providing Jason's care.

More good news, Kim will still have income to help provide for her remaining years!

The end result: Kim will retain well in excess of half the family assets and a total monthly income of \$2,200 per month.

Jason's remaining income will go to pay for his care at the nursing home and the Medicaid long term care benefit will pay the remaining fee balance, at a reduced rate.

I'm so glad to have had the opportunity to serve Kim, and her family, in this difficult time in their lives.

The information provided in this article does not constitute legal advice.

It's more like a motivational speech to get you to take action in regards to setting up an estate plan.

Prepare for the worst, hope for the best!



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MCGILVRAY UPDATE

SENATOR CONFLICT: MCGILVRAY REPRESENTS HIS UNION

State Sen. Scott McGilvray has an ethics problem.

He doesn't have any.

The newly elected Hooksett Democrat is keeping his job as president of the New Hampshire chapter of the National Education Association, the state's largest teachers' union.

While keeping his day job, which will pay him more than \$160,000 per year, McGilvray will not recuse himself from voting on issues where his union is involved.

When Republican Senate President Peter Bragdon took a job with HealthTrust, he recused himself from any votes or deliberations pertaining to the state regulated risk pools that company runs. Yet Democrats pressured him to resign entirely, arguing that any senator working for such a politically connected firm had an inherent conflict of interest.

McGilvray is making a mockery of New Hampshire's citizen Legislature, taking \$100 per year from taxpayers and \$160,000 a year from the union. Is there any question where his loyalties are? He's no longer registered as the union's lobbyist. He traded in his orange lobbyist badge for a senator's nametag. Senate ethics rules require senators to disclose conflicts, and to recuse themselves when they have conflicts of interest. McGilvray has shown that he cannot be trusted to do the right thing on his own.

McGilvray says he won't vote on legislation that would change his pension. Democrats should demand that McGilvray recuse himself from bills dealing with school choice, school funding or any issues on which NEA-NH has taken a position. Instead, they have revealed that their complaints about "money in politics" are empty posturing. Why bother contributing to a candidate's campaign when you can just keep a senator on your payroll? Political interest groups are not supposed to have their own seats in the New Hampshire Senate. *Reprinted with permission from Union Leader.*

"CONFLICT MCGILVRAY" TO VOTE ON UNION BILL

The \$200,000 (with pay and benefits) head of the teachers union says he will vote against the right to work bill in the Senate. The bill would prevent workers from having to pay dues or "agency fees" to a labor union they would prefer not to join. While McGilvray said during the campaign he would avoid conflicts of interest there is nothing clearer than this one.

As head of the largest union in the State how can he not be in a direct financial conflict between his constituents and his paycheck from a union?

It looks like Senator Conflict of Interest is off to a spectacular start of lobbying for his special interest group and not the citizens he represents.

Chuck Douglas
For a free press, je suis Charlie

GEORGE COPADIS SPEAKS AT BOW COMMUNITY MEN'S CLUB

By Warren Perry



George Copadis spoke at the December 8th Bow Community Men's Club meeting. George N. Copadis is the Commissioner of New Hampshire Employment Security. He served as the interim commissioner from July 16, 2012, until he was confirmed as the commissioner on March 26th 2014.

Prior to joining the department, Commissioner Copadis had served as Commissioner of Labor since 2004.

CAPITAL REGIONAL DEVELOPMENT COUNCIL AWARDS 2016 COMMERCIAL LENDER OF THE YEAR TO JOE CONWAY OF SUGAR RIVER BANK



CRDC's Jennifer Boulanger with Joe Conway, Vice President of Commercial Lending at Sugar River Bank and CRDC's 2016 Commercial Lender of the Year. Photo courtesy of Sugar River Bank.

Sugar River Bank is pleased to announce that our very own, Joe Conway, has been awarded the 2016 Commercial Lender of the Year by the Capital Regional Development Council.

This award is presented to the commercial lender that has produced the highest dollar volume collectively with the CRDC.

Mr. Conway is our Vice President of Commercial Lending with more than two decades of experience in his field working with both large and small businesses.

