



NO TAX INCREASE  
REPORTS BUDGET COMMITTEE!

*At its hearing at the Bow Memorial School on February 12, Budget Committee Chair John Heise announced that the combined school and town budgets result in no tax increase even after paying Public Service Company \$5.7 Million.*

Unlike last year when the school and budget committee numbers were \$700,000 apart it was all smiles this year. The school budget for 2018-19 is \$60,000 less than last year at \$28,206,625. Due to revenues and increased state aid the school tax rate per thousand dollars of valuation went from \$17.19 down to \$16.65 for a \$.54 decrease.

That decrease was offset exactly by the \$.54 increase in the

town tax rate. The town budget went from \$9,987,107 for 2017-18 to \$11,662,735 for 2018-19.

The major increase was \$1,800,000 added in under the “Legal Services” line item to be used towards paying interest owed on the PSNH back taxes. The town tax rate went from \$7.58 to \$8.12.

As for warrant articles the only petitioned article is the one 532 voters signed to do the life safety compliance and electrical work in the Community Building.

It will be considered along with the town budget on Wednesday March 14 at 6:30 P.M. at the high school auditorium. There are no controversies in the school budget which will be voted on Friday March 16 at 7 P.M. at the high school gymnasium.

TOWN PAYS \$5,722,373  
TO PSNH

At the budget hearing on the town and school district budgets for the coming fiscal year Harry Judd, Selectboard Chair, announced that on February 12 the town delivered a check to PSNH for \$5,722,373.

Judd said that amount covered the back taxes owed Public Service Company for 2012 and 2013, however, the interest accruing at 6% has not been paid. “By paying this money we stop interest from running” said Judd.

Estimates of about \$2,000,000 in interest still owed were not confirmed nor how the town will come up with the funds to pay it.

Sources told this paper the town may choose to litigate the years 2014-2017, but would use a new expert on utility valuation. On several occasions in Superior Court Judge Richard McNamara’s opinion he found the town’s expert to lack credibility. The Supreme Court likewise hung its hat on the fact that it does not reconsider trial judge’s findings on credibility when it affirmed McNamara’s opinion.

When asked how many millions were involved in the years 2014-2017 Selectman Judd declined to even give a range from low to high.

The source of the \$5.7 M was as follows:

1.

Abatement overlay

\$1,400,000
2.

Allocated fund balance

\$1,000,000
3.

Unexpended balance in the town’s “checkbook”  
termed the unassigned fund balance

\$3,322,373

As for the future Chairman Judd said “It is unlikely there will be a global solution by town meeting.”

STATE FIRE MARSHAL ENDS  
COMMUNITY BUILDING  
OVERSIGHT

In a letter dated January 31, 2018, the State Fire Marshal has found sufficient progress towards safety that he has ended his oversight of the Community Building. In his letter he expressed confidence that Bow Fire Chief Mitch Harrington can take on any building issues from here on out: “At this time all State Fire Code matters concerning the future redevelopment and use of the Community Building can be handled through the Bow Fire Department.”

Chief Harrington said he was glad the building is back under

local control. The safety issues set forth in the petitioned warrant article would complete the fire and safety concerns in the building according to a letter the chief sent to Budget Committee Chairman John Heise on January 18, 2018. The \$94,345 called for in the article would not come from raising taxes, but rather a capital reserve fund with over \$300,000 in it.

At the budget hearing on February 12 the selectmen told those attending that asbestos removal can be done for \$21,200 which is already in the budget.

BOW CONTESTS  
FOR OFFICE  
VOTE MARCH 13

FILING TYPE	CANDIDATE
Selectman (vote for two)	Matthew Poulin Shannon Rhodes Michael G. Wayne
Budget Committee (vote for two)	Ben J. Kiniry Jeffrey Knight Melissa Radomski Joseph P. Rheume
School Board Member (vote for one)	Robert Hollinger Jennifer Strong-Rain
Library Trustee (vote for one)	Converse Peirce Hunter Jennifer Warburton

While several offices went uncontested the races above will make it worthwhile to vote on Tuesday, March 13. Incumbent Selectman Eric Anderson and Ben Kiniry did not run for re-election. Kiniry is running for the Budget Committee along with incumbent Jeff Knight. Jennifer Strong-Rain is an incumbent school board member, while Rob Hollinger is a Budget Committee member now running for School Board.

# LOW TAXES ARE THE RESULT OF LOW SPENDING

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## EDITORIALS

### VOTERS SEND A MESSAGE

After learning that the Board of Selectmen were proposing a warrant article to spend \$100,000 to level the Community Building, part-time Recreation Department Michele Vecchione, became a woman on a mission.

At her expense, Michele pulled together a Heart of the Community flyer and a citizen petition warrant article to keep the building operational by doing the life safety requirements called for by the Fire Safety Engineer Bob Cummings at a cost of \$76,900 (fire alarm, fire retardant wallboard, etc.), as well as another \$465 for fixing a threshold and fire retardant paint. Removal of the generator and fuel tank on the fire side come to \$2,500.

Also included was \$14,480 for necessary upgrades as called for by the Fire Marshall and Yeaton & Associates. Long time Bow Rotary member, John Ruggles of R & T Electric, provided a hard “will do it for that price” analysis with no fluff in it.

Michele took the numbers and the total came to \$94,345 to save the building for a lower cost than destroying it in hopes of bonding a new one. The money would come from a municipal building reserve fund with over \$300,000 in it so taxes would not be increased. It would bring the building into compliance with the State Fire Marshall’s concerns of several years ago. Her citizen warrant article reads:

“To see if the Town will vote to raise and appropriate the sum of \$94,345 for the purpose of Life Safety compliance and electrical upgrades to keep the Recreation Department side of the Bow Community Building open for assembly, operation of the Bow Recreation Department, and community use and to authorize the withdrawal of up to \$94,345 from the Municipal Building and Grounds Capital Reserve Fund for the above purposes.”

### THREE CHEERS FOR HOLDING THE LINE

This budget season was a tough one for the Selectmen, School Board and Budget Committee. By working together hour after hour and night after night they managed to pay PSNH \$5,700,000 and flat line the tax rate, with the school rate down \$ .54 and town rate up \$ .54. All of us in Bow owe them a debt of gratitude for a hard job well done.

No fights and no battles over budgets will occur next month unlike last year’s big school turnout when the School Board and Budget Committee were \$700,000 apart.

Our town “checkbook” is very empty at the moment as the unassigned fund balance went from \$4,214,240 to \$891,867 after paying PSNH. We have already picked all the low hanging fruit.

Now the hard work begins on figuring out what is still owed. Perhaps mediation is called for to come up with “the number.”

*Chuck Douglas  
For a free press, je suis Charlie*

Then came the sales job for Rotary, The Men’s Club, etc. and the petition soon went viral on social media. Group after group and neighborhood by neighborhood circulated it for voters to sign to have a choice at town meeting.

The 25 needed signatures were obtained the night she spoke to the Men’s Club, but on she went for more signers.

At the petition due date on Tuesday February 6, there were over 500 voters choosing to save the building and the activities in it.

That night as the Selectmen took up what to do with the Community Building the voter’s voices were heard. Selectman Chris Nicolopoulos moved to withdraw the proposed \$100,000 warrant article calling for razing the building and prevailed by a 4 to 1 vote. Selectman Colleen Hunter, who wants a new building, voted no.

The board next discussed the recent price for the removal of asbestos by Penial Environmental Services. Their price of \$21,200 is the same whether the building is destroyed or not.

Chuck Douglas told the board he expected a floor amendment to add that asbestos number to the \$94,345 so that “all health and safety issues could be done once and for all.” Again, Selectman Nicolopoulos made a motion to add that number to the building maintenance line item. The vote in the affirmative was 4 to 1, with Harry Judd voting against it.

The board’s discussion recognized that their desire to have a new building was dramatically changed last month with the loss of power plant tax case in the Supreme Court. The board then went into nonpublic session to discuss a possible multi-million dollar settlement with Ever-source.

The board hopes to have a proposal before town meeting on how to pay back the millions at stake.

### VOTE YES TO KENO IN BOW

A petitioned warrant article with more than the required 25 names will be voted on at the election held on Tuesday, March 13. The question is “Shall we allow the operation of Keno games within the town?”

Keno net revenues are set aside for funding of kindergarten across the state including Bow. The locations must be bars or restaurants and the logical Bow venue would be Chen Yang Li.

Concord’s City Council would not even let the question be voted on, but those in Concord who want to play Keno would be welcome in Bow if our voters approve Keno.

Those who don’t want to play don’t have to. A yes vote would allow those who would enjoy having the chance to play to do so in Bow.

We can all be winners that way and get money back for our all-day kindergarten program.

### LETTER TO THE EDITOR

#### COMMON SENSE PREVAILS!

The Bow Selectmen have finally made a common sense decision. They have chosen to remove the warrant article about demolishing the old fire station.

I have lived in Bow for over fifty years and my wife’s family came to Bow in 1762. During the time that I have lived here in Bow this building has been the magnet for community happenings. Many of the old Bow families, back when Bow had only a thousand residents, were instrumental in the construction of this Fire Station/Community Building. A lot of dedication from these residents went into providing security and fire prevention for our town. This may not be an old historical building in comparison to the Old Concord Railroad Station which was torn down in 1960. I remember as a youngster growing up on South Main St. in Concord walking up to this station. There was quite a folly about it being torn down and still remains a sore subject in Concord’s history.

I can see our old Fire Station being outfitted at a reasonable cost to house the recreation facility needed by the residents of Bow. Many of our current and past residents have paid their taxes and participated in the happenings at this building. Let’s move the voting back where it belongs and keep our town’s history from being demolished.

Remember to go to Town Meeting as things have a habit of changing from what we know today about this subject.

Gary D. Nylen  
Longtime Bow Resident

# The Bow Times

## ENDORSEMENTS

### MATT POULIN FOR SELECTMAN

This year three people are running for two open seats with Eric Anderson retiring and Ben Kiniry running for Budget Committee.

For over 20 years Matt has created and managed his own independent insurance agency which has survived the ups and downs of our economy due to his skills. With a B.A. in Sociology, he likes and understands people and knows how to get them motivated.

For the last two years he has served on the Bow Capital Improvement Committee.

He well states why he is running: "Having put 4 kids through the Bow school system, I feel it is my civic duty to give back to the town that has provided such wonderful opportunities to my family. With many years of management and business ownership, I feel those experiences will enable me to assist not only in the growth of our town, but its proper fiscal management. I think it is important to residents and business to have a sustainable tax rate, and to provide community service in the most cost efficient manner."

### MIKE WAYNE FOR SELECTMAN

Longtime Bow Community Men's Club treasurer and stalwart Mike Wayne is our other choice for Selectman.

A 22 year resident dedicated to a better Bow, Mike brings a desire to have proactive planning rather than crisis to crisis tension in town.

Mike is a manager and electronic technician at the very important Federal Aviation Administration center in Nashua. His job is planning and system restoration at that critical facility for guiding airplanes to and from our northeast airports.

He has served as a key member of the Bow Capital Investment Committee for the last five years and its chair for the last four.

A vote for Mike is a responsible vote you won't regret.

### ROB HOLLINGER FOR SCHOOL BOARD

Successful businessman Rob Hollinger has served the Budget Committee well for three years. His detailed drill-down on spending helped the School Board and Budget Committee come to a full agreement this year in a \$ .54 reduction in the school tax.

