



# The Bow Times

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## TOWN TO VOTE ON BOW I-89/93 ZONING CHANGE

A new zoning ordinance for both sides of I-89 will be on the ballot for town meeting. Town officials are looking to change the zoning from the current residential, institutional and commercial districts to a mixed use district.

The planning board has been working on the zoning change to the area at the Interstate 89 and Interstate 93 interchange. The potential ordinance was drafted by Matt Taylor, director of community development.

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

The new mixed-use zone would — as the name suggests — allow for more flexible development in that area.

“It allows for residential use, which isn’t allowed in commercial, but it also allows for higher density,” Taylor said of the proposed zoning change.

Many residents said they weren’t opposed to the idea, but thought some parts needed to be vetted out more, like how different utilities such as sewer and water would be used and brought to that area.

Resident Andy Foote said it would be beneficial for landowners

in that area to get a better idea of how the change could impact their properties, whether it be through development or traffic in the area.

“I like the idea of having a business area” he said. “But you really do have to consider who owns the land now, what they want to do with it, (and how they) access to Logging Hill Road.”

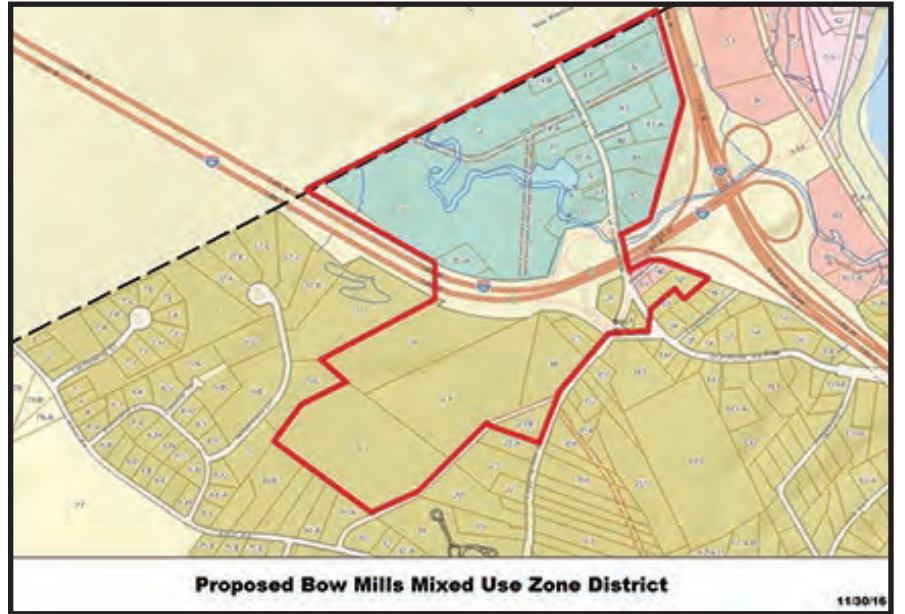
Others suggested that town officials work with the state’s Department of Transportation closely on any zoning changes. They’re looking to eliminate some of the deficiencies at the interchange in Bow, as well as along the rest of the I-93 corridor.

Though some plans have been discussed with town officials and other entities such as the local Chamber of Commerce, no decisions have been made as of yet on what changes will occur there.

“We could make it very difficult and a lot more expensive for the state to come up with a solution that works,” said resident Gil Rogers. “Whatever we do, we’ve got to make sure we don’t stymie the state to come up with a solution.”

The goal of the proposed zoning designation is to create an almost village-like development in that part of the town. No specific companies or businesses have been considered for the area, but potential tenants could be retail operations or restaurants, based on the proposed

CONT. ON P. 2



## BUDGET COMMITTEE CHAIR EXPLAINS SPENDING CUTS

By John Heise

I felt it would be appropriate to share some insight into this year’s budget review so you may gain an understanding of what we do and how we go about our evaluation process. In addition, I would like to add some color around some of the proposed cuts this committee has recommended specifically about those involving the School Department.

This year certainly presents some challenges as we look to strategize over the recent Superior Court ruling awarding PSNH a victory with regards to their tax abatement. While it may be premature to put a nail in the proverbial coffin as the Supreme Court has agreed to hear/evaluate the case, we find it prudent as a committee to evaluate various outcomes should the tax abatement be upheld.

**Here’s what we do know!** The Town of Bow has been collecting property tax revenue based on a valuation that is greater than what the Superior Court has determined. The court has determined the following values for 2012 and 2013, \$67,566,774 and \$67,362,827 respectively. During that same period, the Town of Bow had valuations of \$195,842,087 and \$161,431,587.

If the lower court’s ruling is to be upheld this would call for a refund along with accumulated interest of approximately \$8.5 mil-

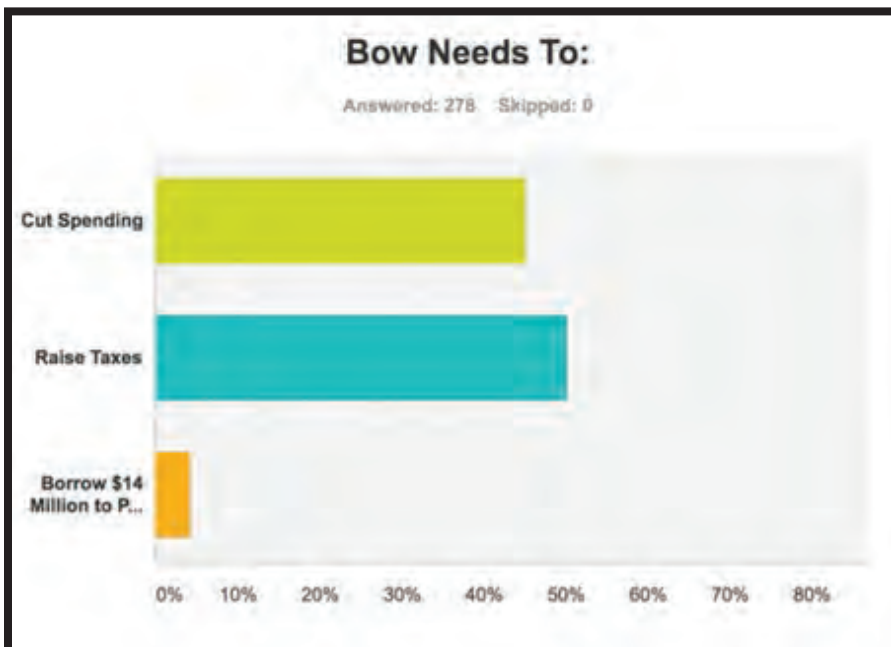
lion dollars. In addition, it should be noted that PSNH is also seeking an abatement for 2014 and 2015, and we fully expect 2016 to follow. Those additional years may present an additional liability of another \$4 million dollars for a total of approximately \$12.5 million in tax refunds and accumulated interest.

**What does that mean?** If these refund dollars were to be deemed due in one year i.e.; \$12.5 million dollars due now, that would translate to an increase of \$10.78 p/\$1,000 to the tax rate. On a home valued at \$300,000 that would mean an additional **\$3,234 due in one year** in a worst case scenario. In addition, it should also be noted that many families in Bow have mortgages on their home for which many escrow their tax payments. This may place additional financial pressures on those individuals as each bank must perform an escrow analysis to adjust for any shortfall in tax collection and remittance.

**Refund dollars only part of the problem!** In addition to the amount potentially due as a refund, we most likely must contend with a reduced valuation in future years. If the valuation determined by the Superior Court stands and/or, if, and when, PSNH assets are sold at auction in the spring, a new value will be determined. This new value

HEISE CONT. ON P. 3

## SURVEYS REVEAL 50/50 SPLIT BETWEEN RAISING TAXES AND THE ALTERNATIVES



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**I-89/93 CONT. FROM P. 1**

ordinance. There are already a few businesses off Exit 1, including a Mobil gas station and a Hampton Inn. In all, the zone encompasses about 170 acres, some of which is a protected state forest. The hope is that visitors would be able to walk easily from the different businesses there.

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

"If we're going to have multi-family housing, we want it to have high value," Taylor said.

The hope is that the developments would help to expand the tax base, especially with the anticipated sale and devaluation of the Merrimack Station off River Road. The power plant accounts for about 8 percent of the town's tax base.

Already, the potential change has caught the eye of some real estate brokers in the area. For example, Northwood Group, a commercial real estate firm has locations in both Portsmouth and Bedford, has already picked up a copy of the draft ordinance.

"There's interest out there," said Matt Taylor, Community Development Director.

Kurt Colby, who owns the majority of the land in the more than 70-acre proposed district, said he's also in favor of the change, seeing it as a way to modernize the town. "It's not going to change if I sell it to a residential developer," he said.

A similar idea was proposed in late 2014, but progress was halted due to a lack of support from those who live in that area. However, this new zoning ordinance is meant to address some of their points. For example, developers interested in coming to that area will need to hold a neighborhood meeting before approaching any of the boards in town for plan approval.

By Melissa Proulx  
 Courtesy Manchester Union Leader



**CORRECTIONS**

On page 9 of the January issue, the reference to Bob Smith was spelled incorrectly as Bow Smith.

The editorial about the Fake News should have spelled Reign as Rein on page 2.

**I-89/93 PROJECT MAY NOT BE A GOOD ONE**

by Jonathan Hanson

The New England charm that helped to attract thousands of new residents to Bow since the 1960s may soon be lost in a desperate scramble to bring in new commercial development to Bow Mills. If volunteer board members and elected officials don't fully consider and weigh outcomes, we will just be another cold Exit off the interstate. I suggest that we step back and take a deep breath.

While Bow may need help with its continuing tax dilemma, we need to assess the entire economic situation of the town. We also need to understand the State's long term plans for the I-89 and I-93 interchange before we approve new zoning for the Bow Mills neighborhood. The proposed classification - "Mixed Use" - sounds like a cry out to developers to come and propose something, please, anything to help our tax base.

Town officials and volunteers have my respect and gratitude for serving our community; volunteers are what make Bow a wonderful place to live, but we all need to remember that Bow Mills is the gateway to the community. Fast food, strip mall franchises, Dollar General, and Big Box stores are not local businesses and will take away more than they will offer the community.

My own work for the Town began as a Planning Board member when I was 19 years old and concluded when I was Selectman and acting Town Manager in 2002.

The Town has installed water and sewer along Route 3-A anticipating more industry would follow, but we have not yet reaped these benefits. Conversely, Bow Mills

has no infrastructure other than the sewer line for the high school. This area also contains some very dangerous on and off ramps to the two interstate highways. Any developments that are approved will require modifications to roads, drainage, and detention areas for sheet flow from flat roofs, parking lots, wells, water lines, sound walls, and the list goes on and on. The Town will be challenged on who and how these improvements are paid for. We also need to consider that some developers will want to "flip" property and get approval for one thing and then do something completely different.

Bow's tax problems are not new. My father, who was also a Selectman in the '50s, '60s and '70s, used to say, "We need to do something about this false tax base." I was much older when his perspective finally resonated for me: PSNH, now Eversource, used to pay half our taxes, and we need more industry in the Route 3-A area to make our infrastructure investment there reach its potential.

We need to respect all taxpayers' views and interests, and especially hear and respect those residents who live in the Bow Mills neighborhood. More of the next generation of Bow residents need to be at the next public hearing on this issue, so we can hear what they have to say. We need to look to the best future we can for Bow, but we don't want to lose what is left of the New England charm and one of the oldest neighborhoods in town.

