



# The Bow Times

## MERRY CHRISTMAS

## AND

## HAPPY HOLIDAYS

"Of the People, By the People, For the People"

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BOW, NH

VOL 24, NO. 12

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FREE

### Selectmen Updated on Water Situation

Drinking Water Protection Committee (DWPC) Chairman Cynthia Klevens told the selectmen that the DWPC is making a Technical Memo to the State documenting Concord's water sources for a file review, to determine if Concord has enough water access capacity. The Committee is putting together an estimate, with Community Development, for what Bow may also need for water capacity. Ms. Klevens emphasized that the MTBE Trust of \$61 million is now asking for projects. The Committee urged the Town to submit a project to the MTBE Trust fund through Community Development. Klevens said, "The Trust is looking for projects that are ready to go and so we may miss the first round, but we need to get the project ready for the next round."

The DWPC has a common member with the Bow Business Development Commission, Dick Kraybill. They have looked into selling bulk water and will be summarizing the response for the Town Manager. The engineer will have to weigh in, but if Bow can sell bulk water April through September, that will improve quality by moving more water through the system.

### Bow Memorial School's Early Act Club Donates to "Pennies for Polio"



Members of the Bow Memorial School's Early Act Club raised \$166.27 through their 'Pennies for Polio' fundraiser that they donated to the Rotary Rotary Club's Foundation Chair, Alan Kanegsberg. Participants in the presentation include L-R: Early Act Club Teacher/Advisor Amy Gregoire, Club Treasurer Belle Blackburn; Club Secretary Jill Harpring; Bow Rotary Foundation Chair Alan Kanegsberg; Club President Michael Pelletier; Club Vice President Courtney McKeen; and Teacher/Advisor Cassandre Rathbone. The money will go toward the eradication of polio world-wide. Photo by Eric Anderson.

### Local Youth to Perform in A Christmas Carol at the Palace Theatre



TEDDY BARKER

OLIVIA RADER

The Palace Theatre in downtown Manchester is proud to present its annual production of Charles Dickens' *A Christmas Carol*, a heartwarming tale of Ebenezer Scrooge and Tiny Tim told with festive holiday songs and lively dance performed by a cast of professional actors from across the country and children throughout New England. Ghostly visitors from Christmases past, present and future bring the true meaning of Christmas to the Palace Theatre stage December 1<sup>st</sup> through 23<sup>rd</sup> creating a family memory you'll cherish forever.

Of the 140 local youth chosen, two are from right here in Bow. Proudly representing their home town from left to right are Teddy Barker and Olivia Rader. Tickets for *A Christmas Carol* may be purchased by calling the Palace Theatre Box Office at 603-668-5588 or online at [PalaceTheatre.org](http://PalaceTheatre.org). Tickets range from \$25-\$46.

### BOW MAP DELAYED

The Bow Rotary map is now planned as an insert in the January paper.

### Lights at Rotary Park

Photo by Eric Anderson



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



# LOW TAXES ARE THE RESULT OF LOW SPENDING

## The Bow Times

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

Sales Manager – Gary Nylen  
496- 5239

[gary42bow@comcast.net](mailto:gary42bow@comcast.net)  
Technical Editor – Denise Ehmling  
724-7853  
[dehmling@thebowtimes.com](mailto:dehmling@thebowtimes.com)

Dunbarton Editor - Nora LeDuc  
Travel Talk Editor - Chase Binder  
Food Editor - Debra Barnes  
Wine Editor - Nicole Habif  
Contributing Writers – Joyce Kimball, Faye Johnson, Donna Deos, Ben Kiniry, Dominic Lucente, Ron Lacroix, Meagan Phelan, Jon Chartier  
Photographs - Eric Anderson  
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**Email:** [info@thebowtimes.com](mailto:info@thebowtimes.com)

**DEADLINES:** 1st of the month; classifieds must be prepaid -- cash or check mailed to 40 Stone Sled Lane, Bow, NH 03304.

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

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

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

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


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## EDITORIALS

### Why is Town’s Solar Proposal Run Through Harry Judd’s Business?

The official town website for the “Bow Bulletin” disclosed the following:



#### Solar Power in Bow

On October 6, 2017, the Town released a RFP (request for proposals), inviting developers to propose installing solar panels on the new safety center and at the sealed landfill. Bids are due on November 14, 2017. The solicitation is a continuation of the Town's effort to reduce reliance on fossil fuel-generated electricity, and to find ways to reduce costs. The RFP website is <https://bowsolar.accionpower.com>.

This notice to go to the Accion website came as a result of the October 3 selectmen’s meeting. The minutes are quoted as follows:

*“Regarding lighting on the sign for the safety center, Chairman Judd noted that he circulated a revised solar RFP to the Selectmen at the end of the day via email. His company is donating an RFP site for this project. He and Mr. Stack are going to flesh out the dates for a site visit. Chairman Judd’s goal is to release the RFP this Friday and receive proposals by the end of the month. The RFP requests bids to provide lighting for the safety center sign, and solar installations for the rooftop of the safety center, a solar ground mount at the landfill, and a solar ground mount at the safety center, through either lease or acquisition.” (10/3/17 minutes at page 3).*

Accion Group is a private corporation advising utilities on strategy and evaluation of power supply options. Their President is Harry Judd. Our head selectman is Harry Judd.

Do you think a private energy related company should host applications for solar contract bids for a municipality?

### Bow Taxes Jump 11% on 2nd Bill

TOWN OF BOW, NH				
MRIDULA NAIK - TAX COLLECTOR				
10 GRANDVIEW ROAD				
BOW, NH 03304				
REAL ESTATE TAX BILL				
HOURS MONDAY - FRIDAY 7:30 AM TO 4:00 PM (603) 223-3960 <a href="http://WWW.BOWNH.GOV">WWW.BOWNH.GOV</a>				
SECOND BILL				
TAX YEAR	BILL NUMBER	BILLING DATE	INTEREST RATE	DUE DATE
2017	144182	11/14/2017	12%	12/19/2017
MAP/PARCEL	LOCATION OF PROPERTY			AREA
28-3-43-B-U07	40 STONE SLED LANE			0.00
OWNER OF RECORD		TAX CALCULATION		
		Municipal Tax Amount	2,573.00	
		School Tax Amount	5,093.00	
		State Tax Amount	744.00	
		County Tax Amount	1,019.00	
		Total Tax	9,429.00	
		1st Bill	4,464.00	
		Credits	0.00	
		2nd Bill	4,965.00	

Did you notice your 2<sup>nd</sup> tax bill? It is up 11% largely because the town is setting aside \$1,500,000 to build a kitty to pay for the over assessment of the PSNH power plant in Bow.

The increase can be seen on my tax bill which went from \$4,464 in June to \$501 more for the 2<sup>nd</sup> bill of \$4965. That increase will level out for the next bill resulting in 5.6% more per year.

Our recent tax rate history per thousand dollars is as follows:

2013	\$29.76
2015	\$28.54
2016	\$26.29
2017	\$27.77

Let’s hope the School Board can get its spending under control or next year it will be even worse than the \$700,000 increase over the Budget Committee’s recommendation earlier this year that the schools received at the school meeting. No one can evade the brutal truth: Low taxes are only the result of low spending. If you spend more you tax more!

Chuck Douglas  
For a free press, je suis Charlie

### Voters to Decide If Community Building Is To Be Demolished

On November 14, 2017, the selectmen voted 4-0 to put to town meeting the option of demolishing the structurally sound Community Building and replacing it with – nothing.

The theory is that the schools and other places in town can host the activities currently in the building so that it need not be repaired for \$500,000 or replaced by a new multi-million dollar building.

What do you think readers? Let us know your thoughts before March!

P.S. If you think I’m kidding go to page 3 of the November 14 Selectmen’s Minutes for Article G.

Chuck Douglas  
For a free press, je suis Charlie

### A Tale of Two States By State Senator Jeb Bradley

The Caledonian Record, a St. Johnsbury, Vt., newspaper, recently published a very insightful editorial titled “Tale of Two States.” Here are some of the salient points of the Caledonian Record editorial:

“According to recent Census Bureau data New Hampshire median household income ranking is the nation’s highest and 30 percent greater than the national median;

New Hampshire has the lowest poverty rate in the nation, while Vermont’s poverty rate increased by 10,000 people last year;

New Hampshire has the 7th best business tax climate in the nation, while Vermont ranks 46th; Vermonters pay 12.1 percent of their income in state taxes, com-

(Bradley cont. p. 22)



#### Treat's

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by appointment  
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Give Yourself and Others  
A Holiday Treat



LETTERS TO THE EDITOR

Dear Editor,

From the Nov. 14 Selectman’s meeting, the only option they’re going to offer the town is to demolish the community building.

I find it interesting that they think the building is safe enough to house Bow Recreation and the multitude of children that use it every day, but it wasn’t safe enough to be used for voting and now it’s apparently so decrepit that it must be torn down.

This seems like an effort to get people stirred up so they’ll go for a larger appropriation or more likely, when the community building is demolished, the taxpayers will be left with no choice but to build a new one.

More empire building...

*If it walks like a duck and quacks like a duck, it’s probably a duck...*

Disgusting...

*Don Lowe, Bow*

Letter to the Editor,

Using the current school financial mess in Pembroke - \$1 million shortfall – let us see how this compares to the Bow financial mess with the power plant.

Pembroke taxpayers will now owe approximately \$1,200 per taxpayer bill on top of their current tax bill.

For the sake of being conservative, let’s say that Bow owes Eversource \$10 million, not the potential \$14 million. And let’s say that the average liability per tax bill in Bow for the power plant overpayment is \$1,000.00 x 10 (from the \$10 million Eversource overpayment) per tax bill. My new tax bill will go from \$6,400.00 to \$16,400.00.

One thing is certain, Bow taxpayers will pay much, much, much more and none of you are coming clean about how much. Not even a heads-up, nada, nothing.

*Bryan Milazzo, Bow*

Bow Girl Scouts Troop #51686 Donate to Bow Police Department



Bow Girl Scouts held a wreath and bake sale at the Bow Community Center, donating baked items to the Bow Police Department.

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Bow Selectmen Accept Generous Donation of \$11,384.31



Photo by Eric Anderson.

Bow Selectmen accepted a donation of \$11,384.31 on behalf of the Bow Volunteer Fire Department Inc. to help with landscaping, outside lighting and walkways at the new Bow Safety Center. Bow firefighters, police officers, emergency management personnel, town residents, friends, and family conducted spaghetti dinners, pancake breakfasts, sold commemorative bricks, and held raffles for the cause.

Public Works Department

Highways Division

The Highway crew cut numerous hazardous overhead branches on the roads throughout town. They also repaired potholes on many town roads. Fallen trees from wind and rain the past months were picked up and removed and a hazardous tree on Red Pine Drive was removed.

Our newest employee, Chip Craig, along with Michael Aborn assisted with Construction Career day in New Boston. Chip attended a Green Snow Pro refresher course and now all employees are certified.

The crew stock piled sand for the upcoming winter months. In between the above, the crew kept busy ditching and started prepping their trucks for the upcoming winter months.

The employees also built an earthen berm at the new Safety Complex and planted shrubbery.

Bow Community Men's Club  
New Years Day  
Breakfast Buffet

At the Bow Community Center

8:30 - 12:00 P.M.