With a child in the high school and a commitment to Bow education, Rob would be a breath of fresh air on the School Board.

His opponent is a teacher in Concord who does the bidding of the union. It is time for her to be thanked for her service, but let a new voice be heard on our \$28 million dollar school budget. Rob will serve taxpayers and parents well.

# 2018 Town of Bow Candidates for Selectman and for School Board

## Town of Bow Elections – March 13, 2018



### Matthew Poulin – Candidate for Selectman

**Political Experience:** Currently on the CIP Committee in Bow

**Education:** Northeastern University, 1986-1990; University of Southern Maine, 1992-1995, BA in Sociology.

**Profession:** Independent Insurance Agent, Reliable Insurance Solutions LLC, 6 Garvins Falls Road, Suite 101, Concord.

#### Why are you running for an elected office in the Town of Bow?

Having put 4 kids through the Bow school system, I feel it is my civic duty to give back to the town that has provided such wonderful opportunities to my family. With Many years of management and business ownership, I feel those experiences will enable me to assist not only in the growth of our town, but its proper fiscal management. The emphasis will be on a level tax rate moving forward. I think it is important to residents and business to have a sustainable tax rate, and to provide community services in the most cost efficient manner.



### Shannon Rhodes – Candidate for Selectman

**Political Experience:** None

**Education:** Attended Franklin Pierce College Business Management

**Profession:** Senior Quality Assurance Engineer and Scrum Master

#### Why are you running for an elected office in the Town of Bow?

Our town of Bow has some issues coming. I know Bow needs someone with a new perspective on the issues at hand. Someone that can travel every road to ensure Bow is on the right track. In speaking with some people about these issues, someone mentioned that being on the select board is volunteering to do the greatest good for the entire town. I live to give back to my community; this would be my greatest service to date.



### Michael G. Wayne – Candidate for Selectman

**Political Experience:** Ran for Select Board in 2015.

**Education:** Associate Electrical Engineering Technology

**Profession:** Manager/Supervisor Electronic Technician

#### Why are you running for an elected office in the Town of Bow?

We need to be more proactive rather than reactive which requires planning. Planning must be undertaken to reduce the impact of foreseen and unforeseen events triggered by routine town activities. The EVERSOURCE tax refund, as well as remaining abatements filings, current assessment of the power plant, Bow Junction Water, Business Development, Community Building, Salt Shed replacement, taxes, etc. must be evaluated and plans formulated to address these issues. Communication continues to be lacking, we must put together an effective communication plan that serves our community.



### Rob Hollinger – Candidate for School Board

**Political Experience:** Budget Committee, 2015-2018; Bow Community Men's Club President, 2012-2016.

**Education:** BSc degree in Geology/physics, Concordia University

**Profession:** Owner/President, Venture Construction

#### Why are you running for an elected office in the Town of Bow?

I have lived in Bow for almost 18 years and have 4 children that are in the Bow School District or have graduated from it. I was elected to the budget committee in 2015 and understand how the school operates on budget aspects and believe I can use my skills and training to ensure we continue to offer the best education system in the area.

### Jennifer Strong-Rain – Candidate for School Board

**Political Experience:** Bow School Board; Budget Committee; Capital Improvement Plan Committee (CIP).

**Education:** BS in Child Development, Colby-Sawyer College.

**Profession:** Preschool Instructor/Lab School Teacher, Concord Regional Technical Center, Concord High School.

#### Why are you running for an elected office in the Town of Bow?

Education is my passion. I have been teaching for over 20 years and a member of the Bow school board for three years. I believe my professional experience enables me to bring a unique perspective to the board keeping me well informed about what our children need to be successful and up-to-date about issues that impact our town budget. I find serving our community to be rewarding, and I want to continue to work with others in Bow to keep our town moving in a responsible and positive direction.

Photo  
Unavailable

Due to space limitations, we cannot run all candidate biographies. For a complete copy of the candidate packet, including information submitted by candidates not in contested races, please visit [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org) to download a pdf version, or stop by the Library to pick up a printed packet.

## MVSB and the Merrimack Sponsor NH Jump\$tart Coalition



(left to right): Linda Lorden, SVP Retail Banking Officer, the Merrimack, Philip Emma, President, the Merrimack, Daniel Hebert, President, NH Jump\$tart Coalition, Rick Wyman, President, MVSB, Paul Provost, President MillRiver, Marcus Weeks, SVP Senior Retail Banking Officer, MVSB, Kimberly Carter, VP Loan Servicing, New Hampshire Mutual and NH Jump\$tart Board Member.

Sister companies, Meredith Village Savings Bank (MVSB), Merrimack County Savings Bank (the Merrimack) and MillRiver Wealth Management (MillRiver) have joined together to support the NH Jump\$tart Coalition. As gold level sponsors, each company contributed \$3,000 to NH Jump\$tart, which aims to improve the financial literacy of pre-kindergarten through college-age youth by providing advocacy, research, activities, standards and educational resources.

"Beginning financial education early and reinforcing those skills throughout a student's educational career carries tangible benefits into adulthood and beyond," said Paul Provost, President of MillRiver. "NH Jump\$tart has been incredibly successful at teaching practical habits such as working toward goals, spending less than one earns and avoiding and eliminating debt."

"MVSB, the Merrimack, MillRiver and NH Jump\$tart share a commitment to the financial education of our youth. By collaborating, more resources and expertise are available to accomplish this task," added Rick Wyman, President of MVSB. "Analyzing real-world concepts such as credit rating helps our children and teens adopt good lifelong habits."

"Jump\$tart's FinLit300 competition is a unique consumer knowledge tournament for high school students," continued Philip Emma, President of the Merrimack. "There, they are able to apply classroom-based financial education in a contest of knowledge and skills. Teaching students about financial responsibility from a young age paves the way for an independent and self-sufficient adulthood."

"Our vision is for personal finance to be included as part of the educational curriculum for all students," said Daniel Hebert, President of NH Jump\$tart Coalition. "We're made up of organizations and individuals that share a common commitment to this mission. Thanks to the wonderful support from like-minded companies such as MillRiver, MVSB and the Merrimack, we're much closer to reaching that goal."

FinLit300 empowers high school students to apply classroom-based financial education in competitions that culminate in an annual championship each May.

Topics are based on the Jump\$tart National Standards in K-12 Personal Finance Education, which include spending and saving, credit and debt, employment and income, investing, risk management and insurance and financial decision making.

This year's event is scheduled for May 1, 2018 at the Grappone Conference Center in Concord, NH. For more information, visit [nhjumpstart.org](http://nhjumpstart.org).

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## TAXES. SECURITY. TOGETHER.

Sugar River Bank, the IRS, the states and the tax industry are committed to protecting you from identity theft. We've strengthened our partnership to fight a common enemy – the criminals – and to devote ourselves to a common goal – serving you. By taking a few simple steps, you can better protect your personal and financial data online and at home. Please consider these steps to protect yourselves from identity thieves:

### Keep Your Computer Secure

- Use security software and make sure it updates automatically; essential tools include:
- Firewall
- Virus/malware protection
- File encryption for sensitive data
- Treat your personal information like cash, don't leave it lying around
- Check out companies to find out who you're really dealing with
- Give personal information only over encrypted websites – look for "https" addresses.
- Use strong passwords and protect them
- Back up your files

### Avoid Phishing and Malware

- Avoid phishing emails, texts or calls that appear to be from the IRS and companies you know and trust, go directly to their websites instead
- Don't open attachments in emails unless you know who sent it and what it is
- Download and install software only from websites you know and trust
- Use a pop-up blocker
- Talk to your family about safe computing

### Protect Personal Information

Don't routinely carry your social security card or documents with your SSN. Do not overshare personal information on social media. Information about past addresses, a new car, a new home and your children help identity thieves pose as you. Keep old tax returns and tax records under lock and key or encrypted if electronic. Shred tax documents before trashing.

### Avoid IRS Impersonators

The IRS will not call you with threats of jail or lawsuits. The IRS will not send you an unsolicited email suggesting you have a refund or that you need to update your account. The IRS will not request any sensitive information online. These are all scams, and they are persistent. Don't fall for them. Forward IRS-related scam emails to [phishing@irs.gov](mailto:phishing@irs.gov). Report IRS-impersonation telephone calls at [www.tigta.gov](http://www.tigta.gov).

### Additional steps:

- Check your credit report annually; check your bank and credit card statements often;
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  - If you are an identity theft victim whose tax account is affected, review [www.irs.gov/identitytheft](http://www.irs.gov/identitytheft) for details.
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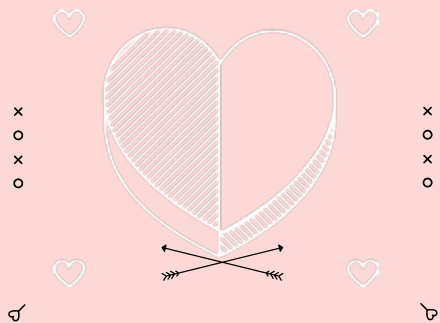
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Ann is a 20+ year Bow resident and top REALTOR with Better Homes & Gardens / The Masiello Group

## BOW YOUTH SPORTS PROGRAMS OPEN HOUSE

Hosted by the Bow Athletic Club

**When:** Thursday, April 12<sup>th</sup> 2018

**Time:** 6 to 8:00 pm

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

This event is designed to help families of elementary school age children to come learn about all the various youth sports programs

**Enjoy the Convenience of all these youth sports  
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Come meet representatives from these youth programs

Bow Athletic Club	Bow Park & Recreation	Area Youth Programs
<ul style="list-style-type: none"><li>• Baseball</li><li>• Basketball</li><li>• Field Hockey</li><li>• Lacrosse</li><li>• Soccer</li><li>• Softball</li></ul>	<ul style="list-style-type: none"><li>• Archery</li><li>• Girls on the Run</li><li>• Floor Hockey</li><li>• Lacrosse</li><li>• Soccer</li><li>• T-Ball</li></ul>	<ul style="list-style-type: none"><li>• Bow Soccer Club</li><li>• Bow Youth Football</li><li>* Concord Fencing</li><li>* Steel Mats Wrestling Club</li><li>* Local area clubs that have youth level programs not offered in the town of Bow</li></ul>

Questions about this event?  
Please feel free to contact Julie Guerrette @ 603-545-1010

# Drop Gluten and Drop a Few Pounds

By Jim Olson

Just 10 years ago, barely anyone knew what the word gluten meant, let alone gave any thought to avoiding it. But now gluten-free menus are all the rage, and high-profile stars such as Gwyneth Paltrow, Rachel Weisz, and Victoria Beckham have been linked to the gluten-free lifestyle, which is said to contribute to increased energy, thinner thighs, and reduced belly bloat.

## What It Is, Exactly

Gluten is a protein found in the grains wheat, barley, and rye. Most of us unknowingly love it, because gluten gives our favorite foods that special touch: It makes pizza dough stretchy, gives bread its spongy texture, and is used to thicken sauces and soups.

Gluten-free eating has a basis in science, and it does help a genuine health problem. To people with a chronic digestive disorder called



Jim Olson

celiac disease, gluten is truly evil: Their bodies regard even a tiny crumb of it as a malicious invader and mount an immune response, says Alessio Fasano, M.D., medical director of the University of Maryland Center for Celiac Research in Baltimore.