Jonathan K. Hanson  
 14 Grandview Road

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For December 2016, the results were:

| UNIQUE VISITORS | NUMBER OF VISITS | PAGES  | HITS   |
|-----------------|------------------|--------|--------|
| 1,851           | 3,782            | 19,316 | 24,496 |



**HEISE CONT. FROM P. 1**

will most likely be lower than what we have currently booked for valuation and we estimate that to equate to an increase in the tax rate by approximately \$.79 p/\$1,000. On a home valued at \$300,000 that would translate to an \$237 p/yr. in additional property taxes going forward.

Certainly, the PSNH valuation issue is of paramount concern to our committee but these are not the only issues facing our community. In addition, our Elementary School needs some major repairs, projected to cost around \$3 million dollars and we have underutilized properties in town like the Community Building, etc. that have drawn interest.

**How does this all relate to our process?** Each year the Budget Committee meets in January and February to review both the Town Budget as well as the School Budget. This is an interactive process between town and school officials. Our committee goes line by line though each department for both the proposed Town Budget as well as the School Budget, to discover potential savings. In most recent years there has been some great strategic initiatives by both the Town and School Board to reduce their budgets. These initiatives include the movement to higher deductible health plans at both the School and Town, conservative spending policies, as well as the movement of our police dispatch to the county.

**Extraordinary times seek extraordinary measures!**

Although substantively that may be true I am not sure that tells the full story. To mitigate the effects of this litigation as well as a quest for a stable tax rate, we as a committee are looking hard at every budget item. With respect to the School Budget, last year we basically agreed to the same number but this year is a little different and for the following reasons.

First, let me say that we believe our great school system is the leading reason why people choose Bow over many other communities and is the reason my family chose Bow. There are some moving parts in this year's budget that have raised concern for the budget committee.

The budget presented to the Budget Committee had a total appropriation of \$27,366,857 for 2017-2018 School year. 2016-2017 had a total appropriation of \$27,426,119, a difference of \$59,262. At first glance you would say great a budget decrease! However, what is missing from the equation is the fact that the High School Bond Payment of approximately \$850,000 has been eliminated, we have additional revenues from Dunbarton of \$520,000, and some savings from the switch to a Higher Deductible Health Insurance Plan of \$270,446, inclusive of an increase in the

GMR (Guaranteed Maximum Rate) Increase of 11.5%. **The above additional revenue and reduced expenditures total approximately \$1,640,000.**

We do concede that there are additional expenses, some unexpected such as an increase in the Retirement System of \$257,992, and those expected, like 2% negotiated wage increase for BEA & BESS union contracts and non-unionized employees in the amount of \$469,559.

That amount also includes newly proposed staff. In addition, with the retirement of the bond a reduction in building aid has been realized in the amount of \$249,442. **These items total approximately \$975,000.**

The above analysis is not meant to be inclusive of all budget factors but designed to highlight the major items. **The difference between these two numbers total \$665,000 (\$1,640,000-\$975,000).**

Another factor we looked at was the difference between the Approved Budget and Actual Expended for the last couple of years.

2014-2015 Approved Budget  
\$26,344,942,  
Actual Expended \$25,749,662,  
(\$595,280 under), -2.31%

2015-2016 Approved Budget  
\$27,131,986,  
Actual Expended \$26,483,141,  
(\$648,844 under), -2.39%

We absolutely appreciate the prudent spending nature of the administration and we also concede that these monies do go back to the taxpayers at rate setting time in Oct. However, it also shows that by reducing the school budget we feel comfortable knowing they will still be able to deliver the high-product we have come to value.

We have provided a summary of suggested reductions in a separate attachment and support our recommendations. To highlight a few, you will notice we have kept the Full Day kindergarten program, Co-Curricular and athletic programs, the Chinese program, and agreed to some additional staffing including a new Assistant Principal at BES.

This has certainly been a challenging year and we anticipate additional challenges over the next few. I would like to thank my fellow Budget Committee members and of course our recording secretary Wendy Gilman, the Board of Selectman, the School Board, Town Administration, and the School Administration for their involvement in this process this year.

**John Heise has been chair of the Budget Committee for the last four years.**



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## BOB BLANCHETTE CHALLENGES JUDD FOR SELECTMAN

Bob Blanchette of Grandview Road is offering a fresh face for selectman against fifteen year incumbent Harry Judd. Blanchette was Finance Director of Bow for four and a half years and currently serves as Finance Director for Plaistow. He has also been Finance Director in Hopkinton and Pelham.

Bob Blanchette was a Trustee of the Bow Trust Funds from 2006 to 2011.

Bob graduated from Franklin Pierce University Magna Cum Laude with a Bachelor of Science Degree in Accounting.

Bob and his wife Lisa, an Art Teacher at Chester Academy, moved to Bow in 2003. Although they do not have any children of their own, they have been foster parents, volunteered for the NH Make-A-Wish



Foundation and enjoy spending time with their nieces and nephews.

Bob said he is running for selectman “because of my desire to offer fresh ideas and a new direction toward issues. I want to help solve problems while working together as a community. I’m a number’s guy and it is clearly what Bow needs now.”

### CONTESTS ON FOR TOWN AND SCHOOL OFFICIALS

Selectmen: (Vote for 1) Robert Blanchette Jr.  
Harry Judd

Budget Committee: (Vote for 2) Robert Arnold  
Matthew Poulin  
Marc L. Van De Water  
Mark Zerba

School Board: (Vote for 2) Bill Kuch  
Jeffery Knight  
June Branscom  
Ginger Fraser  
Bryce Larrabee

### MEDICAL FIELD SCHOLARSHIPS AVAILABLE FOR BOW STUDENTS

Thanks to a lifetime of hard work, successful farming in blueberry fields of New Jersey and sound financial investments, N.H. native Samuel Yarnold and his wife Alice bequeathed over \$800,000 in scholarship funds for N.H. residents.

Sam Yarnold died in 1994 at the age of 86. His life personified a full realization of the American dream.

The son of poor immigrant parents, he assumed family economic responsibilities at a young age.

During his working years, Yarnold and his wife successfully cultivated and farmed large tracts of blueberry fields and cranberry bogs on his farm in Toms River, New Jersey.

He was married to Alice (Pinkham) Yarnold for 52 years until her death in 1991.

Annual scholarships in the range of \$1,000 - \$5,000 are currently available for New Hampshire residents who are already in the process of post-secondary education and who are pursuing studies in the fields of nursing, medicine, or social work.

**APPLICATIONS FOR THIS YEAR’S SCHOLARSHIPS ARE DUE MAY 19, 2017 AND WILL BE AWARDED IN THE FALL OF 2017.**

Post-secondary students interested in scholarships should immediately contact the Alice M. Yarnold and Samuel Yarnold Scholarship Trust, 127 Parrott Avenue, Portsmouth, NH 03801 to request an application.

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### LETTERS TO THE EDITOR

Dear Editor:

While budget cuts and borrowing capital should be considered to make up for the lost tax revenue from the Merrimack Station debacle, it seems that another issue before the town may help offer a solution: The rezoning and development of a town center at the I-89/I-93 interchange. The average income of Bow residents is high, but because of the lack

of businesses in town, much of that money is spent in Concord and Manchester. Why not make it easier for Bow-ites to spend money in Bow, at businesses that would pay taxes in our town?

Kip McDaniel, 141 Page Road

PS. Love your newspaper. As a new resident of Bow, it’s getting me up to speed on the local hot button issues. Keep it up.

#### Paper Criticized

Dear Editor:

The Bow Times recently published an editorial titled “School Board Should Reign in Fake News”. First of all, rein, not reign. This level of incompetency shines throughout the editorial, written by the Bow Times editor, Chuck Douglas. It projects his personal vendetta against a school board member, Jennifer Strong-Rain, and Superintendent Cascaden. Douglas ends the article with a quote. “For a free press, je suis Charlie.” As a First Amendment supporter, Douglas should support Rain exercising freedom of speech, not run an article smearing her for calling fellow parents to “rally the troops” to not cut school spending. Spend more

time helping the town of Bow do something productive, and less time ripping on a mom through the propaganda pamphlet he likes to call a newspaper, and the Superintendent who can do no worse than live an hour away. As a Bow citizen, Douglas should know that many families moved here because of the school system, so we should strengthen it, not weaken it. Douglas stated in his editorial that we should not re-elect Rain, and I would advise instead to not re-elect Douglas at the end of his term.

Connor Griffin, BHS Class of 2020

**Editor’s Note:** The point was Jennifer Strong-Rain’s false claim the Budget Committee was cutting \$2M from the schools. As a school official she should be accurate.



## TRAVEL TALK - MAKING MEMORIES OR JUST SPENDING MONEY?

By Chase Binder

Bud and I sometimes chuckle when we see glossy marketing for high-end vacations. The hook is often “Making Memories!!” as if spending gazillions on a vacation, or even a part of a vacation like a fancy dinner, assures that your memories will be wonderful. In fact, we’ve found that many of the most memorable aspects of our travels emerge from just the opposite—an activity that was low-cost or even free, but somehow connected us with our destination on an intimate level. *These* are the memories that seem to stay with us.

We’ve felt this way for years, but got a recent reminder when a few sets of friends dropped by to see us here in Florida. They were all new to “this side” of Florida, the Southwest Gulf Coast, and had done some exploring before they arrived. One couple had celebrated their anniversary at the latest “in” bistro restaurant in a nearby city. They seemed to have enjoyed the food—but couldn’t mention a single item without commenting on the price and shaking their heads. Great memories? Maybe not so much.

A few days later another couple stopped by with tales of a wonderful afternoon spent at the Naples Botanical Garden. Admission price? Less than a tropical cocktail at an “in” bar. But they wandered among the exhibits and were clearly awed not only by the plants, but also by the displays of sculpture. They took scores of pictures and clearly will remember the hours spent in the warm sun just south of Naples.

Building experiences like this into your travel plans can take a bit of effort and thinking outside of the box. Try reading local newspapers, for example. Bud makes sure we have the local paper on delivery the minute we arrive here in Florida.

That’s how we found out about the Lee County Cracker Day Rodeo, an annual event that showcases young riders in barrel racing, roping and other dramatic and highly entertaining skill events.



Chase Binder

There’s lively country music, great comfort food (the best kettle corn on the planet!) and everyone from toddlers to granddaddies sport their finest western duds and cheer the contestants. All for \$15.



BULL RIDING

Talking to locals is another way to scout out interesting things. A few years ago we were visiting Jupiter, Florida friends who turned us onto the Loggerhead Marine Life Center, which concentrates on the research and the rehabilitation of sea turtles as well as conservation of the marine ecosystem. Admission is free and we spent a very moving afternoon watching the rehabilitation and treatment (even surgery!) of injured and ill sea turtles. I won’t soon forget the magnificent creatures or the devoted volunteers who work so

hard.

But back to food and drink. Instead of heading for the fanciest restaurant, why not try a local activity like one of the many “taste of...” events that seem to be popping up? These events showcase scores of local chefs and eateries in a festive atmosphere, often for the price of a single mid-range meal. Meet people, learn about local cuisine... have fun! Chili bake-offs, seafood festivals—it’s all out there. My guess is that you’ll come away with a memory or two. Just check the local papers.

Memories also can be made at parks and recreation areas. Sure, Disney World, Universal Studios and Busch Gardens have their place, but why not look for a less commercial and much more wallet-friendly experience like kayaking through the mangroves at Sanibel’s Ding Darling National Wildlife Refuge. Our kids have been to Disney a few times, but our afternoon kayaking on Sanibel has a special place in their memories. Finding activities like these is as easy as googling state and national parks wherever you are. Pick an interest—hiking, wildlife, seashore, local history—



MOM AND GIRL

and take it from there.