Adults \$12.00

Children (12 and Under) \$5.00

Eggs, Bacon, Sausage, Hash, Chipped Beef, Beans, Pancakes, Blueberry Pancakes, French Toast, Fruit Salad, Toast, Coffee, Milk, Tea, Hot Chocolate and Assorted Juices.

**All Are Welcome!**



# The Automotive Forum With Jon Chartier



**Garry's Service Center**  
323 South Main  
Street Concord, NH



Great Nesting Area.  
Plenty of Chewings!  
I need a Bigger Car.

Any more  
Room For  
Me?



This month in ask Jon, I'll be talking about an issue we're seeing more and more; **rodents in your vehicle**. This time of year, they're doing their best to find a warm home for the winter. Traces of mice and chipmunks under the hoods of cars and trucks has been common forever. The critters make nests using a multitude of materials from in and around your car. Some of these items are insulation, wiring, loom materials, paper items such as air filter media, cloth items, newspaper, and natural items such as grass and leaves. They chew away at just about anything. I've seen wiring and hoses chewed. I've even seen air intakes so clogged with mice debris the engine will not start. Another part of this issue is when these little beasts get into the interior of the car. Many people leave their windows open when they park in their garages. This is an open invitation for the little creatures. Also, more commonly, they are entering through the air ventilation or HVAC system, whose intake is located near your windshield wipers. On newer vehicles, the air is filtered by a cabin air filter. It is easy for them to chew a hole through this filter and make their way into the car through the heater box and vent tubes. In the worst cases, I have installed a piece of metal screen over the cabin filter to stop them. This screen can easily be reused each time the cabin filter is renewed. It is not uncommon for the little monsters to get caught in the blower fan. If the fan is running with them in it, it will cause them to suffocate and die there. Aside from the smell, the heater system will need to be disassembled to get the carcass out. My best suggestion to avoid all this is to keep your car clean. A mouse's life revolves around its hunt for food. Don't make it easy. Leftover food, wrappers and even crumbs on your seats and carpets is what they're after. If you do end up with these critters in your car, you have a few options to rid them. Sticky mats and traps are a great method. You can also use electronic deterrents that plug in near your car in the garage. These units put out a signal that they can't stand. We see birdseed issues all the time, so having a sealed container to store it in is critical! Prevention is way less costly than the repairs to the damage they can cause. If you have any questions about your car or even a curious car question please email me at the link below. Feel free to stop by Garry's service center and say hello!

**E-Mail Your Questions To: [jon.chartier@jefkel.com](mailto:jon.chartier@jefkel.com)**

## Parks & Recreation Department

**January-March Recreation Flyer** is out with registration beginning the first week in December. Registration for all our programs is first come/first served and many will fill up! Check it out on the town website [www.bownh.gov](http://www.bownh.gov).

**Thank You!** We would like to thank all the Town Departments, The Bow School District, the many Bow Community Groups, Businesses and Individuals who helped to once again make the Annual Halloween Party and the Tree Lighting/Santa Visit such wonderful events once again! The efforts that go into these events from so many is truly what makes Bow such a special community. Thank you!

### Program Highlight - Cross Country Skiing

We are excited to offer our first Cross Country Skiing Program with Buffy Buffinga. Buffy is currently our Boot Camp Instructor and the BHS Assistant Nordic Coach. The class will involve skill development and games, no experience needed. This 3 week class will be held on Thursdays Jan. 25<sup>th</sup>, Feb. 1<sup>st</sup> & Feb. 8<sup>th</sup> afterschool until 4:30 pm at The BES Cross Country Trails for a fee of \$41.00. Participants will need to supply their own equipment.

### Program Highlight - Strings Musical Lessons

Accomplished Musician Muriel Orcutt is back with us teaching String Lessons. Children can choose violin, viola or cello lessons. Information for equipment rental will be provided. Half hour Classes are held at The Bow Elementary at 3:35 pm or 4:05 pm, Jan. 9<sup>th</sup>-Feb. 13<sup>th</sup> and/or Mar. 6<sup>th</sup>-April 17<sup>th</sup>. Please contact us for more information.

**How To Register** - In order to register for a Parks and Recreation Program, we need a current registration form and payment at the Parks and Recreation Office, 3 Bow Center Road, Bow. We have a secure drop slot to the right of the front door, should you come when we are not open. At this time, we accept cash or checks (payable to The Town of Bow).

**Continuing Education** - Parks & Recreation Director Cindy Rose attended a Professional Development Workshop on Hiring and Employment Law put on by Health Trust with the NH Parks and Recreation Association.

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**Happy Holidays**



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## SAFE WINTER DRIVING TIPS

By Team O'Neil School

Many drivers are intimidated by taking to the roads when winter weather has created challenging conditions. By taking a few simple precautions, drivers greatly increase their safety, and that of their passengers and those around them.

Team O'Neil Rally School in Dalton, N.H. has provided dirt and winter driving instruction for more than 20 years. Below are some of their most important safe winter driving tips that readers can apply to help them navigate wintry roads.

### *Plan For Winter Driving*

You can be the safest winter driver on the road, but you're only as good as the tools you use. Be sure your tires still have a deep tread, or better yet buy winter tires. Tires with a good tread, intended for winter use are critical and serve as your point of contact with the road. Be sure other parts of your car are in good working order as well; wiper blades, windshield washer fluid filled and have at least a half tank of gas. Pack an emergency kit in your car with gloves, hat, coat, small shovel, jumper cables and tow strap.

### *Test The Conditions...And Your Car*

Before you are faced with a real-world driving challenge, find a safe, open space and firmly apply your brakes or make a hard turn. Doing this early in the winter will allow you to know how your car reacts in these conditions, its limits, your limits, and how to safely compensate for it. Doing so throughout the winter and during different storms will give you a better idea of the current conditions and how much steering and braking input you can effectively utilize. This will also allow you to know how much to compensate for the conditions.

### *Look Where You Want To Go*

This simple rule sounds obvious, but keeping it mind will help you end up where you want to be. When confronted with an unexpected slide, drivers often will fixate on an object on the side of the road, inevitably the car will head towards that object. Remain calm and stay focused on where you want the car to go, continue to concentrate on your driving inputs and often you will have a positive result.

### *Prioritize Your Maneuvers*

With limited traction available, try to separate your throttle, steering and braking inputs. Envision only doing one of these things at a time. Accelerate and brake in a straight line whenever possible, try to only steer while going around a corner. Tires have limited grip in slippery winter conditions, by asking them to do too much simultaneously you run the risk of losing grip and beginning to slide out of control.

### *Be Aware Safety Systems Can Be Counter-productive*

Systems such as ABS (Anti-lock Braking System) are in place to keep your wheels from locking up under heavy braking. When surfaces are slick enough from snow and ice this may result in you requiring several times the distance to come to a stop. Traction control is meant to eliminate the tires spinning faster than the distance of road traveled. Sometimes in winter, wheel spin is beneficial in cutting through the top layer of snow/ice and finding grip below it. Be prepared to have trouble accelerating and braking in certain slippery scenarios. Know these systems and what their positive and negative impacts are.

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Members of the Bow Drinking Water Protection Committee and the Business Development Commission recently toured the Town's water treatment facility located on River Road. Erik Burkett, from WhiteWater, led the group providing much information on the inner workings of the facility. WhiteWater is the Town's system operator.

Come Celebrate Christ's Birth  
**Christmas Eve**  
Sunday, December 24th



4 pm Family Service - Carols & Candlelight  
7 pm Festival Service of Lessons & Carols  
11 pm Candlelight Festival of Lessons & Carols  
with Celebration of Communion  
**South Church, Concord, NH**  
**United Church of Christ**  
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## Local Artist Sheila Welch and Daughter, Alexandra Welch-Zerba's Children's Book Available for Christmas!

Local artist Sheila Welch of Exeter, NH and her daughter, Alexandra Welch-Zerba of Bow, NH have collaborated on a new children's book "Animals in My Room," which is available just in time for Christmas. They will be reading at the Dunbarton Library, 1004 School Street, Dunbarton, NH on Thursday, December 28th at 6:30 p.m. for a Pajama Story Time. Children can bring their favorite stuffed animal and come dressed in their PJs for the story and a special snack. They will also read at Gibson's Bookstore in Concord on Saturday, February 3rd at 11:00 a.m. This is the pair's first children's book, which is published by Sunny Publishing. "Animals in My Room" features all original full color pencil illustrations by Welch; was written by Welch-Zerba and inspired by her daughter, Anna's, many stuffed animals. The story tells the tale of a magical world where a little girl's favorite stuffed animals come to life while she sleeps. Big Brown Bear tips over a honey jar while King Lion helps himself to cookies. A sheep decides to play dress-up; a baby elephant comes to visit, and a unicorn gives Anna a ride! There are more mischievous antics by the rest of the cuddly cast so readers will have fun discovering the fun of this special night.

"We wanted to create a bedtime story that would delight young children and capture their imaginations," says Welch-Zerba, who also works at a preschool. "We've read to my daughter every night since she was very small and have been inspired by the many different types of children's books we enjoy. We



noticed that Anna had accumulated more than 100 stuffed animals and that started the creative process. What if magic happened while you slept? What would these animals do? We hope families enjoy reading this book as much as we enjoyed creating it."

Illustrator Welch graduated from the Rhode Island School of Design, then worked for a small art agency in Boston. Later, she moved to Nantucket and started her own commercial art business. With retirement, came a move to Portsmouth, NH and time to experiment with watercolors and design greeting cards for family and friends. "My goal was to create animals that were quite realistic but with big personalities, happy smiles, silly clothing and bright colors. Above all, they had to be magical and fun," says Welch, who now makes her home in Exeter, NH with her husband.

"Animals in My Room" is available at Gibson's Bookstore in Concord, Water Street Bookstore in Exeter, Toadstool Bookshop in Keene, Mitchells Bookstore on Nantucket, and on Amazon. The book is 32 pages, soft cover and retails for \$14.99. For a full list of sales outlets and dates of other upcoming book readings, visit [www.animalsinmyroom.com](http://www.animalsinmyroom.com). The mother-daughter team plans to hold additional book readings, so watch their website for a chance to meet them in person and purchase signed books. For more information, call (603) 340-8307.



# ALLIED INSURANCE AGENCY

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## Merry Christmas and Happy New Year

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## Getting a Loan and Choosing a Lender: What You Need to Know

Preparation is key to navigating today's housing market. Here are some tips to help prepare potential homebuyers.

### ***Know your own financial situation.***

Before you begin the home loan application process, determine what you can realistically afford. Take into consideration your credit score, how much debt you currently carry and what type of down payment you are prepared to make.

### ***Have your documents ready.***

While each bank may require different documentation, you may be required to furnish the following information depending on your employment and financial situation:

- Pay stubs;
- Tax returns;
- Financial statements (one that is less than 60 days old);
- Copies of additional monthly payments such as car loans, credit cards, and student loans; and
- Any other information (such as proof of additional income) that you think will help your banker to positively evaluate your credit request positively.

### ***Review the basics.***

Knowing the fundamentals of the home loan process is an excellent way to prepare to choose the right mortgage. Make sure you are familiar with interest rates, loan terms and additional fees associated with buying a home.

