



The Bow Times

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FREE

Lori Fisher Named N.H. Library Director of the Year



The Baker Free Library's Lori Fisher receives the "Library Director of the Year" award from the New Hampshire Library Trustees Association's President, Susan Gaudiello (Photo by Eric Anderson)

On November 8 town librarian, Lori Fisher, was chosen as Library Director of the Year by the N.H. Library Trustee's Association.

The N.H. Library Association announced that our Library Director has also received the 2017 Ann Geisel Award of Merit. The highest award given by the Association, the Ann Geisel Award of Merit is given annually to an individual, group, or organization that has made significant contributions to the New Hampshire library community. Fisher, nominated by her colleagues for the award, stated that she is honored by the recognition and is "grateful to be able to work with wonderful librarians and trustees across the state who are passionate about learning and community growth."

Budget Committee and Selectmen Begin Crafting Next Year's Spending Plan

On Saturday morning November 4 the Budget Committee and the Selectmen began the process of reviewing town proposals for next year's town meeting budget vote.

HIGHLIGHTS OF BUDGETS:

Emergency Management

Director of Emergency Management Lee Kimball has for the last five years brought in more revenue in grants than his budget of about \$18,000 calls for. This year alone, Lee brought in \$61,974.00. He was praised as a real friend of the taxpayers!

Fire Department

Chief Mitch Harrington has done a full assessment of the human assets and capabilities of his department. The roster of seven fulltime and 28 call
(Budget cont. p. 3)

Bow High Girls Win Division II Championship



Congratulations to the D-II Girls Soccer Champions!

People have always told Kayleigh and Amanda Marshall that they have a twin connection. Their connection led the Bow High girls' soccer team to its first NHIAA Division II championship Sunday November 5. The top-seeded Falcons defeated second-seeded Souhegan of Amherst, 1-0, with Amanda providing the game-winning goal off an assist from Kayleigh.

Amanda scored on a chip shot over Souhegan goalkeeper Lily Batchelder from inside the box after receiving a cross from Kayleigh with 2:56 remaining. Kayleigh dribbled down the right side of the field before sending the ball into the box for her twin sister.

"People always say how we have this twin connection and we always know where each other is going to be," Kayleigh said. "I just

knew that (Amanda) was going to be able to finish it."

Bow coach Jay Vogt has been impressed by the junior sisters' play throughout the season.

"Those two have been phenomenal all year," Vogt said. "They've scored some big goals for us. If it's not one, it's the other."

The Falcons finished the season with a 19-1 record on their way to winning their fifth overall championship. Bow won the Division III title in 2011, 2013, 2014 and 2015 before joining Division II last year.

Prior to Amanda Marshall's goal, the Souhegan Sabers (16-2-2) had created some offensive chances but couldn't send a shot on goal toward Bow senior goalkeeper Bridget Ehrenberg.

"We felt like we were starting to create some opportunities that were (Soccer cont. on p. 22)

Falcons Football Eliminates Hanover 19-7 in D-II Semifinals

Congratulations to Bow Varsity Football for attaining a shot at the state title for the second year in a row. A hard-fought and exciting game, capped off by outstanding offensive scoring and tenacious defensive efforts yielded a victory over the second undefeated opponent in

post-season competition. Now, preparation commences for the last big push for the title.

The Falcons will face No. 2 defending champion Plymouth on November 18 at 2:30 p.m. at the University of New Hampshire.

BOW MAP IS COMING!

The Bow Rotary has produced a great map of Bow's streets to be included in the December edition of this paper. It will be an insert folded into the paper. It isn't junk so don't dump it next month or you will miss it. The last one was produced years ago and much has changed in Bow's streets and roads.

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EDITORIAL

FIRST AMENDMENT IS DANGEROUSLY MISUNDERSTOOD BY COLLEGE STUDENTS

"Freedom of expression is deeply imperiled on US campuses," according to a recent survey of 1,500 college students.

The Brookings Institute on September 18, released a survey of 1,500 college students who are undergraduates at several four year colleges and universities. The respondents came from forty-nine states and the results are scary.

These are America's future teachers, attorneys, professors, legislators, and judges. If a large fraction of college students believe incorrectly that offensive speech is not protected by the First Amendment, that view "will inform the decisions they make as they move into positions of increasing authority later in their careers," says the Institute.

The United States Supreme Court in June decided a hate speech case which involved an Asian rock band named The Slants that had applied for a federal trademark registration. They were denied use of that name by the Patent and Trademark Office because it might disparage or bring into disrepute an ethnic group or race. The Slants appealed to the U.S. Supreme Court.

In its June opinion in Matal v. Tam, the Supreme Court said that Native American groups had also complained about the Redskins name and asked the court to rule that government has an interest in preventing speech expressing ideas that offend.

However, a unanimous Supreme Court concluded, as it always has, that speech that demeans others on the basis of "race, ethnicity, gender, religion, age, disability, or any other similar ground is hateful; but the proudest boast of our free speech jurisprudence is that we protect the freedom to express 'the thought that we hate.'"

The Court reaffirmed that governments cannot prohibit the public expression of ideas merely because the ideas themselves "are offensive to some of their hearers." That bedrock principle is clearly misunderstood by college students today. When they were asked whether the First Amendment protects hate speech, 44% of all college students interviewed said that it does not, while 39% correctly answered that it does.

The survey also asked if it was acceptable for a student group opposed to a campus speaker to loudly and repeatedly disrupt the speaker by continually shouting so that the speaker cannot be heard and 51% said that was acceptable.

Finally, when asked whether an on campus group hosting an event is legally required to supply a speaker with the opposite view point, an amazing 62% agreed. That is not the law.

Free speech should not be understood as only listening to people you like and agree with, but also the ability to civilly allow for other views which you are obviously free to ignore, but not to prevent.

Last month's civics education program put on by the New Hampshire Institute for Civics Education and the N.H. Council for Social Studies and others was important because it included teachers at all levels of New Hampshire schools. Their students become the college students who then become the future voters and leaders of our nation.

Unfortunately, current college students don't understand the First Amendment.

Their professors are turning out a defective product when it comes to knowledge of our Bill of Rights.

With the dramatic decline in teaching civics and the principles of

a democratic republic in the public schools it is little wonder that college students know less and less. Our state Department of Education needs a strong commitment to teaching civics or constitutional literacy will continue to grow here too.

If we want a model of massive emphasis on math and science we can look to China's STEM push. But there are no civics courses taught in the People's Republic for obvious reasons.

Chuck Douglas

For a free press, ju suis Charlie

LETTER TO THE EDITOR

Dear Editor,

When you travel through the center of Bow, there are eight American flags hanging prominently from telephone poles around the four corners at Knox Road. These flags were an integral part of my senior project as a student at Bow High School. The original project was funded through donations of friends and family. Since that time, I have continued to manage the upkeep and integrity of the flags; setting up a "Go Fund Me" page to cover the costs of replacement flags.

The recent storm (Oct 28-29) caused significant damage to all eight flags as well as some poles. The flags will be taken down on Veteran's Day for the winter. They will need to be replaced prior to being put up on Memorial Day 2018. I ask for your support by donating to the replacement costs for these flags.

This project not only promotes a feeling of patriotism, it adds to the beauty and sense of community for our own town. If you would like to make a donation, please use the link below to access my "Go Fund Me" page. Any donation is appreciated. My GoFundMe link is: <https://www.gofundme.co/townofbow-flags>. **Cody Herrick**

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CORRECTION!

Last month the Bow Times incorrectly attributed part of the successful Trash Pickup Day to Rob Worth when in fact it should have stated Bob Watt's team held the record. The Bow Times apologizes for this oversight.



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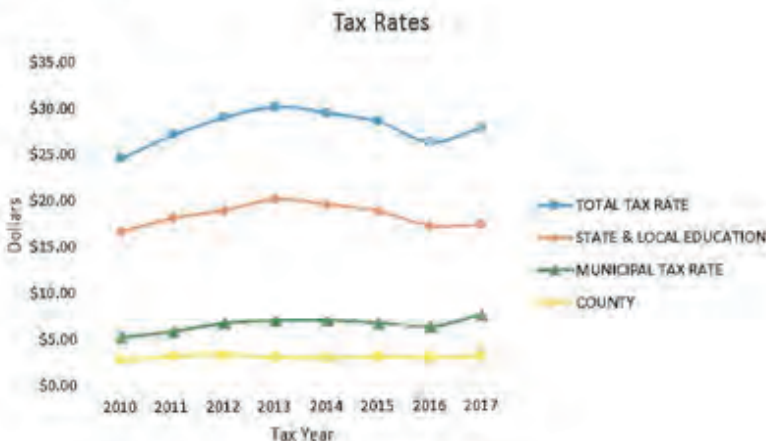
Estimated Tax Rate Impact of Proposed Budget

The budget as proposed would result in a Net Town Appropriation of \$7,436,587 and an estimated Town Tax rate of \$7.86 per thousand dollars of property value.

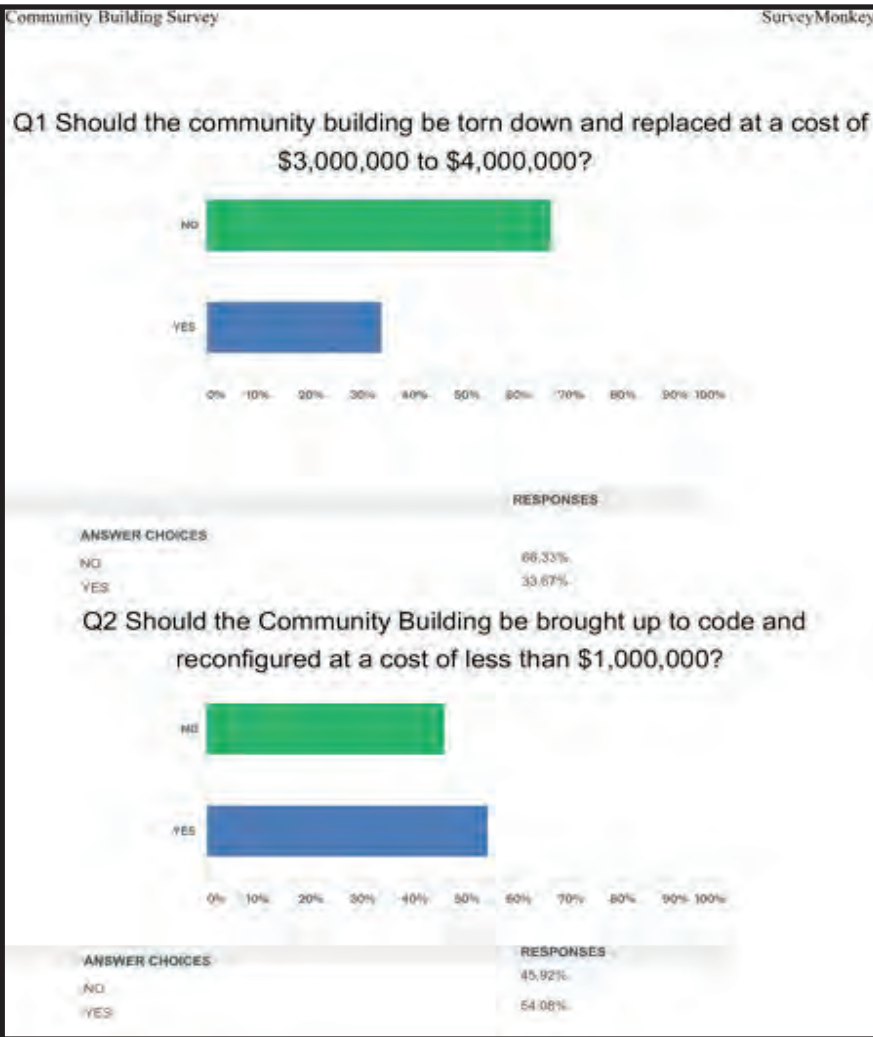
The budget includes the operating budget, proposed warrant articles, appropriations for War Service Tax Credits and Overlay. Overlay is used to fund property tax abatements and the typical amount of funds raised for this purpose is in the range of \$200,000 to \$250,000. In 2017, overlay was budgeted at \$1.5 million to help defray funds that may be paid due to the PSNH abatement case. \$1.5 million has also been allocated in the proposed budget.