Don’t get us wrong, though. We aren’t opposed to a very special destination or night out—luxury can be very compelling. We’re just saying don’t count on dollars alone to create the kind of memory that can bring a smile to your face a few years down the road.

### Chamber of Commerce Announces Bow Members of Student Leadership Class of 2017

By Kristina Carlson

The Greater Concord Chamber of Commerce announces that 26 students have been selected to take part in the 2017 Capital Area Student Leadership (CASL) program, a leadership and civics program for high school sophomores in the Greater Concord area, offered annually by the Chamber.

The Bow students are:

**Samuel Berube, Elisabeth Hunter and Andrew Ralston**

CASL encourages students to become active and effective par-

ticipants and future leaders in their schools and communities through exposure to the historical, cultural, environmental and civic aspects of the Greater Concord area.

Beginning with an orientation in March, CASL is a series of four unique sessions focused on an important topic within the community. Using Concord as the “classroom,” these sessions offer firsthand knowledge and provide opportunities for dialogue with established leaders.

Through field trips, hands-on experiences and teacher-facilitated discussions, students gain special insights into the functions behind a working community.



BARREL RACING





# WHY FITNESS GOALS FAIL

BY JIM OLSON

Everyone begins with the very best of intentions. But then, what happens? Early January, gyms are filled with people who vow “THIS will be the year.....” All with the best of intentions and goals in mind. But in actuality, 1 out of every 2 people gives up on their workout routine by mid-February!

There’s a lot of year left after mid-February. Why is it that so many people fail to achieve their goals, when they start out so enthusiastic for change and success?

## FIRST OF ALL, YOU HAVE TO MAKE A DECISION TO START!

You can say you’re too busy, too tired, too (insert excuse), but how badly do you want it? You cannot achieve results without **STARTING!** Also, have you set a specific, written goal. Psychologist who study the art of success claim that 95-97% of people who do NOT have written goals fail, while the 3-5% who do have written goals triumph.



Jim Olson

You need to be among that elite 3-5% if you want to succeed! Are you making your fitness goals a priority in your life? We can all say we don’t have enough time. And who does? But the bottom line is, determine what you value? Your health? Do you value productive energy when spending time with your family and/or kids? If these are true, than you cannot afford to NOT make the time. When you finally make exercise a priority, NOT an

option, you’ll begin to feel more energized and less stressed. And feel a sense of accomplishment that you are doing it!

Are you obsessing over pounds lost as your only gauge? Remember, muscle is more dense than fat. Concentrate on **INCHES**. If the only thing you did was add one pound of muscle, you will ultimately lose five pounds of body fat within six months because muscle burns calories (fat) at rest and fat does not.

Focus in inches, NOT pounds! This is not to say you can start exercising and NOT change your eating habits. Working out does not give you a free pass in the kitchen. Eating and nutrition comprise about 70% of the results you can obtain when it comes to changing the shape of your body. **WHAT** you eat and **WHEN** you eat are equally important. **CHANGE** your eating habits for success!

## DON’T QUIT!

In order to see measurable results, you need to stick with your new exercise routine for 90-120

days if you **TRULY** want to make a lifestyle change and maintain your results. Commit to a 90 day plan! During those 90 days.....

## DRINK WATER!

Water has many benefits. Your muscle tissue is about 75% water based. If you are dehydrated (and most people are), you will have more aches and pains than you really should have. When most people feel hungry, their body is usually telling them they are thirsty. Water also fights off hunger pains or will not allow you to eat as much food if you are drinking it diligently.

These tips can all work. But, you must **BELIEVE IN YOURSELF!**

## HONOR YOUR BODY!

Every day is a new day! You owe it to yourself to take care of yourself for you and for your family! Your health should be a priority!

Do not put it off till tomorrow. Strive for progress not perfection!!!!

# LET US HELP YOU GO FROM THIS TO THAT!!



## WE UNDERSTAND!

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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**OLLI** at Granite State College

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603-513-1377 | <http://OLLI.granite.edu>

### OLLI PREPARES FOR SPRING TERM

BY JACKI FOGARTY

The Osher Lifelong Learning Institute (OLLI) is dedicated to providing educational and social experiences for adults over age 50. Offering classes in four terms, OLLI is getting ready to roll out its Spring Term beginning in March.

OLLI followers have probably noticed catalogs listing the programs available for the term seem to pop up all over Bow and the greater Concord area. Bow resident Mary Davies developed a catalog distribution program in which OLLI volunteers meet for coffee, cookies and catalogs on a Friday before course registration starts. Currently the process is chaired by Beryl Leggett of Dunbarton.

After an hour of socializing and exchanging stories, some 20 volunteers divide up nearly 800 catalogs and deliver them to nearly 100 destinations where locals can pick them up and become members of OLLI. Catalogs are distributed to libraries, doctors' waiting rooms, town halls, senior centers, theaters, and anywhere volunteers observe people waiting for services and needing something to read. In Bow, the Baker Free Library and Bow Town Hall have displayed catalogs

which are also available to anyone who calls the OLLI office at 603-513-1377 to request one.

Volunteering is the third major service OLLI offers to seniors besides education and social enrichment. Whether keeping professional skills fresh or learning new ones, OLLI provides an outlet for those who want to use their skills, give back to the community, enjoy the companionship of enthusiastic contemporaries and propel OLLI to greater success in its mission.

Affiliated with Granite State College, OLLI offers affordable non-credit courses ranging from one to six sessions, usually once a week for 2-3 hours per session. Classes are taught by volunteer presenters, some of whom are teaching topics in their professional careers and others are teaching topics they've pursued for their own fun. OLLI has had a retired actuary teaching physics and a retired engineer teaching films. Coming up in the spring, members will enjoy a UNH law professor teaching a US Supreme Court course, a former Chief of Police teaching forensics and the Governor's Advisor on Addiction teaching New Hampshire's response to the opiate crisis.

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**On The Ice**




**With Ron**

### "SMELT AND DEER"

The other day I was speaking to Kevin Sullivan, Region 3 Biologist about the demise of our once great smelt fishery on Great Bay and the tidal rivers.

Smelt fishing was something we always looked forward to every winter for many years past. It was a very popular winter fishing destination. Hundreds of ice shacks dotted Great Bay and the Exeter River.

To us it ended quickly, without warning. The cause is reported to be pollution from road salt and chemicals from lawns that had hurt the bay. Also included was warming temperatures that had pushed the smelt further North. The last decent count on smelt was in 2011.

### TURNING TO TURF FROM SURF

Deer feeding is greatly discouraged by the Fish & Game Department. Deer have learned to

live on their fat reserves in winter months and travel on trails and browse only when needed.

So called good intentioned folks set-up feeding stations but this lures the deer out of their natural wild areas and this movement causes the loss of fat reserves, road collisions, predation and disease. On Rt.11 a few years ago a person set up a feeding station. Deer were crossing a major highway at dusk and dawn to feed. 39 deer were reported in road collisions in three seasons. In 2015 in South Hampton, 12 deer were found dead near a feeding station. "Good Intentioned people" were feeding the deer a mixture of food to rich in carbohydrates but deer have a different digestive system. They were reported to be in relatively good shape, but they could not digest this new food mixture. What a waste of life.

The bottom line is folks, please leave the deer alone. This winter has been a very up and down winter. January has averaged 8% above normal, no snow pack and great for the deer.

Finally, ice fishermen should be aware!! On the Big Lakes, ice is scarce in places. The local hotspot seems to be Webster Lake, Some "Huge" Trout have been taken.

Ron Lacroix

**Bow Public Safety Supporters**



**Saturday, February 18<sup>th</sup> from 4:30 to 7:30pm**


**at the Bow Community Building**

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## COMMUNITY BUILDING COMMITTEE RECOMMENDS FIXING THE KITCHEN

Warrant Article 5 at the 2016 Town Meeting, required the Community Building Committee to develop recommendations for the future of the Community Building and the space presently occupied by the Police Department and the Kaufman Building.

The Committee toured all three of the facilities and met with professionals concerning the quality of the buildings and potential future uses.

The Committee also reviewed the results of satisfactory test borings performed on the Community Building.

### (a) In summary, the Committee recommends for the Community Building:

1. Seeking authority from the 2017 Town Meeting to repurpose the unexpended funds of \$25,000 from the 2016 Warrant for the purpose of performing necessary repairs to the existing building.

2. Seeking an additional \$25,000 to be added to the above \$25,000 for a total of \$50,000 to be used as follows:

- Renovating the kitchen by installing a wall between the kitchen and current gym as well as installing a proper hood system for the stove which would give it limited use.
- Add some additional sheet-rock to separate and fireproof the wall in the rear of the space between the gym and the old fire station.
- Add a wall and door in Cindy Rose's space for a second means of egress.
- If funds allow, remove and

redo the kitchen floor, cabinets and sink (the Committee felt that this could be done through a couple of work days with people from the town).

### (b) Community Building – Long Term

Do nothing else now but let the fire department move out of the space and clean up the building. The Committee will meet again next year and determine ideas for long term use of the space.

### (c) Kaufman Building

Rent this building out for short term leases for \$1,500 to \$1,750 per month.

Tenants must make sure the access to this building is limited to behind the Community Building and also limit the access and not allow parking in the upper parking lot.

### (d) Renovate space occupied by the Police Department as follows:

- Convert the former dispatch center as a day room for the school bus drivers
- Use the present access from the parking area to booking as the location of a walk-in vault for Town records
- Open the booking room to DPW and convert it to a proper conference room
- Use part of the second floor as sleeping space, etc., for DPW drivers, to meet DOT requirements, and open access to the space from public works.
- Make the remaining space on the first floor available for use by the Heritage Commission

## RECYCLING TIPS AND TRICKS FROM THE BOW RECYCLING AND SOLID WASTE COMMITTEE

This is the first in a series of articles regarding recycling and solid waste management in Bow. We hope to improve recycling participation in Bow and educating the community regarding the impact that recycling has on the town's management of trash.

It may have been a while since many of you have reviewed the Recycling and Solid Waste Service Guide on the town website. Since the implementation of single stream recycling (all recycling in the new large blue toter, rather than separated), the tonnage amount of recycled materials has increased. However, we know that it can be improved.

**Paper:** all paper products, except bound books can be included in your recycled materials. If you have a personal shredder, bag the shredded paper in a paper bag and staple it closed so that the small pieces don't blow down the street when the toter is lifted into the truck. Juice boxes, milk cartons, and other coated paper containers for liquids can be recycled. Please rinse before putting in the toter. An exception is pizza boxes. The cardboard absorbs grease and cannot be reprocessed, so unfortunately they need to go into the trash. Other cardboard must be flattened and broken down into pieces that will fit into the toter without propping open the lid. Large boxes might have to be disposed of over multiple weeks.

**Plastic:** All plastic containers with 2 exceptions should go in the toter. No plastic bags and no Styrofoam are allowed. Grocery store plastic bags can be collected and brought back to the store collection bin. Styrofoam including packing peanuts, coffee cups, and meat trays from the grocery store cannot be recycled. Please rinse other containers before putting in the toter.

**Glass:** all glass should be rinsed and recycled. Glass jar lids go in the trash. Labels can remain on. Please no broken glass!

**Metal:** rinsed soup cans and vegetable cans and lids, soda cans, aluminum pie tins and baking trays should be clean before disposal. Labels can remain on. Clean tin foil is also acceptable.

What shouldn't go in the recycling toter not already mentioned above? Ceramics, pottery, and dishes, light bulbs, window glass, motor oil containers, and household batteries. Standard batteries go in the trash. Rechargeable batteries should be retained throughout the year and brought to Household Hazardous Waste Collection Day in October.

Anyone with questions regarding what can and cannot be recycled should e-mail the committee at [bowrecycles@gmail.com](mailto:bowrecycles@gmail.com).