### ***Compare quotes.***

Beyond the interest rates, there are closing fees and points and commissions. You will want to compare these for all the lenders on your list. There are several calculators available online that will help you determine which loan provides the best value, including these from ABA (<http://www.aba.com/aba/static/calculators.htm>).

### ***Choose a trusted lender.***

Get references from family and friends and do your research. Call your local Better Business Bureau and ask if it has had complaints about any of the lenders you are considering. Keep in mind, federally insured banks are required to operate under a high level of regulatory supervision. A fully regulated bank may be your best choice.

### ***Read between the lines.***

Slick TV ads, telemarketers or door-to-door salespeople will often offer fast, easy loans for houses, cars and home repair, but not disclose all of the details. Read the fine print. If it sounds too good to be true, it probably is.

### ***Ask questions.***

When in doubt, ask for clarification from your lender. Discuss how long the loan process will take, how you will communicate – by phone or email, and who will service your loan.

Sugar River Bank  
Member FDIC  
Source: American Bankers Association





# Dear Santa, I Want My Belly Fat To Be Gone!

By Jim Olson



One of the most common questions I get is how to lose belly fat. Belly fat is actually the most dangerous type of fat – besides aesthetics, large waist lines are indicators of –disease-disease-disease.

## Ways to Burn Belly Fat

It takes more than just crunches! We start to gain weight in our midsection when our cortisol levels spike. Stress is one of the primary culprits for high levels of cortisol secretion. When this happens cortisol breaks down lean muscle (the type of tissue that burns calories most efficiently) and also holds on to fat storage in the abdominal region.

That stress can even get WORSE with bad dieting; studies show that the stress caused by dieting can increase cortisol levels, making no change in belly fat even with calorie restriction. So how do you shape up? Incorporate these



Jim Olson

6 things below and you will be on your way to a flatter belly in no time flat!

### 1. Sleep

If you want to work late at night, think again. When your bio-rhythms are off, you end up eating more. When you're tired you produce more ghrelin, which triggers cravings for sugar and other fat-building foods. Losing sleep can also alter your hormone production, affecting your cortisol levels that cause insulin sensitivity, prime reasons for belly fat! Getting about 7 hours of sleep a night is one of the best things you can do for your

body shaping goals.

### 2. Short Bursts of Exercises

1000 crunches a night may get you strong abdominal muscles, but with a full layer of fat on top, you will not get the results you really want. Instead of all those crunches, do exercises that engage multiple muscle groups and work your cardiovascular system. Try planking, where you hold yourself in a push-up position, resting your forearms on the ground. Try 3 or 4 sets of holding for 30 seconds each. Getting up and moving throughout the day by going for walks will also help.

### 3. Sugar Is Your Enemy

Fighting belly fat is 80% healthy diet. Reduce calories by filling yourself up with protein, vegetables, whole grains, and replacing bad habit snacks with good ones. For example, if you have a sugar craving, replace your calorie laden latte with a Skinny Vanilla latte. Another great trick is a sprinkle of cinnamon in your morning coffee or oatmeal. Spice has been shown to help stabilize blood sugar. It also slows the rate at which food exits the stomach, which helps you feel fuller longer.

### 4. Vitamin C

When you're under extreme

stress, you secrete more cortisol hormone. Vitamin C helps balance the cortisol spikes that happen to you under this stress. Besides being a good way to counteract a cold, Vitamin C is also essential for making carnitine, a compound used by the body to turn fat into fuel, making this vitamin your fat burning friend.

If you're going through an emotional crisis, stress from work, or a bad eating splurge, increase your vitamin C – it'll help counteract the negative side effects. Try bell peppers, kale or kiwi fruits. These have even more Vitamin C than the famous Orange!

### 5. Eat Fat

Yep, you heard me! It takes fat to burn fat but your fat sources should come from healthy sources. Like I said above, it's sugar that gets you fat, not fat. Good fats include foods rich in Omega 3's, like salmon, avocados & walnuts. These foods are full of nutrients that help keep you satiated throughout the day.

### 6. Slowing Down Your Breath

This is a very simple method that you can use even when you're in the midst of doing something else. Whenever you notice you're feeling tense and uptight check

Olson cont. p. 11

## I MADE MINE OVER

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## HISTORIC "OLD PARSONAGE" HOUSE RESTORED BY DICK & ALNA STEVENS

*Just west of the Old Town Hall and north of the snow roller lies a very historic house in Bow Center.*

The Clough Hall store and tavern was an important meeting hall before the 1847 Town Hall was built. It is noted in the 100 Acres More or Less history that "Isaac Clough was in trade at Bow Center, licensed to sell liquor and delivered from his store... and that Isaac was Town Clerk from 1826-1836, with Town Meetings held in Clough Hall. In the 1830's he was "Inspector of Schools."

In 1833, a U.S. Post Office was established in Bow at Bow Center. Isaac Clough was the first postmaster for the town and operated the Post Office in his store.

In 1840, Deacon Obed Gault became the owner of Clough Hall and he held anti-slavery meetings with Bow's leading abolitionist, the Reverend Henry Archibald of the Baptist Church. "Under Rev. Archibald's direction the Bow Anti-slavery Society was formed and on January 15, 1839, Archibald held a public meeting at Clough Hall and called upon his town to support the cause of abolition. Mr. Gault was treasurer of the Bow Anti-slavery Society, and with Reverend



Archibald and other prominent Bow citizens represented Bow at state and national Antislavery Society meetings, as by 1841 the antislavery movement was by far the most popular cause of reformers.

In 1851, Deacon Gault conveyed Clough Hall residence/

store and tavern to the Bow Calvinistic Baptist Church (Crossroads Community Church) for use as a Parsonage.

For the next 118 years, Clough Hall served as the Baptist Church Parsonage, housing the succession of ministers and hosting church school, events and meetings. In 1971 the Parsonage, formerly Clough Hall was purchased as a residence by Dick and Alna Stevens. Prior to 1924, the five road intersection and the Branch Londonderry Turnpike West was 83 feet from the front of the Clough Hall/Parsonage, but, has slowly migrated with road "improvements" from 83 feet to 48 feet.

The historical significance of Bow Center is highlighted on the Bow Center Historical Corner sign located at the corner of Bow Center Road and Branch Londonderry Turnpike East.

*Note: BOW CENTER should not be confused with the "Bow Corners"/"Bow Crossing" intersection at Community Center and Gazebo.*



### Beauty Within by Sharon Now Open in Bow

Beauty Within by Sharon is now open and located at 699 NH-3A Bow NH 03304.

Sharon Say is a Licensed Esthetician, Certified Reiki Master and the owner of Beauty Within by Sharon.

She has over 10 years of experience in her industry. Nine of those years were dedicated to a well-known Day Spa in NH. As a result of her dedication 100% of her customers have been repeat clients and their referrals.

Sharon has a calming, light hearted and professional presence. She loves what she does and is committed to making all of her guests feel comfortable in a judgment free peaceful environment.

Beauty Within by Sharon offers several spa services such as advanced rejuvenating facials, luxurious spa pedicures, organic spray

tans, waxing, makeup applications, eyebrow/eyelash tinting, reiki treatments & more.

Award winning professional products are also utilized to achieve the best results.

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# BOW GARDEN CLUB

By Joyce Kimball

*The garden club wishes to thank all the townspeople that purchased poinsettias from them this year, most of which were re-orders. A significant number of people also increased their orders from last year, making 2017 the Bow Garden Club's highest sales year to date.*

*Your continuing support is greatly appreciated!*

**Beverly Gamlin, Club President**  
**Joyce Kimball, BGC**  
**Fundraising Chairman**



## Bow Second Grader Declines Birthday Gifts to Support "Pajama Project"

Julianna Cusson (left) of Bow generously declined gifts from friends to celebrate her 8th birthday recently, asking each of them instead to donate a pair of new pajamas and a book to be given to the Bow Garden Club's 2017 "Pajama Project." According to her Mom, "Julianna was happy to do this for her 8th birthday. She loves to read and is happy to give books to other children." We applaud Julianna for her selflessness and her parents for instilling this virtue. Julianna is a second grader at Bow Elementary School.

The Bow Garden Club collected a record number of 140 pairs of new and warm pajamas this year in sizes ranging from infants to young adults! Almost 50 books were collected as well. Donations of paja-

mas and/or books were received from both garden club members and local residents, the latter via collection boxes placed at the Baker Free Library, the Town Offices and the Community Center from October 15th-November 15th. The collected sleepwear was sorted by gender and size and donated to a very grateful local charity along with a check from the Bow Garden Club reflecting cash donations received to purchase additional pajamas in needed sizes.

The garden club is again appreciative of our Bow area residents' response to this year's "Pajama Project" and we know that a large group of children living in less than desirable circumstances will greatly benefit from their generosity this winter. Thank you!



## Bow Garden Club Create Swags and Embellish Holiday Wreaths for Bow



**L-R (back) Keryn Anderson, and President Beverly Gamlin;**  
**(Foreground) L-R Michelle Fortin and Debbie Wayne**

Bow Garden Club members gathered on December 2nd at the Old Town Hall to create swags and to embellish holiday wreaths for decorating the town buildings and five "entrance to Bow" signs located around town. Members snipped, grouped and wired boughs of hand-picked balsam, spruce, cedar, hemlock and white pine branches to create festive sprays or swags for the Old Town Hall entrance doors and to adorn the pillars at the Town Offices. They also decorated eighteen fresh balsam wreaths, accenting them with sprigs of holly and winter berries, pine cones and pieces of birch bark hand cut into star shapes. The decorated wreaths were placed on the doors and/or at the entrances of the Old Town Hall, the Bow Bog Meeting House, Baker Free Library, Dept. of Public Works, the Old School House, the



**Just one little corner of the room containing 8" pots red poinsettias**

Community Center and the new Safety Building. While members happily worked away throughout the morning, townspeople came in

to pick up the holiday poinsettia plants they had pre-ordered from members in November. The plants were delivered from a local grower the prior evening and sorted by members for customer pick-up the next day. Poinsettia customers were astonished at the sight of hundreds of 8" and 10" pots of beautiful holiday poinsettias in bright red, soft white and deep petal pink that dominated the room and the fragrant aroma of the all the Christmas greens garden club members had freshly picked from their properties to use to make the wreaths and swags.

Following their December 9th annual meeting and holiday brunch, the garden club will close out their 2017 year, reconvening their membership meetings on April 10th, 2018.

For more information about the Bow Garden Club and its monthly programs and events scheduled for 2018, please visit [www.bowgardenclub.org](http://www.bowgardenclub.org).



**A close up of a grouping of both white and red poinsettias ready for customer pick up at the Old Town Hall**

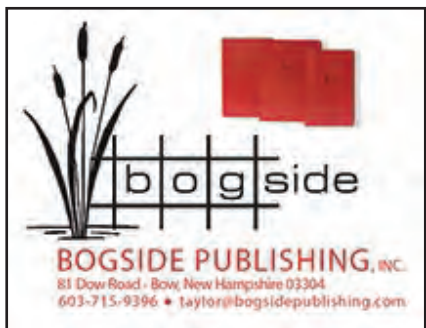


# BAKER FREE LIBRARY NEWS

By Lori Fisher

## Successful GivingTuesday!

Thank you to all of the donors to the BFL Foundation's endowment fund kick off on #GivingTuesday! We raised over \$2400 in individual donations, and also acquired \$1000 in matching funds from Bogside Publishing and Allied Insurance, who agreed to match the first and second \$500 amounts raised. Our total for the day was over \$3400, which exceeded our goal of \$2000!