He also works closely with CRDC's Senior Loan Officer, Elizabeth Sweeney and Loan Officer, Jennifer Boulanger.

"Joe deserves this award be-

cause of his continued commitment to his banking customers. He introduces our financial options such as our SBA 504 Lending or other financing products to his customers," says CRDC's Stephen Heavener.

"Joe is a direct link to CRDC's financial success this year and we applaud him for his strong commitment to not only us, but ultimately to his banking customers."



THANK YOU...

to the Sugar River Bank team for working so diligently on our behalf throughout the home-buying process. We are grateful to have had you all in our corner. From our mortgage originator, Mary Sullivan, to the local underwriting, to the closing table, our many questions were patiently and thoroughly answered. The experience was truly a pleasure and the outcome has been so rewarding.

-Michelle & Neil Martlew

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The Mini Page

Issue 02, 2017

Founded by Betty Debnam

The President's Promise

This week, the United States will practice a "peaceful transfer of power" when Donald J. Trump is inaugurated as president.

Until the late 1790s, there were no political parties in the U.S. But in the election of 1800, two parties, the Federalists and the Democratic-Republicans, competed for the presidency. When Thomas Jefferson, a Democratic-Republican, won the office, the Federalists accepted the outcome and did not act against him.

Peacefully transferring power between two different political belief systems became an important feature of our democracy.

A busy day

Jan. 20, 2017, will be a day full of celebration, ceremony and tradition.

• In 1933, President Franklin D. Roosevelt began the tradition of attending church on the morning of the inauguration. President-elect Trump and his family are expected to do the same.

• Next, the president-elect and vice president-elect and their wives will go to the White House. Then Trump and President Obama will go together to the Capitol for the swearing-in ceremonies.

• Vice President-elect Mike Pence will take the oath of office first. The oaths are given by the chief justice of the United States.

• Donald Trump will recite the president's oath of office. It reads: "I do solemnly swear (or affirm) that I will faithfully execute the

Mini Fact:

The wording of the presidential oath of office comes from the U.S. Constitution, Article II, Section 1.



The events at the Capitol will take place on the west front terrace of the building.

Office of President of the United States, and will to the best of my ability, preserve, protect and defend the Constitution of the United States." Mr. Trump's wife will hold a Bible; some past presidents have used George Washington's or Abraham Lincoln's Bible.



Chief Justice John Roberts will direct the oath, as he did for President Obama.

• The new president will then address the nation. Modern presidents have presented their goals and vision for the United States during this speech.

After the oath

• When the ceremony is over, President Obama and his wife, Michelle, will leave the Capitol and return to their private lives. The Obamas will live in Washington, D.C., while their daughter Sasha finishes high school there.

• President Trump and the first lady, Melania Trump, along with Vice President Pence and his wife, Karen Pence, will remain at the Capitol for an inaugural luncheon. Also at the lunch will be leaders of Congress and other guests.

• The new president and vice president will then either walk or ride at the front of a parade from the Capitol to the White House.

In the evening

On the evening of the inauguration, several balls, or formal parties, will be held in honor of the new president and vice president.

The first inaugural ball took place in 1809. Some presidents have canceled the parties because they thought the occasion should be more serious.



George W. Bush and Laura Bush at one of his inaugural balls.

Resources



On the Web:

- youtu.be/as5J-RUTW3w
- bit.ly/2f0uBsR

At the library:

- "Our Country's Presidents: All You Need to Know About the Presidents, From George Washington to Barack Obama" by Ann Bausum

Try 'n' Find

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



BIBLE, CAPITOL,	J W E C I F F O S P E E C H W
CELEBRATION, CHURCH,	L U F E C A E P X X V I C E C
INAUGURATION,	N O I T A R B E L E C Y Z U I
JEFFERSON, LEADERS,	J W E S T T N E D I S E R P C
OATH, OFFICE, PEACEFUL,	L E A D E R S R E W O P T C A
POLITICAL, POWER,	B K Y N O I T I D A R T H H P
PRESIDENT, SPEECH,	I N A U G U R A T I O N L U I
TRADITION, TRANSFER,	B H T A O X U R E F S N A R T
VICE, WEST.	L W O Z J E F F E R S O N C O
	E Q A L A C I T I L O P K H L

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. extra (5) _____
2. exploding mountain (7) _____
3. he hears a Who (6) _____
4. circus swing (7) _____
5. what you send in the mail (6) _____
6. what you shave with (5) _____
7. Spongebob's friend (7) _____

CA	HOR	TRAP	TR
PA	ZOR	TER	EZE
RA	ICK	TON	NO
RE	SPA	VOL	LET

Answers: spare, volcano, Horton, trapeze, letter, razor, Patrick.