	FY2017-18	FY 2018-19	Difference
TOWN OPERATING BUDGET	9,987,107	10,248,819	261,712
WARRANT ARTICLES	1,939,100	2,903,774	964,674
ESTIMATED REVENUES	(4,816,263)	(5,716,006)	(899,743)
FUND BALANCE			
Sub-total	7,109,944	7,436,587	326,643
WAR SERVICE CREDITS	176,250	176,250	
OVERLAY	1,500,000	1,500,000	
Total to be raised by taxes	8,786,194	9,112,837	
NET ASSESSED VALUATION	1,159,135,223	1,159,135,223	
Total Estimated Tax Rate	\$7.58	\$7.86	

Tax Rate History



SURVEY RESULTS



(Budget cont. from p. 1) firefighters in Bow have acombined 603 years of experience. Revenue is up by \$80,000 in part due to ambulance calls going from 625 to 650 a year.

Police Department:

The police statistics are as follows for fiscal year 2016-17:

FY 2016-17 Statistics

Arrests	209
Felonies	98
Misdemeanors	209
Incidents	412
Stops	2,243
Directed Patrols	3,458
M.V. Accidents	133
Warrants	8
Vehicle Miles	127,100

There were 8 opioid overdoses in Bow and one death of this year.

Parks and Recreation:

Cindy Rose presented a budget for the department that was \$32,450 lower than the 2017 budget yet activities and programs increased. Hats off to Cindy!



A Bow Halloween Celebration on October 27

Photos by Eric Anderson



BOW BOY SCOUT EARN'S SCOUTING'S HIGHEST HONOR

An Eagle Scout Court of Honor was held October 28th for Bow resident Daniel Alexander Belair of Troop 86 of Concord.

Family, friends, Scouts, leaders, community members and officials attended the event held at the Baker Free Library.



Daniel, a senior at Bow High School, has been in Boy Scouts since he was 6 years old. He began in Pack 75 in Bow where he was in-

involved for 5 years and obtained the Arrow of Light Award, the highest award in Cub Scouts, before crossing over into Boy Scouts. He then spent about a year with Troop 75, then another year as a Lone Scout before joining his current unit, Troop 86.

Daniel's quest to become an Eagle Scout began when he was very small and learned that an older cousin was an Eagle Scout, and he has pushed towards that goal ever since. Along with earning the Eagle Rank, Scouting's highest honor, he has also earned the World Conservation Award, 39 merit badges and 3 Eagle Palms.

Daniel is also an Ordeal member of the Order of the Arrow, which is the National Honor Society of Boy Scouts.

Daniel is an 11th generation descendant of one of the founding fathers of Bow, and the 9th generation descendant of Samuel Alexander, for whom the Alexander Cemetery on River Road was named.

For Daniel's Eagle Scout Project, he designed a plan and lead fellow Scouts and community members in cleaning and uncovering every stone in the Alexander Cemetery, photographing each one and recording their inscriptions.

He then compiled all the photos and information into books for the Heritage Commission to preserve



the information before the stones deteriorate to the point of not being legible.

The 6-volume set of these books will be available for viewing and genealogical research in the Heritage Room in the lower level of the Baker Free Library.



Paper's Publisher Voted Vice President of N.H. Press Association


At the recent November meeting of the New Hampshire Press Association Chuck Douglas of Bow, was elected Vice President. Douglas is Publisher and Editor of the Bow Times monthly newspaper and is a Trustee of the Nackey Loeb School of Communications in Manchester.

Vanessa Palenge of NH 1 was elected President and David Brooks of the Concord Monitor was elected Treasurer.

THE ARMED CITIZEN

Drugs are thought to have played a role in the case of a man who was held at gunpoint when he was caught allegedly attempting to steal a vehicle. A Salinas, Kansas, resident was awakened by his dog barking early one morning. The dog's owner grabbed his gun before going to check out what had stirred up his pet. The search took him outside, where he spotted a stranger sitting in the homeowner's truck. The resident approached the truck and held the interloper at gunpoint until the police arrived and the robber was arrested. Police found a variety of drugs and paraphernalia in his possession. He faces illegal substance and trespassing charges.




(KSAL.com, Salinas, Kan., 8/23/17).






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Ed Caron Announces Retirement from Merrimack County Savings Bank, James Gallagher Promoted



Ed Caron Executive Vice President

Ed Caron, Executive Vice President and Senior Commercial Lending Officer for Merrimack County Savings Bank (the Merrimack) is retiring on January 5, 2018, after 21 years with the organization. James Gallagher, Senior Vice President, Senior Commercial Loan Officer, has been selected to take over Caron's responsibilities.

When Caron joined the Bank as Vice President and Commercial Loan Officer, he brought with him more than 25 years of commercial banking experience. In 2002, he was promoted to Senior Vice President, and assumed responsibility for managing the Bank's commercial lending strategy and departmental operations. Caron was promoted to his current role of Executive Vice President in 2011.

"Ed's passion for our local business community coupled with his wealth of knowledge in banking has made him an instrumental member of our senior management team, and a successful leader of the Merrimack's commercial lending business," said Philip Emma, President of the Merrimack. "Ed has developed and mentored an excellent team. Thanks to his compassionate nature and level of expertise, he has established solid, long-term customer and community relationships for the Bank. We have been very fortunate to work with him for over two decades."

"I've always believed that the financial strength of our Bank depends on the financial health of the community," said Caron. "We've made it a point to support all businesses that are big, small and everything in-between. I am extremely proud of our team, as they've built strong, lasting relationships with our customers."

Throughout his tenure, Caron has championed and advocated community involvement, spearheading much of the Merrimack's expansion, presence and reputation in Concord, Nashua and surrounding business communities. The Bank's commercial department has successfully expanded business services and lending expertise through its talent and product development, becoming a true partner across



James Gallagher, Newly Appointed Executive Vice President

many industries. Caron currently serves on the Board of Directors of Phenix Mutual Fire Insurance Company. He has also served with many civic and service organizations over the years, including the Nashua Rotary and Nashua Boys and Girls Club.

Additionally, he was Chairman of the New Hampshire Business Finance Authority for many years. He received his BS in Business Administration from the University of New Hampshire.

James Gallagher has been selected to lead the Merrimack's Commercial Lending department upon Caron's retirement.

"James' promotion is very well-deserved," said President Emma. "He is an active, forward-thinking leader who is consistently lauded by colleagues and team-members alike for his vision and insight. James is known to dig deep into research, often becoming an expert on issues that were previously unknown to him. He learns all the nuances and possible factors that may impact our customers, coming up with tailored solutions that fit the needs of each person, business and nonprofit he helps. His drive and eagerness to learn has led to his success."

Gallagher brings 18 years of experience to his new role. He began his banking career at the Merrimack in 2002 as a Credit Analyst. He left the Merrimack in 2005, and went on to have ever-increasing leadership positions at Peoples' United Bank, Massachusetts Commercial Real Estate Finance, Citizens Financial Group and Northern New England Commercial Real Estate before returning to the Merrimack in 2015.

Gallagher currently serves on the Board of Directors for both Marguerite's Place and Marguerite's Place Housing, a Nashua-based transitional housing nonprofit for women and children in crisis. Additionally, he is on the Board of Directors for CATCH Neighborhood Housing, a Concord-based housing association that creates opportunities for affordable, quality housing for people otherwise not being served.

"We make a living by what we get, but we make a life by what we give." – Winston Churchill



For over 150 years, the Merrimack has been committed to improving lives and supporting causes and organizations that benefit our community.



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Bow's Boston Post Cane Awarded to Doris Stebbins



On October 24th, the Board of Selectmen presented Ms. Doris Stebbins with the honorary Boston Post Cane.

Doris, who will celebrate her 100th birthday on January 18, 2018, moved to Bow in 1963 and raised her family here. Her husband built many houses within the town.

Upon this presentation of the Boston Post Cane, Dorris Stebbins has been recognized as the oldest citizen of the Town of Bow.

Photo by Eric Anderson



Bow Rotary Auction a Crowd Pleaser on October 28

Photos by Eric Anderson



Murder Mystery Play and Dinner

The Bow Mills United Methodist Church, 505 South St., Bow, presents "A Menacing Night at The Modern Museum" play and dinner on Saturday, November 18, 2017 with two shows: 12:00 noon and 5:00 pm.

This murder mystery takes place at a modern art museum in Boston and involves a host of cranky, bumbling, insecure, anxious, and wealthy characters and yes even a couple that just won the Powerball!

The audience will be challenged to solve "who done it" and a delicious meal will be served.

Tickets \$20/Adults; \$7/kids and 5 & under free (includes dinner, show and 5 clues.) Reservations Required: Call 603-225-3219 or 603-496-4534.

Early Act Students Attend Honor Flight



"Thank you to all who were able to make it to the Honors Flight this past weekend! Six of our Early Act members from Bow Memorial School are shown here with Governor Sununu. The Honors Flight was also featured on the WMUR morning show. It's such a wonderful way to honor our veterans.

The Early Act Club was established with the help of the Bow Rotary Club for middle school age students. The Club is in its second year with 14 members." (Photo by Jayne Millerick.)