A big thank you to Bogside Publishing and Allied Insurance for agreeing to match donations, which gave many people incentive to help us reach our goal. All of the monies raised on GivingTuesday will be part of the initial endowment fund amount...and you can continue to give through the end of December by using our online portal <https://givingtools.com/bakerfreelib/>, by sending a check, or by stopping by with cash.



## Library Endowment Fund Campaign & Giving Tree through December 31st

The Library Trustees and Foundation directors launched a new annual endowment fund campaign that will benefit Bow taxpayers and help sustain the library for the future. An endowment fund is an investment fund where the Foundation would make regular withdrawals of capital to fund specific library initiatives.

Our goal between Giving Tuesday and December 31, 2017 is to raise \$10,000, with all monies to be invested in an endowment fund by the Foundation. Eventually, this should help off-set the tax burden of library services on Bow residents. Recurring gifts are available through our online donation portal <https://givingtools.com/bakerfreelib/>.

All donations are tax deductible to the extent allowed by law, and all donors will receive an acknowledgment letter with the Foundation's tax id. Questions? Email Lori Fisher at [lori@bakerfreelib.org](mailto:lori@bakerfreelib.org).

In addition, the Library also has its 10th annual Giving Tree available! All donations are tax deductible to the extent allowed by law. We have tags for collections support, Summer Reading event support, the Friends of Baker Free Library's Museum pass program, and the Foundation endowment fund. Please consider donating to the Library between now and Saturday 12/30.

All donors will be recognized on a list by the Giving Tree, and donors of over \$50 will receive a letter of acknowledgment.

Thank you in advance for your support of the Library! Questions?

Contact Lori Fisher, 224-7113 or [lori@bakerfreelib.org](mailto:lori@bakerfreelib.org)

## FREE Yoga Classes for Bow Residents

As part of a facility rental agreement approved by the Library Trustees, YogaNH (owned by Maureen Miller of Concord, NH) is pleased to offer FREE 1-hour yoga classes each month to Bow residents and library card holders!

These classes are suitable for all levels, and the classes for January will be Saturday 1/6 and Sunday 1/7 from 9 am to 10 am. Classes will be held in the Library's Merrimack County Savings Bank Room in the Lower Level. Because these classes are being held outside of library operating hours, participants will need to enter through the Lower Level door near the handicapped parking and ramp. Please register in advance through the MindBody app (search under Yoga for YogaNH) or contact Lori Fisher at 224-7113 or [lori@bakerfreelib.org](mailto:lori@bakerfreelib.org). We will be restricting class size on Sunday January 7th due to the larger teacher training group – so please make sure to pre-register! Thank you to Maureen Miller and YogaNH for giving back to the Bow community as part of their paid use of our facilities for events and workshops!

## Library Class/Event Highlights

Cookie Swap & Family Movie: Saturday December 16, 12:30-3pm Get into the holiday spirit and go home with a variety of holiday treats on Saturday December 16 between 12:30 and 3 pm! Bring 1 dozen cookies for samples, and bring 4 dozen cookies to swap for 4 dozen others! A family-friendly holiday movie will be playing in the MCSB Meeting Room to keep kids of all ages entertained. Registration is REQUIRED. Please contact Betsy at [betsy@bakerfreelib.org](mailto:betsy@bakerfreelib.org) by December 13th.



## Vacation Movie Matinee - Home Alone: Thursday 12/28 at 2 pm.



A special holiday viewing of the original Home Alone movie starring Macaulay Culkin! Bring the family for some popcorn and laughter... movie will be shown in our Lower Level. Free and open to the public. No registration is required.

## Town Event Highlights

The Friends of the Baker Free Library are accepting book donations on the last Saturday of the month. Next donation date is Saturday 12/30, from 10 am to 4 pm. Questions? Email [info@bakerfreelib.org](mailto:info@bakerfreelib.org).

## Library Holiday Closures

The Library will be closed on the following days: Monday 12/25; Tuesday 12/26; and Monday 1/1/2018. Happy Holidays!

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**Olson cont. from p. 7**

and see how you're breathing. Most people under stress either alternate holding their breath with short breaths, or take rapid shallow breaths. After you become aware of your own breathing, consciously relax your belly and slow down the breathing. This works best if you focus on slowing down the exhalation rather than your inhalation. With each exhalation you can say to yourself "slow down". That is all there is to it- Simple but surprisingly effective!!!

Please give me your fat! I'd love to help you get rid of your unwanted belly fat for life. If you'd like the same, let's set up a consultation and get to work. Help me help You!

*Committed to Your Fitness, Jim*



### Merrimack County Stamp Collectors

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow, on December 19, 2017 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.

## Consider FIT — Foreign Independent Travel

By Chase Binder



Chase Binder

If last month's column about traveling with tour companies made you shudder, relax! It is indeed possible to travel and get the amount of help you want or need without signing onto a group tour. It's called Foreign Independent Travel, or FIT, and involves creating a multi-destination itinerary abroad that is connected via air, car or even train and ship—but does not involve buses or travel with large groups.

How does it work? Let's say you want to do a dream trip to Australia, a vast country with compelling places to visit stretching from north to south, east to west—not to mention the interior as well as coastal destinations like the Great Barrier Reef. Let's say that you have a month to spend and a fair amount of flexibility, but that you also have some specific ideas about what you want to see (and don't want to bother with). And let's say you have a pile of reward miles and want to book your own air so you can snag first class seats for the grueling flights.

This is a perfect scenario for an FIT trip—and it's what Bud and I did for our trip to Australia a few years ago. A group tour wouldn't work for several reasons. First, we knew getting upgraded seats would be tough and availability most likely would not mesh with a pre-determined group tour. Second, we did a review of tours and discovered that most included a trip to iconic (but immensely expensive) Ayers Rock and a stay at a sheep "station," or farm. Bud grew up in Nebraska and didn't find farms captivating—and neither of us were keen on spending precious vacation time/dollars on a big red rock.

We did, however, want to visit Cairns and the Great Barrier Reef. We wanted to explore Melbourne and Brisbane and drive the Gold Coast—stopping to do some whale watching during the annual migration of mama humpbacks and their babies. We wanted to see Ad-

elaide, visit some vineyards and spend a few days on remote Kangaroo Island, known for its stunning wildlife—kangaroos, koalas, sea lions and more.

Once I found the flights and seats we wanted and had a list of what we wanted to do, I contacted several in-country travel companies (the internet is great for research and reviews) to settle on a company. After a bit of negotiating via email, we had a plan that involved five flights, several car rentals, a boat trip, and stays at several lovely B & B's, a few raucous Aussie casinos and a stunning Kangaroo Island wildlife resort. In the end, we had exactly what we wanted and paid about two thirds of a what a higher end group tour would have cost us. The opportunities to connect with other travelers as well as locals were varied and frequent, and we were in complete control of our vacation. It was perfect!

If this type of travel appeals to you, you have a few choices, beginning with deciding exactly how independent you want to be. Don't like self-driving—or just want to take a break, but still want to control your days? You'd be surprised how cost-effective having a local driver/guide can be. Think you'll be pining for some company? Build in a short

river cruise or other activity where you connect with other travelers. Worried that you won't like one of your planned stops? Ask your in-country planner to make sure you can drop a day here and pick up a day there if you'd like. Think you'll get tired of eating out? Build in a stay at an accommodation with a kitchen. These are all things that Bud and I have done in places like South Africa, Slovenia, Chile and Burma.

Of course, it's critical to find the best company—research, research, research—but even the best company won't work well if you can't articulate what kind of vacation you'd like to have. This takes thought, scrutinizing the options, and lots of discussions. Some international companies have broadened their offerings to include FIT (sometimes with their own branding, like Tailor Made at Abercrombie and Kent). Google can help you sift through those.

If dealing with unknown companies abroad unsettles you, contact Penny Pitou Travel ([pennypitoutravel.com](http://pennypitoutravel.com), 524-2500 in Laconia). Her agency is known for understanding its clientele and crafting superb FIT travel. Ask for Kim Terrio, who has been with Penny and designing FIT trips for 30+ years. She says that helping put together this kind of travel has always been fun, but is even more rewarding now that use of the internet has opened up her access to companies around the globe—some of which aren't available to the general public. Kim also cautions that some group tours can have grueling schedules (up at 7AM, quick breakfast and on the bus at 8, etc.), so if you need/want more help during travel, FIT is sometimes the best option.



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*At the end of bird season,  
a very unusual event  
happened.*

Four of us were hunting with two Springer Spaniels. I heard my friend Mike yell out in pain. I went over to see him doubled up over in bad shape. I asked what happened and he said he had broken his leg. His dog was chasing a pheasant as fast as he could and ran into Mike's leg just below the knee. He hobbled out of the wood and drove to the hospital. It was confirmed that his fibula was indeed broken.

That was the end of his bird season plus many weeks out of work. The dog is okay, and I think the pheasant is still running.

**The Moose hunt** resulted in 37 moose taken out of 54 permits, for a total of 68.5%. That was slightly lower than last year. All the permits were issued in the White Mountains or North to the border.

**The Bear Kill** was 534 compared to 898 last season. Abundant crops and warm temperatures are the reason for the 40% drop in numbers. I think many hunters did not hunt as temps were way too warm.

**The Deer Kill** as of Nov.12th, was up a very impressive 10% over the last season with several weeks to go. Cheshire, Hillsborough, and Rockingham counties have the biggest increase.

**The Fall Turkey Hunt** is still on with the numbers expected to be slightly below last season.

**Salmon Sunday** was November 15th. The salmon eggs will be fertilized at the Powder Mill Hatchery and released into our salmon lakes around the last week of June.

**This season the trip** to Anticosti had its challenges. The flight was three hours late due to a severe blizzard. We did get on the ground about dark. The wind was blowing so hard I could not open the door to my guide's truck. Then we got the not so good news the island suffered a major winterkill.

We had my friend's son Kyle with us this year. He is 12 years old and maintains an "A" average. Therefore, he was able to take a

week off from school to hunt with us. He fired two shots from his dad's 30-06 and tagged two four point bucks. Kyle was very polite and helped out a lot with camp chore's. The Hunt was very tough. We all tagged out, but did not have the same game pole as in the past.

*Stay Safe, Ron Lacroix*

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"Nice Job Kyle!"



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# The Bow Times 17 Years Ago in December

(reprinted from December, 2000 edition)

THE BOW TIMES

NEIGHBORHOOD



## BAKER FREE LIBRARY

Children's programs beginning soon

By JENNIFER ERICSSON  
*Baker Free Library*

BOW – Children's programs at the Baker Free Library will begin again on Monday, Jan. 8. No registration is required, but either the adult or child should be a Bow resident. The following programs will be offered.

- Active Listeners – geared for children under age 3 with an adult, will take place on Monday or Wednesday mornings at 10:30.
- This is an interactive program for the very young including simple fingerplays, elementary flannel boards, very short books and easy movement activities.
- Family Storytimes – geared for children ages 2 to 6 with an adult, will take place on Tuesday morning at 10:30 or Friday afternoon at 4 p.m.
- This is the perfect program for those families with several children of different ages.

Activities include stories, songs, fingerplays, flannel boards, creative movement and simple crafts.