Mini Jokes



Donald: What sounds like a piece of sports equipment but is really a big dance?

Doug: An inaugural ball!

Eco Note



Scientists believe that our climate is changing because power plants, factories and cars are putting too much carbon dioxide (CO2) into the atmosphere. CO2 acts like a blanket, holding in warmth. As a result, polar ice is melting faster, weather is more extreme, animals are becoming extinct, and some crops can no longer grow. Let our new president know if you think it's important that we protect the Earth's climate. You can send a letter to: President Donald J. Trump, The White House, 1600 Pennsylvania Avenue NW, Washington, DC 20500

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

Teachers:

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

COULD YOU IMPROVE YOUR PERSONAL FINANCES TODAY?

BY DOMINIC LUCENTE

Simple decisions & new habits might lead you toward a better financial future.

In life, there are times when simple decisions can have a profound impact. The same holds true when it comes to personal finance. Here are some simple choices you could make that may leave you better off financially – in the near term, the long term, or both.

Use less credit. Every time you pay with cash instead of credit, you are saving pennies on the dollar – actually, dimes on the dollar. At the start of December, the average “low interest” credit card in America charged users 12.45%, the average cash back card 17.15%. If you want to see your bank balance grow, try consistently paying in cash. There is no need to pay extra money when you pay for something.¹

Set up automated contributions to retirement plans & investment accounts. By automating your per-paycheck salary deferrals to your workplace retirement plan or your IRA, you remove the chore (and the psychological hurdle) of having to make lump-sum contributions. You can bolster invested assets with regular inflows of new money, without even thinking about it. Often, arranging these recurring account contributions takes 20 minutes or less of your time.²

Bundle your insurance. Many insurers will give you a discount if you turn to them for multiple policies (home and auto, possibly other combinations). This may help you reduce your overall insurance costs.

Live somewhere less expensive. Sure, it takes money to move, but that one-time cost might be worth absorbing, especially if you can perform your job anywhere. A look at the December United States Rent Report at ApartmentList.com reveals that the median rent for a 1-bedroom apartment in Los Angeles is \$1,900. The median rent for a 1-bedroom apartment in Spokane is \$630. What is the median rent for a 2-bedroom apartment in Boston? \$3,200. How about in Fayetteville, North Carolina? \$700.³

Look into refinancing your largest debts. Perhaps your student loans could be consolidated. Perhaps you could qualify for a refi on your mortgage (while rates are still low). Both of these moves could free up money and leave you with more financial “breathing room” each month.

Spend less money on “stuff” and more money on yourself. Many

people associate possessions with well-being – the more “toys” you have, the richer your life becomes. That kind of thinking can quickly put you deep in debt. You may find yourself living on margin as your “toys” depreciate.

A wise alternative: pay yourself first and direct more of your income into retirement or savings accounts. Or if you like, use some money you would normally spend on creature comforts to attack your debt. Instead of simply entertaining yourself today, make money moves on behalf of your financial future. Too many people give their financial future little thought, and they may be in for a shock when they reach retirement age.

We all want to splurge now and then, but try spending money on memorable experiences instead of flashy items – you may find the former many times more valuable than the latter.

Forgo several purchases a month and see what happens. A recent SunTrust bank survey found that roughly a third of U.S. households earning \$75,000 or more live paycheck to paycheck. Earlier this year, *Money* noted that the average household credit card balance was nearly \$16,000. In short, people are spending too much.⁴

Some expenses are obligatory, others spur-of-the-moment and unexamined. Pause and think before you buy something; do you really need it? If you separate your needs from your wants and say no to several of them, you may find yourself living a simpler life with less debt and more cash.