THOUGHT OF THE DAY

Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance or a stranger.

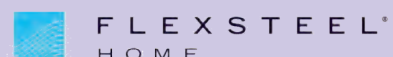
--Franklin P. Jones, American reporter and humorist 1908-1980



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What's Holding You Back?

By Jim Olson

Have you ever coached a soccer team? Or a kids sport?

Imagine that you're standing on the soccer field, and it's swarming with 13-year-old girls, each sporting an identical brown ponytail. Maybe there are one or two blond ponytails, and one red one, but most of them are brown. With uniforms on, even the parents can't always tell which girl is theirs from across the field!

From your vantage point in the middle of the field though, you can see which girls know how to run straight ahead, which know how to handle the ball well, which can keep their eye on their opponent... You are in a very good position to see who has which talents, and where they each need to improve.

But when you pull them aside, one by one later on, to talk about getting better at particular aspects of the game, you would find that very often they'll say to you, "But coach, I *can't* do that! I'm just no good at it!"

And you, being the wise coach that you are, reply with a smile, "Yes, you absolutely can do that, if you *decide* to, and then go home and practice it."



Jim Olson

Sometimes it's easier to notice how other people can improve, instead of noticing it about yourself, isn't it? Honestly, that's why I also hire a coach to work with me. Because I am not always the best person to point out where and how I can improve.

Well, imagine *you* are that player out on the soccer field, and I'm the coach. At the end of the game, I pull you aside and say, "I know what's holding you back from being the best you can be. If you do [this or that thing], you'll be a much better player."

What do you reply to me?

"Yes coach, thanks! I'm on it!" (*not very likely, is it?*) Or

"But coach, I'm just no good at that! It's just the way I am!"

Whoa! Not to say you're acting like a 13-year-old, but... :-)

Look, it's not your fault. The human brain is designed to keep us "comfortable." It likes to keep us doing the same old things, because anything new is scary. This is a natural reaction that grew out of our need to protect ourselves, millennia ago.

Unfortunately, when it comes to making positive change in your life - whether it's losing weight, eating right, getting more sleep, learning a new skill, visiting a new country, meeting new people, starting your own business - that instinctive desire for self-preservation gets in the way of being able to do what's best for you in the long run.

I can't tell you how many adults - not just 13-year-olds! - I've heard say to me, "That's just the way I am! I'll never be able to change..."

Well, let me ask you, would you *like* to change? Is there something you'd like to work on, that, if changed, would actually make your life better?

If you answered "yes" to that question, but you've been saying a

petrified "no!" inside your head for quite a while, then it's time to start acknowledging your limiting beliefs. **THAT** is what is really holding you back.

Not your abilities. Not your intelligence. Not a lack of time. Not a lack of money. Not your family who won't support you. Not your friends who don't understand you. It's the thoughts in your head that you "can't" do something you really want to do. And it even makes you afraid to acknowledge it. Every. Single. Time.

So here are the first few steps to taking back control of your life, and putting to rest that little Negative Nanny who keeps telling you "no" or "I can't"...

Recognize that something in your life isn't serving you well right now.

That's it. Just start by acknowledging it. If you want some help getting to this point, I recommend journaling about it for a few days. Set the timer for six to ten minutes, once a day, and just write, honestly, and from your heart. When you do this, believe me, you'll figure out what is really bothering

Olson cont. p. 14

PRESSED FOR TIME? WANT TO EXERCISE & EAT RIGHT?

Are you tired of allowing your busy schedule to block your way to optimal health? There's always an excuse to not exercise and eat right - work, family and other personal commitments. Are your obligations going to disappear? The answer is NO! It's time to put your excuses aside. Your time to make a change is **NOW!**

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ABOVE- View from the 1/4 mile trail to top of Great Hill view accessed on South Road Trailhead

Mike and Nancy Sampo who live at 64 Woodhill-Hooksett Road have created a phenomenal view from the top of Great Hill. They have also saved an 1826 farmhouse and barn that had been in the Colby family of Bow until the year 2000.

The Sampos decided to buy the farm from Walter Brown who had married one of the Colby descendents. The farm originally was about 200 acres but is now 51 acres. The fully restored barn across the road from the house has solar panels on the roof that supply almost all of the electricity needs for the Sampo family. The barn was built in the 1870's.

The house, constructed in 1826 is the first house approved by the Bow Historic Preservation Commission and bears the sign on the corner of the house as "1826 Cyrus Colby Farm at Great Hill."

Because the property is adjacent to the town's Nottingcook Forest with an extensive trail system, Mike and Nancy Sampo opened up a phenomenal view from the top of Great Hill and the area can be accessed by a quarter mile trail from the South Road Trailhead.

The kitchen contains vintage-appearing equipment such as the stove, that fortunately is new and does not require a wood fire. The preservation of the property is an important part of Bow's agricultural history and anyone wishing to access the view is free to do so from the South Road Trailhead.

Photos by Eric Anderson



SHOULD YOU USE A TOUR COMPANY?

By Chase Binder

Face it. We baby boomers are getting on in years. Some us no longer have the physical ability to fly to faraway places, drag our own luggage everywhere, or drive cars in unfamiliar territory. Some of us can tolerate the physical stress perfectly well, but don't want the bother of navigating the world of travel on our own. We've earned the right to sit back and leave the driving to others!

Lucky for us, there are literally thousands of tour companies ready and able to shoulder these burdens in part or in full. So how do you pick the one that's right for you?

Begin with a brutally honest self-assessment. Traveling with a tour group requires ceding most control over things like hotel selection, itinerary, daily schedule of sightseeing and even restaurant and menu choices. It also requires at least some sociability, often with strangers whom you may or may not like, as well as lots of patience—bathroom stops for large groups can take a long, long time.

If any of this seems like a nightmare to you, stop reading now. You'll be much happier going the FIT (Foreign Independent Travel) route. I'll write about that in an upcoming column. But if you're not hyperventilating yet, read on!

Tour companies come in all shapes and sizes and are designed for all types of budgets and travelers. Since money is a consideration for most of us, deciding your general category of travel is a good place to start. With a few exceptions (more about them later), true luxury tours abroad will set you back \$5-9,000 per person per week—though you can reduce that slightly by booking 2-4-week tours. Mid-range tours will run \$3-5,000 per person per week. Budget tours to the same countries can be had for as little as \$1800-3000 per person per week.

What's the difference? Luxury tours book 5 and 6-star hotels, nor-



Chase Binder

mally specialize in small, intimate groups (12-20) and make sure that guests have the best food/drink/experience possible—think silver and crystal tableware and Cordon Blue chefs on tented safaris in the African bush. Some luxury tour companies even assure you that fellow travelers will be “like-minded”—perhaps code for well-traveled, well-educated. If you'd like to explore these, start with Abercrombie and Kent (abercrombiekent.com) for a comprehensive selection of worldwide destinations. Although there are other specialty luxury tour companies (National Geographic Expeditions comes to mind (natgeoexpeditions.com), A & K set the standard early on.

If you can handle slightly larger groups, perhaps up to 30, and feel that 3 and 4-star hotels would be acceptable, try a mid-range tour company. These vary from companies that tend toward the higher end like Tauk (tauk.com) to ones that have a broader range of price-points like Collette Tours (gocollette.com) or Trafalgar (trafalgar.com). These companies generally provide more types of tours—some small group, some larger—and also allow you to book at various levels, normally meaning you can upgrade to a better

hotel. Still, you'll often be eating in restaurants that accommodate larger groups and have fixed menus.

Budget tour companies are able to provide travel service using economies of scale—larger groups (often 50), bigger busses, bigger “tourist class” hotels (think Red Roof Inn, Econolodge), and fewer options to personalize your experience. Many have co-marketing arrangements with AARP, so aarp.org is a good place to start looking at these travel options.

No matter which option you choose, always look at the list of inclusions *and* exclusions. Airfare is the biggie, of course, and is rarely included—though explore flying on points if you have them and always look for promos. Another creeping cost is meals. “Most meals included” can mean a sparse continental breakfast at the hotel and a box lunch on the bus. If you're on your own in parts of Scandinavia for diners, that can mean adding \$100/day per person. And don't forget gratuities. Most tours will include luggage transfers and tips for group meals, but rarely bus drivers or tour guides. Again, look for promos.

Most importantly, decide what's most important to you. Bud and I admit we like a nice hotel...but we also are cost-con-

scious. I will often look at luxury tours to see what hotels they use in an area, then look for a mid-range tour company that uses the same hotels. We also like a tour that is has 16-20 or so people. More than 20 you're in a larger bus and will likely be in tourist-style restaurants. If you have at least 16, you'll no doubt find some compatible companions, and also be able to dodge some that might grate on your nerves.

And what about the exception I spoke about...luxury for less than \$5-9000/week? Monitor luxury tour websites for tours to areas of the world that might be unpopular. Bud and I had a spectacular Abercrombie and Kent tour of Egypt in 2012, a little more than a year after the Arab Spring. The price was incredible, and we figured they wouldn't be offering the trip if they didn't feel confident about keeping us safe. It was unforgettable and we never had a moment of nervousness.

Lastly, with today's internet access and social media, it's easier than ever to research tour companies. Don't forget—anyone can say they are luxury tour company, or say they provide best value for the money. Check them out on TripAdvisor (where you can directly email reviewers), ask friends who travel, Google the company name.





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7 Ways to Avoid a Holiday Spending Hangover

As the holiday shopping season approaches, Sugar River Bank has identified seven habits that shoppers should embrace to minimize their holiday spending debt.

It's easy to go overboard buying gifts for loved ones during the holidays, but it's important to spend within your means. There are simple things you can do to avoid a holiday spending hangover, like setting a budget in advance and avoiding impulse buys. Below are seven spending habits Americans should consider to help relieve the financial stress of the holidays:

- **Plan ahead.** Before you start shopping, develop a realistic budget for holiday expenses. Figure out your bottom-line number and set aside holiday cash in increments throughout the year. If you need to use your credit card, think about what you can afford to pay back in January.
- **Keep track of other costs.** Don't forget costs beyond gifts, like postage, gift wrap, decorations, greeting cards, food, travel and charitable contributions. Keep in mind the end of the year is a time when large annual or semi-annual costs like car insurance, life insurance and property taxes arise.
- **Make a list and check it twice.** Keep your gift list limited to family and close friends, noting how much you want to spend on each. If you're donating to charities, factor in the total amount you plan to donate and how much each charity will receive.
- **Shop early and space out purchases.** Avoid shopping while rushed or under pressure, which can lead to overspending. Make sure to comparison shop online first, or download an app that lets you compare prices before you buy anything in a store. Before you head to the cashier (or online checkout), make sure your purchase is within the budget you set.
- **Avoid impulsive spending decisions.** Finding a spectacular sale on something you've been wanting can easily throw you off course. Stay strong and stick to your budget. Don't be blinded by limited-time incentives geared toward getting you to spend more.
- **Use credit wisely.** Limit the use of credit for holiday spending. If you must use credit, use only one card—preferably the one with the lowest interest rate—and leave the rest at home. Pick a date when you can pay off your holiday credit card bills, and commit to paying off the balance by that time. Be sure to check statements for unauthorized charges and report them immediately.
- **Save your receipts.** Not only will you need them for possible returns, you'll need them to keep track of what you've spent and to compare with your credit card statement. Knowing how much you spent will help you plan for next year, too. Keeping receipts for charitable donations will help you receive tax deductions in the spring.