Problem is, this immune reaction ends up damaging the small

intestine, which causes both great gastrointestinal distress and nutritional deficiencies. If untreated, these responses can then lead to intestinal cancers as well as complications such as infertility and osteoporosis.

## The Health Hype

Thanks to the increase in diagnosed celiac and gluten sensitivity cases, and the corresponding uptick in foods marketed to sufferers, “gluten-free diets have emerged from obscurity, and now the pendulum has swung completely in the other direction,” says Fasano.

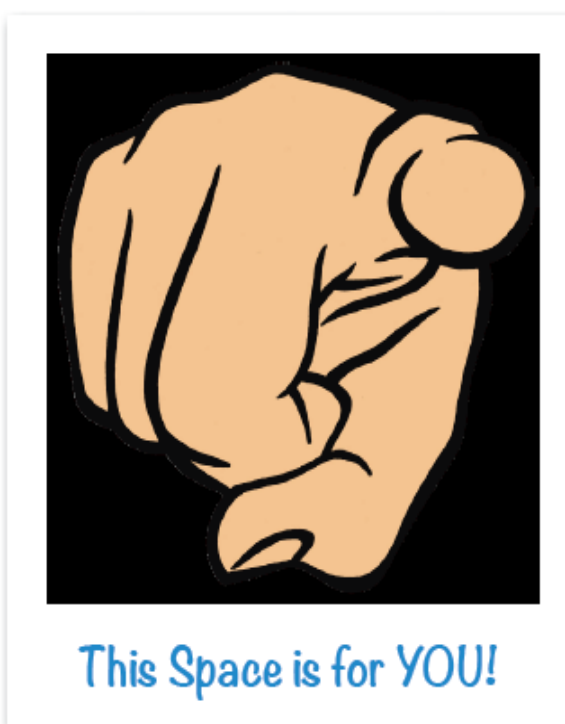
And with this popularity push, people have latched on to avoiding gluten as a cure-all for many conditions aside from celiac, including migraines, fibromyalgia, and chronic fatigue syndrome. While some have found relief, that doesn’t mean a gluten free diet will work in all cases.

And then there’s the idea that a gluten-free existence is the ticket to speedy weight loss. But, says Mark DeMeo, M.D., director of gastroenterology and nutrition at the Adult Celiac Disease Program at Rush University Medical Center in Chicago, “there’s nothing magical about a gluten-free diet that’s going to help you lose weight.”

What’s really at work: Gluten-free dining can seriously limit the number of foods you can eat. With fewer choices, you’re a lot less likely to overeat, says Shelley Case, R.D., author of *Gluten-Free Diet: A Comprehensive Resource Guide* and a medical advisory board member for the Celiac Disease Foundation.

But it can backfire too, because gluten-free doesn’t mean fat-free or calorie-free.

(Olson can’t p. 12)



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By Lori Fisher

## Vinyl Records Now Available to Borrow!

Thanks to the efforts of Mikayla Wray for her Girl Scout Silver Award project, the Library now has a small but growing collection of vinyl records to borrow! We have approximately 80 records in the collection so far, and will be adding a record player in the near future once a borrowing policy and form is approved by the Library Trustees. Thank you, Mikayla, for helping us add this fun collection to our library resources!

## Town Candidate's Night -Tues 2/20 at 6 pm.

The 3rd annual Candidate's Night for those running for an elected office in the Town of Bow will be held on Tuesday 2/20 at 6 pm in the Library's Lower Level (the snow date for that event is Tuesday 3/6 at 6 pm in the same location). Candidate packets will be available at the Library and on the Library's web site [www.bowbakerfreelibrary.org](http://www.bowbakerfreelibrary.org) after

2/15. Questions? Contact Lori at 224-7113 or [lori@bakerfreelib.org](mailto:lori@bakerfreelib.org).

## How We Fund Public Services in NH

Wed 2/28 at 6:30 pm Join us as we host Phil Sletten from the NH Fiscal Policy Institute for a lively discussion about how we fund public services in NH. This presentation has been occurring in libraries all over NH with rave reviews! Free and open to the public, no registration required. Questions? Contact Betsy at 224-7113 or [betsy@bakerfreelib.org](mailto:betsy@bakerfreelib.org).

## FREE Yoga classes for Bow residents 3/2 & 3/3

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 March will be

Saturday 3/3 and Sunday 3/4 from 9 am to 10 am. Sign up early because slots are already filling up!! Classes will be held in the Library's Merrimack County Savings Bank Room in the Lower Level. Because these classes are being held outside of library operating hours, participants will need to enter through the Lower Level door near the handicapped parking and ramp. Please register in advance through the MindBody app (search under Yoga for YogaNH) or contact Lori Fisher at 224-7113 or [lori@bakerfreelib.org](mailto:lori@bakerfreelib.org). Thank you to YogaNH for giving back to the Bow community as part of their paid use of our facilities for events and workshops!

## Storytelling through Irish Music on 3/12

Through traditional music, Jordan Tirrell-Wysocki relays some of the adventures, misadventures, and emotions experienced by Irish immigrants. Join Jordan on Tuesday 3/12 at 6:30 pm in our Merrimack County Savings Bank Room to dis-

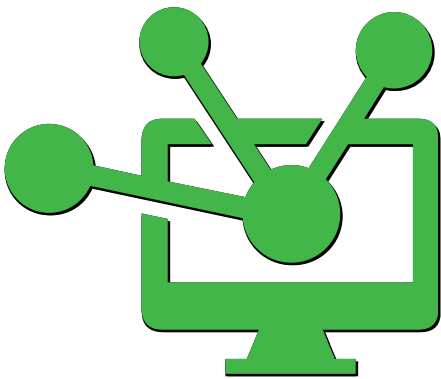
cuss the historical context of these songs, interspersing their stories with tunes from Ireland that made their way into New England's musical repertoire, played on his fiddle or guitar. Sponsored by a grant through New Hampshire Humanities, <https://www.nhhumanities.org>.



Amelia Holdsworth, one of the PM Desk Assistants at the Library, prepares craft materials for Storytime classes. Photo by Eric Anderson

## Library Holiday Closures

The Library will be CLOSED on Monday 2/19/18 in observance of President's Day.



## The Bow Times INTERNET PRESENCE GROWS!

2016 was the first full year of publishing for the renewed Bow Times. The growth in unique visitors and other metrics are strong as the table below shows.

	UNIQUE VISTORS	# OF VISITS	PAGES	HITS
2016	9,365	34,978	211,236	299,11
2017	16,343	41,249	264,132	357,565

The paper is in a easy-to-read PDF format with no limitations or complications. Just pick a month and scroll for free.

## What's Happening in OLLI?

By Jacki Fogarty

Thank goodness somebody had the good sense to interrupt that dismal, ugly, thankfully-short month of February with a day of love, plunked right smack in the middle on February 14.

While Cupid seems to point his arrow at young lovers who celebrate the day in ways that most OLLI members remember fondly but distantly, maturity brings its own rewards to the love equation.

OLLI at Granite State College (The Osher Lifelong Learning Institute) offers couples opportunities for togetherness enjoying shared interests OR widely divergent interests. Not part of a couple? Love, friendship, togetherness comes in all forms in OLLI where loneliness is a choice you would have to make because you can always find congenial company among your contemporaries.

This writer and her husband are one of 9 married couples in Bow and one of 165 married couples in OLLI at Granite State College. Several of these couples are very active in OLLI. In our case, serving on two committees together and one each apart, OLLI offers us spirited "discussions" about how the organization should run, a shared goal to inform our fellow senior citizens about this wonderful organization and activities by which we can spend time together or get away from each other for a few hours. We rarely find ourselves in the same classes – he loves politics while I love literature, he enjoys history while I'm taking guided nature walks. At the end of the day we come home to exchange stories of our very different experiences adding variety and fun to our retirement lives.

Jen and Brian Graf, also of Bow, also very active, are rarely seen apart at OLLI events. Together they contribute to the extremely important Curriculum Committee which is responsible for coming up with the fabulous variety of courses offered at the Concord site and, whether attending classes or social events, they are side by side enjoying their time together.

Phyllis and Herb Benoit are both members, but Phyllis is the active partner, serving on several committees, while Herb is content to enjoy classes. That's not to say Herb doesn't volunteer to assist at OLLI events as Phyllis offers his services on a regular basis. (Probably some spirited discussions in that household too!)

OLLI friends and acquaintances who are not part of a couple credit OLLI with overcoming a tendency to veg in front of the television (by attending a class, a game day or a local tour), with providing an outlet for their talents (by volunteering or teaching a class), and with discovering an affable community of people with shared experiences from the '40s, '50s and '60s. Recent retirees often laugh about being back among people who remember where they were when John Kennedy was shot rather than at their former workplace where colleagues read about that event in History class.

You can experience conversation through those little imprinted candy hearts on sale at this time of year or you can join OLLI for real conversation with real people who, like you, make the choice to enhance the lives of others and find their own lives enhanced at the same time. Check OLLI's upcoming classes and other activities online at [OLLI.granite.edu](http://OLLI.granite.edu) or call 603-513-1377 for a print catalog. The next term starts February 19. Registration started February 1 and continues throughout the four-month term.



Jacki and Dan Fogarty man an OLLI table at Concord Wellness Center's Health Fair.

## OBITUARIES

### NORMAN R. MALETTE

Norman R. Malette, 86, of Bow, passed away at his home, Sunday, January 14, 2018, after a period of declining health.

Born in Hudson, NH on November 24, 1931, he was the youngest child of the late Oscar L. and Flora (Leclerc) Malette. In 1949, Norman enlisted in the Air Force and served during the Korean War stationed in Okinawa, Japan.

A lover of nature and the outdoors, Norman enjoyed fishing, hunting and gardening with a passion for growing heirloom vegetables. He also enjoyed cooking, traveling and collecting antiques, coins and stamps in his leisure time.

Norman was predeceased by his wife, Shirley M. (Belanger) Malette who passed away in 2003.

Members of his family include his two sons and their wives, and several grandchildren.

Donations may be made in his memory to the Concord Regional Visiting Nurse Association, 30 Pillsbury Street, Concord, NH 03301 or the American Heart Association, 2 Wall Street, Manchester, NH 03101.

### DR. ANDREW COHEN

With deep sadness, we announce the passing of Dr. Andrew (Andy) Cohen from pancreatic cancer on January 28, 2018. A beloved and respected cardiologist, Andy was employed by Catholic Medical Center and connected to Parkland Medical Center.

He graduated from Robert Wood Johnson Medical Center and completed his residency at Dartmouth Medical Center and his fellowship at UMASS Medical Center. He was born on June 10, 1966 in N.J., but his love of the outdoors drew him to New Hampshire with his wife Michelle. He achieved his goal to climb Mt. Rainer and Mt. Hood as well as many adventurous biking trails and ski slopes.

His loss is deeply felt by his wife, Michelle and children, Haley, Autumn and Eli. He also leaves his parents, Barbara and Eddie, and siblings, Craig and Traci. His family would appreciate donations to organizations that promote research and ultimately a cure for pancreatic neuroendocrine cancer.