Spend less than what you make, invest and save some of the difference – this is the classic path toward improving your financial situation.

Dominic Lucente may be reached at 603.645.8131 or dominic.lucente@LPL.com

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are not illustrative of any particular investment. **Citations.**

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ALL VETERANS MAY BE ELIGIBLE FOR PROPERTY TAX CREDIT

By Former State Representative
Fred Rice

All veterans may soon become eligible to receive property tax credits for their military service regardless of when or where they served, under new legislation recently signed into law by the Governor.

Under current law, RSA 72:28, the "Standard Veterans Tax Credit, is awarded to anyone who served a minimum of ninety days on active duty, was honorably discharged, and served during certain specified "wartime" periods. The newly enacted law (RSA 72:28b) is exactly the same as the old one, but without the time periods.

"Individuals can volunteer to enter the military, but they have little or no say as to where or when they will actually serve," said outgoing state representative Fred Rice, (R.) of Hampton, the prime sponsor of the bill that created the new law. "All veterans should all be recognized for their service, and not be deprived of a benefit because of something they had no control over," said Rice.

Each municipality in the state must formally adopt the All Veterans Tax Credit by a vote of town meeting or equivalent in order for it to take affect in that town. Rice hopes that it will be done this year. At present, every municipality in the state awards the Standard Veterans Tax Credit. Twenty percent of all municipalities, mostly smaller towns in the North Country, award the mandatory minimum of \$50, while sixty percent are at or near the \$500 maximum award. Others are scattered at rates in between. If the All Veterans Credit is adopted, it will replace the current Standard Tax Credit in that town. The same tax credit must be awarded to, and the same for, all veterans in each town.

The time periods that will be eliminated under the new option are those that fall between "periods of conflict," such as from the end of WWII to the start of the Korean War, from the end of Korea to the start of Vietnam, and from the end of Vietnam to the invasion of Grenada. Almost all of the time

since Grenada has been covered under a single blanket authority for anyone who was deployed outside the United States.

Not everyone who was deployed was necessarily in combat, however. Only ten percent of those in uniform ever see combat, according to government statistics. Naval crews at sea, support troops at logistics installations or air bases, and administrative, legal and medical personnel are examples of those who may have served "in country" and are eligible for the current tax credit, but were never in danger of enemy action.

"The exact number of veterans who would be added to the tax credit rolls cannot be known, since there is no way to have counted them," said Rice, "but it is not expected that the numbers will be very large, since these peacetime periods coincided with the most significant reductions in the size of the armed forces." In addition, many who served in those periods also overlapped into eligible periods.

Veterans should check to confirm that their town has the All Veterans Property Tax Credit question on this year's ballot. If not, they should file a petitioned warrant article for its adoption.

If there is a concern about the potential budgetary impact of providing tax credits to more veterans, towns could take the option of first sending a questionnaire with the next tax bills to determine how many would apply, and then holding the vote next year.

"This is a matter of treating all those who served in the military on a fair and equal basis," said former state representative John Martin, (R.) of Bow, a retired Army First Sergeant with 29 years of active duty service, and a co-sponsor of the bill. "You wouldn't ask a veteran when and where they served before saying, 'Thank you for your service,' and you shouldn't put down a veteran's peacetime service by denying them the same benefit as their comrades-in-arms," said Martin. "They all earned it, and all were ready to fight." Individuals or municipalities wishing to learn more about the All Veterans Property Tax Credit should contact Fred Rice at frice@comcast.

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

Learning for the Fun of It!

Preview of Spring Classes

February 13, 2017 9:30 a.m. – Noon

Tad's Place at Heritage Heights, 149 East Side Drive, Concord
Join us to find OLLI Classes YOU may enjoy in our Spring Term

Catalogs available mid-February

Call or visit our website

OLLII
at Granite State College

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

OLLII FEATURES CLASS INSTRUCTORS FROM BOW

By Jacki Fogarty

Three Bow residents will offer OLLI classes in the Spring Term which runs from March through June. A Preview of the 60 Spring courses offered in Concord will be held on February 13 at 9:30 a.m. at Tad's Place at Heritage Heights, 149 East Side Drive, Concord. All adults age 50 and above are invited to enjoy refreshments and meeting the instructors.