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Source: American Bankers Association



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Bow Community Men's Club
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8:30 – 12:00 P.M.
Adult \$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.

Bow Rotary Club Presents \$25,000 Check to Bow Middle School's "Wildcat Habitat"

By Donna Deos



L to R: Robert Louf, Judy Goodnow, students from Bow Middle School, Gale Kenison and Dean Cascadden.

The Bow Rotary Club happily presented a check for \$25,000 in support of the new "Wildcat Habitat" at Bow Memorial School. The habitat is a new playground using all natural materials to create a variety of settings in which students can exercise and socialize while getting a breath of fresh air at recess.

The presentation was delivered at a pep rally at Bow Middle School and much cheering was done by one and all! (Some of the adult's ears are still ringing!)



BAKER FREE LIBRARY NEWS

By Lori Fisher

Lori Fisher receives Ann Geisel Award from NH Library Association



Lori Fisher, Baker Free Library Director (left) with her son Jared Fisher (right) after she received the Ann Geisel Award of Merit from New Hampshire Library Association

Lori Fisher was recently recognized for library director excellence after winning two distinguished awards. Lori was the recipient of the 2017 New Hampshire Library Director of the Year award given by the NH Library Trustees Association as well as the 2017 Ann Geisel Award of Merit given by the New Hampshire Library association. Both awards are great honors and it is extraordinary that both of these awards were given to a library director in a single year.

The NHLTA Library Director of the year is given annually through a nomination process by library trustees and each nominee goes through rigorous qualification. The Baker Free Library Board of Trustees nominated Lori in 2017 and her award reflects the extraordinary dedication, excellence and hard work that the Library Director role requires. For more information about the Ann Geisel award, visit <http://nhlibrarians.org/awards/geisel/>. For more information about the Library Director of the Year award, visit <http://www.nhlta.org/librarynews.asp>.

Due to a collaboration with YogaNH (Concord, NH), the library 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 December will be Saturday December 2 and Sunday December 3 from 9 am to 10 am. Classes will be held in the Library's Mer-

rimack 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. Thank you to YogaNH for giving back to the Bow community as part of their paid use of our facilities for events and workshops!

Giving Tuesday and Library Endowment Fund Campaign

With the Lower Level Renovation fund raising behind us, the Library Trustees and Foundation directors are ready to launch 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. This year we will begin an endowment fund starting on Giving Tuesday, 11/28/17. This is the Tuesday after Thanksgiving, and marks the beginning of the season of charitable giving. Our goal between Giving Tuesday and 12/31/17 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. Stay tuned for more information on the upcoming Giving Tuesday campaign and how you can help! Questions? Email Lori Fisher at lori@bakerfreelib.org.

Hat & Mitten Drive through December 2nd

The Happy Hookers knitting group is collecting hand-knit hats, mittens, and scarves to be donated to Bow Human Services and Bow children in need. Donations may be dropped off at the Library dur-

ing our regular hours, or brought to the Happy Hookers weekly meetings at White Rock Senior Living, Bow Center Road, on Tuesdays from 9 am to 11am. Yarn donations are also gladly accepted. Contact Betsy at 224-7113 or betsy@bakerfreelib.org with questions.

Town Tree Lighting and Santa Visit on Sun November 26

Our annual Town Tree Lighting and Santa Visit will take place on Sunday 11/26 from 5 pm to 6:30 pm at the Gazebo (corner of Knox and Logging Hill Roads). Crafts, caroling, cocoa, and cookies will be available, and kids will have a chance to visit with Santa after he arrives and lights the tree. For more information contact Bow Parks & Rec at 228-2222.

Library Class/Event Highlights

Movie of the Month (December) – Baby Driver: Monday December 11, 6:30 pm. Funny, charming and heartwarming, this delightful romantic comedy follows eight couples whose lives intersect shortly before Christmas. Headlined by an incredible roster of stars, this beloved film also features early movie appearances by Martin Freeman (The Hobbit), Andrew Lincoln (The Walking Dead), January Jones (Mad Men) and Thomas Sangster (Game of Thrones). Rated R. Movie will be shown in our Lower Level. Free and open to the public. No registration is required. Popcorn will be provided.

Library Holiday Closure Dates

The Library will be closed on the following dates in November:

Thursday November 23 – Thanksgiving Day

Friday November 24 – Day after Thanksgiving

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On The Water

And in the Woods



With Ron

The Deer and Bear kill is down so far this season. Warm temperatures and abundant acorns, apples, and beechnuts are the reason. Some hunters have opted to wait for cooler temps, as it would be very challenging to get an animal out of the woods into refrigeration. I would expect the deer kill to average out as the cooler temperatures arrive. October 21st is the first day of the moose hunt and it could be a very tough start. Moose, because of their very heavy hide, do not move much in warm temperatures.

One thing that bothers me the most is littering. It is the biggest reason for posted land. If you pack it in, pack it out. Another thing I see, all too often is a hunter who has hunted upon open land for years, and then buys his own land, and puts up posted signs Ouch!



There is something very special about the sporting world, and that is the friends you make along the way.



A number of years ago on a remote trip into the interior of Labrador, we were watching the weather closely. Float planes fly "VFR," or visual flight rules. The ceiling has to be 800 feet on both ends of the flight. This can be very frustrating.

On this one particular trip, a narrow window of weather opened up. We hurried to taxi from Otter Creek, Goose Bay to Osprey Lake, Labrador. We taxied in and quickly unloaded, I barely had time to shake hands with the sportsmen that were flying out.

After the trip was over I asked my outfitter for the names and phone numbers of the two men from NH. I got in touch with one from Ossipee, because I wanted to compare notes from the trip. We hooked up and became good friends. We fish together every year, mostly on the Mirrimachi in New Brunswick.

A couple of weeks ago, I was in a bird hunting spot, my friend was there with his two brothers and their bird dogs. I said, "Ken, you have a big load today, I'll strike out by myself." He said "No," you will hunt

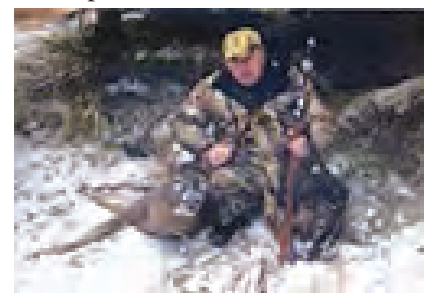
with us." We had a great hunt, what a friend!

Last season I had just shot a beautiful (8) point buck, it was my 3rd big buck of the season. I said to myself, "There must be somebody looking down on this old fly fisherman."

I called my guide Peter on the radio and gave him the news. He replied he was about an hour away on his "bike," as they refer to the four-wheeler.

He asked if I could open up the deer, and I replied, "Roger That." I sat there and observed every moment

of this pristine wilderness.



There were no cars, no trucks, no noise at all, it was just "Perfect."

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The Automotive Forum With Jon Chartier



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Why does my car have so many warning lights!!

On any given week we receive several phone calls about warning lights. These indicators are controlled by sensors and computers in your vehicle. Their purpose is to warn the driver of mechanical issues or maintenance reminders.

The two most common ones we deal with are check engine lamps and tire pressure monitors otherwise known as TPMS. The check engine indicator is turned on by the engine management computer. It monitors all the engine and transmission systems of the vehicle to be sure their operating properly.

Now, in the state of NH, if your vehicle is less than twenty years old, if the check engine lamp is on it will not pass state emissions requirements.

The **tire pressure warning** system is something that was implemented by the federal government in 2006. The indicator is often caused simply by improper tire pressure (too high or too low) or faulty sensors. Tire pressures have to be set to the manufactures recommended pressures. These are indicated on an information tag located inside the driver's door jam of every vehicle. Every owner's manual has a section dedicated to what every warning lamp indicates. I always advise people to have them checked as soon as possible. Some issues if not repaired could be causing internal engine damage, catalytic converter damage or poor emissions to the atmosphere. Tire pressure system monitors can also indicate a flat tire not just low pressure. As always have your vehicle serviced by a trusted professional!

E-Mail Your Questions To: jon.chartier@jefkel.com

Question: I have a 1998 Dodge Ram 1500 4x4 pickup. I need to have the front coil spring buckets replaced. I have purchased some replacement buckets. The replacement buckets have holes drilled in them to let the water, ice, snow and salt drain out of the buckets. This should have been done by the vehicle manufacturer originally and I would not have to be doing this today. I realize the old buckets have to be cut off and the new ones welded on. What are the ramifications of removing the existing rotted out buckets and what else would be affected in relationship to the replacement of said buckets. (Gary Nylen ,Bow)

Answer: Hi Gary, The spring buckets are a common issue on this vintage truck. Replacing them is an involved process that requires cutting and welding in of the new parts. One of the most difficult parts of the process is to carefully remove the suspension springs. Special tools are required for this to avoid personal injury. Also removing related suspension components is sometimes difficult due to rusted fasteners. In my experience, I've had to replace the four front control arms and front shocks at the same time. If care is taken in completing the job there will not be any negative ramifications from cutting and welding on the front axle. I do strongly suggest to have the overall condition of the vehicle assessed by a professional to, be sure the vehicle is worthy of such an expensive repair before proceeding. Thanks for your question! Jon.

The Bow Times 17 Years Ago in November

(reprinted from November, 2000 edition)



The Bow Times

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VOL. XIII, No. 43

NOVEMBER 9, 2000

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High turnout at area polls

By LAURIE HAMBLETON
Staff Writer

BOW – A line of voters waiting outside the Bow Community Center when the polls opened Tuesday morning was a pretty fair warning that turnout would be heavy during the Nov. 7 general election.

"It took two hours to catch up," said Bow Town Moderator Peter Imse. "Nobody waited more than 15 to 20 minutes."

By 9 a.m., 747 ballots had been cast by Bow voters. During the last presidential election in 1996, 660 ballots had been cast by the same time.

Imse attributes many close and contested races for the gain in voter turnout.