- Super Saturdays – a new monthly program geared for children in kindergarden through grade 2. Each program will have its own theme and all activities will revolve around that theme.
- The first one is "Let it Snow!" which will be held on Saturday, Jan. 20 at 11 a.m.
- There will be snow stories, snow crafts, and snow snacks. To help us plan properly, please call the library and let us know that you'll be coming.
- Young Readers, Young Writers – another new offering at the library. This program is geared for children in grades 3 through 6, and will be held monthly on Wednesday afternoons.
- Sometimes it will be a book discussion, sometimes a writing activity, sometimes a literature-based craft session, sometimes a little of each! The first meeting is scheduled for Wednesday, Jan. 24, at 4 p.m.
- In celebration of the Chinese New Year, we will be discussing the book, "Yang the Youngest and His Terrible Ear," learning about the Chinese zodiac, and writing our own fortunes for fortune cookies.
- Copies of the book can be picked up at the circulation desk after Jan. 1. They should be read prior to the meeting.
- In addition to these regularly scheduled programs, look for special programs during school vacations and at other times throughout the year.
- Monthly calendars are available at the circulation desk. Visit the library – and pass along the joy of reading to your children.



## Bow police logs

**Sunday, Nov. 26**  
Officer Lougee responded to a motor vehicle collision on Route 3A by Mr. Mike's. Upon arrival it was found that the collision was in Hooksett and Officer Lougee stood by for traffic assistance.

Officer Lougee responded to Robinson Road for a motor vehicle off the road due to weather. There were no personal injuries and the vehicle was removed.

Officer Dupuis responded to Heidi Lane for a motor vehicle collision. There was one vehicle involved that slid off the road and hit a mailbox.

Officer Dupuis, with assistance from Concord police, responded to the Miller residence on Albin Road for a domestic disturbance. Both parties were spoken to.

Officer Dupuis responded to a residence on Bow Center Road for a subject with difficulty breathing.

**Monday, Nov. 27**  
Officer Beaulieu responded to a motor vehicle collision on Allen Road in which a deer was struck. There were no personal injuries, but the deer had to be put down.

Officer Dupuis responded to a residence on White Rock Hill Road and spoke to a resident in reference to an assault charge against his wife.

**Wednesday, Nov. 29**  
Officer Varney responded with rescue to a residence on Dunbarton Center Road for a subject with chest pains.

Officer Lougee opened an investigation into an assault and theft that took place at JW Fleet on Route 3A.

**Friday, Dec. 1**  
Officer Beaulieu responded to the Bow High School and took a report of a theft of a CD player from a student.

Officer Locke responded to Mr. Mike's Travel Center on Route 3A for a motor vehicle collision. There were two vehicles involved with minor damage to both and no personal injury.

**Other responses this week:**

- 4 motorist assists
- 1 motor vehicle lockout
- 16 abandoned vehicles
- 3 suspicious vehicles
- 4 suspicious subjects
- 3 residential alarms
- 6 business alarms
- 7 theft of services
- 2 motor vehicle complaints
- 24 motor vehicle summons
- 6 warnings
- 9 parking tickets
- 1 open window
- 2 open gates
- 2 animal complaints
- 4 department assists





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### Winter/Spring Preview

**Tad's Place, Heritage Heights, 149 East Side Drive, Concord  
January 10, 2018 – 12:30 Registration/Refreshments; 1:00 Program**

- Presenters will introduce themselves and their courses
- Pick up your copy of the print catalog

Information and course catalog available online at  
<http://OLLI.granite.edu> or call 603-513-1377 for a copy

*Learning for the fun of it!*

## What's Happening In OLLI?

By Jacki Fogarty

### NE Patriots Indoor Tailgate Party



**Iris Altilio leads OLLI in Patriots Trivia Bingo**

A Patriots crock pot containing hot dogs cooked in maple syrup, furnished by Bow's Peg Fargo, was the star of the buffet table. It was surrounded by chili, mac and cheese, chicken wings, panzanetta, potato and pasta salads, coleslaw, cookies, brownies, OH MY! Surrounding the "tailgate" were OLLI members bedecked in caps, tee shirts and sweatshirts bearing the Patriots logo.

Following the food, with no Patriots game to watch, OLLI members instead created their own competition with Patriots Trivia Bingo. While younger folks are immersed in the glory days of the Brady-Belichick era decades, those of us old enough to join OLLI lived through the not-so-glorious days highlighted in the forgotten names raised during Trivia Bingo.

Game Days and the upcoming December Yankee Swap underscore the broad OLLI member experience. Not only are there stimulating courses and fascinating field trips to feed the mind, but the opportunity to enjoy an informal social setting with contemporaries for whom Truman, Eisenhower and Kennedy are not names from a history book.

### Winter/Spring Term Preview

In 2018 OLLI will experiment with consolidating Winter and Spring terms into one term running from February through June. The Concord site will run 70 courses during that time and you are invited to a Preview in January to learn about those courses. What's a Preview? It's a gathering of members, nonmembers and course instructors at Tad's Place, Heritage Heights main entrance (please see our ad for details). Here's why you should attend:

- Meet the presenters (instructors) and listen to them tell you about the courses they will offer. Even when you read about a course in the catalog, often it's the personality of the presenter that makes a course a must-see.
- Early catalog! Print catalogs are handed out at the Preview so you can be among the first to receive one.
- Refreshments!

There is no snow date set up in the event of bad weather, however, if the Preview is cancelled (check WMUR; if Granite State College (GSC) in Concord is closed, the Preview is cancelled), you can pick up a catalog on Friday, January 12 at GSC.

OLLI, the Osher Lifelong Learning Institute, at Granite State College is a membership organization focused on "Learning for the Fun of It" for adults over age 50. With over 1200 members spread across four sites: Concord, Manchester, Conway and the greater Seacoast area, OLLI is a growing presence in the lives of active, curious, engaged seniors. Non-academic, non-credit courses are offered on the campuses of Granite State College in these locations or in the form of field trips to fun destinations such as an alpaca farm, Andres Institute of Art, Squam Lake, Portsmouth Naval Shipyard and guided hikes in a variety of local areas.

Information about joining OLLI is available online at [OLLI.granite.edu](http://OLLI.granite.edu) or by calling the OLLI office at 513-1377 and requesting a catalog.



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## Bow Open Spaces Offers Full Moon Hikes



Join Bow Open Spaces board member Bob Dawkins for Night time Hikes. They've been timed to take advantage of the full moon!

### Saturday – December 30th

Explore Nottingcook Forest in Bow. The group will leave the South Bow Road trailhead at 4:10 p.m. sharp. The hike is approximately three miles and will take about three hours.

### Saturday – January 27th

Mt. Kearsarge! Leave the Winslow State Park entrance road at 3:20 p.m. sharp. The hike is approximately five miles and will take about four hours.

**IMPORTANT!** Please RSVP (228-2222) with Bow Recreation to indicate your interest in either hike. Some winter snowshoe and hiking experience required. You must have adequate gear, food and water.

Bow Rec. will have you speak with Bob Dawkins in advance to confirm that you are appropriately prepared for this unique hiking experience.



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



# PLANNING - DO YOU HAVE A PLAN?

By Donna Deos

Do you have a plan? Do you have things in place for the “what if’s” in life? Do you have goals for the coming year? Do you have so many things running through your head that you don’t even know where to begin in coming up with a plan?

Don’t worry. You are not alone! This happens to all of us from time to time.

So, why am I mentioning it now? Well, there is no time like the present! This is the time of year when most of us are in way over our head and just keep doing and doing and rarely have a plan for what we are working on much less what comes next and what to do about the bigger things in life that we don’t even want to think about!

You know what I mean. It is the “Holiday Season.” So, we have cards to get out, presents to buy, and parties to plan and so on. We have all of the regular things on our plate, plus all of that. It’s a hectic time for sure.

So, do you have a plan for that? Have you made lists? Have you accepted help where offered? Have you delegated to your spouse and children to make sure things get done without you having to do them all? If not, now is the time. Carve out a half hour and start making the lists of what you need done. Prioritize them on “have to’s” versus “want to’s.” Then dig deeper and figure out which ones have to be done by you and which ones could be done by someone else. Then, start working on who these someone else’s are. You may also decide some of the “want to’s” can go away altogether. Make it manageable. Life’s too short for all of this stress!



You can also find easier ways to do things. You can order your holiday gifts online and have them shipped right to your home. No need to go out to the stores and end up with a bunch of other stuff you didn’t really need. It takes far less time too! Yes, we all like to support local merchants, I agree. Buy locally. Guess what, they usually have websites too! Not computer savvy? Delegate the shopping to someone else who is. Do you have a grandchild who loves to shop and is computer savvy? Have them over to help you, or go to their house. You’ll be surprised how much you can accomplish in a short period of time.

Okay, I deviated from planning there, but you get the point. Now, let’s move beyond the holidays. What’s your plan for next year? What are your goals? What things do you hope to accomplish? What budget have you set for them, etc.? Not sure? Need some help with that? Who’s the right person to help you? Not sure, let’s chat.

Once you’ve got that down, let’s look at the even bigger picture. Do you have a plan for the “what if’s” in your life like, what if some-

thing happens to me? Who will do all of this stuff that I am struggling to accomplish? Even if it’s just for a short period of time, I bet there are plenty of things that really could use a backup plan. I also know that you don’t want to think about it, you’d rather just hope that doesn’t happen, right? Well, guess what? I hope you get your wish, but that doesn’t really fix the other side of things for if/when it goes wrong anyway.

Here are some things for you to consider: do you have a will? Do you have advance directives? Do you have a living will? Do you have a trust? Do you have people in place that can pay your bills, buy your groceries, take care of your pets, take care of your house, etc., heaven forbid you can’t? No? Did I just overwhelm you? I’m sorry about that. If you need help figuring this out, let me know. Many of these items can be handled by going to your attorney and by talking to your loved ones. The first thing is, you need to have some idea of what you want and how you would like it to happen. So, once you’ve conquered the holidays, let’s chat and see what we can come up with. Sometimes just having someone there to help

organize your thoughts and feelings can make all of the difference. You don’t have to do any of this by yourself. I’m here to help. Believe me, you and your family will be much happier knowing that the “what if’s” are covered. Then you can focus on all of the good things that make life wonderful and enjoyable and keep the “what if’s” from ever happening! Wishing you and yours the happiest of everything!

All my best, Donna

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## Set Yourself Up For Success! A Guide to New Year's Resolutions

By Meagan Phelan

Did you know that 75% of those who make a New Year's resolution won't make it past the first month? The University of Scranton recently published a study which showed only 8% of people that make New Year's resolutions achieve them. 8%! Considering nearly half the US population makes a resolution, that is a significant failure rate. Surviving past the first month is absolutely crucial to the long-term success of whatever you are trying to achieve. Here are some tips that may help:

**#1 Make it realistic.** Do your homework before starting a new goal. What is the likelihood that you will be able to achieve this goal? Here's a different way to think about it: if you start off with a smaller goal and make those necessary changes first, you can create more difficult goals later. So, not only will you achieve your New Year's goal, you'll achieve several more in the process!

**#2 Tell everyone about your resolution.** I'm talking "the hills are alive," let-the-world-know kind of thing. Why? Because it holds you accountable! When Joe comes up to you at work and asks you how it's going, you don't want to disappoint. And almost as important...