William John Hare of Bow is a retired librarian. He and his wife Jill are proprietors of Cellar Door Books, a specialized book service in Bow carrying only the works of Tasha Tudor, American illustrator (1915-2000). They compiled the definitive bibliography, *Tasha Tudor, The Direction of Her Dreams* (1998), and *Christmas Card Designs of Tasha Tudor* (2012). John will offer a two-class course on Tasha Tudor in April/May. Tasha Tudor was a Webster NH, resident for 30 years. This illustrated exploration looks at her books, Christmas cards, and doll fantasies from her Webster years. The class will also see a motion picture made at her house in 1955.

Bow resident **Peg Fargo** is a regular presenter as well as an active member and leader in OLLI. She is presenting *Mill Girls* in the Winter Term, a popular course which arose out of research done in connection with an OLLI bus trip to the Lowell Mills last year. In the Spring Term, Peg teams up with Concord's Paul Brogan to present (for the fourth time) *Growing Up Catholic*. Peg and Paul are familiar faces to ev-

eryone connected with OLLI as they each regularly present classes individually at all four OLLI sites. They've also found that they share an indefinable connection: they are both products of Catholic school educations and experiences that have helped them immeasurably. *Growing Up Catholic* will be offered in March. Members who have taken this course, whether Catholic or not, have thoroughly enjoyed the shared experiences of the presenters and classmates who have grown up in the 40s, 50s and 60s. Peg and Paul share their own stories and lead a spirited discussion running the gamut from the Baltimore Catechism to the nuns, favorite hymns, Latin Liturgy, film clips and other experiences. "Like *Nonsense*, but our own real life stories," said one class member.

Bob Lux has been involved with the sport of orienteering for many years and made a map of Nottingcook Forest specifically for orienteering. He is active with Bow Open Spaces, the town forest stewardship organization. Bob will offer *Hiking Nottingcook Forest* in May. The hike will be about 2.5 miles long and will take about 3 hours with a 30 minute stop for lunch. Featuring some off-trail and hilly terrain, this hike is not strenuous but some recreational hiking experience is recommended. Lunch, a camera and compass will be all that you need to enjoy this day under Bob's tutelage.

Attending the Spring Preview is the best way to learn about OLLI, meet some members and consider joining active, engaged seniors with a hunger to learn. But, if you can't attend, please call the OLLI office to request that a catalog be sent to you in February.



Phyllis Benoit and Michael Bujnowski, both of Bow, will welcome OLLI members and prospective members to the Spring Preview at Tad's Place at Heritage Heights, Concord on February 13.

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BOW POLICE LOG

December 2016 STATS

Arrests - 13 Motor Vehicle Stops – 129 Warnings – 105 Citations – 24 Accidents – 16 Parking Tickets – 0 Restraining Orders – 2 Incident/Investigation Reports – 44

December 2016 Arrest Log

12/02 Michael Maguire, 56, 12 Rosewood Dr, Bow, was arrested for driving while intoxicated.

12/03 Geoffrey Bartlett, 53, 382 Ray Rd, Henniker, was arrested for driving while intoxicated and possession of drugs in a motor vehicle.

12/04 Joshua M. Darrach, 27, 11 Tonga Dr, Bow, was arrested on a warrant .

12/05 Sean Corriveau, 48, 126 South West Rd, Canterbury, was arrested for driving after revocation or suspension and suspended registrations.

12/07 Alan Edwards, 46, currently homeless, was arrested on a warrant; James W. Fersch, 18, 1 Sharon Dr, Bow was issued a summons for reckless driving.

12/09 Wesley O. McIntosh, 18, 2 Mountain Farm Rd, Bow, was arrested for facilitating an underage alcohol house party, and unlawful possession of alcohol.

12/24 Stephanie B. Young, 30, 15 Circle Dr, Belmont, was issued a summons for possession of a controlled drug.