"There are so many contested races – the governor, the president and the senate races," Imse said, noting Steve DeStefano, a Bow resident, was in a hot contest with Ted Gatsas.

"There are a lot of ways that people would get interested," Imse said.

Bow offered 22 booths for its voters and officials were considering putting up more for the next election.

Meantime, Hopkinton and Dunbarton also reported heavy traffic at the polls.



Eric Anderson holds signs during the Nov. 7 election outside the Bow Community Building. With high voter turnout, candidates and their representatives had plenty of time to meet their neighbors with the good weather. (Laurie Hambleton Photo)

Local election results

✓ Denotes candidate with the most votes in region

	Bow	Hopkinton	Dunbarton
President			
✓ Bush/Cheney	2079	1457	682
Gore/Lieberman	1758	1586	552
Browne/Oliver	13	22	5
Nader/LaDuke	91	120	36
Phillips/Frazier	0	0	1
Buchanan/Foster	4	6	7
Governor			
Gordon Humphrey	1695	1126	608
✓ Jeanne Shaheen	2017	1809	585
Mary Brown	234	228	78
John Babiarez	30	34	8
Congress			
✓ Charlie Bass	2361	1725	797
Barney Brannen	1470	1380	423
Brian Christeson	47	63	18
Roy Kendel	13	10	7

(See more local results on Page 3)

Dunbarton drafts ethics code

By MELANIE S. HITCHCOCK
Staff Writer

DUNBARTON – After several months of research and interviews, the Dunbarton Ethics Committee has taken another step toward completion of an ethics code for town officials.

The committee has started distributing a draft of the proposed code to town officials and

The committee is asking all those interested in the code to attend the meeting to talk about the draft and submit their input.

Is it workable in its present form and will it change are two questions the ethics committee will try to answer following the informational meeting.

Holmes said the committee will hold other forums and meet-

NEIGHBORHOOD NEWS NOVEMBER 22, 2000 5

Nine Bow grads named AP scholars

BOW – Nine Bow High School graduates have been named AP Scholars by the College Board in recognition of their exceptional achievement on the college-level AP Examinations.

Only about 13 percent of the more than 700,000 students who took AP Examinations in May 2000 performed at a sufficiently high level to merit such recognition.



Karolyn Noyes

Students take AP Examinations in May after completing challenging college-level courses at their high school. The College Board recognizes several levels of achievement based on the number of year-long courses and exams (or their equivalent semester-long courses and exams).

Four Bow students qualified for the AP Scholar Award by completing three or more AP Examinations, with grades of 3 or higher. The AP Scholars are Hannah Fries, Karolyn Noyes, Sara Siegel and Cindy Zibel.

Two students qualified for the AP Scholar with Distinction Award by earning an average grade of at least 3.5 on all AP Exams taken, and grades of 3 or

higher on five or more of these exams. These students are Kaitlyn Gilles and David Masuck.

Three students qualified for the AP Scholar with Honor Award by earning an average grade of at least 3.25 on all AP Exams taken, and grades of 3 or higher



Sara Siegel

on four or more of these exams. These students are Claire Douglas, Courtney Scala and Katherine Stebbins.

Most of the nation's colleges and universities award credit, advanced placement, or both based on successful performance on the AP Exams.



Cindy Zibel

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BOW GARDEN CLUB

By Joyce Kimball

BOW GARDEN CLUB PLANTS "GARDEN OF HOPE"



The "Garden of Hope" was replanted recently with dozens of beautiful pink chrysanthemums by members of the Bow Garden Club, assisted by volunteers from the "Making Strides Against Breast Cancer Committee," just in time for the "Making Strides Against Breast Cancer Walk" that took place on Sunday, October 15th.

The chrysanthemums are generously donated annually by Pleasant View Gardens of Loudon. "The Garden of Hope" was designed and built in 2004 by "Making Strides" volunteers with the support of the Greater Concord Community and is located next to the lower athletic fields at Memorial Field. The cancer ribbon-shaped garden site, approximately 10' x 20', is dedicated to all those touched by breast cancer and includes granite pavers engraved with the names of corporate sponsors and a meditation bench. The original donations of materials were made by Swenson Granite Works, Brochu Nursery & Landscaping and Outdoor World & Stonescapes. The garden club has been assisting with the fall planting of the Garden of Hope since 2009.

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"Little Garden of Horrors?"



BGC members (l-r), Janis Kuch, Catherine Wittliff, Sue Johnson, Margaret Leary & Joyce Kimball



Welcome to the Bow Garden Club's "Exotic" Plant Sale



The "Green Monster"

Several members (left) of the Bow Garden Club, headed up by Margaret Leary, got together recently to create a "Little Garden of Horrors" as their table theme for the October 27th "Community Halloween Party." For the past few years, the garden club, along with many other community groups, has decorated a "Treats Only" table, distributing candy treats to the hundreds of Bow children that pass by their table that evening.

The potted "monster plants" were made of paper mache and the towering "Green Monster," complete with dangling eye balls, was created by using carve-able faux pumpkins, painted green of course. The garden club members that were on hand to pass out the candy and exclaim over all the wonderful costumes the children (and many of their parents) donned for the occasion, were "dressed up" in typical gardening garb—after all, they were tending the "Little Garden of Horrors."

Olson cont. from p. 7

you and holding you back.

Identify what you want things to look like instead.

Write that down. Paint a vivid picture, using all five senses. Really feel how happy it will make you when you achieve that goal.

Now write down some short term steps

Really small steps - you can begin to take to reach that goal. It could be removing all the junk food from the house, if you want to lose weight. Or it could be parking the car in the furthest parking spot every day at work. Whatever it is, list some small steps you can begin taking.

Get support.

People thrive in community. That's why we all need friends, and groups to belong to. Find others who are going through the same thing you are, and be there for each other.

Get your own "coach on the field."

Someone who can see the big picture, not just one tiny parcel of lawn. Someone who can explain how the plays are supposed to work, so you can make incremental improvements.

I'd love to be your coach on the field. If you'd like to explore what that might look like, let's set up a consultation and get to know each other. Help me help You!

Committed to Your Fitness,
Jim

Community Development Department

Town Master Plan 2017

The Planning Board held a public hearing on 10/05/17 to review the Master Plan and after discussion voted unanimously to adopt it.

Staff News

Alvina Snegach from Bow Community Development participated in the 2017 NHMA Municipal Law Lecture Series. 2017 lectures include Land Use and Water Protection, Telecommunications and Land Use Boards, and Land Use Board Procedures.

Business Development Commission

Held a Business to Business event was held on October 25th in the newly constructed Bow Safety Center. Owners or representatives from over 30 local businesses were in attendance along with representatives from the Greater Concord Chamber of Commerce. The event also included a guided tour of the facility.



The Business Development Commission recently met at the Bow Safety Center. Photo by Eric Anderson

White Rock Residents Contribute to Help Global Christmas Project

Nov. 13 – 20 is Operation Christmas Child’s National Collection Week and Mary Barber, a member of the Senior Living Community, suggested they start collecting items toward the effort. On November 1, WRAC (White Rock Activities Club) hosted a packing party where a group of volunteers came out to fill the boxes ith all of the items that had been collected. Under the efficient and organized direction of the club President, Yvette Hunsberger and Vice President, Maggie Little, over 50 boxes were packed and will be sent to children around the world—many of whom have never received a gift before and have very little to call their own.

“Preparing a box, knowing it will put a smile on the face of a child in need somewhere in our world, makes the effort a complete act of joy and love from start to finish” said White Rock resident Mary Barber.

For more information on how to participate in Operation Christmas Child or to view gift suggestions, call (828) 262-1980 or visit samaritans-purse.org/occ. Participants can donate \$9 per shoebox gift online through “Follow Your Box” and receive a tracking label to discover its destination.

Breakfast Now Being Served

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Sat. & Sun 7AM-1PM

* Closed on Mondays *

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SUDOKU PUZZLE #13

By Ian Riensche www.sudoku puzzler.com

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

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.

Palace Theatre Presents The 17th Season of The Nutcracker



Come experience the magic and beauty of the timeless classic, *The Nutcracker*, this holiday season as Southern New Hampshire Dance Theater performs this annual production on the Palace stage, Friday Nov. 24 - Sunday, Nov. 26, 2017. Dancers in this classic ballet will be accompanied by a live 22-piece orchestra led by Grammy Award winning conductor John McLaughlin Williams during 6 weekend performances.

Based on the story by E.T.A. Hoffman and music by Pytor llyich Tchaikovsky, this production will widen eyes with the fantasti-

cally designed backdrops setting the scene as well as bring audiences to the edge of their seats through the colorful expression of the arts, music and dance.

The performance unfolds at a charming Christmas party in the 19th century where the mysterious Dr. Drosselmeyer gives his niece, Clara, a magical toy that takes her on an unforgettable journey. Complete with the iconic dance of the Sugarplum Fairy, this year’s production will dazzle audiences whether returning for the annual spectacle or experiencing it for the first time.

Performances of *The Nutcracker* will be both evening and matinee with ticket prices ranging from \$25 to \$46.

Sponsors for the 2017-2018 Citizens Bank Performing Arts Series include, PC Connection, Coca Cola, McLean Communications, CMC, XO on Elm, Piccola Italia Ristorante, Cotton and Merrimack Mortgage.

For further information about pricing, visit the Palace Theatre’s website at www.palacetheatre.org.

Family and the Holidays

By Donna Deos

As the holidays approach and we start to spend more time with our friends and families, we tend to notice the subtle – or not so subtle – changes they may be experiencing. When this happens we start to get concerned and wonder what, if anything, we can and should be doing to help them.

Sometimes the easiest answers, and a great short term solution, can be to see about having some help come into their home.

Let me give you an example. You see your family member's house isn't as clean as it usually is and you notice the food in their fridge is looking sketchy and past date. They assure you everything is fine. That the food is fine and they have just been too busy getting ready for the holiday to do their usual household upkeep. Yet, you still think something is amiss.

You are likely correct. Their home and maintaining it could be starting to be too much for them to be able to handle. Hey, let's face it, the older we each get, the longer it takes us to do the things we used to wiz right through. Our energy levels and stamina change over time and with age. It's natural and it happens to every one of us.

This could also be a warning sign that their eyesight is changing and maybe they don't see as well so they don't notice the dust, dirt or even the fuzzy food. On the food thing, depending on their age, they could be depression era kids or post-depression era kids. This means they grew up in scarcity and learned to make the most of everything and to not be wasteful. This is very different from how the younger folks think today. You are correct in being concerned about them getting sick from eating it. They will likely not be concerned about that at all.