**#3 Tell people your successes.** Brag a little! You walked 3 times this week for more than a half hour? Awesome! Eating a vegetable with every meal? Woowooo!! Changed to a flavored seltzer water instead of soda? Way to go! Telling people and celebrating your successes will make you want to continue the good vibes. But if you aren't doing as well as you'd like...

**#4 Don't give up.** It makes me so sad when I see a patient doing well, have a bad day, then call themselves a failure. Then, they give up entirely, continue their previous habits, and lose all progress. DON'T GIVE UP!! We are human! You have had this problem for longer than a month (most likely), so it will take much longer than that to solve it. If you didn't meet your goal for the day or week, you have *many* more days and weeks to achieve it!

**#5 Have a partner, or at least a confidant.** By having someone with the same goals, you are statisti-

### Top 10 Resolutions

1. Lose Weight
2. Getting Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Staying Fit and Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in Their Dreams
9. Fall in Love
10. Spend More Time with Family

cally more likely to achieve them. It relies on principals 1-3 above. You are being held accountable, able to celebrate your achievements, and have someone to push you through the rough spots. Don't have anyone with the same goal? Ask a family member, friend, even a random person you found on the internet for their support. They want to see you succeed as much as you do!

**Bonus Tip: Don't stop at New Year's.** Bad habits form across the year, so why wait until New Year's to break it? You are living now. We often postpone starting goals until the 1st of the month (or, in this case, the 1st of the year), which starts you off on a bad foot. If you see something you want to change, change it! Not sure how? Ask for help! Your doctor or registered dietitian should be able to steer you in the right direction.

*Meagan Phelan is a Registered Dietitian, avid cook, gardener in-training, and dog lover. Meagan works with people to expand their knowledge of nutrition and motivate them towards their unique wellness goals*



Those that work with a Registered Dietitian are more likely to achieve their health goals. Put yourself on the path to a happy and healthy New Year!

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### Ann Dippold Realtor

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anndippold  
@masiello.com

## New Years Resolutions For Your Home

By Ann Dippold

### An inspiring list of home management goals

**1. Lose weight (cut energy use)** Many buyers ask for fuel consumption history when considering a home purchase. Make yours stand out by improving the efficiency of your home systems. Energy improvements sometimes qualify for state or local rebates - check the Database of State Incentives for Renewables & Efficiency.

**2. Quit Smoking (purify indoor air)** Indoor air quality is one of the top environmental health hazards according to the EPA. To improve yours, maintain HVAC systems, use low VOC paints when remodeling, ensure kitchen & baths are well vented, be wary of air cleaners that generate ozone - a known lung irritant.

**3. Learn Something New (educate yourself on home finances)** Did you know that credit card debt build up will cost you on home insurance premiums? Insurance companies see this as an indicator you're more likely to file an insurance claim - the more claims, the higher the risk, the higher the premiums.

**4. Volunteer (support your community)** One of the benefits I tout to potential buyers when considering moving to Bow is the wonderful community participation. Besides school and sports events, you can preserve the value of your neighborhood by starting a neighborhood watch, or a community garden.

**5. Drink less (curb home water use)** Use less water in your home by installing low-flow toilets and shower heads. New technology reduces the flow yet keeps pressure up and cost less than \$100 and are easily installed.

*Edited & Re-printed with permission from HouseLogic.*

## Bow Police Association Donates to Scouting for Food

The Bow Police Association donated a "cruiser full of food" to Scouting for Food. The Association also donated a basket full of food for the Human Services Thanksgiving baskets and hosted the Annual Turkey Trot 5K in memory of retired K-9 Osci.



Officer Phil Goodacre and Sgt. Phil Lamy With Several Scouts



# A Special Gift From You to Your Family

BY BEN KINIRY

## A Special Gift From You to Your Family.

It's the time of year when many of us are feeling the holiday spirit (I hope you are one of them, I certainly am). Billions of dollars will be spent on gifts of all shapes and sizes for friends, children and other loved ones. Everything from teddy bears and easy bake ovens to the coolest electronics and perhaps a Corvette or two. It's in this spirit of giving I will suggest to you that creating an estate plan for the benefit of your children and other loved ones (I will use "children" hereinafter) is a *special gift* indeed. A gift that keeps on giving and has numerous benefits (I know you can't drive it, so maybe not fun like the Corvette).

I'm not suggesting that you run out and have an estate plan created and leave a copy under the Christmas Tree for your children to open on December 25<sup>th</sup>. That would be a gift your children would never forget. Seriously, they would never let you forget. Rather, I'm just planting the idea that proactive planning is truly a wonderful gift to make to your children.

Why do I frame this as a gift for your children you ask? I know you're thinking that an estate plan is for you and I don't want to take away the importance planning has to you in controlling your affairs. However, I'm of the opinion that a portion of the value of estate planning is in the benefit such planning provides to your children.

Why is creating an estate plan an important gift to your children? The answer can be found in STRESS and FAMILY RELATIONSHIPS.

### Stress

As we all know, stress is a killer and many of us go to great lengths to avoid stress or to overcome it (like feeling the freedom of driving around in that new corvette). Creating an estate plan is a proactive means of avoiding or decreasing stress your children may otherwise incur.

If we think about what is generally happening when the tools of an estate plan (both financial and healthcare powers of attorney, Wills and Trusts) spring into action, then it's obvious that planning ahead of time is most beneficial. It's when your health declines, whether it's strictly cognitive or another physical ailment, and you are no longer able to manage your financial and personal affairs that your named agents step in to assist. Think in terms of emergency room visits, choosing caretakers, visiting nursing homes and pending death (I know, *naughty* to think about, but this is a call to action after all). Someone has to step in and make



all of the decisions, many of them difficult, at a time that is already difficult for your children.

What if no one has the legal authority to make decisions? Then your children are off to the probate court and a process they don't understand, which takes a fair amount of time and yes, there are costs and fees involved. Who will the court appoint? Who should the court appoint? You didn't pick and now your children and the judge need to work it out. Let us not forget, that your children have full time careers and are raising your grandchildren who have school and sports.

All these issues and we haven't even started discussing the disagreements your children will have about who should be in charge and what you would have wanted, which brings us to family relationships.

### Family Relationships

If you have read my articles in the past, then you know I'm a big fan of keeping family relations intact. What could be more important? A benefit that I have seen over the years in creating an estate plan is that your children (and grandchildren), and their relationships with each other, will fare better in the case of good planning.

In the case of the families that create estate plans, someone is aware they are to step in and take action on their parent's behalf and they have some written guidance provided by the plan and likely have held discussions regarding their parent's wishes on various topics. Though some family members may not like the parent's choice of agent, they will understand that the parent made the decision and will likely honor it.

It is true the kids may fight over what the plan entails, but given there is a plan, the opportunities for fighting are significantly limited.

In contrast, when a plan is not in place, when the parents don't write down what they want, the result, in some instances, is a kind of fighting that only siblings can engage in. There is yelling and tears and some things may be said that you just can't take back. In the end your grandchildren won't be seeing each other on the holidays next year and perhaps in the years following.



### Don't Plan in Decline

There is also the person who creates an estate plan but waits until they have already experienced a decline in cognitive capability to conduct their planning. Sure, Elder Law Attorneys must make a capacity assessment prior to signing estate planning documents, but this does not close the door for your children to argue against capacity. In such cases, the child that intends to disagree with the parent's pick for an agent will claim that the child agent tricked the parent into choosing the agent. Then the fight is on. Not only will they fight over who SHOULD be in charge of the finances and healthcare decisions making, they will fight over the oriental rug, the train set and the Corvette, of course.

### The Sand Box

If you don't plan at all, then the children who have always wanted to fight, will unleash their childhood angst on their siblings. That is, you may not know it, but they have been quietly fighting about something that happened "back in the sand box" and have been on a truce for the last 40 years. As soon as you (the *peace* keeper) lose your capacity or die, then the fight is on and what a battle it will be.

### You Failed to Give this Gift

Finally, once all the dust has settled and you're gone, your children may very well realize that if you had just put your affairs in order, had you just created an estate plan, so much of the stress and fighting would not have occurred.

### Time for Gifting (no, not a Corvette)

If you are approaching retire-

ment age, then you may agree that someday you will experience a decline in both physical and mental health and will eventually experience death. It is my wish for you that you will jump in your *sleigh* (once we have snow) and meet with a professional with whom you will develop a relationship and create a written plan. You will name decision makers who will be well informed of your wishes and their sole task will be to carry out those wishes, both while you are living and for the final disposition of your estate after your gone. Most importantly, these decision makers will have the written authority to implement your plan and will have discussed these most serious of issues with you.

### Naughty List

The best opportunity to protect your family from negative consequences is while you are healthy, and if you don't take action, then the opportunity is gone, forever. This lack of action will definitely place you on the *naughty list*. The information provided in this article does not constitute legal advice. If you want legal advice call me at 224-8700.

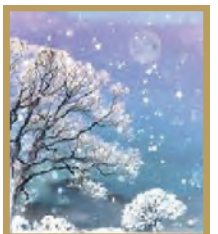


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# Year-End Charitable Gifting

BY DOMINIC LUCENTE

## What should you keep in mind as you donate?

**Are you making charitable donations this holiday season?** If so, you should know about some of the financial “fine print” involved, as the right moves could potentially bring more of a benefit to the charity and to you.

**To deduct charitable donations, you must itemize them on I.R.S. Schedule A.** So, you need to document each donation you make. Ideally, the charity uses a form it has on hand to provide you with proof of your contribution. If the charity does not have such a form handy (and some charities do not), then a receipt, a credit or debit card statement, a bank statement, or a cancelled check will have to suffice. The I.R.S. needs to know three things: the name of the charity, the gifted amount, and the date of your gift.<sup>1</sup>

From a tax planning standpoint, itemized deductions are only worthwhile when they exceed the standard income tax deduction. The 2017 standard deduction for a single filer is \$6,350. If you file as a head of household, your standard deduction is \$9,350. Joint filers and surviving spouses have a 2017 standard deduction of \$12,700. (All these amounts rise in 2018.)<sup>2</sup>

**Make sure your gift goes to a qualified charity with 501(c)(3) non-profit status.** Also, visit

CharityNavigator.org, CharityWatch.org, or GiveWell.org to evaluate a charity and learn how effectively it utilizes donations. If you are considering a large donation, ask the charity involved how it will use your gift.

If you donated money this year to a crowdsourcing campaign organized by a 501(c)(3) charity, the donation should be tax deductible. If you donated to a crowdsourcing campaign that was created by an individual or a group lacking 501(c)(3) status, the donation is not deductible.<sup>3</sup>

**How can you make your gifts have more impact?** You may find a way to do this immediately, thanks to your employer. Some companies match charitable contributions made by their employees. This opportunity is too often overlooked.

Thoughtful estate planning may also help your gifts go further. A charitable remainder trust or a contract between you and a charity could allow you to give away an asset to a 501(c)(3) organization while retaining a lifetime interest.