12/25 Lawrence Corliss, 53, 59 Cooper Rd, Barrington, was arrested for domestic violence; assault, and simple assault.

12/28 Nicole Blackwell, 43, 3 Old Ferry Rd, Bow, was arrested for domestic violence; assault, simple assault, and arrested on a warrant.

12/30 Ronnie M. Stevens, 32, 60 Dicandra Dr, Bow, was arrested on a warrant.

12/31 Meagan Irving, 32, 10 Sandquist St, Concord, was arrested for driving after revocation or suspension, and possession of a controlled drug.

There was one involuntary emergency admission during December.



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Michael Dennehy of Parsons Way reading The Bow Times from his villa in Fajardo, Puerto Rico!



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3 STRATEGIES TO MAKE 2017 YOUR MOST ORGANIZED YEAR YET

By Ann Dippold

The new year represents a clean slate and the chance to begin again. It's also the ideal time to clear out unwanted items and organize your home for the year ahead. If you want a fresh start to 2017, let these decluttering approaches inspire you.

ORGANIZATIONAL APPS

Decluttering apps are plentiful, and they provide an effective way to complete the purging process. Some, like Snupps, let you digitize your belongings and organize them into simple categories or "shelves." From there, you decide what to keep, sell or give away. You can also reach out to other users for organizational inspiration, discover items you may be interested in acquiring or show off your personal collection.

ROOM-BY-ROOM SCHEDULE

To systematically remove

clutter over time, try monthly organization that's broken down by room. For example, you can tackle the kitchen in January and give the home office a deep clean in February. Make a schedule that works for you. This method may feel less overwhelming and rushed.

SINGLE PURGE

Prefer to declutter your entire home all at once? Designate a few days or a weekend to devote to the process. The secret is to stay focused on one task at a time and avoid getting sidetracked. Work your way through each room one by one until you've cleared out all areas of your home.

The new year is here and now's the time to eliminate your clutter.

Whether it's an app, a 12-month schedule or one big purge, there's no shortage of methods to help you have a more organized 2017.

Have You Made Any Changes This Year That Would Affect Your Current Insurance Policies?



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BOW SCHOOL SPORTS HIGHLIGHTS

BOYS ALPINE TAKE 1ST, PLACING 6 SKIERS IN THE TOP 10!

Bow 381, Bishop Brady 373, Hopkinton 354, Trinity 346, Hillsboro-Deering 329, John Stark 186.

Key players: Ben Wachsmuth (3rd), Alex Magini (5th), Sam Sell-eck (7th), Jon Cook (8th), Tony Sampson (9th).

Highlights/key moments: It was a solid victory for Bow on the mountain as it placed six skiers in the top 10.

BOYS AND GIRLS NORDIC SKI TEAMS PLACE SECOND AT MULTI-TEAM MEET

Game Date: Jan 10, 2017

BOYS' NORDIC SKIING

Gilford first, Bow second

Key players: Sully Blair (14:11), Robby Ciotti (15:18), Christian McDonald (15:30), Michael Perry (15:45);

Highlights/key moments: On a fast course at Proctor Academy, Gilford swept the podium and Kearsarge narrowly missed second place falling just short of Bow in a nine team, 5K race.

GIRLS' NORDIC SKIING

Kearsarge first, Bow second

Key players: Sohani Demain (16:23), Isabella Urbina (17:06), Brianna Boone (19:10), Gwen Mollind (19:52).

Highlights/key moments: In a very close race, Kearsarge managed three in the top five and Bow placed four in the top 15, two teams that will battle for the state championship come March.

BOYS VARSITY ICE HOCKEY

BOYS WIN ON THE ROAD AT DOVER HIGH SCHOOL

Game Date Jan 10, 2017

Score: FALCONS: 4

DOVER HIGH SCHOOL: 2

Key players: Doug Champagne (2 goals, assist), Dominique Biron (goal), Chris Mead (goal), Ryan To-beler (two assists).

Highlights/key moments: Champagne's short-handed goal in the second period, giving the Falcons a 3-1 lead, was key to this road win on Tuesday.