The lesson here is that you can benefit from understanding where they are coming from. Lots of things we do in life are because of life experiences and how we were raised. If you understand the why, it makes empathizing and moving forward a bit easier. It helps us to be less critical and less likely to say things that cause hurt feelings, defensiveness and for them to stop listening to us overall. The goal is to help them and to find a solution, not to make them mad at us and ruin their holiday.

Okay, so, you noticed changes. You are concerned. Now what?

Well, you can always talk to me and we can formulate a plan.

You also need to talk to them. It's their life and their issues that need the attention. Their feelings also need consideration when approaching this. So remember to approach the conversation from a place of love and be open to their thoughts and feelings.



Most importantly, you likely need to consider who can help. Often times, consulting with an in-home care provider can be a decent option. In my interview with Laurel Trahan, owner of Age at Home, an in-home care company, we have talked about how to introduce a helper into the home and the many benefits of having the extra set of eyes and ears there to help understand the bigger picture of what could be going on with your loved one.

To watch the interview series on YouTube go to my page (Donna Deos) and look for "Laurel Trahan: What Are Types of Services."

What I'm trying to do here is to give you a tiny glimpse of what is available. I also want you to know that just about all of us go through this at some point in time or another. If you don't it could be because you have a fantastic sibling who is likely handling it for you! If this is the case, using the Thanksgiving holiday to let them know how much you appreciate all they are doing is a lovely idea.

So, if you notice things that concern you about your loved one over the holidays, please keep an open mind, an open heart and know that you have resources at your disposal to help you navigate the waters ahead. That is what my business is all about. Helping you find confidence and control in life's toughest situations.

Just call or email. If I'm the right person to help you, I'll let you know. If I'm not, I'll head you toward someone fantastic like Laurel who is in the right position to help.

Please know, there are many solutions or potential solutions. If you think in-home care is or is not the right option, that's okay. I'm presenting it here as an option.

Good luck and I hope you have wonderful holidays full of brightness, joy, love and laughter. And, should you experience some concerns, please know, you are not alone, we are here to help!

All my best, Donna

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Boy Scouts Receive Over 10,000 Food Items

By Jim Weber



The final count was 10,550 donated items! Once again, the residents of Bow and Dunbarton have shown phenomenal support for scouting and those in need of our communities and the greater Concord area. Thank you for support of scouting!

Fire Extinguisher Recall Warning

by Mitch Harrington

Bow Fire Department has been made aware that Kidde, a manufacturer of fire extinguishers, has announced a recall of almost 40 million fire extinguishers nationwide. The affected extinguishers may not perform when an emergency need occurs. The fire extinguishers that are part of this recall can become clogged or require an excessive amount of force to get them to discharge. In addition the nozzle can detach with enough force to become an impact hazard. In some situations, the extinguisher may also fail to activate. Authorities are aware of at least one death that resulted from a failed extinguisher. There have been almost 400 reports of problems related to the involved Kidde fire extinguishers.

The recall includes Kidde plastic handle fire extinguishers produced from January 1973 to August 2017. Bow Fire Department encourages all citizens to verify if their extinguishers is involved in the recall by visiting the United States Consumer Product Safety Commission website www.cpsc.gov. Additional information is also available at www.kidde.com.

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Healthy Approaches to Holiday Eating

By Meagan Phelan

The holidays are a special time to enjoy friends, family, and, of course, food! On average, Americans gain approximately one to two pounds during the holiday season. While this weight gain isn't dramatic, research shows this weight does not come off, and will continue to accumulate over the years. Luckily, those pounds can be avoided through mindfully eating in moderation and a few simple strategies.

1. Eat your usual breakfast. Research shows that those who eat breakfast are less likely to overeat and generally consume fewer calories throughout the day.

2. Eat more fiber. Fruits, vegetables, and whole grains are high fiber foods which are high in volume to satisfy hunger, but are also lower in added sugar and fat. Any easy way to eat more fiber is filling half your plate with non-starchy vegetables.

3. Watch those apps. These bite-sized treats can add up quickly over the course of a long day! Try picking 2-3 of your favorites and then stay away from where they are being stored.

4. Use smaller plates. Dishes have grown dramatically over the past 50 years, increasing from 8 inches to 10 or even 12 inches. This 22% increase in plate size can add a whopping 250 calories *per meal!* Worried about still feeling hungry? Research also shows that those who eat from small plates (and thus eat smaller portions) report feeling the same level of fullness regardless of plate size.

5. Eat Slowly. It takes 20-30 minutes for a person to feel full after a meal. If your family is like mine, the meal takes days to prepare and about 15 minutes to eat. Try stretching out that time by putting your fork down between bites, taking a sip of water, or striking up a conversation with the person sitting next to you!

6. Wait for seconds. Another strategy is to simply leave the room after you finish your meal until you hit the 30 minute mark. If you are still hungry, go for more!

7. Be careful with beverages. Alcohol can lessen inhibitions and induce overeating; non-alcoholic beverages can be full of calories and added sugar. Try flavored or sparkling water instead.

8. Plan time for exercise. Take a family walk around the neighborhood or play some basketball in the driveway. Exercise will not only burn calories, but can take the attention away from food and onto family time. Those happy-hormones that are released during exercise can also relieve stress!

9. Set yourself up for success. Bring your own veggies if you know there are none available. Scope out the buffet and make your selections prior to putting them on your plate. Or, team up with a friend or family member to help keep you both on track.

10. Be realistic. Don't try any crazy diets during the holidays, which could lead to feelings of deprivation and frustration. Instead, try to maintain your current weight and enjoy every moment with your loved ones!

Meagan Phelan of Bow is a Registered Dietitian, avid cook, gardener in-training, and dog lover. With experience in nutrition education, research, and counseling, Meagan works with people to expand their knowledge of nutrition and motivate them towards their unique wellness goals at Nourished Nutrition Counseling in downtown Concord. Visit NourishedNH.com or call (603) 393-3896 for more information.



nourished
NUTRITION COUNSELING LLC

Looking for great tasting recipes for the Holidays? Meagan has a library of recipes just waiting to be put on your table!

Meagan Phelan RD, LDN can help you achieve your health and wellness goals. No judgment, cleanses, or counting - just personalized care with real food you want to eat! Nutrition services are covered under most insurance plans.

Call 603-393-3896 or visit NourishedNH.com to schedule your appointment.



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Wondering If Or When To Sell Your House?

By Ann Dippold

There's a lot at stake when contemplating a home sale. Some questions to help you get started:

Is it a Buyer's or Sellers Market? How do we know? When there is 6 months of inventory or more, it is considered a buyer's market, less than 6 months a seller's market, and right around 6 months, a neutral market. The Bow market has been a seller's market all year, and the trend is expected to continue into 2018.

NOW is a good time to sell...but only if you're ready!

Do you have a good Real Estate Agent? An experienced, local agent will help you evaluate when is the right time to sell, what you need to do to prepare your home for sale, costs associated with selling, and what to expect in the process.

Can you Afford to Move? Moving is expensive, no matter if you're upsizing, downsizing, moving across country, or into a rental. Hiring movers, cost of improvements prior to listing your home for sale, transfer fees, and Realtor fees are some of the major expenses, but there are many others to consider as well. Put pen to paper and carefully calculate expenses before deciding if the time is right for you to make a move.

Is your House Ready? I have a pre-listing home inspection check sheet I use with my clients. It walks the seller through all the points a home inspector will look at and in doing so, helps identify areas of concern. Knowing you need a repair or replacement prior to the buyer is invaluable. Many home sales fall apart each year due to unforeseen and costly repairs. When high ticket items come up, buyers can become skeptical that the home hasn't been well cared for, and begin to fear there are others things the seller may be trying to hide. It's best to repair and/or replace any items that need it prior to listing. Once any major repairs are done, it's time to de-clutter, clean, and stage the home to sell!

38th Annual Bow PTO Craft Fair



November 18th & 19th, 2017! 9:30 am – 3:00 pm both days at the Bow High School. Cost is \$2 entry at the door. Over 125+ of the finest artisans from New England. Artisans offer craft items for a raffle. Conveniently located off I-89 Exit 1. Come on out and support a great school system while completing your holiday shopping!

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Saturday November 18th

10 North State Street Concord, NH.

A Checklist of the Utmost Importance

BY BEN KINIRY, ESQ.

If you have been reading these articles, then you have received a fair amount of education regarding the Medicaid program (if you have not retained the information you can go to <http://thebowtimes.com/news/elder-law/> and review the elder-law articles going back to April 2015).

In short, Medicaid is the program that often pays for Nursing Home care for those who can't afford to pay for the care. There are asset, income and physical requirements that must be met. Therefore, if you don't have long-term care insurance and/or significant assets, then you may need to prepare to apply for this benefit.

Applying for this benefit is no simple task, rather, it is intensive, *paper intensive*. You must have records, **RECORDS, RECORDS!**

If you don't have the requested records, then you may very well be denied. Some of those that have undertaken this process would no doubt tell you that the process of collecting all of the needed information is a daunting task to say the least (for many families, not all) and would strongly advise you to take action today.

Do you like checklists? I love checklists as I find them incredibly useful tools. Following is a checklist of items that Laboe & Tasker provides to our clients at the outset of the process of aiding them in applying for Medicaid.

I highly recommend that you cut out the checklist found below and start compiling this information today. Those who will take on assisting you at the time of applying will certainly appreciate your efforts.