### Rich Oberman is Men's Club's New President

by Charlie Griswold

At the annual 2018 business meeting on January 25th, the members elected Rich Oberman as the new President of the Bow Community Men's Club, succeeding Warren Perry, our leader for the past two years. Rich comes to us with lots of experience and wearing many hats. He is a Colonel in the New Hampshire Army National Guard, the head of the Penacook Rescue Squad and an EMT and First Responder for Bow Fire and Rescue.

He is active in the men's club and can be seen working hard at our many functions. Of special note is his great cotton candy making skills at the annual Halloween party. Rich, his wife Beth and their sons, Ryan and Andy, live on Heather Lane here in Bow.

In his valedictory handing over the gavel Warren Perry congratulated Rich and thanked the members for all their help and support. Perry noted that in small towns, like ours, people working together generate a spirit that makes living here great. He was roundly applauded for his service and contributions to the club.

Other changes to our leadership team were Bob Goldthwaite, Jr. as a new Director, back after several years away, due to job commitments. Bob and his family, now deceased, have a long history of service to the club and town.

Dave Rolla was officially made the Charter Organization Representative for Troop 75 Boy Scouts of America. He has been filling that role for some time.

The remaining members of the leadership team will be the same although Director Dik Dagavarian swaps Vice Presidential duties with Bill Kuch, who is now a Director.

# THROUGH THE CANAL AND ON...

By Chase Binder

It's thrilling to find a great deal on a destination that's been on your Bucket List for decades. But suppose you find that it also ranks high for some of your favorite travel pals? That says... get a group together and book it! And that's just what we did with a late-November repositioning cruise through the Panama Canal.

Back in the late 1990's Bud and I took a Caribbean cruise that touted a "partial transit" of the Panama Canal—meaning our ship would go through the locks on the eastern side of the canal, enter Gatun Lake, then turn around go back. It was a popular add-on to some Caribbean itineraries. We were fascinated with the history and the engineering and vowed to do the full transit, right through to the Pacific Ocean...someday.

Twenty years and several cruises through other parts of the world later, I got an email about a full-transit, 15-night repositioning cruise. The itinerary would begin in Fort Lauderdale, visit Grand Cayman, then head straight for the Panama Canal. The full transit would put us at the Pacific end of the canal experience, then we would go down the west coast of South America, with stops in Ecuador, Peru and Chile, ending at a port near Santiago. Not your same-old, same-old Caribbean cruise! Friends Chuck and Debra Douglas, Steve and Noreen Christensen and Erle Pierce hopped on board.

Even better were the prices. Repositioning cruises are often priced 30-50% below cruises with more traditional or destination-oriented itineraries. Why? Cruise lines literally reposition their ships from one area of the globe to another to ready them for seasonal market demands. Think Mediterranean in the summer, the Caribbean in the winter. For our Panama Canal cruise, Celebrity wanted to move the Millennium class ship, Infinity, from northern itineraries to South American itineraries—Santiago to Buenos Aires and back for the South American summer season (our winter).



One of the excursions near Lima, Peru took us to Hacienda Mamacona and featured Peruvian dancing as well as showcasing Peruvian Paso horses. These horses are descended from Berber horses that arrived from Spain during the conquest more than 400 years ago. Due to the extreme isolation of this area of Peru, the Paso breed is one of the most pure breeds in the world and is known for distinctive lateral gait and smooth movement.

Photo Courtesy of Steven C. Christensen



The canal accommodates small non-commercial traffic like this sailboat along with immense commercial ships. The Fidelio, which is designed to transport cars around the globe and can carry 7,500 cars, followed us through the canal. Owned by the Swedish company Wallenius Wilhelmsen, the Fidelio was sometimes directly behind us, and sometimes came through the locks beside us.

Photo Courtesy of Chase Binder



A seaman stands watch on the bridge of the Celebrity Infinity 24/7. Rules of the sea require that the ship's log record all sightings.

Photo Courtesy of Chase Binder

Many repositioning cruises are light on fascinating destinations. They are just deploying ships and stops along the way often relate to provisioning and logistical imperatives. The appeal is the price, the dreamy days at sea and, in this case, the Panama Canal. Our ports in Ecuador, Peru and Chile were all commercial seaports, all in the full throes of commercial activity. Excursions tended to be far-flung from the ship and there was no strolling off the ship to appealing local markets.

For us, it was all about the canal and the canal did not disappoint. It takes 8-10 hours to go from the Gulf of Mexico to the Pacific, depending on traffic and Celebrity had guest lecturers and experts doing pre- and post-programs as well as a running commentary during the transit itself. We entered the first locks in drizzle and fog and emerged 48 miles later on the Pacific to bright sun and blue skies. With three locks up to Gatun Lake 85' above sea level and three locks back down, it was an experience that left us amazed at the clever engineering and massive amount of shipping that the canal accommodates. It also left us shaking our heads at the number of deaths involved in the construction and low-tech solution of mosquito control that finally curbed disease and allowed the project to move forward. The politics were dizzying, even by today's standards.

For history aficionados, David McCullough's *The Path Between the Seas* is a compelling read. For those with less time, Wikipedia.com does a creditable job with lots of illustrations, facts and figures.

For us, going through the canal was a visual "you-gotta-be-there" event. We hope these images give readers an inkling of what it feels like to do a full transit of the Panama Canal.



Some of us enjoyed an excursion to fly over the ancient geoglyphs carved into the high plains of the Nazca Desert in Southern Peru. These carvings were designated a World Heritage Site in 1994 and are thought to have been made by the Nazca Culture between 500 BC and 500 AD. The 70+ carvings represent zoologic figures like monkeys and hummingbirds and extend up to 1200' long. While they are best seen from small aircraft, some can also be viewed from surrounding elevated points on land.

Photo Courtesy of Steven C. Christensen



Chuck and Bud watch as we make our way through a set of locks.  
Photo Courtesy of Chase Binder



We saw lots of smiles. Photo Courtesy of Steven C. Christensen



Our itinerary ended on the coast of Chile, where excursions to Valparaíso (Valpo to locals) are popular. Valpo is known as a mecca for street artists and elaborate graffiti is everywhere. Free-spirited murals express all manner of social and political views—and all are embraced by the city. Photo Courtesy of Steven C. Christensen



The Miraflores Locks raises ships 54' in two stages, and museum and viewing station allow visitors to see just how tight the fit is—sometimes less than 2' clearance on either side. Ships navigate the canal under their own power, but side-to-side motion is controlled by powerful electric "mules" which guide the ship via immense steel cables. Each ship requires eight mules, two on each side of the bow and stern, to make the passage. Each mule or engine costs over \$1 million to build.

Photo Courtesy of Chase Binder

## About the Celebrity and the Celebrity Infinity

Celebrity has been in the up-market cruise business since the 1980's and, though it is now owned by Royal Caribbean International, it retains place as an excellent option for cruisers who appreciate high quality, personal service and good value. Bud and I first sailed on the smaller now retired *Galaxy* in 1998 and have watched the line upgrade their fleet first with the Millennium Class ships (*Millennium*, *Summit*, *Constellation* and *Infinity*) in 2000-2, then the Solstice Class in 2008-9, and new this year, the Edge Class.

I was able to chat with The Celebrity Infinity's Hotel Director, Bosco Pires, 16-year veteran of the Celebrity line. The ship's hotel director is responsible for all non-marine functions of the ship—everything from food and beverage to entertainment, house keeping and guest services. And the food was terrific.

Imagine—almost 1000 overall crew and 2200 passengers! All of us had commented on how friendly and engaged the ship's staff seemed and Pires explained it. We have a saying "happy crew, happy guests." Such a simple, logical approach! We all could feel that the staff felt valued and see the direct impact that had on the overall level of service and the ambiance of the ship.

The Celebrity Infinity broke ground in terms of size (91,000 tons) and propulsion (gas turbine azipods) when she and her sister ships were launched in the early 2000's. With ships up to 117,000 tons, she is now a medium-sized ship—but nonetheless a seasoned gal with some impressive numbers!

- 965 feet long
- 2 propellers weighing 200 tons each
- 738,000 gallons of fuel with a burn rate of 2000 gal/hr
- 91,232 horsepower for propulsion system
- Ship produces 75 Megawatts of electricity

# On The Water And in the Woods



## With Ron

The weather has made a change from December, with two large storms, one of which had very warm temps. Had it fallen as snow, we would have a very large snow pack. This is a great break for the deer and turkeys.

The fishing report from Martel's on Lake Winnisquam is that there are lots of Lake Trout, plus the Cusk fishing has been excellent after dark. Newfound Trading Post in Bristol reports many Lake Trout and Rainbows in the catch. The largest a 10lb., 31 inch Lake Trout.



The fishing was good on the Newfound River early on, but Lester now says the Trout have become somewhat selective. On Winni, A.J. reports of a 10 lb. Laker taken in Center Harbor.

Cusk fishing has been good, the White Perch bite has been on at Braun and 19 Mile Bay. Waukewan has been good for Rainbows.



A potential state record Black Crappie was caught in Winni. and is now being verified at Fish & Game.

On Sunapee, Dale at the Tackle Shack reports many Lakers in the

4-5 lb. range, "very fat," with the largest reported at 9 lbs. One angler flopped a 5 lb. Laker on the ice and a 9 inch Salmon popped out of its stomach. Ossipee Lake is producing many fine Rainbows and White Perch. Some of the Smelt camps on the Kennebec in Maine have been closed for weeks because of ice jams.

Down on the coast the Smelt have shown up for the first time in 7 years. Not large catches, but I have taken a couple of nice modest catches.

It is with great sadness that I report the loss of Captain Steve Courchesne of Hooksett. On January 25th he lost his long battle with cancer. Steve was widely known and well respected as the best Stripper guide on the coast. He worked tirelessly at his craft. I often remarked to my friends that this man could make his whole living off the land. He was always there to help and share his knowledge with us.

At his calling hours, there were more sportsmen in attendance than at a major sports event. Quite a tribute.

He leaves behind his wife of many years, Karen and their son Josh, both guides.

**He will not be replaced.**

**RON**

**(Olson con't. from p. 7)**

"Without gluten to bind food together, food manufacturers often use more fat and sugar to make the product more palatable," says Case. Consider pretzels: A serving of regular pretzels has about 110 calories and just one gram of fat. Swap them for gluten-free pretzels and you could get 140 calories and six grams of fat.

## Should You Go Gluten-Free?

If you have celiac disease or gluten sensitivity, the answer is easy: Yes, you have to. But if you just want to give the diet a spin, know this: It's a giant pain in the butt. Giving up gluten may sound as basic as cutting out bread or eating less pasta, but this isn't just another version of the low-carb craze. Because gluten makes foods thick and tasty, it is added to everything from salad dressing to soy sauce to seasonings.

Besides the hassle, you can end up with serious nutritional deficiencies. "Gluten-free doesn't necessarily equal healthy, especially when people yank vitamin-enriched and wholegrain foods from their diets and replace them with gluten free brownies," says Case.

In fact, research suggests that those who forgo gluten may be more likely to miss out on important nutrients such as iron, B vitamins, and fiber.

This is where careful meal planning comes in, which may explain why some people feel so good when they go G-free: They're eating real food instead of ultraprocessed packaged fare.

If you skip the gluten-free goodies and focus on fruits, vegetables, lean protein, dairy, and gluten free grains like amaranth and quinoa, this can be a very healthy way of eating.