Coach's quote: "I am proud of the kids for the way they rose to the chal-

lenge. We had quite a few players needing to step up and log more minutes than they normally do and some playing different positions because of numerous players being out. Winning at Dover is never easy and this was a good win for us." Bow's Tim Walsh.

BOYS VARSITY WRESTLING

BOYS FIGHT WELL IN CLOSE LOSS TO CAMPBELL HIGH SCHOOL

Game Date: Jan 11, 2017

Score: FALCONS: 36

CAMPBELL HIGH SCHOOL: 45

Key players: Jack Olsen (195 pounds, win by pin), Chris Wheeler (220, win by pin), Michael York (113, win by forfeit), Zach Anderson (126, win by pin), Alex Boufford (160, win by pin), Alex Schultz (182, win by forfeit).

Highlights/key moments: Wheeler, just a freshman, was bumped a weight class but still managed to record his first varsity pin.

Coach's quote: "This was a good match for us, a good loss." Bow's Brock Hoffman.

GIRLS VARSITY BASKETBALL

GIRLS WIN BIG OVER OYSTER RIVER HIGH SCHOOL

Game Date: JAN 14, 2017

SCORE: FALCONS: 52

OYSTER RIVER HS: 31

Key players: Taylor Darrell (14 points), Lauren Goyette (11 points), Lea Crompton (11 points).

Highlights/key moments: The Falcons found the win column again for the second time in as many games.

GIRLS GET CONTRIBUTIONS FROM EVERYONE IN BIG WIN OVER CONVAL REGIONAL HIGH SCHOOL

Game Date: Jan 10, 2017

Score: FALCONS: 50

CONVAL REGIONAL HIGH SCHOOL: 35

Key players: Taylor Darrell (15 points)

Highlights/key moments: Crompton and Darrell led the Falcons to a win in the second of a four-game road stretch.

Coach's quote: "Sarah Martin, Megan Remick and Emma Conley made great contributions off the bench." – Bow's Bill Vermette.

GIRLS LOSE TO HOLLIS-BROOKLINE HIGH SCHOOL

Game Date Jan 6, 2017

Score: FALCONS: 42

HOLLIS-BROOKLINE HIGH SCHOOL: 70

Key players: Taylor Darrell (23 points), Lea Crompton (11 points), Lauren Goyette, Megan Remick

Highlights/key moments: Despite strong performances from Darrell and Crompton, the Falcons didn't have enough firepower to stay with the Cavaliers for four quarters.

COED VARSITY UNIFIED BASKETBALL RUNS PAST CONCORD HIGH SCHOOL

Game Date Jan 5, 2017

Score: FALCONS: 49

CONCORD HIGH SCHOOL: 26

The Bow High unified basketball team led from start to finish to beat Concord, 49-26. The Falcons were paced by Jack Rich with a game-high 18 points. Zach Jukoski chipped in 11 points for the Falcons, while Colin Devaney added six and Keith Descoteaux had four.

BOYS VARSITY BASKETBALL

BOYS HUGE FIRST HALF LEADS TO WIN OVER OYSTER RIVER HIGH SCHOOL

Game Date: Jan 14, 2017

Score: FALCONS: 63

OYSTER RIVER HS: 48

Key players: Ryan Andrews (21 points), Nate Alford (12 points), Ben Guertin (10 points).

Highlights/key moments: The Falcons put together a game-swinging first half in which they outscored Oyster River, 38-14.

Coach's quote: "It was a great first half. We came out and executed really well on offense and made shots." – Bow's Christopher Gaudreau.

BOYS LOSES NAIL-BITER TO HOLLIS-BROOKLINE HIGH SCHOOL

Game Date Jan 6, 2017

Score: FALCONS: 35

HOLLIS-BROOKLINE HIGH SCHOOL: 36

Key players: Bow – Ryan Andrews

12 points, Nate Alford (9 points, 10 rebounds), Matthew Scanlon (6 points 8 rebounds).

Highlights/key moments: In a close game that came down to the wire, turnovers proved to be the difference as Hollis-Brookline generated enough of them in the fourth quarter to edge Bow, 5-3, in the frame and grab the win.