Next month: What should and should not be in the trash toter!



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



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603.224.4080



# ACHIEVEMENTS OF OUR YOUTH



## SPECIAL TO THE BOW TIMES

Tuesday, January 31, 2017

Contact: Alan K. Blake, Director of Communications  
(603) 271-6484 x4115 ■ ablake@ccsnh.edu

### NHTI Fall 2016 Graduates

CONCORD, NH — The following students from your area graduated from NHTI, Concord's Community College, during the Spring Fall term:

#### Bow NH

Michael Maguire (Associate in Science with a Major in Electronic Engineering Technology)

Rachel Porath (Associate in Science with a Major in Early Childhood Education)

Travis Reynolds (Associate in Science with a Major in Criminal Justice)

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 faculty 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.

## LEHEIGH UNIVERSITY FALL 2016 SEMESTER

Benjamin Mauer of Bow was named to the Dean's List at Lehigh University in the Fall 2016 semester.

Dean's list status is awarded to students who earned a scholastic average of 3.6 or better while carrying at least 12 hours of regularly graded courses

## Bentley University Names Local Student to Honors Lists for Fall 2016 Semester

Bentley University President, Gloria Cordes Larson, along with Dean of Business, Roy (Chip) Wiggins, and Dean of Arts and Sciences, Daniel L. Everett, recently announced the names of local residents who were honored for their outstanding academic achievement in the Fall 2016 semester.

**Ryan Murray of Bow, NH was named to the Dean's List for the Fall semester. He is a Freshman Finance major.**

## SAMANTHA PERRY OF BOW TO PERFORM AT HISTORIC BOARDWALK HALL, ATLANTIC CITY



More than 800 of the most musically talented high school students in the Eastern region of the United States have been selected to perform in the 2017 NA/Me All-Eastern Honors Ensembles.

**Samantha Perry** was selected to perform in the All-Eastern Honors Treble Voice Chorus as a Soprano.

With assistance from her chorus teacher, Ms. Sarah Evans, this exceptional student will prepare remarkably challenging music that they will perform under the leadership of prominent conductors in this biennial event.

Students will spend three days rehearsing with one of five conductors during the Eastern Division Conference of The National Association for Music Education to be held in Atlantic City, New Jersey in preparation for performances on April 7 & 8, 2017.



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# BOW GARDEN CLUB MEMBERSHIP

By Joyce Kimball

## MEET OUR NEW CLUB PRESIDENT Beverly Gamlin

The Bow Garden Club is about to embark on their 2017-2019 term with a new president at the helm. Beverly (Brouillette) Gamlin (right) will lead the garden club through the next two years having served as its Vice-President and Program Chairman under 2015-2017 Club President Susan Johnson.

Beverly was raised in Groton, MA and from an early age was involved, along with her five siblings, in keeping the family property maintained, and its flower beds expanding into home vegetable gardening. She formed an early appreciation of all things green and even as a teenager enjoyed raising houseplants in her bedroom.

When Beverly was older she attended art school to utilize her natural talent of capturing images on paper and sculpting, but doubted if she would be able to earn a living as an artist, so she changed her focus to electronics where she procured an Electrical Engineering degree.

Later as a young mother Beverly became intrigued with the idea of growing herbs for medicinal purposes and studied under an Herbalist in Marblehead, MA. Beverly became quite an authority on herbs, keeping a basement full of jars of herbs for years and starting on a journey of speaking engagements at garden clubs and the like entitled "Backyard Apothecary" for several years.

Beverly was a long time member of the Pepperell Garden Club in Massachusetts where she served on several committees and was also very active in her church before moving to Bow. Beverly became a Bow resident in 2010 upon her marriage to Ted Gamlin and joined the Bow Garden Club in 2012 and although she was working full time, she quickly became a very active member to the delight and prosperity of the club.



Beverly Gamlin

In Beverly's own words, "I so enjoy making a difference in a community and my goal as President is to continue the great service that we provide and to encourage others to join the club. If you love the beauty of gardens but don't know much about creating and growing them, then this is a GREAT place to learn.

People think they have to be great gardeners or have some knowledge about it but that is not the case. We certainly have some very talented and knowledgeable members and they are the ones that truly help the rest of us grow (pun intended). Gardening is so relaxing. Talk about aroma therapy! No wonder it is a way of de-stressing."

The Bow Garden Club looks forward to working under Beverly's direction for the next two years and feels very fortunate to have this extremely talented, hardworking individual presiding over our membership and board meetings and overseeing all our community activities and projects. Please join us in welcoming Beverly Gamlin on board as the Bow Garden Club's 2017-2019 President.



The Bow Garden Club is open to both men and women and you do not need to live in Bow to join the club. In addition to our many Bow residents, we also have members from Candia, Concord, Dunbarton and Penacook, having a roster of forty members, on average, at any given time. Anyone interested in learning more about the Bow Garden Club is welcome to attend any of its membership meetings as a guest.

All meetings are free unless advertised otherwise due to materials required for hands-on workshops, etc. Annual membership is \$15. Regular membership meetings, each featuring an educational program, are typically held April – June and September –November at the Old Town Hall located at 91 Bow Center Road. Doors open at 6:00 p.m. for social time and refreshments with the evening's program following at 6:30 p.m., concluding with a brief business meeting.

Anything to the contrary would be advertised well in advance. Our club does not meet during the winter months and July is reserved for the annual Progressive Dinner and Garden Tour that is open to members only. We do not meet in August to allow for members' family vacations and time to care for their own gardens.

Our mission: *To encourage interest in all phases of gardening and horticulture; To aid in the protection and conservation of natural resources; To assist in the beautification of our community.*

We welcome members of all ages, at every level of gardening skill or knowledge—even non-existent! (That's why we are here). So consider joining to learn something new! Join for a chance to get out and do something for yourself, your friends and your community! Join for the fun of it!

Our club is a member of the New Hampshire Federation of Garden Clubs, Inc. and National Garden Clubs, Inc., New England Region. These affiliations afford us many

resources and educational tools in addition to providing us with a supportive networking system.

For more details about the Bow Garden Club, visit [www.bowgardenclub.org](http://www.bowgardenclub.org) or email [bow@nhfgc.org](mailto:bow@nhfgc.org). For membership information, please contact Janis Kuch, Membership Chairman at 856-0957 or [janiskuch@gmail.com](mailto:janiskuch@gmail.com).

**NOTE:** *The Bow Garden Club's first meeting of the year will be held on Monday evening, April 10<sup>th</sup> at the Old Town Hall. Details about the program will follow.*



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# BAKER FREE LIBRARY NEWS

By Lori Fisher

## LOWER LEVEL RENOVATION SET TO OPEN MARCH 1ST

We're almost done! The Lower Level Renovation is slated to be finished by Cobb Hill in mid-February, and we're working diligently to furnish the rooms with furniture, technology, and signage. We'll open the new spaces to the public for Candidates Night (see below) – so please come by to see what your tax dollars and private donations have created, and check out who is running for various town offices this year. If you'd like to reserve any of our new spaces, they will be available starting on March 2nd. Please visit [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org) and click on the Reserve a Meeting Room button on the right side of the home page.

## TOWN CANDIDATE BIO INFORMATION AVAILABLE STARTING FEBRUARY 15TH

We've asked all candidates who have filed to run for an elected town office to fill out and return a Candidate Information sheet so that we can distribute consistent information about all candidates to residents. This information packet will be available at the library, on the library web site, at the Town Clerk's office, and on the town web site, beginning on February 15th, and will be printed in the March edition of the Bow Times. If a candidate did not return a form, we will simply list their name and the position they have filed to run for in the election.

Remember, elections will take place at BMS on Tuesday March 14th!

## CANDIDATE'S NIGHT WEDNESDAY MARCH 1 AT 6:30

Our 2<sup>nd</sup> Annual Town Candidates Night will be held on Wednesday March 1st at 6:30 pm in the Merrimack County Savings Bank Meeting Room. Each candidate for elected town office will have 5



**All we're waiting for is the flooring! This is the 75-person Merrimack County Savings Bank Meeting Room small stage area. This room will have an ADA-compliant sound system, ceiling-mount projector, drop-down screen, and podium. Photo by Lori Fisher**

minutes to speak about their background and goals for the town, with a "meet and greet" with residents after all candidates have spoken.

## TOWN MEETING AT 6:30 PM ON MARCH 15TH

We apologize for an error in our latest enewsletter that listed the time for town meeting as 7pm. The correct time is 6:30 pm on Wednesday March 15th at the BHS auditorium.

## PATRON QUESTION OF THE MONTH: WHY CAN'T I ACCESS A LIST OF EVERYTHING I'VE BORROWED?

NH RSA 201-D:11 is the NH privacy statute for libraries. This statute states that library records must be kept confidential, and includes not only customer name, address, and contact info, but also items borrowed and materials that have been "viewed or stored in electronic form." Why is this statute so strict?

Remember, our staff does not know your family dynamics or per-

sonal situation. We've had the experience of a person coming in and asking for a list of what their spouse has taken out...only to find that they are in the middle of a divorce, and the person asking was looking for "proof" of their spouses' state of mind for a child custody court hearing (by the way, we did NOT give them the information they sought).

There have also been cases in other states where government agencies have tried to obtain patron borrowing histories without a warrant or subpoena.

Baker Free Library does have a privacy policy, which we strictly adhere to. In order to make sure that our staff do not have unlimited access to electronic records of individual patron borrowing histories, we have programmed our catalog software to delete any borrowing history that is over 30 days old.

This way, if a government agency tries to seize patron records, they will not have a whole history of what you have checked out. We know that it is inconvenient to our

power readers that we do not keep an electronic list of everything you have borrowed. But there are ways you can keep a list that are easy and in your control, not ours. Use one of the apps on your smartphone or computer, such as Evernote. Or keep a small spiral or bound notebook in your purse or pocket and record your authors/titles read.

We do allow other individuals to access your patron record IF and ONLY IF you have given us in-person permission with specific names. A phone call or email will not suffice - the permission has to come from you directly, in-person in the library to one of our desk staff. A note is added to your account, and we will allow those individuals to check materials out, renew items, and reserve items on your card.

Remember you can revoke that permission at any time with an in-person visit during our open hours.

According to the American Library Association Bill of Rights, every individual has the right to read and research anything they choose. We uphold that right by complying with the state privacy law and abiding by our library's privacy policy.

**The Library will be CLOSED Monday February 20th in observance of President's Day. We'll re-open at 10 am on Tuesday February 21st.**

## MERRIMACK COUNTY STAMP COLLECTORS MEETING

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow, on February 21st beginning at 1 pm. All who are interested in stamp collecting are welcome to attend. Meet other collectors and learn more about their hobby and varied interests in Philatelic resources and issues.

For more information call Dan Day at 603-228-1154.