## Would You Like Some Help With Your Fitness?

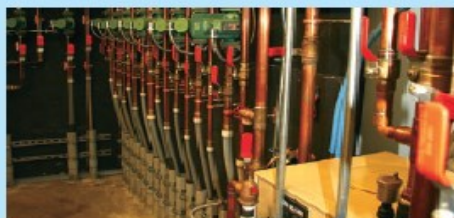
Would you like to improve your body and/or your overall fitness? Are you ready to look better, feel better, increase your energy, and improve your overall quality of life? Please feel free to call or email me and I would be very happy to help.

**Have a fantastic day!**



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## The Automotive Forum With Jon Chartier



**Garry's Service Center**  
323 South Main Street  
Concord, NH 03301



This month in ask Jon, I will be talking about the sharp influx of vehicles in for service due to the January cold snap. My hope with this column is to help people understand what causes reliability issues in their vehicles. More specifically in the winter. The cold has a grand effect on many vehicles. Our lot on some of the worst days is a parade of tow trucks. Obviously the most common issue is batteries. As a battery gets older it loses its ability to hold a charge and have a strong cold cranking capability. For the most part my observation is the average reliable battery life span is around five years. If a battery sits in extreme cold with a low charge chance are it will freeze. If a battery is dead in the cold, it will positively freeze. A frozen battery has no chance of starting an engine or even being jump started. This leads to a battery replacement on the spot or a ride on a tow truck. In some cases, the battery can be slowly warmed to thaw and recharged. Keeping in mind it has to be thawed before attempting to recharge. But still in this case the cause of the issue would need to be properly diagnosed to be sure it doesn't reoccur. As a side note, I don't know of any service center that would charge a customer just to test a battery.

Issue number two is your common "no start". The popular cause of this is a lack of maintenance. When the engine is started in the cold the computer system feeds more fuel to help the engine and catalytic converters to heat up more quickly. With worn items such as spark plugs, ignition wires and even air filters it makes it more difficult for the systems to burn the added fuel. In some cases, this leads to flooded engines and no start conditions. Some other reoccurring issues are; broken or torn wiper blades, mostly from ice scrapers and pulling the wiper blades off the windshield when they are frozen. Frozen washer fluid. Yes, this happens. Some of the cost-effective washer fluids on the market are great in the summer. They however have a poor cold temp freezing point. It is always a good idea to go with a de-icer style washer fluid in the winter. It contributes to safer visibility and has a very good freeze rating. Take care of your car. Be ready for seasonal changes and don't be a "tow in"! If you have any questions or comments, feel free to email me at the address below. And always stop by Garry's service center and say hello!!

**Jon Chartier**  
**Fleet Manager**  
JEFKEL Enterprises 603-848-8842



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

**Eurasian Auto Works**  
628 W. Main St. Tilton NH  
603-286-8637

## How Can I Help My Anxious Dog?

**S E M I N A R**

**Tuesday, March 13**  
**6pm to 8pm**  
**Pope Memorial SPCA**



**Guest Speaker: Helen St. Pierre of**  
**No Monkey Business Dog Training**

Learn strategies and recommendations to help  
your anxious dog enjoy life a little more. **Fee: \$10**

**Pre-registration required. Register at [popememorialsPCA.org](http://popememorialsPCA.org)**



Silk Farm Road  
Concord, NH  
(603) 856-8756  
[popememorialsPCA.org](http://popememorialsPCA.org)

## SPELLING BEE CHAMPIONS



Dunbarton Elementary School announces it's Champion for the 2018 Scipps National Spelling Bee is 6th Grader Luke Virta (pictured left). Runner Up is 5th Grader Gabriella Tarsa (pictured on the right). Luke's championship word was "dexterity."

**Looking for an honest, established, and  
trusted Auto Repair shop?**  
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first visit with us!**

## BOW GARDEN CLUB

By Joyce Kimball

### New Year – New Programs

The Bow Garden Club has been “dark” for the months of January and February and will stay that way one more month, beginning their new garden club year on April 9th.

In the meantime, the Program Committee is busy finalizing the roster of educational programs that will be featured at each of the upcoming membership meetings this year. The exact meeting dates and their programs topics will be announced in the next issue.

Topics and/or workshops in the planning stages for this year are: “A Year In the Garden;” Patio Plantings/Container Gardening;” Jam Making with Local Fruits; Shade Gardening; “A Floral Designer Extraordinaire;” “All About Loons;” Creating Decorations for your Holiday Wreaths, and more. Bow Garden Club meetings are open to all and new members are encouraged. We currently have 55 members on our roster, 9% of them men. In addition to our obvious focus on civic beautification and community causes, we strive to include educational programs about wildlife, environmental education, various forms of horticulture, floral design and garden therapy every year.

Do consider checking out one of our club meetings in the near future. Our meetings are held on Monday evenings beginning at 6:00 p.m. with social time and refreshments, generally the second Monday of the months of April-June and September-November. The evening programs begin at 6:30 and are approximately one hour in duration. We end the evening with a brief business meeting!

Please check us out at [www.bowgardenclub.org](http://www.bowgardenclub.org).  
Contact us via the website or by calling or e-mailing  
BGC Membership Chairman, Janis Kuch at  
856-0957 / [janiskuch@gmail.com](mailto:janiskuch@gmail.com)

### DANIEL BELAIR AWARDED EAGLE SCOUT PROJECT OF THE YEAR



Each year, the Daniel Webster Council of the Boy Scouts of America holds a recognition reception for boys who have earned the rank of Eagle Scout in the previous year. This year the reception was held on January 10, 2018, at St. Amsalem's College. In 2017, a total of 210 boys in the Daniel Webster Council earned the rank of Eagle Scout, one of the council's largest classes. Of those 210 young men, Bow's own Daniel Belair of Troop 86 was singled out. Daniel's Eagle Scout project was chosen as the council winner of the Glenn A. and Melinda W. Adams Eagle Scout Service Project of the Year Award.

Daniel's project was outstanding in its scope and uniqueness. He cleaned, photographed and recorded the inscriptions of the more than 700 gravestones in the Alexander Cemetery on River Rd. He developed, planned and carried out his project with the help of 27 volunteers over a two-year time period. A lot of research was needed to make sure that the stones were cleaned properly so there was no damage to them. A special cleaner, which was donated by Bow Heritage Commission member Darren Benoit, was used to help whiten some of the stones after they were cleaned with water and brushes. Many of the flat ground stones were covered by an overgrowth of grass, and that was all cut away.

Once the stones were cleaned, they were photographed and their inscriptions written down. Due to the age, some of the stones needed to be rubbed. All the photos and inscriptions were entered into a pdf file and a 6-volume set of books was created. These books were then given to the Bow Heritage Commission and they are now in the Heritage Room in the Baker Free Library for historical and genealogical research.

Daniel's project has now been submitted to the Northeast Region of the BSA for consideration for the National Eagle Scout Project of the Year Award.

# FLAGS ACROSS BOW

By Warren Perry



Last year the Bow Community Men's Club began what they hope will be a long standing and ever expanding tradition of displaying the flag of the United States of America at residences in our town. Flags Across Bow, as it is called, is a fundraising campaign where residents can purchase a subscription to have the American flag flown at their homes or businesses on Memorial Day, Flag Day, the Fourth of July, Labor Day and Veteran's Day. Flags are placed a few days before the holiday and picked up a few days after. The subscription costs \$40.00 for the year. In the inaugural year, the club sold 61 subscriptions. Not only did your participation demonstrate your pride in the great things our country has to offer, it helped us continue to have a positive impact on the citizens of Bow. Proceeds from the first year were used in part to allow the Men's Club to give a \$1000 scholarship to a deserving Bow High School Senior, assist a promising Bow High School athlete to represent Bow and the United States in an international rugby tournament in Ireland on the National select Rugby team, and

also help defray the cost of a life changing trip to the Philmont Scout Ranch in New Mexico for Boy Scout Troop 75.

The club's goal is to grow the program to several hundred subscriptions, which will create a stunning visual display in our community and enable the club to continue its good work in support of the wonderful town of Bow. This year the club has set a goal of 120 subscriptions. The campaign to gather subscriptions for the 2018 season will start in March. More information about Flags Across Bow or the Men's Club can found on our Facebook page (Bow Community Men's Club) or at [www.bowmensclub.org](http://www.bowmensclub.org). Bow Community Men's ClubBow Community Men's ClubBobb

The Bow Community Men's Club would like to express a sincere thank you those who participated in the inaugural Flags Across Bow season. They hope that everyone else enjoyed seeing the flags flying around town during these holidays as much as they did.



# BOW REAL ESTATE SALES

January 2018

## SINGLE FAMILY HOMES:

8 Hope Lane, 1995 gla, glaag 1995, 3 br, 2.5 bath, 2 car att., 2.0 acres. Sold \$225,000, 1/29/18

25 Hooksett Turnpike, 2560 gla, glaag 1440, 3 br, 1 full + 2 half baths, 2 car att., 1.0 acres. Sold \$225,000, 1/25/18

7 Albin Road, 1696 gla, glaag 1196, 3 br, 1.0 baths, 2 car att., 1.0 acres. Sold \$248,000, 1/29/18

1214 Rte 3A, 3700 gla, glaag 2347, 3 br, 2 baths, 2 car detached, .90 acres. Sold \$269,000, 1/5/18

11 Laurel Drive, 2156 gla, glaag 1772, 3 br, 1.5 baths, 2 car detached., 2.31 acres. Sold \$277,500, 1/18/18

97 Allen Road, 2498 gla, glaag 2212, 3 br, 2.5 baths, 2 car att., 3.15 acres. Sold 279,900, 1/3/18

10 Evergreen Drive, 2256 gla, glaag 1360, 4 br, 2.5 baths, 2 car att., 1.0 acres. Sold 287,000, 1/22/18

20 Rand Road, 1921 gla, glaag 1921, 4 br, 3 baths, 2 car att., 1.71 acres. Sold 310,000, 1/31/18

6 West Gate Drive, 3744 gla, glaag 3744, 4 br, 3 baths, 3 car att., 2.66 acres. Sold 400,000, 1/29/18

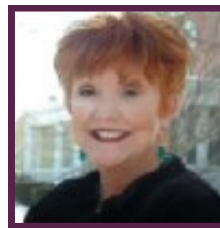
LAND None Report

Note: gla =Gross Living Area, glaag =Gross Living Area AboveGrade)

These statistics are for all Bow Sales for the period 01-1-18 thru 01-31-18, based on information from the New England Real Estate Network, Inc; deemed reliable but not guaranteed.

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

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

Linda Hutton, Broker Associate

Berkshire Hathaway HomeServices Verani Realty

143 N. Main (224-0700x6530)

Concord, NH 03301

CELL: 731-2202 [lhutton@aol.com](mailto:lhutton@aol.com) [www.lindahutton.com](http://www.lindahutton.com)

## The Baker Heritage Room

Located in the Lower-level  
of the Baker Free Library  
Open Hours

Tuesday March 6, 2018  
10:00-2:00 PM.

Saturday March 17, 2018  
10:00 AM 2:00 PM

Come on Down and Learn  
Some of Bow's History.