Coach's quote: "Both teams played with great effort and really well defensively." – Bow's Christopher Gaudreau.

SWIMMING

GIRLS SPLIT 3 TEAM SWIM MEET, BOYS STRONG SHOWING IN RELAY!

Game Date: Jan 7, 2017

GIRLS' SWIMMING

Pinkerton 111, Hopkinton 36
Pinkerton 91, Bow 69
Bow 92, Hopkinton 26

Key players: Katie Jenkins (1st 100 butterfly, 1st 100 back), Dillon Hicks (1st, 100 breast, 3rd 200 free), Amanda Sampo (2nd 50 free, 2nd 100 breast), Riley Hicks (2nd 100 free, 3rd 100 breast), Sonya Delorie (3rd 50 free), Shannon Luby (3rd 400 free), Liz O'Sullivan (4th 400 free).

Highlights/key moments: The Falcons split a meet against the Astros and the Hawks at SNHU. Bow had strong relays with the 200 medley relay of Delorie, Dillon Hicks, Jenkins and Sampo taking first in the 200 free (Delorie, Luby, Dillon Hicks, Riley Hicks) and 400 free (Sampo, Luby, Riley Hicks, Jenkins) relays finishing second.

BOYS' SWIMMING

Pinkerton 133, Bow 20

Key players: Ethan Rychwalski (1st 100 free, 3rd 50 free), Joe Chen (2nd 100 breast).

Highlights/key moments: The Falcons fell against a larger D-I Pinkerton squad, but still had a strong showing from its third-place 200 free relay team (William Wamser, Glenn Lewis, Chen, Kyle Mason).





The Bulletin Board

- January 24th** - Deadline for voter registering prior to filing period
- January 25th - February 3rd** - Filing period for Municipal and School Elections at Municipal Building
- January 28th** - Book Donation Day - Baker Free Library
- February 7th** - Deadline for Warrant Articles by Voter's Petitions
- February 8th** - Young at Heart Club Meeting - Bow Community Center - 11:30 a.m. - 2:00 p.m.
- February 8th** - Baker Free Library Trustee Meeting - 5:15 p.m.
- February 15th** - "Meet and Greet" the Candidates Night - Baker Free Library - 6:30 p.m.
- February 16th** - Public Hearing on Town Budget 5:30 p.m. - 8:30 p.m.
- February 18th** - Bow Public Safety Supporters Spaghetti Dinner Fundraiser & Sledding Under the Lights - Bow Community Center 4:30 p.m. - 7:30 p.m.
- March 10th** - School District Meeting - Deliberative session
- March 14th** - Town and School Election Day Voting for Office
- March 15th** - Town Meeting - Deliberative session

Children's February

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MARCH ~ NOTICE ~



Because of town and school elections, the March issue will come out a week early so deadlines for March submissions for articles, photos or ads will be February 22nd.

Thank you!

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 Harvest	South St. Market
Alltown Gas & Store	Wellington's Market, Main St.
Tuckers Restaurant	Bow Town Offices
Bow Recreation Building	Dunbarton Town Office

CONCORD CITY AUDITORIUM

January 21 - for the 26th time - 7:00 P.M.

The Friends of the Concord City Auditorium present **"THE RHYTHM OF THE NIGHT"** -- New Hampshire's biggest dance show! It's an annual evening of dance and light and music, as the eight dance studios who call the theatre their home join together, count 5-6-7-8, and rock the house. The company includes 172 dancers performing 23 pieces -- jazz, tap, lyrical, ballet, and production numbers.

Tickets are \$12 at the UPS Store at 75 S. Main Street or at the door. Information and reservations: contact Producer David Murdo at 344-4747 and nhdm40@comcast.net. All proceeds benefit the Audi Seat Restoration Project as the dance studios perform in support of their home stage.

Str8ts Solution

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

Sudoku Solution

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



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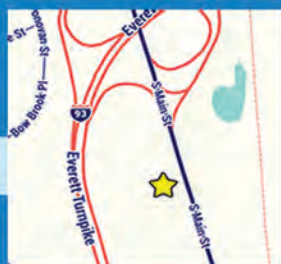
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