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# BOW REAL ESTATE SALES

## January 2017

30 Peasley Rd, 3150 gla, glaag 3150 4 br, 2.5 bath, 2 car att, 1.1 acres, Sold \$549,000 1/20/17

5 Colby Lane, 3798 gla, glaag 2846, 3 br, 3.0 bath, 3 car att.,2.39 acres, Sold \$358,000 1/12/17

11 Merrill Crossing, 4488 gla. Glaag 3093, 4 br, 2.5 bath, 3 car att., 2.47 acres, Sold \$349,000

4 White Rock Hill, 2808 gla,glaag 1872, 3 br, 2.5 baths 2 car att., 5.68 acres, Sold \$282,000 1/9/17

24 Marion Way,CONDO, 3042 gla,glaag 1512,2 br,2.0 baths,2 car att.,0.0 acres, Sold \$264,500 1/24/17

4 Bow Ctr Rd, CONDO,1889 gla,glaag,1889,3 br, 2.5 baths,1 car Att., 0 acres, Sold \$223,700 1/9/17

2 Everett Ave, 2136 gla, glaag 1222, 3 br, 1.0 baths, 1 car , .85 acres, Sold \$197,900 1/06/16

638 Route 3A , 1344 gla, glaag 1344, 3 br, 1.5 baths, 2 car det, .45 acres, Sold \$185,000 1/13/17

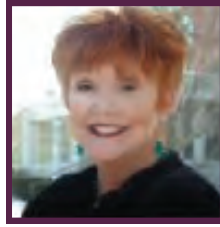
642 Route 3A, 1945 gla, glaag 1301, 3 br, 1.0 bath, no garage, .50 acres, Sold \$168,496 1/27/17

35 Grandview Dr, 2788 gla, glaag 1578, 3 br, 2.0 bath', no garage, .51 acres, Sold \$54,900 1/20/17

LAND - None Reported

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

These statistics are for all Bow Sales for the period 01-1-17 thru 01-31-17, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.



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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>

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## WANT TO WIN THE BOSTON POST CANE?



PHOTO BY ERIC ANDERSON

The Selectmen recently discussed the honor of being the oldest resident in Bow and whether there should be a residency requirement. Their conclusion on January 24 was that to receive the cane the person must 1) be at least 95 years old; 2) had at least ten years of residency; and 3) be a current resident for at least one year. Their policy has now been referred to the Heritage Commission for their input.

### What is the Boston Post Cane?

On August 2, 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, a newspaper, forwarded to the Board of Selectmen in 700 towns in New England a gold-headed ebony cane with the request that it be presented with the compliments of

the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of the town. The cane would belong to the town and not the man who received it.

The Board of Selectmen were to be the trustees of the cane and keep it always in the hands of the oldest citizen.

At one time the Boston Post was considered the nation's leading standard-sized newspaper in circulation. Competition from other newspapers, radio and television contributed to the Post's decline and it went out of business in 1957.

In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

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# INVESTING IN YOURSELF - WHO ARE YOU REALLY?

By Donna Deos

**How well do you know yourself?**

**How well would you like to know yourself?**

**Are you sure about that? (Either question!)**

**When was the last time you invested in you?**

**Do you even know what I mean by that?**

Okay, enough with the questions. Let's get to where this is all heading, shall we?!

As we grow up and live our lives we are on a continuous learning curve ~ continuously learning and growing. At least most of us do. Some of us are eternal children but those folks are not likely to be reading this! And, some of us who remain youthful and playful are still continuously learning and growing. Growing up doesn't mean that you have to outgrow fun! Anyway...

Likewise, as we age, we go through many phases and have different things that are of importance to us. Life is not stagnant. It is ever changing and so are we.

One way that we help ourselves learn and grow is by investing in ourselves. Whether it is by going to conferences, networking events, night school, day school, picking up various designations or taking a course on something fun like painting or tai chi, we have the ability to continuously change and grow.

Transition Specialist is one of my titles (Spiritual Teacher is the other). Throughout life we are usually in some period of transition or another.

We transition from childhood to young adulthood to adulthood.

We transition from being the child, to being the parent, to being sandwiched between our parents and our children, to being the eldest generation and so on.

My role as a transition specialist is to help you navigate the various transitions that you experience



throughout your life – especially with the challenges of aging.

Why would someone invest in someone to help them navigate what seems to be a natural part of life? Well, why did you invest in your education and higher degrees?

Could you have gone about it on your own? Yes.

Would you have accomplished your goal in the most expedient way possible? Not likely.

When people hire specialists to help them with whatever it is they are doing (lawyer for legal issues, financial person for money goals, personal trainer to get in shape, etc.) it is because they want to access the special knowledge that person has. They want that person's expertise to help them solve the issues in front of them in an expedient manner.

The same is true for what I offer. I have skills in the challenges of aging ~ in experiencing various transitions. I also have skills in helping you find yourself through that process.

As we grow and experience life, we change. Hopefully for the better! One thing that my coaching business does is help you figure out the challenging parts of your life – no matter what those may be, and how they interact with other parts of your life.

I find that when you tackle some of the recurring issues that you regularly face and overcome them, other things in your life fall magically into place. It's called being on purpose with your life and who you came here to be. When you figure out who that is and start acting from that place of goodness



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your life flows more easily...almost without effort.

I have a variety of tools and tactics that I use to help people get from where they are to and where and who they want to be. If you have been wondering about your own life and wish to explore your options and how we may be able to work together, please give me a call or email me. My goal is always to help you with your goals. I will challenge you and hold you accountable, but this is your plan and your life and your path to whatever it is that you are trying to attain.

## Senior citizens, this goes for you too!

You may be trying to figure out your legacy.

What is it that you want for the remainder of your life?

How do you want to be as a living example of aging gracefully?

What does the rest of your life look like to you?

How will that play out? Have you put the plans in place?

Do you have people who know you and are willing to help carry out your plans?

Have you communicated with them?

What do you want to leave behind as your legacy when all is said and done? There is so much more we can explore and accomplish.

My goal really is for everyone to get the "Happily Ever After" that

they envision for themselves. What is required is your willingness to want to attain it; your willingness to put a value on attaining that goal; and then make the necessary investment in yourself to get it done.

All of the quality things we achieve in our lives come with determination, effort, heart and some sort of investment in all of those as well as a financial one. Yes, you are worth it. Quality of life is worth it.

All good things in life come to us because of desire, effort and help from those who can guide us with a firm and loving hand to help us get to where we want and need to be.

I'm here for you and I look forward to you investing in yourself for once. I know you have put most everyone else first continuously in your life. It is now time to turn the focus to you. Believe me, when you increase your happiness, quality of life and peace of mind, the other people in your life will benefit as well.

An investment in you is an investment in your family and community as well. I want to be that investment and help you achieve all of your dreams and aspirations.

Let me help you. All you have to do is reach out to me. I'm here; ready, willing and able to help you soar to new heights.

*Let's talk!*

*Donna*



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## DON'T BE A CHICKEN ABOUT THESE WINE PAIRINGS

By Nicole Habif

Folks who work in wine are often just as intrigued by food. In fact, I spend a good deal of time in my professional life guiding others on what dishes to pair with certain wines. One of the most common questions I get: “What pairs best with roasted chicken?”

It’s not a surprising query – chicken’s a staple in the American diet and there are myriad ways to whip up a fantastic version. (Google, then make, “milk chicken” one day; you’ll thank me.) What *may* prove surprising to some is there are just as many, if not more, red wine options to work with than there are white wines. So truss up that yard bird and read on – I’ll have you roasting and sipping confidently in no time.

### WHITES

You can’t go wrong with Chardonnay – it’s a bit like the chicken of the wine world, actually. It’s versatile. Depending on where it’s grown and the ambitions of the winemaker, it can be made into something that’s rich and buttery or steely and lemon-pithy ... and everything in between. My favorite style for roasted chicken is an “everyday” white Burgundy (i.e., not a \$120 bottle). Good white Burgundy has a delicately creamy profile to match the weight of the meat plus very focused acidity – which cuts through the salty fat of crispy chicken beautifully. Cooler-climate Chardonnays from California (the Russian River Valley, for example) are a great Burgundy alternative.

If Chardonnay isn’t your thing, French Sauvignon Blanc will be a good choice, especially if your bird’s heavy on the herbs – think lots of thyme, rosemary and sage.

And Oregonian Pinot Gris (the more opulent, heady version of Pinot Grigio) will work nicely too.

### REDS

The trick to pairing reds with white meat is sticking with lighter-tannin wines. Bigger tannins (found in Cabernet Sauvignon or Malbec, for example) often only overwhelms lighter meat and dominates your palate. You want a wine that’s going to enhance your dish, not block out all its flavors and texture.

Pinot Noir (red Burgundy in particular) is probably one of the more popular roasted chicken wines – again, it has lively acidity and bright, red berry characters and sometimes savory notes like earth or mushrooms that can echo and draw out all the best components of roasted chicken. My two favorites are Rioja (made with the Tempranillo grape) and cru Beaujolais (Gamay), but California Merlot, northern Italian Dolcetto or Grenache-dominant Côtes-du-Rhône are other excellent choices. If you forget, just look for words on the label like “elegant” or “juicy.”

One last suggestion – Provençal rosé. More than once, it’s been the ace up my sleeve when entertaining and I promise that dry, delicate summer-berry flavors and wild herb notes will really do justice to whatever kind of roasted chicken you’re preparing. And with the 2016s due to arrive in wine shops very soon (if they’re not already on the shelves), it’s a great time to pick up a few bottles. Cheers!

*Nicole is the Content Manager at Direct Wines, Inc. and is certified at the Advanced level from the Wine & Spirits Education Trust. !*

## SARA LAUZE PROMOTED TO ASSISTANT VICE PRESIDENT, DIGITAL BANKING OFFICER FOR NEW HAMPSHIRE MUTUAL BANCORP



at managing digital services. I’m honored to promote her.”

Lauze joined the Merrimack in 2005 as an ATM Deposit Services Assistant. She has held several positions throughout her career in operations and information technology services, with specializations in demand deposit accounts and automated clearing house (ACH) services.

In 2014, she was promoted to Operations Supervisor for NHMB, overseeing non-digital banking operations, and in 2015, she was promoted again to Digital Banking Officer.

Lauze is a graduate of New Hampshire Technical Institute and the Northern New England School of Banking. She also earned her Certified Associate in Project Management (CAPM) status in 2012 from the Project Management Institute.

New Hampshire Mutual Bancorp, a mutual holding company, was formed in 2013 when two New Hampshire-based community banks, Meredith Village Savings Bank and Merrimack County Savings Bank, formally affiliated – the first relationship of its kind in New Hampshire.

Sara Lauze has been promoted to Assistant Vice President, Digital Banking Officer for New Hampshire Mutual Bancorp (NHMB). In this position, Lauze is responsible for digital banking customer support and related systems and services at Meredith Village Savings Bank (MVSBS) and Merrimack County Savings Bank (the Merrimack).

“Sara’s expertise and extensive background in all areas of bank operations have been great assets to the organization,” said Angela Strozewski, Senior Vice President and Operations Officer of NHMB. “She demonstrates outstanding leadership ability and is exceptional

## SUDOKU PUZZLER

By Ian Riensche

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

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

## GRAPE EXPECTATIONS 12TH ANNUAL WINE TASTING BENEFIT FRIDAY, MARCH 3, 2017



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# MY TABLE — YOUR TABLE — LOVE IS IN THE AIR !

By DEBRA BARNES

My husband Randy doesn't send flowers or cards anymore for Valentine's Day. His pitch, he loves me on every day, not just on one...and he vacuums all the time (now that's real love)! As you can imagine, I go along with this pretty easily as I hate to vacuum. So, when I feel like making something we both "love" and doesn't make a ton of dirty dishes or a long list of ingredients, I go for this pasta recipe. A nice bowl of cheesy pasta and glass of a light red wine, need I say more? Yes, of course. Everything that goes into this recipe are typical basic kitchen staples. Dried pasta, butter, parmesan cheese, eggs and as a nice extra, some shrimp (always some in my freezer).

I have added some great pictures for this recipe. As I was typing this all up, I realized that I forgot to add garlic to the shots. There is always garlic! I simply couldn't make it without it. O.K. maybe I could, but I would put in more cheese to make up for it! Everything is better with more cheese or more cow bell if you remember the Christopher Walken skit from Saturday Night Live...teeheehee.