## The Crowd Gathers at the Recent Opening of The Baker History Room at The Baker Free Library



Granite Monthly



Provincial Papers

As the crowd gathered, some 30 or more residents of Bow enjoyed the opportunity to look over the new Baker History Room located in the lower-level of the Baker Free Library. On January 27, 2018, the room was opened to the public for the first time. A concerted effort by members of the Bow Heritage Commission along with the Baker Free Library director Lori Fisher's expert advice resulted in a very successful project being completed. The original Henry Baker book collection donated to the library in 1914 is on display in this room. Several restored publications from the Bow Heritage Commission are now being able to be enjoyed by all. This climatically controlled, secure, facility will allow for the items placed to be preserved in the atmosphere best suited for their preservation and enjoyed by those interested in history, genealogy, and viewing Native American artifacts. Our education system now has a location to visit and teach our students something about local history.



**David Lindquist Longtime  
Bow Family Member  
Discussing Local History**

**Gary Nylen, chairman of  
the Bow Heritage Comm.  
Discussing the genealogy  
of the Dow family with  
Dow family members.**



The Baker History room hours, days of week being open will be published on our new soon to be revealed website as well as other town media sites. If you are interested in making an appointment to see this fine collection of Bow Historical items, please contact: Gary Nylen, 603-496-5239, e-mail [gary42bow@comcast.net](mailto:gary42bow@comcast.net), or call Faye Johnson, 603-228-8149, e-mail [fjohnson915@myfairpoint.net](mailto:fjohnson915@myfairpoint.net)  
All photos by: Eric Anderson

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# Connecting

By Donna Deos

Have you really connected with your loved ones lately?

Sure, you've seen them or talked to them, but did you really *connect* with them?

Or, were you just going through the usual motions on auto pilot only to realize later on that you really didn't hear anything they said. Or that you felt they didn't hear you?

How many times in life do we hear someone say "fine, and you?" when you only said hello to them? It's these automatic responses, like auto correct on our phones now that make us say things that really aren't pertinent to the conversation. If we were really present and connecting with those around us we would listen to what they asked and answer it accordingly rather than just fill in the automatic response that doesn't really fit at all.

I know I've said it many times over the years, we are all just going too fast in too many directions and we simply don't take the time to really check in. To pay attention. To actually see the world around us and the real live people in it with us. We float and flitter from thing to thing and then one day we realize just how much we have been missing.

Our kids grow so fast. They grow up, they move out, they have families of their own. Our lives and everything in them go by faster and faster as the do the years. Before we know it we've lost key people in our lives and we no longer have the ability to truly connect with them as we should have when we had the chance.



Life is short and it's meant for enjoying. So, why are we rushing here and there ignoring the best part?!

My challenge to you is for you to try to find the courage to stop. Put down your distractions. Focus on the one person in front of you at this moment. Truly listen to them. Hear what they are saying, what they are feeling, what they want to share with you.

Be engaged. Participate in life right now with them. Ask them questions. Listen to their answers. Let it be about them and what they want and need. You will have your chance to share as well. Give them their turn and then you will get yours.

Stop being too busy for the friends, family and loved ones all around you.

That's what connecting is all about. It's about focusing on that other person and them alone. It's about truly being interested in them. It is forgetting everything else and letting them have center stage for a bit. It's about the interaction and the interconnection that happens when you step out of the chaos and stop splitting your focus, and truly hone in on just one thing, one person, one beautiful moment.

When the two of you become just the two of you in that conversation that is when the real magic happens. That is when you really connect. You find out how much more wonderful time and space can be when you are just present in them and paying attention to what matters most – the time we have with each other.

Here's hoping you rise to my challenge and take time out for one person today. Then, try to do it again tomorrow. Real interaction, with real people who you care about. Pretty simple, huh?!

I look forward to your feedback and results. Feel free to email me (donna@donnadeos.com), message me on Facebook or LinkedIn, or even pick up the phone and tell me about it live!

Happy connecting!

Donna

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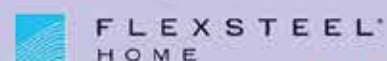
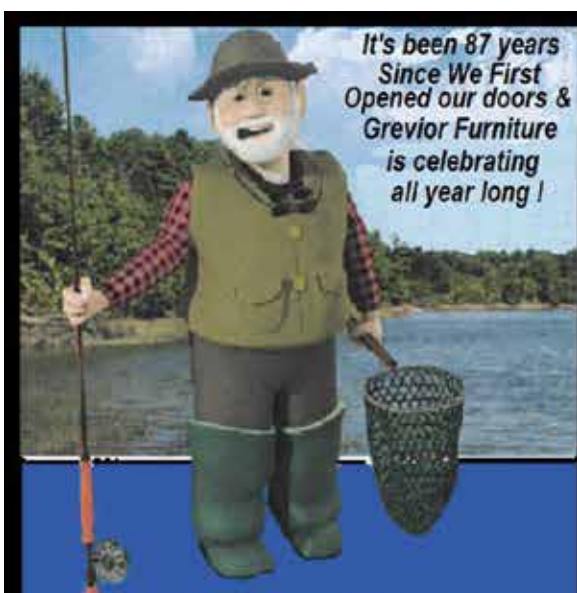
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# GO FURTHER WITH FOOD

## National Nutrition Month 2018

**March is National Nutrition Month®!** National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. “Go Further with Food” is the theme for 2018 and draws attention to the importance of making informed food choices while developing sound eating and physical activity habits. Whether it’s starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year’s theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, and also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you “Go Further with Food,” – while saving both nutrients and money.

**Key Messages as listed by the Academy of Nutrition and Dietetics:**

1. Include a variety of healthful foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes. Eat and drink the amount that’s right for you, as MyPlate encourages us to do.
5. Continue to use good food safety practices.
6. Find activities that you enjoy and be physically active most days of the week.
7. Realize the benefits of healthy eating by consulting with a registered dietitian nutritionist. RDNs can provide sound, easy-to-follow personalized nutrition advice to meet your lifestyle, preferences and health-related needs.

**Are you up for a challenge?** Take a photo or video of yourself completing a challenge and use the hashtag #NourishedNH or post on Nourished Nutrition Counseling’s Facebook page and enter to win a free initial consult! You may enter 1 time per day. Drawing will be held at random April 1st, 2018.

March is National Nutrition Month “Go Further With Food” Challenge 2018						
Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 Add green into any meal	2 Drink 64oz or more of water	3 Try a fermented food
4 Make a meal plan and budget for the week	5 Meatless Monday! Beans	6 Try a new vegetable	7 Find a health-buddy	8 Pack a snack	9 Beta Carotene it up! (Orange Veggie)	10 Salad for a meal
11 Make a dinner plan than include 1 night of repurposed leftovers	12 Meatless Monday! Tofu	13 Eat your omega-3s	14 Try a seasonal fruit or vegetable	15 Eat/Drink 3 servings of dairy	16 Pack your lunch	17 Make soup and add 4 or more vegetables!
18 Try a completely new food!	19 Meatless Monday! Mushrooms	20 Eat 5 different colored vegetables	21 Add a serving of nuts	22 Add whole grains to each meal	23 Try a new fruit!	24 Add vegetables to breakfast
25 Eat a meal as a family	26 Meatless Monday! Your pick	27 Pack your lunch	28 Make half your plate veggies!	29 Cook a meal with 5 different spices	30 Add fruit to breakfast	31 Set a goal for next month!

Meagan Phelan 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 wellness goals at Nourished Nutrition Counseling in downtown Concord. Visit NourishedNH.com or call (603) 393-3896 for more information.



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# Nothing is Life is Free, Except Perhaps...

BY BEN KINIRY, ESQ.

## I BEG YOUR PARDON BUT DID YOU JUST SAY FREE CONSULTATION?

I hope you had a happy Valentine's Day!

In last month's article I discussed New Year's resolutions and the idea that on January first each year we have a chance at a new beginning. As part of these new beginnings people often make lists of things they want to do, and should do, as part of improving their life situation.

One of the goals that you may have set for yourself is having your estate plan created. Why you ask? In part because you love your spouse and/or family (see how I snuck the "Valentine" theme in?) and want your family to know you have a plan, know the plan and to have the tools needed to execute the plan when life throws you a curve ball (it's a fact of life, it is just a matter of when, and you don't get to choose the date no matter how stubborn you are).

So with these things in mind, Laboe & Tasker is prepared to make you an offer... an offer you can't refuse (just kidding, you can refuse but you shouldn't).

The offer: If you should take that first critical step and call Laboe Tasker within two weeks of



the date of this edition of the Bow Times AND set up an estate planning office consultation, then your estate planning consultation will be free! The only condition is that you must mention this free offer.

Just to be clear, you have to call AND set up an appointment during the two week period, not actually have the appointment in the two week period. For example, if you desire to hold your appointment after the ice is gone, no problem, we'll see you then.

There you have it, you are out of excuses. If you are one of those people who has been reading these articles over the years, have been thinking about setting up an estate plan and have questions that you would love to have answered, this is your risk-free opportunity which I am hopeful



you will accept.

What about high pressure sales? Great question, I'm glad you asked. We don't accept money or sign any contracts at the closing of our estate planning consultations (even if you offer). Why? Because we don't want anyone to have remorse about a decision they made.

Well then how does it work? Wow, another great question! You're on a roll! We learn about your family, educate you about the benefits of estate planning and answer all your questions. Ultimately, we will come up with a recommendation for you and of course we will discuss what the cost will be for implementing your estate plan.

Then we say our goodbyes and send you home with a copy of the meeting notes so you can better

retain what was discussed. With your permission, we will then send you a fee agreement in the mail laying out the terms of what was discussed during our meeting.

After you have had an opportunity to seriously consider our recommendation, you make the choice of whether or not to move forward with creating your personalized estate plan.

In closing, we know you love your family and you want to get your estate planning affairs in order, therefore, Laboe & Tasker's gift to you in celebration of Valentine's Day is a free, no obligation, consultation making it easy for you to take that first important step.

We look forward to meeting you.

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## NO COMMITMENT

# The Major Retirement Planning Mistakes

BY DOMINIC LUCENTE

## Why are these mistakes made again and again?

Much has been written about the classic financial mistakes that plague start-ups, family businesses, corporations, and charities. Aside from these blunders, there are also some classic financial missteps that plague retirees.

Calling them “mistakes” may be a bit harsh, as not all of them represent errors in judgment. Yet whether they result from ignorance or fate, we need to be aware of them as we plan for and enter retirement.

**Leaving work too early.** As Social Security benefits rise about 8% for every year you delay receiving them, waiting a few years to apply for benefits can position you for greater retirement income. Filing for your monthly benefits before you reach Social Security’s Full Retirement Age (FRA) can mean comparatively smaller monthly payments. The FRA varies from 66-67 for people born between 1943-59. For those born in 1960 and later, the FRA is 67.<sup>1,2</sup>

Some of us are forced to make this “mistake.” The Center for Retirement Research at Boston College says 56% of men and 64% of women apply for Social Security before full retirement age. Still, if you can delay claiming Social Security, that positions you for greater monthly benefits.<sup>1</sup>

**Underestimating medical bills.** In its latest estimate of retiree health care costs, Fidelity Investments says that a couple retiring at 65 will need \$275,000 to pay for future health care costs. That estimate may be conservative, as Fidelity’s calculation does not include eye care, dental care, or long-term care expenses.<sup>3</sup>

**Taking the potential for longevity too lightly.** Actuaries at the Social Security Administration project that around a fourth of today’s 65-year-olds will live to age 90, with about one in ten living 95 years or longer. The prospect of a 20- or 30-year retirement is not unreasonable, yet there is still a lingering cultural assumption that our retirements might duplicate the relatively brief ones of our parents. The American College New York Life Center for Retirement Income recently polled people about longevity, and 47% of respondents over age 60 underestimated the remaining life expectancy for an average 65-year-old male.<sup>4</sup>

**Withdrawing too much each year.** You may have heard of the “4% rule,” a popular guideline stating that you should withdraw only about 4% of your retirement savings annually. Many cautious retirees try to abide by it.