Information Required to Complete Application for Medicaid

(Married Couple w/One Spouse in Nursing Home)

- ☐ Copy of Birth Certificate of Applicant and Spouse



- ☐ Copy of Social Security Card of Applicant and Spouse (front and back)
- ☐ Copy of Medicare Card of Applicant and Spouse (front and back)
- ☐ Verification of private health insurance, if any (front and back of card), for Applicant and Spouse; documentation of monthly/annual premium for each insured is required
- ☐ Current invoice for health insurance demonstrating the amount of the premium per month.
- ☐ Verification of any *transfer of resources for the past five (5) years* (i.e. real estate transfers, substantial gifts, sale of vehicles, etc.) from the Applicant and/or Spouse
- ☐ Verification of all income for Applicant and Spouse (Social Security, annuity, VA, pension, etc.); a statement from the Social Security Administration will be necessary for verification of gross amount
- ☐ Are taxes taken from gross amount? Voluntarily or involuntarily?
- ☐ Statements of **all** financial accounts (checking, savings, CD, stocks, etc.) for **five years** prior to anticipated date of application and/or admission to nursing home. Copies of all future statements and check ledgers should be forwarded to this office each month until Applicant is deemed "eligible."
- ☐ Letter or statement from hospital indicating first date of institutionalization occurring for 30 or more days (either in hospital, nursing home or combination of both).
- ☐ Letter from nursing home

LABOE & TASKER PLLC

- indicating date of admission (when applicable)
- ☐ Verification of admission and release from hospital (if prior to entering nursing home)
- ☐ Copies of registrations, titles, bills of sale (if sold within past 5 years) and loan pay-off information for all cars, trucks, campers, boats, motorcycles, snowmobiles, etc.
- ☐ Copies of deeds, most recent real estate tax bills for all property and land currently owned.
- ☐ Copy Homeowner's annual insurance premium notice (only if spouse will remain living in the home).
- ☐ Burial contract or other "pre-paid" funeral expenses for Applicant and/or Spouse;
- ☐ (if the Applicant and/or Spouse does not have a "pre-paid" funeral contract, you may wish to consider this as it is a permitted expense in terms of applying for Medicaid)
- ☐ Copy of Cemetery Plot Deed
- ☐ Marriage Certificate
- ☐ Copies of life insurance policies and proof of current cash surrender value (needed for Resource Assessment date and date of intended eligibility for benefits)
- ☐ Complete Authorized Representative Declaration
- ☐ Complete Authorization for the Release of Information
- ☐ Military papers: discharge papers, application for VA or proof of benefits
- ☐ Copy of Durable Powers of Attorney for Applicant and Spouse
- ☐ Copy of Will and/or Trust for Applicant and Spouse
- ☐ Statement about the Applicant: highest level of education completed?
- ☐ Address of Applicant's last subsidized residence?
- ☐ How long did he live there?
- ☐ Prior address?

The information provided in this article does not constitute legal advice. If you want legal advice call me at 224-8700.

Student Writers Wanted for



Bow high school students who want to share news at the school from a student perspective should email their area of interest like sports or plays to denise@thebowtimes.com.

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Understanding Inherited IRAs

BY DOMINIC LUCENTE

What beneficiaries need to know and consider.

At first glance, the rules surrounding inherited IRAs are complex. Here are some questions (and potential answers) to consider if you have inherited one or may in the future.

Who was the original IRA owner? If the original owner was your spouse, you have a fundamental choice to make. You can roll over your late spouse's IRA into an IRA you own, or you can treat it as an inherited IRA. If the original owner was not your spouse, you must treat the IRA for which you are named beneficiary as an inherited IRA.^{1,2}

What kind of IRA is it? It will either be a traditional IRA funded with pre-tax contributions or a Roth IRA funded with post-tax contributions.

Do you want to let the money grow and take RMDs or cash it all out now? In the case of a small IRA, many heirs just want to cash out – it seems bothersome to schedule tiny withdrawals out of the IRA across the remainder of their lifetimes. Money coming out of an inherited traditional IRA is taxable income, however – and if a lump sum is taken, the tax impact could be notable.¹

If the IRA is substantial, there is real merit in scheduling Required Minimum Distributions (RMDs) instead. This gives some of the still-invested IRA balance additional years to benefit from periods of growth and compound. Any future growth will be tax deferred (traditional IRA) or tax free (Roth IRA).¹

Internal Revenue Service rules say that RMDs from inherited IRAs must begin by the end of the year following the year in which the original IRA owner died. These RMDs are required even for inherited Roth IRAs. Each RMD is considered regular, taxable income.^{1,2}

One asterisk is worth noting regarding inherited traditional IRAs. If the original IRA owner died on or after the date at which RMDs are required for that IRA, then you can schedule RMDs during the remainder of your lifetime using tables in I.R.S. Publication 590 as a guide. If the original IRA owner died before that date, you have a choice of scheduling RMDs over a lifetime or withdrawing the whole IRA balance by the end of the 5th year following the year of the original owner's death.^{2,3}

What is the IRA's basis? In other words, what is the amount on which the original IRA owner paid taxes? For an inherited traditional

IRA, the basis equals the amount of all non-deductible contributions that the original IRA owner made. For an inherited Roth IRA, the basis equals the amount of total contributions made by the original owner.⁴

When you know the basis, you can figure out the percentage of an RMD from an inherited traditional IRA that is subject to tax. RMDs out of inherited Roth IRAs are not normally taxed, but if the inherited Roth IRA is less than five years old, you must determine the basis. The Roth IRA's basis will be distributed to you first, then the Roth IRA's earnings, and only the earnings will be taxed. Earnings can be withdrawn tax free from an inherited Roth IRA starting on the first day of the fifth taxable year after the year the Roth IRA was first created.^{1,4}

Can you withdraw more than the RMD amount from an inherited IRA each year? Certainly, but keep in mind that a large, lump-sum payout could leave you in a higher tax bracket.¹

What happens when you inherit an inherited IRA? As a secondary beneficiary to that IRA, you assume the RMD schedule of the person who was the primary beneficiary.¹

Can you convert an inherited traditional IRA into a Roth IRA? The I.R.S. forbids this – with one exception. A spousal IRA heir who rolls over an inherited IRA balance into their own traditional IRA can arrange a Roth conversion.³

If you have inherited an IRA, talk with a financial professional. That conversation may help you determine a tax-efficient way to manage and withdraw these assets.

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

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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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Bow's Ginny Hast in New York Marathon

Ginny Hast of 37 Stone Sled Lane competed in the 26 mile New York City Marathon in 3 hours 58 minutes. The women's race winner was Shalene Flanagan, the first American woman to win in 40 years. 50,000 people entered the race on November 5. Way to go Ginny!



G. Erickson

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Learning for the fun of it!

What’s Happening in OLLI?

By Jacki Fogarty

OLLI at Granite State College generally brings to mind “Learning for the Fun of It,” offering affordable classes on a wide variety of topics for adult learners over age 50. As they say on television, “But wait, there’s more!” A popular benefit for OLLI members is travel. A statewide Travel Committee, chaired by Peg Fargo of Bow, has organized day trips and 2-3 day/overnight trips for several years. This year the committee has coordinated a 10-day trip to Ireland for next May, OLLI’s first international trip! While most of OLLI’s members join for the classes, a small core group joined just for the travel opportunities. Why is travel with OLLI so special?

When OLLI wants an answer to a question like that, we ask our members! A recent survey of members explored the topic of OLLI travel.

“My husband and I definitely want to travel with OLLI. At our age we don’t need the hassle of planning our own trips.”

“I have felt safe and secure traveling with OLLI.”

“I’m single and not comfortable traveling alone. OLLI travel is especially beneficial for single members who would like to travel but don’t have a travel partner.”

“It provides a special experience because it combines travel and friendship.”

OLLI trips in the recent past have included day trips to the Kennedy Library and Institute, Barnstormers Theatre, Gardner Museum, Winnepesaukee Theatre, Boston Symphony Orchestra and multi-day trips to Philadelphia, New York City, Martha’s Vineyard, the Finger Lakes and Ottawa for the Tulip Festival.



OLLI members visited Ellis Island while in New York City.

Travel is one of the many member benefits of OLLI. Others include social activities, opportunities for meaningful use of pre-retirement skills and experiences, and, of course, those fascinating, entertaining courses. Although Fall term is wrapping up in another month, OLLI is already setting up for the next term which begins in early February. Put the Class Preview on your calendar now – January 10, 2018 at 12:30, Tad’s Place at Heritage Heights in Concord. And think about a gift membership for a loved one over age 50 – so much better than another dust collector!



OLLI members participated in a mock Senate session at the Edward M. Kennedy Institute.

BOW POLICE LOG

OCTOBER 2017 STATS

Arrests - 34 Motor Vehicle Stops – 157
Warnings – 143 Citations – 14
Accidents – 12 Parking Tickets – 0
Restraining Orders – 10 Incident/Investigation Reports – 30

Four adults received summonses for marijuana possession
Four juveniles received charges for various offenses
There was one involuntary emergency admission

Arrest Log

10/01 Lynne C. Thornton, 37, Evergreen Dr, Bow, was arrested for simple assault, and endangering the welfare of a child; Joseph C. Henriksen, 33, Pleasant Ln, Warner, was arrested for two counts of acts prohibited, felon in possession of a dangerous weapon, and possession of prescription drugs.

10/03 Kevin Greenleaf, 30, Commerce St, Hill, was arrested on two bench warrants; Victor R. Ancil, 36, East Bow St, Franklin, received a summons for driving after revocation/suspension.

10/08 Tasha Jackson, 28, Oak St, Biddeford, ME received summonses for driving after revocation/suspension and driving without giving proof; Autumn L. Akers, 28, Winnacunnet Rd, Hampton, was arrested for driving after revocation/suspension, and suspended registrations.

10/09 Jeewan Dhital, 23, Concord Gardens, Concord, was arrested for driving while intoxicated subsequent offense, and driving after revocation/suspension; Irakoze Ildephonse, 28, Hall St, Concord, was arrested for driving after revocation/suspension, and suspended registrations; Edward A. Villmore, 26, Walker St, Concord, was arrested for driving after revocation/suspension, and suspended registrations; Alexander W. Cohen, 21, Tulls Corner Rd, Marion, MD was arrested for disobeying an officer, and driving after suspension/revocation.

10/10 William Paris, 32, Marion St, Concord, was arrested for criminal threatening.

10/12 Victor Yakkey, 48, English Village Rd, Manchester, received a summons for suspended registrations.

10/13 Sean McDaniel, 43, Brown Rd, Candia, received a summons for suspended registrations.

10/14 Robert Sylvia, 51, Robert Rogers Rd, Dunbarton, received a summons for driving after revocation/suspension.

10/15 Timothy Cote, 43, Ocean Blvd, Hampton, was arrested for driving after revocation suspension subsequent offense, and speeding.

10/16 Austin W. Evans, 20, South St, Concord, was arrested for criminal trespass.

10/19 Josph K. Beagley, 24, Thompson St, Concord, was arrested for driving while intoxicated and speeding; An adult was taken into protective custody for intoxication.

10/20 Jacob A. Ellsworth, 19, Rimmon St, Manchester was arrested for conduct after an accident and yellow/solid line violation.

10/21 David Garmendia-Rivas, 21, Myrtle Rd, Lynn, MA was arrested for driving while intoxicated.

10/22 Tobias S. Kelley, 38, Blood Rd, Newport, was arrested for driving while intoxicated subsequent offense, driving after revocation/suspension, and transporting alcoholic beverages.

10/23 Travis K. Allard, 38, Rockland Ave, Manchester, was arrested on a bench warrant.

10/25 Jennifer M. Karl, 35, Blueberry Ln, Laconia, was arrested on a warrant.

10/30 Jennifer M. Karl, 35, Blueberry Ln, Laconia, was arrested for possession of a controlled drug Christopher M. Paradis, 43, Norton Ave, Manchester was arrested for driving after revocation/suspension, and a warrant.

Bow Police Department

What is Operation Call-In?