Go out and snow blow that driveway. When you come back in and could eat a blanket, don't eat a blanket, make this recipe. You can thank me later.



Bring a large pot of water to a boil and cook pasta until *al dente*... about 9-11 minutes. I add salt to my water after its hot, but not a must.



While the pasta is cooking:  
In an oversized bowl, large enough to hold the pasta when tossed (sometimes I will use a dutch oven so it will keep the pasta warmer longer) place the butter, 1/2 tsp. salt, 1/2 tsp. pepper and garlic.

Strain the pasta and put immediately into the prepared bowl, toss, add cheese and egg yolks. Toss quickly so that the yolks do not cook but rather melt into the pasta

making a creamy sauce. Add half of the pasta water and toss. Add half of the parsley and scallion and toss. If you still need a little more creaminess, add the rest of the water. Feel free to add more cheese too. We always do. Because we can! There are no cheese police at our house.

Place in warm bowls and top with shrimp and the remaining parsley and scallion. See, isn't it pretty. Just wait until you taste it!!



1 LB of any straight pasta  
4 egg yolks  
2 tsp. finely minced garlic  
4-6 TBSP good quality butter  
1 1/2 cups finely grated parmesan cheese  
1 LB. peeled and deveined shrimp  
1 good pinch of dried red chili flakes  
1 TBSP extra virgin olive oil  
2 TBSP chopped parsley  
2 TBSP chopped scallion  
Sea salt and fresh ground pepper to taste  
**1/3 cup hot pasta water — don't forget this!**

In a bowl, toss the shrimp with the olive oil, salt, pepper and chili flakes. Heat a nonstick pan to medium high, toss the shrimp and cook until just pink for about 2 minutes max. Set aside and keep warm.



**Kitchen Tip** — My very good friend and neighbor Diana came over recently to help make soup with me. She told me that her mother always put the last of the celery (while still intact and with leaves) into her soup while it cooked. There is a lot of flavor in those leaves so why throw that away! Genius I said. Guess you can teach an old dog new tricks...wink wink!

**Enjoy all the loved ones around you, old and new.  
Happy Valentine's Day and Happy February!**

Debra Barnes lives in Bow with her husband Randy. She is a graduate of the Cambridge School of Culinary Arts and chef/owner of Wellington's Marketplace, a wine, cheese and specialty food store on Main Street in Concord.

## 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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# PEACE OF MIND CHECKLIST

BY BEN KINIRY, ESQ.

When clients call the firm or come in for an appointment, often they don't know what questions to ask.

Since they don't practice estate planning or elder law on a daily basis, I really wouldn't expect them to.

## WHAT ISSUES SHOULD YOU BE THINKING ABOUT?

Most clients come to us with a particular goal in mind or an issue that they want to solve.

For example, a person might call and say "my financial planner says that I need a trust" or "my mother fell and is now in a nursing home and we don't know what to do."

There are so many issues that estate planning and elder law attorneys can help you with, and perhaps should help you with, that you are likely unaware of or certainly are not thinking about on a daily basis.

In order to help clients figure out what they would like to accomplish beyond the one or two issues that are on the forefronts of their minds, I offer a checklist titled "Peace of Mind Checklist," which you will find here.

The Checklist is intended to be a list of the types of things or questions that people should or could be asking themselves in regards to their loved ones.

I would have you review the Checklist and see what comes to mind. If you find that you have questions on these topics or if you believe there are actions that you should or could be taking, I would have you contact our firm to discuss them further.

If I could make a self-serving suggestion, I would have you cut the Checklist out of the Bow Times and set it aside in a drawer.

Perhaps someday, when you believe it's time to take action, the Checklist may be helpful in facilitating a conversation with the attorney who is helping you develop your plan.



## KINIRY JOINS LABOE & TASKER LAW FIRM

Attorney Ben Kiniry has joined the law firm of Laboe & Tasker, PLLC at 6 Loudon Road in Concord. Longtime Bow resident John Laboe said "I am pleased to have Ben's skills added to our trust and estate planning practice." 603-224-8700.

### Peace of Mind Checklist

Please check the following questions that are important to you:

- I am concerned about losing my assets to the high costs of long-term care for myself and my spouse. Will we lose everything to pay for care, or are there options?
- My child is disabled. How can I protect his or her future?
- How can I set things up so my kids' inheritance will be protected if they get divorced or are sued?
- My parents are aging. What should I know to help them to remain independent and protect their assets?
- How can I minimize or eliminate paying taxes upon my death?
- Do I have to be wealthy to benefit from a living trust? What are its benefits?
- If I can't make legal and financial decisions for myself, how can I be sure my affairs are conducted in my best interest?
- If I am too ill to make health care decisions for myself, how can I be sure my wishes will be carried out?
- How can I be sure my money and property end up in the right hands when I'm gone?
- My parent just passed away. What do I do now?
- How can I assure a long term income stream from my retirement accounts to my children when I'm gone?
- How can I ensure my children won't have to go to the probate court when I die?

Many of our clients come to us with the same questions. Contact us for estate and elder law planning solutions that meet your needs.

The information provided in this article (and the checklist) does not constitute legal advice.



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# The Mini Page

Founded by Betty Debnam

## Our First Ladies



Image courtesy Library of Congress

### Mini Fact:

Martha Washington was known as Lady Washington. The title "first lady" didn't really catch on until the 1930s.



Jacqueline Kennedy with her husband and children in Hyannis Port, Massachusetts.

White House photo by Cecil Stoughton

### First lady, first mom

When President John F. Kennedy won the 1960 election, Jacqueline Kennedy was pregnant with their second child, John Jr. He was born just two weeks after the election. His older sister, Caroline, was 4 years old when the family moved into the White House.

Mrs. Kennedy thought raising her children was her most important job. She said: "If you bungle raising your children, I don't think whatever else you do well matters very much."

### Edith Roosevelt

moved into the White House with six children! She and President Theodore Roosevelt read to their kids every day and let them have all kinds of pets, including a snake.



President and Mrs. Roosevelt and their children.

In March, we celebrate Women's History Month in the United States. This year, we have a new first lady, Melania Trump, who is sure to make her mark on history. The Mini Page looks back at the roles of the first lady.

### Who is the first lady?

We generally think of the first lady as the president's wife. But in a few cases, other women have filled the role.

For instance, President Andrew Jackson's wife died in the months before his inauguration. His niece, Emily Donelson, and his daughter-in-law, Sarah Yorke Jackson, helped him with hosting events in the White House.

President James Buchanan was the only president who never married. His niece, Harriet Lane, was his hostess for White House special occasions.



Harriet Lane

welcoming people from all over the world to the White House. Today, first ladies are encouraged to have a special cause or project that they work on during their time in the White House.

For example, Laura Bush, a former teacher, was interested in literacy, or the ability to read and write. She started the Ready to Read, Ready to Learn program and hosted the White House Conference on Global Literacy in 2006.



Laura Bush



Michelle Obama

Michelle Obama was concerned about obesity, or being too heavy, among kids. She started the Let's Move! program to encourage kids to have more active lifestyles.

### What's a first lady's job?

Every first lady has brought her own personal touch to her position. Many of them had important careers before their husbands became president. Most of them were mothers, perhaps raising children in the White House.

But being first lady offers new challenges to any woman, no matter what her background is. She is a confidante, or adviser, to her husband. She is a symbol of the United States to other countries. She is America's hostess,

Eleanor Roosevelt became known as the first lady of the world for her work on humanitarian and women's issues. After being first lady, she was named an American delegate to the United Nations.



Eleanor Roosevelt

## Resources



### On the Web:

- firstladies.org
- whitehouse.gov/1600/first-ladies

### At the library:

- "A Kids' Guide to America's First Ladies" by Kathleen Krull
- "What's the Big Deal About First Ladies" by Ruby Shamir

## Try 'n' Find

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



- CAREER, CHILDREN,
- CONFIDANTE,
- HISTORY, HOSTESS,
- HUMANITARIAN,
- LITERACY, MARTHA,
- MELANIA, MOTHER,
- NIECE, OBESITY,
- PETS, ROLE, SYMBOL,
- WASHINGTON, WHITE HOUSE, WIFE, WOMEN.

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



## Puzzling

Unscramble the words below that remind us of families in the White House.



- aynslvanpien \_\_\_\_\_
- asmialn \_\_\_\_\_
- virtpae \_\_\_\_\_
- msega \_\_\_\_\_

Answers: Pennsylvania, animals, private, games.

## Mini Jokes



**Martha:** What should you ask a camel when you're serving him tea at a tea party?

**Abby:** "One hump or two?"

## Eco Note



A drought across East Africa has killed thousands of animals in the region. At least 15 hippos perished in Kenya's Lake Kenyatta. The small body of water is about half its 1980s size and is said to be shrinking by the day. A large number of flamingos have also died from the drought in Lake Nakuru, while predators such as lions are now venturing into populated areas in search of food.

adapted with permission from Earthweek.com

## Teachers:

For standards-based activities to accompany this feature, visit: [bbs.amuniversal.com/teaching\\_guides.html](http://bbs.amuniversal.com/teaching_guides.html)



# LIFE INSURANCE BEFORE AGE 40

BY DOMINIC LUCENTE

*Millennials have good reasons to obtain coverage now.*

## Do you plan to buy life insurance before you turn 40?

Maybe you should. You may save money in the long run by doing so. At first thought, the idea of purchasing a life insurance policy in your thirties may seem silly. After all, young adults are now marrying and starting families later in life than past generations did, and you and your peers are likely in excellent health with a good chance of living past 80.

In fact, LIMRA—a life insurance research and advocacy group – recently surveyed millennials and found that 30% thought saving for a vacation mattered more than buying life insurance coverage. The perception seems to be that insurance is something to purchase when you start a family or when you hit your forties or fifties.<sup>1</sup>

**Getting a policy before you marry or start a family may be a great idea.** The reasons for doing so might be compelling.

**Your premiums will be lower.** The older you become, the more expensive life insurance becomes. Data compiled last summer by Life Happens, a non-profit life insurance education effort, confirms this.

Life Happens asked several prominent U.S. insurers to supply their preferred premium rates for healthy non-smokers aged 25, 35, 45, and 55 buying a \$250,000 whole life policy (the kind designed to build cash value with time). The average preferred premium rates for 25-, 35-, and 45-year-olds fitting this description were:

25-year-old male: annual premium of **\$1,987**  
 35-year-old male: annual premium of **\$2,964**  
 45-year-old male: annual premium of **\$4,747**

25-year-old female: annual premium of **\$1,745**  
 35-year-old female: annual premium of **\$2,531**  
 45-year-old female: annual premium of **\$3,947**

The numbers starkly express the truth – whole life insurance premiums more than double between age 25 and age 45.<sup>2</sup>

Premiums on term life policies are even lower. Term life insurance is essentially coverage that you “rent” for 10, 20, or 30 years – it cannot build any cash value, but in some cases, a term policy can be adapted or exchanged for a whole life policy when the term of coverage ends.