So, why do others withdraw 7% or 8% a year? In the first phase of retirement, people tend to live it up; more free time naturally promotes new ventures and adventures and an inclination to live a bit more lavishly.

**Ignoring tax efficiency & fees.** It can be a good idea to have both taxable and tax-advantaged accounts in retirement. Assuming your retirement will be long, you may want to assign this or that investment to its “preferred domain” – that is, the taxable or tax-advantaged account that may be most appropriate

for it as you pursue a better after-tax return for the whole portfolio.

Many younger investors chase the return. Some retirees, however, find a shortfall when they try to live on portfolio income. In response, they move money into stocks offering significant dividends or high-yield bonds—which may be bad moves in the long run. Taking retirement income off both the principal and interest of a portfolio may give you a way to reduce ordinary income and income taxes.

Fees have an impact. The Department of Labor notes that a 401(k) plan with a 1.5% annual fee will eventually leave a participant with 28% less money than one with a 0.5% annual fee.<sup>5</sup>

**Avoiding market risk.** Equity investment does invite risk, but the reward may be worth it. In contrast, many fixed-rate investments offer comparatively small yields these days.

**Retiring with big debts.** It is hard to preserve (or accumulate) wealth when you are handing portions of it to creditors.

**Putting college costs before retirement costs.** There is no “financial aid” program for retirement. There are no “retirement loans.” Your children have their whole financial lives ahead of them. Try to refrain from touching your home equity or your IRA to pay for their education expenses.

**Retiring with no plan or investment strategy.** An unplanned retirement may bring terrible financial surprises; the absence of a strategy can leave people prone to market timing and day trading.

**These are some of the classic retirement planning mistakes.** Why not plan to avoid them? Take a little time to review and refine your retirement strategy in the company of the financial professional you know and trust.

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

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### Citations.

- 1-cnbc.com/2017/06/02/how-married-couples-can-maximize-their-social-security-benefits.html [6/2/17]
- 2-ssa.gov/planners/retire/retirechart.html [1/8/18]
- 3-cbsnews.com/news/how-to-cope-with-health-care-costs-in-retirement/ [9/12/17]
- 4-fool.com/investing/2017/06/07/dont-make-this-big-social-security-mistake.aspx [6/7/17]
- 5-cnbc.com/2017/04/06/what-you-dont-know-about-401k-fees-can-cost-you-plenty.html [4/6/17]

## 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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## CONGRATULATIONS Bow W Team!

Congratulations to the Bow W team for winning the Merrimack Basketball League championship in the 3/4 Boys D3 Blue division. The league consisted of teams from Dunbarton, New Boston, Weare, and six teams from Bow. Team Bow W narrowly defeated a tough Bow L team 21-15 in the final.



**Pictured from left to right: Front Row: Logan Lutz, Landon Krause, Wyatt Worcester, Aidan O'Keeffe, Keigan Sadler Back Row: Coach Scott Oosterveen, William Drew, Maddux Oosterveen, Jared Caldwell, Jonathan Sisk, Coach Daren Worcester.**

BOW POLICE LOG

DECEMBER 2017 STATS

(reprinted in its entirety)

Arrests - 19 Motor Vehicle Stops – 126 Warnings – 109

Citations – 17 Accidents – 27 Parking Tickets – 0

Restraining Orders – 1 Incident/Investigation Reports – 22

Arrest Log

12/01 Tara Messner, 35, Kingston Ln, Bedford, was arrested for conduct after an accident

12/02 Gary M. Beauchesne, 55, Judith Dr, Concord, was arrested for driving while intoxicated; Matthew R. Richard, 26, Fisherville Rd, Concord, was arrested for operating without a valid license

12/07 Matthew T. Stephan, 38, Holly Ridge Ln., Conway, was arrested on two warrants

12/08 Erick A. Thorell, 35, Auras Way, Bow, was arrested for domestic violence; assault, and simple assault; Paul R. Lacourse, 50, Branch Londonderry Turnpike West, Bow, was arrested for felon in possession of a dangerous weapon, possession of a controlled drug, and dealing/possessing prescription drugs

12/09 Nicole L. Picknell, 33, Bow Bog Rd, Bow, was arrested on a bench warrant

12/14 Michael Kimball, 26, River Rd, Concord, was arrested on a warrant

12/15 Kathleen A. Melanson, 55, Henry Law Ave, Derry, was arrested for driving while intoxicated (subsequent offense), and open container

Jeewan Dhital, 23, Concord Gardens, Concord, was arrested for driving while intoxicated (subsequent offense), driving after revocation/suspension, and two bench warrants; An adult male was taken into protective custody for intoxication

12/17 Karanda E. Pakasuk, 28, Fisherville Rd, Concord was arrested for stalking; Joseph C. Henriksen, 33, Pleasant Ln, Warner, was arrested for felon in possession of a dangerous weapon, possession of a controlled drug, and falsifying physical evidence; Jennifer M. Karl, 35, Main St, Belmont, was arrested for felon in possession of a dangerous weapon, possession of a controlled drug, and falsifying physical evidence

12/20 Jewel L. Burke, 36, Washington St, Penacook, was arrested on a warrant, and violation of probation or parole

12/26 Leslie A. Wright, 49, Green St, Concord, was arrested for driving after revocation/suspension (subsequent offense), and suspended registration

12/30 Adele M. Geary, 43, Mechanic St, Laconia, was arrested for driving while intoxicated (subsequent offense), and resisting arrest/detention

Also in December: One adult received a summons for marijuana possession. There was one involuntary emergency admission.

JANUARY 2018 STATISTICS

Arrest: 13 Accidents: 11

Vehicle Stops: 182 Parking Tickets: 9 – Warnings: 157

Restraining Orders: 3

Citations: 25 Incident/Investigation Reports: 24

Arrest Log:

1/1: Brian Sage, 41, Dicandra Dr. Bow, Domestic Violence Simple Assault and Simple Assault. One adult, received a citation for possession of marijuana.

1/7: Harrison Palmer, 19, Easton Rd., Franconia, Suspended registration, Operating without a valid license.

1/10: One Juvenile arrested for unlawful possession of alcohol.

1/17: David Garrow, 62, Laval St., Manchester, arrested on 2 warrants; Damon Garrow, 39, Beech Hill Rd., Manchester, arrested on a warrant; Ben Gelernter, 65, Brown Hill Rd., Bow, Domestic Violence Simple Assault and Simple Assault.

1/20: Meaghan Fazzina, 32, no fixed address, arrested on a bench warrant.

1/22: Evgeny Krants, 24, Wildewood Dr., Canton, MA., Driving After Revocation/Suspension

1/26: Glen Culver, 52, Farrington Corner Rd., Hopkinton, Driving Under the Influence. One adult taken into protective custody.

1/27: Tiffany Vincent, 41, Black Brook Rd., Goffstown, Driving After Revocation/Suspension / Subsequent.

1/29: Kyle Gordon, 34, Merrimack St., Manchester, Disobeying an Officer, Driving After Revocation/Suspension, Bench Warrant.

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Grade 7

First Semester 2017-2018

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Ayla Currier  
Cameron Evans  
Mark Folsom  
Marissa Green  
Vance Gula  
Vincent Hassell-Higgins  
Sage Konstantakos  
Lyndsey LaPerle  
Alexandra Larrabee  
Sarah Lavigne  
Courtney McKeen  
Rachel Pelletier  
Anna Ros  
Michael Sardella  
Alessandra Sargent  
Meghan Shippes  
Anish Subbakaran  
Anna Tsouros  
Jake Westenberg  
Meghan Wray  
Becky Zheng

HONORS

Carter Aubrey  
Theodore Barker  
Aiva Berrigan  
Benjamin Berube  
Joshua Billow  
Maciej Blaszcak  
Josiah Boisvert  
Finnegan Bonner-Gerber  
Maya Brochu  
Amelia Clark  
Noah Crear  
Carlee Davis  
Trista Day  
Solange Doucet  
Jessica Fisher  
Morgan Flynn  
Logan Fox  
Brendan Griffin  
Kaelen Hansel  
Julia Katz  
Alexander Kehas  
Emily Kiah  
Madison Kiniry  
Hunter Lane  
Isabella LaPerle  
Hannah Lawrence  
Braden LeClair  
Ava Maurer  
Jacob McDaniel  
Hannah McGonigle  
Zachary McKerley  
Michael Milano  
Grace Neff  
Brady Perkins  
Eleanor Pingree  
Isabella Raisty  
Hannah Rondeau  
Elena Roy  
Paris Sadler  
Amelia Smith  
Emily Vincent  
Sarah Vozzella  
Owen Walton  
Brody Wesler  
Catherine Windsor

Grade 8

First Semester 2017-2018

HIGH HONORS

Rose Anderson  
Cailyn Benson  
Cole Billow  
Kate Billow  
Leah Boisvert  
Cameron Cafasso  
Rorie Cochrane  
Rylee Constant  
Oliver Dolcino  
Andrew Driscoll  
Ethan Gray  
Sarah Guerrette  
Jenin Jarrar  
Kyra Johnson  
Aurelia Kaufman  
Grace Kirkpatrick  
Molly Knight  
Julia Krause  
Madeleine Kropp  
Honor Kula  
Katherine Lessard  
Kyle Martin  
Sierra Mason  
Mary McCarthy  
Shawn Millerick  
Cassie Murphy  
Ashley Panzino  
Michael Pelletier  
Lincoln Routhier  
Amelia Soucy  
Clara Udelson  
and Trista Voisine

HONORS

Zachary Anderson  
Connor Bernard  
Savannah Betterley  
Jessica Chamberlin  
Victoria Clancy  
Ethan Clark  
Madeleine Ess  
Sydney Ferland  
Riley Fortier  
Liberty Furr  
Bria Geddes  
Amy Gray  
Kelly Harris  
Ava Kehas  
Keagen Kelly  
Delaney King  
Mallory Knight  
Kylie Laflamme  
Jackson Lalla  
Matthew Lamy  
Tatum Laws  
Quinn Lewis  
Lucy Little  
Campbell Lucey  
Hope Marcou  
Ryan McSweeney  
Paris Mills  
Ava Noce  
Madeleine Paul  
AnneMarie Penney  
Theodore Pfeifle  
Madison Roberge  
Catherine Rolla  
Eva Rook  
Madison Speckman  
Anne Stirewalt  
Caleb Sonecipher  
Madeline Terrell  
Rachel Towne  
Addison Trefethen  
Hannah Waltz  
Jocelyn Webber  
Brayden Wesler  
Ashley White  
Ashlyn Wright



**TOWN OF DUNBARTON  
TOWN and SCHOOL  
CANDIDATES for the ELECTION  
to be held TUESDAY, MARCH 13, 2018**

**TOWN:**

(One) Selectman for three years: Michael S. Kaminski\*  
 (One) Town Moderator for two years: Rene Ouellet\*  
 (One) Town Clerk for three years: Linda L. Landry\*  
 (One) Supervisor of the Checklist for six years: Peter Weeks\*  
 (One) Assessor for three years: Mary LaValley\*  
 (Two) Library Trustees for three years: Judy Caron  
 Katie McDonald\*  
 (One) Trustee of the Trust Funds for three years: John J. Casey, Jr\*  
 (One) Trustee of the Trust Funds for two years: Edward H. Wagner  
 (One) Trustee of the Trust Funds for one year: Roger P. Rice  
 (One) Cemetery Trustee for three years: No candidate  
 (Two) Ethics Committee Members for three years: Marcy Richmond\*  
 No candidate for second seat

**SCHOOL:**

(One) School Board Member for three years: Jeff Trexler\*

\* Incumbent

*Candidates for all Offices filed with: Linda Landry, Dunbarton  
Town Clerk*

## DUNBARTON NEWS

By Nora LeDuc

**Enjoy a Community Breakfast through Feb 25** – Funds help support scholarships to Horton Center summer camping experiences. Every Sunday 8:00 to 10:00 am at the Congregational Church Vestry in Dunbarton Center. Cost \$6.00. Everyone welcome.