You could also support a charity with a gift of life insurance. Or, you could simply leave cash or appreciated property to a non-profit organization as a final contribution in your will.<sup>1</sup>

**Many charities welcome non-cash donations.** In fact, donating an appreciated asset can be a tax-savvy move.

**You may wish to explore a gift of highly appreciated securities.**

If you are in a higher income tax bracket, selling securities you have owned for more than a year can lead to capital gains taxes. Instead, you or a financial professional can write a letter of instruction to a bank or brokerage authorizing a transfer of shares to a charity. This transfer can accomplish three things: you can avoid paying the capital gains tax you would normally pay upon selling the shares, you can take a current-year tax deduction for their full fair market value, and the charity gets the full value of the shares, not their after-tax net value.<sup>4</sup>

**You could make a charitable IRA gift.**

If you are wealthy and view the annual Required Minimum Distribution (RMD) from your traditional IRA as a bother, think about a qualified charitable distribution (QCD) from your IRA. Traditional IRA owners age 70½ and older can arrange direct transfers of up to \$100,000 from an IRA to a qualified charity. (Married couples have a yearly limit of \$200,000.) The gift can satisfy some or all of your RMD; the amount gifted is excluded from your adjusted gross income for the year. (You can also make a qualified charity a sole beneficiary of an IRA, should you wish.)<sup>4,5</sup>

**Do you have an unneeded life insurance policy?**

If you make an irrevocable gift of that policy to a qualified charity, you can get a current-year income tax deduction. If you keep paying the policy premiums, each payment becomes a deductible charitable donation. (Deduction limits can apply.) If you pay premiums for at least three years after the gift, that could reduce the size of your taxable estate. The death benefit will be out of your taxable estate in any case.<sup>6</sup>

**Should you donate a vehicle to charity?**

This can be worthwhile, but you probably will not get fair market value for the donation; if that bothers you, you could always try to sell the vehicle at fair market value yourself and gift the cash. As organizations that coordinate these gifts are notorious for taking big cuts, you may want to think twice about this idea.<sup>7</sup>

**You may also want to make cash gifts to individuals before the end of the year.**

In 2017, any taxpayer may gift up to \$14,000 in cash to as many individuals as desired. If you have two grandkids, you can give them each up to \$14,000 this year. (You can also make individual

## WHAT'S NEXT?



Each year, nearly 150 million households file their federal tax returns: digging for receipts; gathering mortgage, retirement, and investment account statements; and trying to take advantage of every tax break the code permits.

### This tax season, why not make the most of all that effort?

It's a perfect time to take a critical look at your financial situation. Let us help you analyze both where you are and where you'd like to be, and work with you to craft a plan to work towards financial well-being.

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gifts through 529 education savings plans.) At this moment, every taxpayer can gift up to \$5.49 million during his or her lifetime without triggering the federal estate and gift tax exemption.<sup>8</sup>

Be sure to give wisely, with input from a tax or financial professional, as 2017 ends.

**Dominic Lucente may be reached at 603.645.8131 or [Dominic.lucente@lpl.com](mailto:Dominic.lucente@lpl.com)**  
**[Dlucente.com](http://Dlucente.com)**

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- 1 - [tinyurl.com/y8dkleed](http://tinyurl.com/y8dkleed) [8/23/17]
- 2 - [forbes.com/sites/kellyphillips-erb/2017/10/19/irs-announces-2018-tax-brackets-standard-deduction-amounts-and-more/](http://forbes.com/sites/kellyphillips-erb/2017/10/19/irs-announces-2018-tax-brackets-standard-deduction-amounts-and-more/) [10/19/17]
- 3 - [legalzoom.com/articles/cash-and-kick-starter-the-tax-implications-of-crowd-funding](http://legalzoom.com/articles/cash-and-kick-starter-the-tax-implications-of-crowd-funding) [3/17]
- 4 - [irs.gov/retirement-plans/retirement-plans-faqs-regarding-iras-distributions-withdrawals](http://irs.gov/retirement-plans/retirement-plans-faqs-regarding-iras-distributions-withdrawals) [8/17/17]
- 5 - [pe.com/2017/11/04/its-not-that-hard-to-give-cash-or-stock-to-charity/](http://pe.com/2017/11/04/its-not-that-hard-to-give-cash-or-stock-to-charity/) [11/4/17]
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## The Cabernet Everyone Forgets

By Nicole Habif

I've always been fond of the underdog – sports teams, political candidates, fictional characters. Wine is certainly no exception.

My day job sees me tasting all kinds of Sauvignon Blancs, Cabernet Sauvignons, Malbecs, Merlots ... these grape varieties are what's popular *and* what sells. But when I'm off at a tasting for my own enjoyment, or browsing a shelf at a store, I look for the oddities. The local grape specialties of a region or the unique blends I've never seen before.



One of my favorite wine oddballs is a grape I think doesn't really belong in the category in the first place: Cabernet Franc.

It's a supporting act in France's Bordeaux region, and enjoys a bit more notoriety north in the Loire Valley (specifically Chinon – if you see this in a liquor store, I highly recommend you try it –. Château de la Bonnelière is one of my favorites!)

In Bordeaux, it's rarely used on its own and often relegated to a secondary blending variety (most notably, behind Cabernet Sauvignon and Merlot). But this grape's really got a lot going for it. So, in honor of Cabernet Franc Day (December 4), I've cobbled together a list of the top three reasons we should all be giving Cab Franc a little more credit. And making space for it at our dinner tables.

### It's pretty.

Early ripening Cab Franc has a beautiful tannic structure (part of the reason it's so relied upon in blends) combined with its relatively high acidity (making it a lovely palate refresher). Typically, you'll smell and taste plums, black raspberry, earthy herbs, mineral, and violet flowers – sometimes delicate spice if the winemaker has chosen to use any oak. In the glass, it's usually a deep, dark purple-ruby color. And because it produces wine that tends toward the lower end of the alcohol spectrum, it won't bowl you over

with booze. It adds a one-of-a-kind freshness, elegance, and aromatic complexity that really keeps you coming back for more.



### It loves food.

This is kind of an obtuse thing to say – doesn't all wine go with food? Well, yes and no. Some wines do better with some foods of course, and I happen to think Cab Franc is one of the more versatile reds out there. Why? Well, when it's in a blend, it's usually found in a Bordeaux (or a Bordeaux-style red). And there is no better "with food" wine than red Bordeaux. But remember the tannins and acid I mentioned above? And all the earthy fruit flavors? In balanced doses, those factors add up to a fantastic wine for red meats, sauced dishes, white meats, cheese plates ... it makes a great bottle for Christmas feasts or festive New Year's dinners.

### Without it, there'd be no Cabernet Sauvignon.

That's right – this lowly little grape is actually a proud parent to Cabernet Sauvignon, which is the most popular and well-known red grape on the planet. (The other parent is Sauvignon Blanc – I was surprised the day I learned that, too.)

If your New Year's resolution involves being more adventurous, or if I've (hopefully) piqued your interest, go find yourself a great Cab Franc and dig in. And let me know what you think. You can find me on Instagram @NHWineGal or send me an email: [NewHampshireWineGal@gmail.com](mailto:NewHampshireWineGal@gmail.com). Cheers!

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

## OBITUARY

**Paul W. Hammond**, of Bow, passed away Friday, Nov. 3, 2017, at the age of 85.

Born on Oct. 11, 1934, Paul was a proud lifelong resident of Bow. After graduating from Concord High School in 1950, Paul worked first at the Odd Fellows Home, the Brick Tower Restaurant and finally at the N.H. State Hospital. He loved to fish and hunt with his brothers, uncles and father, going as far as Alaska in search of catching salmon.

In later years he attended basketball games and other sporting events at Bow High School. Paul was honored with a plaque from the Town of Bow for being "Bow Falcon's #1 Fan" in 1999 and an accompanying plaque was placed above his favorite seat in the Bow High School gymnasium.

He was actively involved in the Bow town meetings, served on

the Building Advisory Committee and was a contributor to the Bow Heritage Commission Book.

He was also a long time member of the Bow Men's Club and the Odd Fellows. Paul leaves a lasting legacy through the Hammond Nature Preserve so that future generations may enjoy the wildlife, woodlands, pasture lands, wetlands and scenic views that his homestead had to offer: The Nature Preserve, containing 155 acres, was owned by the Hammond Family for over 200 years.

He leaves behind nieces and nephews as well as numerous grand-nieces and grand-nephews.

Paul's life also included countless friends and acquaintances; all of whom will miss his friendly wave as they pass his home on Bow Center Road. In lieu of flowers, please send a donation to the Visiting Nurses Association.



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## BOW POLICE LOG

### NOVEMBER 2017 STATS

Arrests - 24 Motor Vehicle Stops – 200 Warnings – 182  
Citations – 18 Accidents – 16 Parking Tickets – 5 Restraining Orders – 1  
Incident/Investigation Reports – 37

#### Arrest Log

11/01 Dylan S. Strachan, 18, Profile Ave, Concord was arrested for unlawful possession/intoxication.

11/03 Michael Johnson, 32, Hermit Woods Rd, Sanbornton, was arrested for possession of a controlled drug, and two bench warrants; Allyson Graham, 23, Beech St, Manchester, was arrested for possession of a controlled drug, and two bench warrants; Kaitlyn D. Rollins, 24, Willow Terrace, Loudon, was arrested on a warrant.

11/05 Jennifer M. Karl, 35, Main St, Belmont, was arrested for two counts of possession of a controlled drug; Rodney A. Walch, 49, Stage Rd, Lempster, was arrested for driving while intoxicated.

11/06 Kevin S. Greenleaf, 31, Commerce St, Hill, was arrested for driving while intoxicated, possession of a controlled drug, driving after revocation/suspension, and false report of a MV accident.

11/10 James W. Chase, 57, Union St, Manchester was arrested on a warrant.

11/17 Chantel L. Labounty, 25, White Oaks Rd, Laconia, was arrested for disobeying an officer and a warrant; Timothy A. Sargent, 36, Union Ave, Laconia, was arrested for operating after being certified a habitual offender, and two counts of possession of a controlled drug; Michael C. Roberge, 43, Twin Bridge Rd, Weare, was arrested for possession of a controlled drug.

11/18 Jonathan A. Bort, 30, Page Rd, Bow, was arrested for domestic violence; criminal threatening, domestic violence; obstructing report of crime/injury, and criminal mischief.

11/22 Joseph C. Henriksen, 33, Pleasant Ln, Warner, was arrested for possession of a controlled drug, and breach of bail; Jennifer M. Karl, 35, Main St, Belmont, was arrested for possession of a controlled drug, transporting drugs in a motor vehicle, and breach of bail; Paul R. Lacourse, 50, Branch Londonderry Turnpike West, Bow, was arrested on a warrant; Allyson Graham, 23, Beech St, Manchester, was arrested for breach of bail.

11/23 Andrea H. Dinneen. 69, Shadow Lake Rd, Waterford, VT, was arrested for driving while intoxicated.

11/25 Paul L. Shiner, 36, South St, Concord, was arrested on a bench warrant; Eileen E. McCarte, 21, Cedar Ln, Bow, was arrested for criminal trespass.

11/26 Kayla L. Bartley, 26, Thompson St, Concord, was arrested for operating without a valid license.

11/30 Matthew M. Ham, 40, West St, Manchester, was arrested for driving while intoxicated, and possession of a controlled drug.

#### Also in November:

One adult received a summons for marijuana possession.

One juvenile was charged for a drug violation.

There was one involuntary emergency admission.