Operation Call-In began again on November 6th. This community policing service is designed to check the safety and welfare of elderly or individuals within our community who live alone or have special needs, who do not have regular/daily contact with relatives, friends or neighbors. For more information call (603) 223-3950.

Thanksgiving Day Turkey Trot



The Bow Police Association is sponsoring the 9th Annual Turkey Trot on Thanksgiving morning (11/23) in memory of Osci our retired K-9. Race starts promptly at 8 a.m. Register at Runreg.com.

November

FIRE SAFETY

By Fire Chief

Mitch Harrington

Thanksgiving is the peak day for home cooking fires, followed by Christmas Eve and Christmas Day.

Unattended cooking is by far the leading contributing factor in cooking fires and fire deaths.

Stay in the kitchen when you are cooking on the stovetop to keep an eye on what is cooking.

Create a child safe "kid-free" zone around the stove and ovens.

Keep electric cords from dangling where a child could grab at them.

Use caution around hot foods and liquids to prevent burns.

Make sure your smoke alarms are working and don't disable them while cooking.

Think safety first as you "gobble up" for Thanksgiving.

Chief Harrington

DUNBARTON NEWS

By Nora LeDuc

Elementary School: Early Release Day for the elementary school is Wed. Nov. 22. Thanksgiving Holiday Break begins Nov 23 and ends Nov 24.

Intro to Fly Tying Course: The NH Fish and Game Department's "Let's Go Fishing Program" will offer a free four evening intro course at the Dunbarton Public Library. Instruction by **Master Fly Tier Scott Biron**. Interested? Please call the library for online registration info through NH F+G. Space is very limited! You will learn to use basic tools and materials, learn what flies imitate, discuss insect anatomy, and tie several fly patterns that are commonly used on NH waters. Tues. November 28th and 30th, 5:30 to 7:30 pm, December 5th and 7th, 5:30 to 7:30 pm. Please must commit to attending all four sessions!

PTO Holiday Party at Countryside Golf Club Saturday, Dec 9, 2017. Contact PTO for details or watch their website: <http://www.dunbartonpto.com>

Wreaths Across Dunbarton Chili Dinner Fundraiser:

On Friday night December 15th there will be a Chili Supper Fund Raiser for Wreaths Across Dunbarton, (hosted by the library's Men Coffee group) 5:30pm to 7:00pm at the Dunbarton Community Center on 20 Robert Rogers Rd. Tickets can be purchased in advance at the Town Office, the Dunbarton Elementary School office and on select Saturday mornings, at the Transfer Station from 8am to noon. Adults - \$8, Seniors - \$7, Children and Veteran's - \$5.

Money raised will go for purchasing the wreaths and bows for 182 Veteran's buried in our local cemeteries dating back to the Revolutionary War. Red donation boxes and pre-addressed envelopes for the Wreath Fund are located at the Dunbarton Town offices, Dunbarton Library and Capital Well business office. Checks should be made payable to: Town of Dunbarton, MEMO: Wreath Fund. Capital Well, a corporate sponsor, will pickup and deliver the wreaths and bows to the Community Center Friday afternoon.

Volunteers are needed to attach the bows to the wreaths before and after the chili dinner, all help will be appreciated! On Saturday morning at 9:30am, trucks from Grappone Auto Group, a corporate sponsor, will deliver the wreaths from the community center to the East Cemetery (18 Veterans), Center Cemetery (124 Veterans), Pages Corner Cemetery (33 Veterans) and the Stark Cemetery (7 Veterans). Volunteers will then place a wreath on the Veteran's graves which will be marked with a red floral card holder. Everyone is invited to participate in placing the wreaths on Saturday along with students from the Dunbarton Elementary School, 4-H, and American Legion Post. All volunteers are welcome. All corporate sponsors, including Dunbarton Family Dental Care, have committed their support to Wreaths Across Dunbarton for five years. FMI contact Don Larsen at larsenmedia@gmail.com or 774-3500.

The next Spireside Coffee House in Dunbarton Center across from the town hall, will hold an Open Stage Night on Sat. Dec 16. Signups begin at 7pm. Music starts at 7:30pm. Suggested donation is \$5.00. Please join in for an evening of community fun in a traditional "Open Mic" Coffee House held in the intimate setting on Dunbarton's picturesque village green. Enjoy a wonderful evening of song, story and poetry! Snacks and coffee will be available.

Student Christmas parties at the elementary school are Friday, Dec 22 at 1:45pm. Vacation begins Mon. Dec. 25 to Mon. Jan 1.

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BOW HIGH SCHOOL SPORTS HIGHLIGHTS

Boy's Varsity Football

Falcons v. Windham HS
Game Date: Nov. 4, 2017
Score: Falcons 20, Windham 15

An outstanding team victory against the #1 seed propelled Bow Varsity Football to the semi-final game. History was made as it is extremely rare in football for the #8 to defeat the #1. Thank you to all the fans who came out to support us. All players contributed, from a formidable offensive attack, featuring an explosive 70+ yard TD run by Jack Corriveau, and great special teams play.

"Absolutely exemplary," said Bow Coach Paul Cohen regarding his squad's effort. "everyone did what they needed to do to reach that semifinal game. I'm very proud of them."

"The fact that overall the defense bent here and there but didn't break was huge, especially

in a playoff game," said Cohen, whose team fell to Plymouth in last year's title game in its inaugural season in Division II. "We're the first team to hold Windham to less than 25 points...We're the No. 8 seed and we able to hold them. That says something right there."

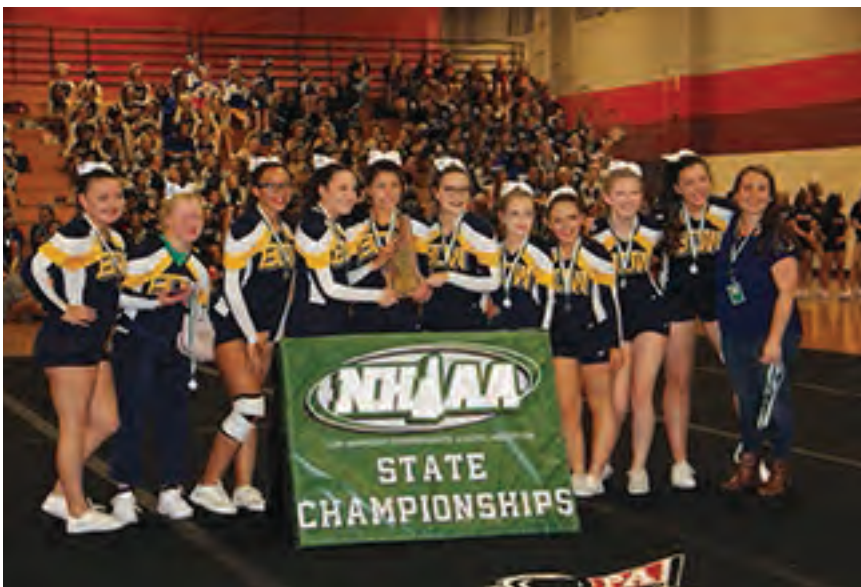
"Harkin's touchdown throws were key," Cohen said. "We were a little more balanced when we needed to be. I said to matt after the game 'you played exactly the way I needed you to play.'" He showed leadership. He played with a lot of poise, a lot of energy."

Cohen added, "our running attack was not quite as effective as it had been, but we've evolved as a program. People might say, 'oh Bow, they like to run the ball a lot,' and that's true, because we have the running backs to do so, but we showed today we're above to move the ball down field in the air and score in the air."

The final score was Bow 20, Windham 15.



Varsity Cheer Take 2nd at NHIAA DIII Championships!



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Girls Varsity Soccer - CONGRATS!!!!



(Cont. from p. 1) getting pretty dangerous but we just couldn't get the ball to fall into the right place at the right time or it got clung up in the feet," first-year Souhegan coach Dan Wyborne said. After defeating Hanover, 2-1, on penalty kicks in the semifinals, Bow learned it had to come out strong in the final, Vogt said.

The Falcons had a noticeable possession advantage and kept Souhegan on the defensive for the majority of the contest. The Sabers tested Ehrenberg with two shots on goal and drew the game's only two corner kicks.

"If you were at the Hanover game, we were on our heels," Vogt said. "We came out and put Souhegan on their heels and I think that really helped us settle into the game."

Bow forced Batchelder (seven saves) to make head's-up and athletic stops on more than a few occasions.

The Sabers junior goalie had to tip Lauren Goyette's shot from about 35 yards out to prevent the

ball from tucking under the crossbar in the 43rd minute. Bow freshman Kristin Pizzi forced Batchelder to come off her line in the 60th minute. Pizzi shot around Batchelder but the ball slowly glided across the goal mouth and landed out of bounds just wide of the right post.

It looked as if Bow sophomore Madison Paul scored a back-door goal off a feed from Kayleigh Marshall in the 35th minute but the tally was waived off due to an offside call.

"They moved the ball well," Wyborne said of the Falcons. "Great possession and they've got speed on the flanks on the outside so we knew they were going to give us some problems on the outside."

Vogt described what the Falcons achieved as unbelievable considering they lost 12 players from last year's team.

"For them to come together and put it all together and go 19-1, I mean that's crazy," Vogt said.

Courtesy of Alex Hall, *Union Leader*



BOW COMMUNITY CALENDAR

Nov. 18 - Tracy Westcott, of Bow, Grand Opening of ReChic Boutique in Concord at 10:00 a.m.

Nov. 18 - Falcons Football Finals - University of NH - 2:30: p.m. Support your team!

Nov. 18 - Bow Mills United Methodist Church -Murder Mystery Play and dinner. Reservations Required.

Nov. 18-19 - Craft Fair at the High School

Nov. 23 - Thanksgiving Day Turkey Trot - 9:00 a.m.

Nov. 26 - Annual Town Tree Lighting and Santa Visit 5:00 - 6:30 p.m. at the Gazebo

Dec. 2 - Pope Memorial SCPA Open House 12-2 p.m.

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

SUDOKU ANSWER #13								
By Ian Riensche								
www.sudoku-puzzler.com								
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

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Bow Mobil	Hooksett Northbound (93)
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Bow Town Offices	South St. Market
Chen Yang Lee	Sugar River Bank, Concord Hts.
Cimos	Tucker’s Restaurant
Concord Chamber of Commerce	Veano’s, Manchester St.
Crust and Crumb	Wellington’s Marketplace
Dunbarton Town Office	White Rock Senior Center
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Annual Open House
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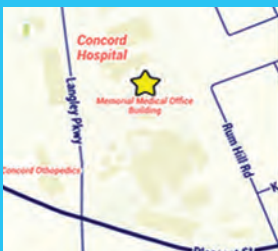
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