If you are young, term coverage is remarkably cheap. NerdWallet recently researched term life premiums for healthy 30-year-olds. It found the following sample rates for 20- and 30-year term policies valued at \$250,000:

30-year-old male: annual premium of **\$156** for a 20-year term policy, **\$240** for a 30-year term policy

30-year-old female: annual premium of **\$141** for a 20-year term policy, **\$206** for a 30-year term policy

The downside of term coverage is that you are “renting” the insurance. Just as you cannot build home equity by renting a house, you cannot build cash value by “renting” a policy.<sup>3</sup>

**A whole life policy may become quite valuable.** As Life Happens notes, the average such policy bought at 25, 35, or 45 may have a guaranteed cash value of anywhere from \$100,000-200,000 when the policyholder turns 65, assuming the policy is kept in force and no loans are taken from it. Universal life policies permit tax-deferred growth of the cash value.<sup>1</sup>

Make no mistake, a whole life policy is a lifelong commitment. It must be funded every year or it will lapse. That should not scare you away from the value and utility of these policies – the cash inside the policy can often be borrowed or withdrawn. Sometimes families use cash value to fund college educations or help with medical expenses or retirement. Such withdrawals can lessen the death benefit of the policy, but what is left is often adequate. Cash withdrawals from a whole life policy are usually exempt from taxes, just like the death benefit.<sup>1</sup>

## YOU HAVE QUESTIONS...

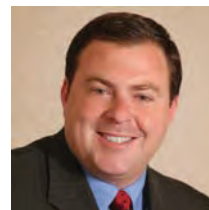


## WE HAVE ANSWERS

ARE YOU OVERWHELMED BY THOUGHTS ABOUT YOUR RETIREMENT OR AFFORDING COLLEGE FOR YOUR KIDS? DO YOU WANT A SECOND OPINION ON YOUR CURRENT PORTFOLIO?

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**Maybe this is the time to put time on your side.** Age-wise, life insurance will never be cheaper than it is for you today. Getting coverage now – even if you are single – may be a money-smart move as well as a great life decision.

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

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of any particular investment.

**Citations.**

- 1 - cnbc.com/2016/10/17/think-about-life-insurance-sooner-rather-than-later.html [10/17/16]
- 2 - lifehappens.org/product-selector/comparing-the-cost-permanent-and-term-life-insurance/[1/26/17]
- 3 - nerdwallet.com/life-insurance#basic [1/26/17]

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**DUNBARTON  
HAZARD  
MITIGATION PLAN  
UPDATE 2017  
PUBLIC INVITED**

Dunbarton's Hazard Mitigation Committee has scheduled a work session for Monday, February 27 at 2:00 PM at the Dunbarton Town Office, 1011 School Street, Dunbarton. This work session is one of 8 meetings that have been scheduled through February, 2017 in order to update the current Dunbarton Hazard Mitigation Plan 2011.

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.

All stakeholders, engaged citizens, businesses, and organizations are invited to attend and provide your unique perspective to assist with the Town's hazard mitigation discussion and decision-making. The draft Dunbarton Hazard Mitigation Plan Update 2017 document is anticipated to be completed in spring 2017.

For more information, contact Stephen Laurin, Hazard Mitigation Staff Coordinator at 603.774.3541 x106 or via email to [building@dunbartonnh.org](mailto:building@dunbartonnh.org).

**GEORGE PINKHAM  
WELCOMED TO  
PINKY'S HOUSE**



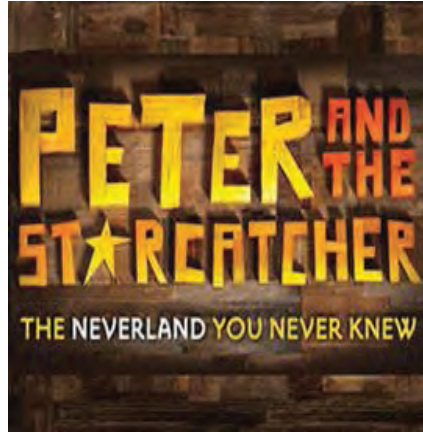
Bow Memorial School students last month welcomed back as a hero their former gym teacher George Pinkham (above). Chase Chamberlin, a senior at the high school, praised Pinkham for instilling his athletes with the discipline and character needed to succeed.

The naming of the gym by the School Board came after it received over 30 letters and emails.

Pinkham's teams won four state soccer championships and were runners up six times. On four occasions he was named Coach of the Year by the state coaches association.

George Pinkham currently coaches the Bow High School boys varsity team.

**BOW SOPHOMORE  
BRENNAN GILLESPIE  
TO PERFORM IN  
PETER AND THE  
STARCATCHER**



Brennan Gillespie, a sophomore at Bow High, will be performing February 10-19 in the production called, "Peter and The Starcatcher" at the Peacock Players in Nashua.

Brennan will be playing the second lead in the role of "Prentiss." The new Tony-winning play, based on the best-selling novels, upends the century-old story of how a miserable orphan boy becomes the legendary Peter Pan.

For information or tickets go to [www.peacockplayers.org](http://www.peacockplayers.org) or call 886-7000.



**ELIANA MEARS  
WINS SPELLING BEE  
COMPETITION**



Third grader Eliana Mears won Dunbarton Elementary School's Scripps Spelling Bee competition with the championship word "auction." *Compliments of Shelley Westernberg.*

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**BOW FALCONS  
HOCKEY  
FUNDRAISER**

Join us on Feb 17 from 7-11 PM at the Bow Community Building for a great time that is open to all 21 and older.

Support the Bow Falcons hockey team and you can enjoy dancing, raffles, appetizers, a silent auction and a chance to get together with friends. BYOB.

We are also holding a Hockey for Hunger food drive to benefit The Friendly Kitchen in Concord so please bring a non-perishable food item. Tickets are \$30/person.

Contact a Bow Falcons Hockey Team parent or e-mail [bcorthell@bownet.org](mailto:bcorthell@bownet.org). You won't want to miss it!



# BOW POLICE LOG

## JANUARY 2017 STATS

Arrests - 15 Motor Vehicle Stops – 127 Warnings – 113 Citations – 14 Accidents – 10 Parking Tickets – 18 Restraining Orders – 4 Incident/ Investigation Reports – 33

## JANUARY 2017 ARREST LOG

1/01 - Sarah E. Miller, 23, 9 Odd Fellows Apt. #203, Concord, was arrested for stalking, violation of a protective order and operating without a valid license.

1/02 - Nicolas R. Stultze, 28, 519 Maple St, Contoocook, was arrested for possession of drugs in a motor vehicle.

1/03 - Andrew Mitza, 27, 77 Prescott Ave, Laconia, was arrested on a warrant.

1/04 - A juvenile was arrested for conduct after an accident, reckless operation, and an original and youth operator's license violation.

1/07 - Crystal Carver, 32, 76 Varney Rd, Wolfeboro, was arrested on a warrant; Manuel Jones, 19, 24 Grandview Rd. Apt #C, was arrested on a warrant.

1/08 - Aaron J. Ayotte, 45, 9 Emile Dr, Allenstown, was arrested for driving while intoxicated, and operating without a valid license.

1/11 - Mark Ralto, 48, 29 North Riverdale Rd, Weare, was arrested for domestic violence; assault, and simple assault.

01/12 - Danelle Lee Moriarty, 42, 29 North Riverdale Rd, Weare, was arrested for driving while intoxicated subsequent offense, and driving after revocation or suspension.

1/16 - Daniel Stevens, 29, 147 North State St, Apt #2, Concord, was arrested for driving after revocation or suspension.

1/17 - Shawn L. Stevens, 52, 308 Lake Ave Apt #2N, Manchester, was arrested for forgery.

1/21 - Kevin Corbin Jr., 32, 4 Virginia Ln, Seabrook, was arrested for driving while intoxicated, and conduct after an accident.

1/22 - Ronnie M. Stevens, 32, 60 Dicandra Dr, Bow, was arrested for domestic violence; assault, and simple assault.

1/23 - Ronnie M. Stevens, 32, 60 Dicandra Dr, Bow, was arrested for stalking and breach of bail.

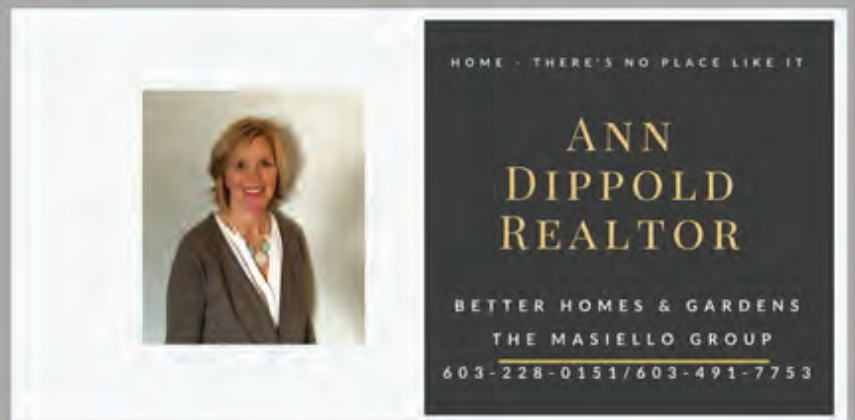
There was one involuntary emergency admission during January.

## SUDOKU ANSWER

By Ian Riensche

www.sudokupuzzler.com

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



## HOW TO BE PREPARED FOR AN EMERGENCY

BY ANN DIPPOLD

Do you know what vital information to have on hand in the event of a natural disaster or family emergency? When an unexpected situation arises, there's no time to sort through paperwork, no matter how essential it may be. Having everything you need in an organized emergency binder can streamline the process and give you peace of mind.

### What to Include in an Emergency Binder

While there's no shortage of important family documents and household records, a true emergency calls for a few must-haves:

- Vital records like birth certificates, driver's licenses, Social Security cards, naturalization documents, passports and child custody papers.
- Insurance policies, including homeowners, renters, auto, life and health.
- Property records such as real estate deeds, rental agreements, and vehicle titles and registration.
- Financial documents like wills, trusts, powers-of-attorney and funeral instructions.
- A family emergency plan with contact information and predetermined meeting places.

### Safely Storing Other Important Information

Some items, such as account passwords and a backup of critical computer files, aren't suited for a portable binder. Instead, house them in a secure location like a safety deposit box or lockbox. You can also include a home inventory list, contracts, business paperwork, tax returns and investment records.

Play it safe and include a recent photograph of every family member, along with fingerprints and dental records. You may also want to store valuable memorabilia, jewelry, and priceless family photos, letters and documents here as well.

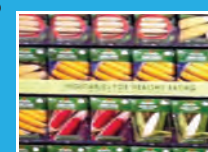
There's no way to predict when misfortune will strike, but that doesn't mean you shouldn't be prepared. Set aside an afternoon to create an emergency binder that can help protect your family when time is of the essence.

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# BOW SCHOOL SPORTS HIGHLIGHTS

## BASKETBALL

### BOYS LOSE TO JOHN STARK

Game Date: Feb 10, 2017  
Score: FALCONS: 49  
JOHN STARK: 61

**Key players:** Ryan Andrews (12 points), Nate Alford (10 points), Matt Scanlan (8 points)

### BOYS VARSITY BASKETBALL LOSES TO PEMBROKE

Game Date Feb 3, 2017  
Score FALCONS: 49  
PEMBROKE ACADEMY: 56

### GIRLS VARSITY CROMPTON AND NORDIN LEAD TEAM TO WIN OVER JOHN STARK

Game Date: Feb 10, 2017  
Score: FALCONS: 36  
JOHN STARK: 32

**Key players:** Lea Crompton (12 points, 8 rebounds, 4 assists), Patty Nordin (7 points, 4 offensive rebounds), Julia Landcastle (6 points).

### GIRLS BEAT MERRIMACK VALLEY IN OVERTIME

Game Date: Feb 8, 2017  
Score: FALCONS: 52  
MERRIMACK VALLEY HIGH SCHOOL: 51

Taylor Darrell led the Falcons with 24 points. Julia Landcastle and Lea Crompton both scored 10 points.

### GIRLS VARSITY BASKETBALL UNABLE TO DEFEAT HANOVER HS SCHOOL

Game Date: Feb 3, 2017  
Score: FALCONS: 39  
HANOVER HIGH SCHOOL: 46

**Key players:** Lea Crompton (15 points, 9 rebounds, 3 steals), Taylor Darrell (11 points), Patti Nordin (7 points), Megan Remick.