## DUNBARTON NEWS

By Nora LeDuc

**Dunbarton Historical Awareness Committee:** November was Native American History Month. The DHAC provided a classroom presentation to the third graders of the Elementary School. Committee Member and Abenaki Tribe member Lee Martel narrated a slide show (produced by Fallon Labrecque, Grade 9). Lee also shared photos from a Pow Wow he had attended, discussed when and how he was given his Indian Name (White Beaver), and how to construct snow shoes with wood and animal products. Bill Zeller demonstrated tools and Donna Dunn taught the students a few words in the local Abenaki language. What little is known of Dunbarton's Native Americans was shared: the Indian grinding stone, Indian ovens and where the last Indian family lived. Much more research is needed and this is one of several ongoing projects of the Historical Awareness Committee. The students also enjoyed a field trip to the Mt. Kearsage Indian Museum in Warner. Student teams are now researching different tribes from throughout the country. For more information or to join in our efforts, contact Donna Dunn, Chair, DHAC, 774-4567 or [dunncottage@gmail.com](mailto:dunncottage@gmail.com)

**Knitting for Kids is back!** Drop in to the library on Fridays right after school, starting December 1st. All materials are provided, but feel free to bring anything you want from home!

**School holiday break begins on Dec 25. School resumes Tuesday Jan. 2. Town Offices closed December 25th. Monday, January 15<sup>th</sup>, Martin Luther King Day-No School. Call to see if town offices are open before going.**

**Coming in January to the Library! Intermediate Fly Tying Course:** The NH Fish and Game Department's "Let's Go Fishing Program" will offer a free four evening intermediate course at the Dunbarton Public Library. Instruction by Master Fly Tier Scott Biron. Interested? Please call the library for assistance to register because online registration is through NH F+G. You will use tools and materials, learn what flies imitate, discuss insect anatomy, and tie several fly patterns that are commonly used on NH waters. January 9 and 11, 5:30 to 7:30 pm, January 16 and 18, 5:30 to 7:30 PM, **Please...must commit to attending all four sessions, and you must be over 15 years old.**

**Winter Concert Band and Strings** Grades 4 to 6 will be Wed, January 17, 2018, 6:30pm to 7:30pm at the elementary school's community center. Winter Concert K to 3 will be Thursday, January 18, 2018, 6pm to 7pm at the elementary school's community center.

**The Annual Meeting of the Congregational Church has been scheduled for Sunday, January 21st, 2018.**

**Hygiene Kits for Disaster Relief:** The Dunbarton Congregational Church thanks the entire community for its response to our drive for Church World Service Hygiene Kits. Together we gathered 75 kits and shipped about 50 of them for distribution to areas affected by hurricanes, floods, fires and other natural disasters. The remaining kits will be shipped in the spring. The kits contain towel, washcloth, soap, toothbrush, band aids, nail clipper and comb. Toothpaste is added by Church World Service. Thank you especially to the organizations which hosted collection boxes – Dunbarton Town Offices, Dunbarton Public Library, Dunbarton Elementary School, and St. John the Evangelist Episcopal Church.

**The Dunbarton Police Department** will be hosting a **Civilian Response to Active Shooter Events** (CRASE) training course on Monday, January 22nd, 2018 at 6 PM. The training will be held in the library of the Dunbarton Elementary School located at 20 Robert Rogers Road. CRASE training provides participants with the fundamental skills and mindset to survive an active shooter event. Seating is limited to 30 participants. The training is free and consists of a PowerPoint Presentation followed by an open forum discussion. To reserve a seat, please RSVP to Sergeant Chris Remillard at [chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net) no later than Monday, January 8th. You don't have to be from Dunbarton to attend. Please Note: The presentation consists of realistic depictions of violence that some participants may find disturbing.



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## BOW HIGH CORNER

By Connor Griffin

### Falcons Lose in Division II Football Championship

The rematch of last year's championship did not go the way the Falcons had hoped it would. Plymouth's prowess in its running game proved to be too much for Bow to handle, with Plymouth's senior back Garrett Macomber rushing for 153 yards, and adding a touchdown.

Bow had just barely squeaked into the playoffs as the 8th seed, but they proved they belonged there. The Falcons upset an undefeated and 1st seed Windham team in the first round, and followed that strong performance by knocking off another undefeated squad, Hanover.

Bow came into Durham to play on the heels of these 2 strong performances, but they couldn't get any rhythm or consistency going on offense. Plymouth dominated the first half on both sides of the ball, putting up 3 touchdowns, and shutting out Bow to boot.

The Falcons stayed in the game for awhile, and made some great plays. Tanner Cammett picked off Plymouth in the end zone when Bow was down 7-0, but Plymouth bounced back with an interception of their own just moments later. This interception shifted the momentum back in Plymouth's favor, and it stayed that way for the remainder of the game. Macomber rushed for a 69 yard touchdown on the resulting drive, and Plymouth never looked back. Bow was now down 14-0 with about 5 minutes remaining in the half.

The Bobcats went for the kill following their touchdown with a surprise onside kick, which they recovered. While the onside kick was a success, they couldn't capitalize and were forced to punt. The Falcons moved the ball downfield with their next possession, but couldn't score or get into field goal range. Bow punted as well, and Plymouth got the ball at midfield with about a minute to go. Plymouth went for the deep ball since there was so little time left, and the receiver hauled in a 53-yard pass in between the hash marks for a touchdown as time ran out. The Falcons managed to prevent the shutout in the final minutes of the game after sophomore Steven Guerrette caught a pass for a 23 yard score. Bow followed this with a successful 2 point conversion, but there wasn't enough time left to mount a full fledged comeback.

**Connor Griffin, a sophomore at Bow High School, will contribute school related articles from time to time.**

*(Bradley cont. from p. 2)*

pared to New Hampshire's 8.3 percent. The pro-growth, low tax approach leaves New Hampshire with a more impressive, enviable overall fiscal state. The Union Leader reported 'the New Hampshire treasury is stronger than it's been in years, with annual revenue for the fiscal year ending on June 30 running almost \$100 million over budget.' Vermont, in contrast, exists in a perpetual state of tax increases and budget deficits.

Vermont suffers the highest confluence of income taxes, property taxes, tax progressivity, estate taxes, minimum wage and cost of living in the nation.

The trends, and causes, of Vermont's woes and New Hampshire's victories are unmistakable. Opportunities fall in proportion to rising levels of taxation and costs of living. Unfortunately for Vermont, talented, innovative job creators often harbor a crazy notion that they should actually be allowed to keep

some of their hard-earned wealth and look to friendly places like New Hampshire to set up shop," concluded the Vermont newspaper.

New Hampshire's unemployment rate is 4<sup>th</sup> best in the Nation. Our job growth is among the nation's best. Our median household income is the nation's best and New Hampshire residents living in poverty is the nation's lowest. Tax revenue, especially from business taxes, has soared despite tax cuts. Strong revenue has allowed spending increases on the heroin crisis, mental health, families with disabled children, and the agency that protects abused and neglected children.

For good reason, New Hampshire is recognized by U.S. News & World Report as the second most livable state in the nation using metrics involving health care, education, crime, infrastructure, opportunity, economy and government.

**Jeb Bradley, Wolfeboro, is majority leader of the New Hampshire Senate.**



## FIRE SAFETY

By Chief Harrington

Thousands of deaths are caused by fires, burns and other fire-related injuries every year, and 12% of home candle fires occur in December, the National Fire Protection Association reports. Increased use of candles and fireplaces, combined with an increase in the amount of combustible, seasonal decorations present in many homes means more risk for fire.

- Never leave burning candles unattended or sleep in a room with a lit candle.
- Keep candles out of reach of children.
- Make sure candles are on stable surfaces.
- Don't burn candles near trees, curtains or any other flammable items.
- Don't burn trees, wreaths or wrapping paper in the fireplace.
- Check and clean the chimney and fireplace area at least once a year.
- Check lights for broken or cracked sockets, frayed or bare wires, and loose connections. Replace or repair any damaged light sets.
- Avoid placing breakable tree ornaments or ones with small, detachable parts on lower branches where small children or pets can reach them.
- Keep the stand filled with water so the tree does not dry out quickly.
- Use no more than three light sets on any one extension cord.
- Extension cords should be placed against the wall to avoid tripping hazards.
- Do not run cords under rugs, around furniture legs or across doorways.
- Turn off all lights on trees and decorations when you go to bed or leave the house. Unplug extension cords when not in use.

*Mitchell Harrington, Chief*

*Bow Fire Department*



### Rotary Park Lights Installed by Bow Parks and Recreation



*Photo by Eric Anderson*

## SURVEY

Should bids for town contracts be submitted to a private company run by a selectman?

☐ Yes

☐ No

Go to [www.thebowtimes.com](http://www.thebowtimes.com) to cast your vote.

*Results calculated by [surveymonkey.com](http://surveymonkey.com)*



BOW COMMUNITY CALENDAR

December 20, 2017 - Bow Mills United Methodist Church Blue Christmas Service - 7:00 pm.

December 30, 2017- Bow Open Spaces Hike - Nottingcook Forest 4:10 p.m. - Meet at South Bow Road trailhead

January 1, 2018 - Bow Men's Club New Years Breakfast 8:30 - 12:00 noon - Bow Community Center

Saturday, January 6 and Sunday, January 7, 2018 - Free Yoga Classes 9:00 a.m. - 10:00 a.m. -Baker Free Library

January 27, 2018 - Bow Open Spaces Hike - Mt. Kearsarge 3:20 p.m. Meet at Winslow State Park Entrance



A Blue Christmas service will be held on Wednesday, December 20<sup>th</sup>, 7:00 pm at the Bow Mills United Methodist Church, 505 South St., Bow, NH. This will be a time of a quiet service of prayer, reflection and music for those having difficulty during this season due to grief, illness, depression, stress, family situations or other struggles. This will be a time to acknowledge our feelings of sadness and concern, to remember we are not alone and to find encouragement to live the days ahead. Light refreshments will be served following the service. For more information, contact (603) 224-0884. All are welcome.



The Municipal Building and Town Offices Closings

Thursday, December 21, 12:00 noon to 1:30 p.m.-  
Town Offices employee gathering Monday,  
December 25 and Tuesday, December 26 Christmas  
Monday, January 1, New Year's Day



The Bow Times

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Dunbarton Town Office
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Tucker's Restaurant  
Veano's, Manchester St.  
Wellington's Marketplace  
White Rock Senior Center

SUDOKU ANSWER [www.sudoku puzzler.com](http://www.sudoku puzzler.com) By Ian Riensche

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

Thought for the Day

Work like you don't need  
the money.

Love like you've never been  
hurt.

Dance like nobody's  
watching.

Satchel Paige

WHITE ROCK NEWS



White Rock Senior Living  
Community

Presents  
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At White Rock  
All are Welcome

White Rock Senior Living  
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Wishes

Everyone a Safe and Happy  
Holiday Season



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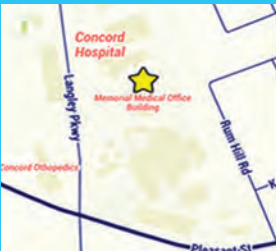
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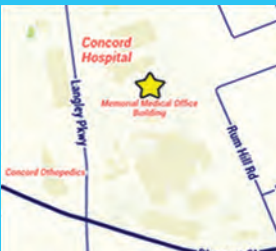
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