### LEA CROMPTON BUZZER BEATER PROPELS GIRLS TEAM TO WIN OVER PEMBROKE ACADEMY

Game Date: Feb 2, 2017  
Score: FALCONS: 41  
PEMBROKE ACADEMY: 39

**Key players:** Taylor Darrell (16 points), Lea Crompton (10 points, 6 rebounds, 4 assists);

## ICE HOCKEY

### BOYS RUSH PAST KINGSWOOD REGIONAL

Game Date: Feb 4, 2017  
Score: FALCONS: 8  
KINGSWOOD REGIONAL : 1

**Key players:** Doug Champagne (2 goals, 2 assists), Ryan Tobeler (2 goals, 2 assists), Chris Mead (goal, assist), Colin Tracy (goal, 2 assists),

Ben Wheeler (goal), Brendan Ulrich (goal), Ryan Tobeler (goal).

### BOYS RIDE 4 GOALS FROM CHAMPAGNE TO VICTORY OVER GOFFSTOWN

Game Date: Feb 1, 2017  
Score: FALCONS: 7  
GOFFSTOWN HIGH SCHOOL: 3

**Key players:** Doug Champagne (4 goals), Chris Mead (1 goal, 3 assists), Colin Tracy (3 assists).

### BOYS SECURE WIN OVER WINDHAM HS SCHOOL

Game Date: Jan 25, 2017  
Score: FALCONS: 2  
WINDHAM HIGH SCHOOL: 1

**Key players:** Chris Mead (goal), Ryan Tobeler (goal), Alex Killion (assist), Austin Beaudette (assist).

### BOYS TAKES NINTH WIN WITH 6-2 VICTORY OVER BISHOP BRADY

Game Date: Jan 23, 2017  
Score: FALCONS: 6  
BISHOP BRADY: 2

Champagne gave the Falcons a 2-0 lead into the second period. Austin Scarinza, Alex Killion and Ryan Tobeler (two goals) secured victory in the second period.

### BOYS TAKE 7-2 WIN OVER OYSTER RIVER

Game Date: Jan 21, 2017  
Score: FALCONS: 7  
OYSTER RIVER HIGH SCHOOL: 2

## WRESTLING

### BOYS DEFEAT MASCOMA VALLEY

Game Date: Feb 8, 2017  
Score: FALCONS: 48  
MASCOMA VALLEY REGIONAL HIGH SCHOOL: 18

**Key players:** Michel York (113 pounds, win by fall), Zach Anderson (126, fall), Ben Boufford (145, forfeit), Aidan Hyslop (160, forfeit), Jack Olson (170, forfeit), Chris Wheeler (95, fall), Eli Baalouky (220, forfeit).

### BOYS BIG WIN OVER WHITE MOUNTAINS REGIONAL HS SCHOOL

Game Date: Jan 25, 2017  
Score: FALCONS: 42  
WHITE MOUNTAINS REGIONAL HIGH SCHOOL: 34

**Key players:** Michael York (win by pin at 120 pounds), Zach Anderson (win by pin at 126), Alex Boufford (4-1 win at 152), Aidan Hyslop (win by pin at 160), Jack Olsen (win by pin at 170), Chris Wheeler (win by decision at 195), Eli Baalouky (win by pin at 220).

## SKIING

### COED NORDIC SKIING

#### COED COMPETE AT NH COACHES SERIES RACE

Game Date: Feb 4, 2017

#### BOYS' NORDIC SKIING

**Key players:** Sully Blair (50th), Robby Ciotti (58th).

#### GIRLS' NORDIC SKIING

**Key players:** Sohani Demian (41st), Isabella Urbina (61st).

### ALPINE SKIING

#### COED VARSITY ALPINE SKIING BOYS 3RD, GIRLS 5TH AT GUNSTOCK

Game Date: Feb 10, 2017

#### BOYS' ALPINE SKIING

Kearsarge first, Bishop Brady second, Bow third, Belmont fourth.

**Key players:** Alex Magini (8th slalom, 6th GS), Ben Wachsmuth (10th slalom, 10th GS)

#### GIRLS' ALPINE SKIING

Kearsarge first, Bishop Brady second, Belmont third, Bow fifth

**Key players:** Megan Lavign (11th slalom, 13th GS).

#### BOYS 1ST, GIRLS 4TH IN 8-TEAM VARSITY ALPINE SKI MEET

Game Date: Jan 27, 2017

#### BOYS' ALPINE SKIING

**Key players:** Ben Wachsmuth (eighth slalom, fifth giant slalom), Alex Magini (third slalom, eighth GS), Tony Sampo (10th slalom).

#### GIRLS' ALPINE SKIING

**Key players:** Megan Lavign (10th GS).

#### COED VARSITY ALPINE SKIING BOYS 1ST, GIRLS 2ND!!

Game Date: Jan 25, 2017

Bow first, Brady second

**Key players:** Alex Magini (3rd giant slalom), Ben Wachsmuth (5th slalom and GS), Jon Cook (6th slalom and GS), Tony Sampo (9th slalom, 7th GS), Sam Selleck (8th GS).

#### GIRLS' ALPINE SKIING

Brady first, Bow second, Gilford fourth, Hillsboro-Deering fifth

**Key players:** Megan Lavign (4th slalom, 7th GS), Jana Stich (9th slalom, 8th GS), Maddie Soucy (10th GS).

## SWIMMING

In the Division II Swimming Championship on February 11, Bow's Katie Jenkins set two new schools records: a third-place finish in the 100 butterfly with a time of 59.13 and a time of 1:01.79 in the 100 backstroke leading the girls to a seventh place finish.

Amanda Sampo finished 8th in the 100 free and Sonya DeLorie placed 12th. The 200 freestyle relay team of Delorie, Sampo, Jenkins and Riley Hicks placed fifth and set a school record time of 1:48.12.

### COED VARSITY SWIMMING BOYS AND GIRLS GO 4-1 IN FIVE TEAM MEET!

Game Date: Jan 31, 2017

#### BOYS' SWIMMING

Bow goes 4-1.

**Key players:** Joe Chen (1st 100 breast), Ethan Rychwalski (4th 200 IM), Kyle Mason (7th 50 free), Zachary Mullen (7th 100 free), Willem Wamser (8th 100 free).

#### GIRLS' SWIMMING

Bow goes 4-1.

**Key players:** Dillon Hicks (1st 500 freestyle, 100 breast), Katie Jenkins (1st 100 free, 2nd 100 back), Amanda Sampo (1st 200 IM, 3rd 100 free), Sonya DeLorie (2nd 100 butterfly), Riley Hicks (3rd 200 free), 100 free relay (2nd), 200 medley relay (2nd).

### BOYS AND GIRLS VARSITY SWIMMING WITH STRONG SHOWING!!

Game Date: Jan 27, 2017

#### GIRLS' SWIMMING

Concord 5-2, Bow 4-0, Kearsarge 3-3, Hopkinton 3-3, Bishop Brady 1-5, Merrimack Valley 0-6.

**Key players:** Riley Hicks (won 200 free, second 100 free), Katie Jenkins (won 200 IM, won 100 fly), Shannon Luby (third 50 free, fifth 100 back), Amanda Sampo (won 100 free, third 100 back), Dillon Hicks (won 500 free, won 100 breast).

#### BOYS' SWIMMING

Concord 6-0-1, Bow 4-3, Bishop Brady 3-4, Kearsarge 2-5, Merrimack Valley 1-6, Hopkinton 0-7.

**Key players:** Ethan Rychwalski (second 50 free), Kyle Mason (fifth 50 free).







# The Bulletin Board

**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 (Friday)** - School District Meeting - Annual Meeting and Voting - 7:00 p.m. - Bow High School

**March 14th (Tuesday)** - Town and School Election Day Voting for Office

**March 15th (Wednesday)** - Town Meeting - Part II (Deliberative Session) 6:30 p.m. - Bow High School

**March 22nd (Wednesday)** - Town Meeting Backup Date 6:30 p.m. - Bow High School

**March 29th (Wednesday)** - Town Meeting Backup Date (if needed) 6:30 p.m. - Bow High School

*Children's February*

# Winter Camp

**Feb. 27-March 3**  
**9am-3pm**




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**You are cordially invited to join us for our 17th Annual BES Bow Senior Citizen Luncheon!**

**When:** Thursday, March 30th, 2017  
**Time:** 11:30AM

**Where:** Bow Elementary School Cafeteria  
22 Bow Center Road, Bow, NH

This event is open to all Senior Citizen Residents in Bow.

Please **RSVP by March 10th** to Amy or Natasha at 603-225-3049

We look forward to seeing you there!

**HELP WANTED!** After School Group Leader - Bow Youth Center. Seeking an energetic and motivated group leader for our after school program. Duties include creating, organizing, and implementing engaging and educational activities for students between the ages of 5-12. Monday through Friday 2:00 p.m. to 5:30 p.m. (additional hours during non-school days and summers are available). Please email Donna at [bowyouthcenter@comcast.net](mailto:bowyouthcenter@comcast.net) for more information.

## Bow Elementary School Kindergarten

**Pre-Registration is currently underway**

If your child will be attending Kindergarten (must be 5 years of age by 09/30/17) please call Bow Elementary School at (603) 225-3049.

### SOUTH CONGREGATIONAL CHURCH ANNOUNCES PANCAKE DINNER

Kick off the Lenten Season with the South Congregational Church's Senior High Youth Group's pancake dinner and jazz on Tuesday, February 28, 2017. There will be two seatings: Seating One from 5 to 5:45 p.m. and Seating Two from 6 to 6:45 p.m. and will be located in Fellowship Hall at 27 Pleasant Street. The cost is \$7 per person; \$20 for a family of four or more. All proceeds will benefit the Youth Group's Mission Trip to New Orleans in April.

## Save the Date for "A Taste of Bow Spirit"



**Wine and Beer Tasting Event and Silent Auction**

**Thursday, March 23rd**  
**5:30 - 8:00 pm**

**The Inaugural Event at the Baker Free Library Lower Level**

For information, contact Jane Darrell at [rjdarrell@comcast.net](mailto:rjdarrell@comcast.net)

Tickets, \$45.00 per person

# 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             |



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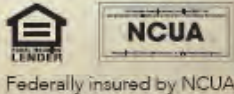
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\*Minimum loan amount \$100,000. Purchases or refinances are eligible for this offer however, the offer is not available for homes already financed through NH Federal Credit Union. A \$1,500 lender credit is applied at closing provided your loan closes within 60 days of application. Your mortgage application must be "in-process" between February 1 and April 30, 2017. If the loan does not close or is paid in full within 36 months of closing, the applicant will be responsible for all fees associated with the decision process and therefore must refund the lender credit provided. Property must meet all secondary market and final commitment requirements. NHFCU may lend to members only. Visit [nhfcu.org/howtojoin](http://nhfcu.org/howtojoin) or call today to find out if you are eligible for membership.

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- Treatment Plan

Additional treatment may be needed. Paid at 1st visit.



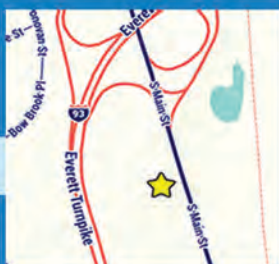
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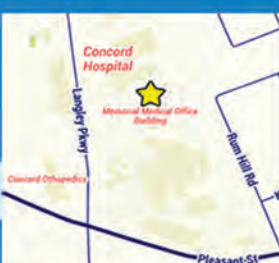
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