**Social Media - A Predator's Playground** - Mon. March 5, at 6pm at the Dunbarton School Library at 20 Robert Rogers Road: Learn about the dangers that face teens every day. In doing so, we'll discuss how computers, cell phones, iPads, digital cameras, gaming systems, social networking applications, and internet blogs all play a role in placing students and families at risk.

This 1.5 hour presentation is specifically geared towards parents, educators and community leaders who are looking to better understand the technology available to teens today and the way in which child predators use it to exploit them.

The New Hampshire Internet Crimes Against Children (NH ICAC) Task Force was established in 1998 and is responsible for investigating cases of child sexual exploitation involving the use of high technology throughout the state of New Hampshire.

The NH ICAC Task Force allows law enforcement agencies to work together to acquire the technical skills, specialized equipment, and resources to effectively investigate and prosecute offenders.

TO RSVP, PLEASE EMAIL SERGEANT CHRISTOPHER REMILLARD AT CHRISREMILLARD@GSINET.NET. SEATING IS LIMITED TO THE FIRST 40 REGISTRANTS.

**Dunbarton School District Meeting** - Sat. March 19 at 1pm. Must be present at the meeting to vote on Warrant Articles. Meeting held at the elementary school on 20 Robert Rogers Rd.

**Support Dunbarton Elementary School!** Clip Box Tops! DES earns 10 cents for each one. The library is now a drop off point!

**Spieside Coffee House** will be Sat. March 17 at the Vestry in Dunbarton Center. Performers can now sign up at 6:30pm. Musicians, poets and storytellers are welcome. Coffee, tea, soup and snacks are available. \$5.00 suggested donation at the door. FMI contact [Lizz@dunbartonucc.org](mailto:Lizz@dunbartonucc.org).

**Dunbarton Public Library Museum Reimbursement Program** - The Dunbarton Public Library offers reimbursement of museum admissions up to \$30 per visit. There is a limit of 3 visits per family per calendar year. Any museum or educational exhibit in New England qualifies for reimbursement. Receipts must be received within one month of visit. Contact the library with questions on reimbursement.

**The Easter Bunny Brunch and Egg Hunt** will be March 25, 11am to 12:30pm at the Elementary School. Save the date.

**FREE Blood Pressure and Lifestyle Connection** Learn what your numbers mean. You learn about some simple changes that you can make to manage and lower your Blood Pressure.

These life skills can also reduce your risk of stroke, diabetes and heart disease. Participate in this FREE class and take charge of your health. First 30 minutes is an optional Blood Pressure Clinic.

Light refreshments will be served. Wednesday Mar 28, 5-6:30 PM Dunbarton Town Office 1011 School Street. Presented by Concord Hospital Center for Health Promotion. [Concordhospital.org](http://Concordhospital.org). phone 230-7300.



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## Girl's Varsity Basketball

GIRLS VARSITY BASKETBALL RIDE EARLY OUTBURST TO WIN OVER PEMBROKE ACADEMY

Game Date: Feb 16, 2018

Score: FALCONS: 50 PEMBROKE ACADEMY: 34

**Key Players:** Erin Boldwin (15 points, 10 rebounds), Patty Nordin (10 points), Lea Crompton (8 points), Lauren Goyette (7 points)

**Highlights/key moments:** Bow took a 12-4 lead in the first quarter, a lead they protected to the end.

GIRLS VARSITY BASKETBALL CELEBRATE SENIOR NIGHT BY CRUISING PAST MANCHESTER WEST HS

Game Date: Feb 13, 2018

Score: FALCONS: 56 MANCHESTER WEST HIGH SCHOOL: 15

**Key Players:** Erin Boldwin (13 points), Lea Crompton (8 points), Sarah Martin (8 points), Patty Nordin (rebounding)

**Highlights/key moments:** Seniors Boldwin, Crompton, Martin and Nordin led the Falcons on senior night.

GIRLS VARSITY BASKETBALL WIN ON PATTI NORDIN PUTBACK AT THE BUZZER IN THRILLER OVER JOHN STARK REGIONAL HS SCHOOL

Game Date: Feb 9, 2018

Score: FALCONS: 37 JOHN STARK REGIONAL HIGH SCHOOL: 36

**Key Players:** Leah Crompton (20 points), Erin Boldwin (18 rebounds)

**Highlights/key moments:** Patty Nordin played the role of hero for the Falcons, hitting the game-winning shot at the buzzer to carry them past John Stark in a tightly contested game.

## Boy's Varsity Basketball

BOYS VARSITY BASKETBALL LOSE TO TALENTED KEARSARGE HS SCHOOL SQUAD

Game Date: Feb. 16, 2018

Score: FALCONS: 51 KEARSARGE HIGH SCHOOL: 63

**Key Players:** Tommy Johnson (28 points, 4 assists, 3 rebounds), Taylor Mattos (19 points, 12 rebounds, 3 assists), Noah Tremblay (8 points, 5 rebounds, 3 assists), Kyle Hernon (2 points, 6 rebounds)

BOYS VARSITY BASKETBALL HOLDS OFF MANCHESTER WEST HS SCHOOL

Game Date: Feb. 13, 2018

Score: FALCONS: 65 MANCHESTER WEST HIGH SCHOOL: 59

**Key Players:** Ryan Andrews hit (17 points, 5 3-pointers), Shaun Lover (11 points), Ben Guertin (10 points)

**Highlights/key moments:** The Falcons jumped out to a 19-6 first quarter lead, enough of a cushion to withstand six West 3s in the second quarter and a 12 total in the game.

**Coach's quote:** "We missed a lot of free throws in the fourth quarter. I'm happy for the win, but we need to close out games better." – Bow's Frank Moreno

BOYS VARSITY BASKETBALL LOSE HEARTBREAKER IN 4OT TO JOHN START REGIONAL HS SCHOOL

Game Date: Feb. 9, 2018

Score: FALCONS: 73 JOHN STARK REGIONAL HIGH SCHOOL: 75

**Key Players:** Shaun Lover (19 points), Ben Guertin (17 points)

**Highlights/key moments:** In a wild back-and-forth contest, the Generals survived with a strong defensive stand on the final possession to put an end to the marathon. Bow led by eight at halftime, but Stark charged back in the third quarter with 19 points and the teams were tied at 47 after regulation.

**Coach's quote:** "That was an epic game. Great fight from both teams. That was the hardest we've played all year. Disappointing to lose, but so proud of the effort we had." – Bow's Frank Moreno

## COED Varsity Nordic Skiing

COED VARSITY NORDIC SKIING COED VARSITY NORDIC SKIING BOYS 2<sup>ND</sup>, GIRLS 3<sup>RD</sup> in 6-TEAM MEET AT PROCTO

Game Date: Feb 6, 2018

BOYS NORDIC

KEARSARGE first, BOW second

**Key Players:** London Warburton (7<sup>th</sup>), Luca Demain (9<sup>th</sup>), Kirpal Demain (10<sup>th</sup>)

**Highlights/key moments:** A fresh inch of snow made the Proctor Ski Area course more forgiving and Kearsarge took advantage by finishing with 376 points to take first in this six-team meet. The Cougars were followed by Bow (367), White Mountains (367), Fall Mountain (350), Sunapee (245) and Belmont (100).

**GIRLS NORDIC**

KEARSARGE first, BOW third



## COED Varsity Alpine Skiing

COED VARSITY ALPINE SKIING

COED VARSITY ALPINE SKIING BOYS 1<sup>ST</sup>, GIRLS 8<sup>TH</sup> IN MEET AT MOUNT SUNAPEE

Game Date: Feb 6, 2018

**BOYS ALPINE**

BOW first, BELMONT second

**Key Players:** Connor Wachsmuth (1<sup>st</sup> slalom, 4<sup>th</sup> giant slalom), Jonathan Cook (6<sup>th</sup> slalom, 8<sup>th</sup> GS), Aden Lipsy (8<sup>th</sup> slalom, 11<sup>th</sup> GS)

**Highlights/key moments:** Bow took first at Mount Sunapee behind two top five finishes by Wachsmuth and a pair of top-10 finishes by Cook.

**GIRLS ALPINE**

KEARSARGE first, GILFORD second

**Key Players:** Megan Lavigne (14<sup>th</sup> slalom)

## COED Varsity Wrestling

COED VARSITY WRESTLING

COED VARSITY WRESTLING PRE FOR DIII CHAMPIONSHIP WITH WIN OVER KEARSARGE HS SCHOOL

Game Date: Feb 8, 2018

Score: FALCONS: 51 KEARSARGE HIGH SCHOOL: 24

**Key Players:** Colby Rousseau (113 pounds, win by pin), Zack Anderson (126, pin), Andrew Bliss (138, pin), Mark Borak (152, decision)

**Highlights/key moments:** The Falcons wrestled to a win over the Cougars as they head toward the Division III championships at Winisquam on Feb. 17.

COED VARSITY WRESTLING UNABLE TO OVERCOME TEAM ILLNESS IN LOSS TO TOUGH PLYMOUTH REGIONAL HS SCHOOL

Game Date: Feb 6, 2018

Score: FALCONS: 22 PLYMOUTH REGIONAL HIGH SCHOOL: 48

**Key Players:** Mark Borak (win by major decision at 145 pounds), Alex Boufford (win by pin at 160), Aidan Hyslop (pin at 182), Chris Wheeler (decision at 220), Will Zachistal (decision at 285)

**Highlights/key moments:** Hyslop moved up a weight class and came away with an unexpected pin, but the Falcons, who are battling illness as a team, fell to an always tough Plymouth team.

**Coach's quote:** "For everyone still being sick we didn't do too badly. We went down swinging, which I like to see." – Bow's Brock Hoffman

## BOW HIGH CORNER

*by Connor Griffin*

### Bow High School Hockey Season Summary

The Falcons opened the season strong with a 3-1 win on the road against Winnacunnet, but this was followed up by four games all lost by three or more goals. The team bounced back and played a great stretch of three games, including a 4-goal performance by Ryan Tobeler when Bow shutout Merrimack in the beginning of January. That game was followed up with a well fought 3-2 loss against Alvirne, and a 6-5 win against Spaulding. In the Spaulding win, Ben and Ryan Tobeler added four points a piece, while Jake Mielcarz had six points, including two goals. This success continued into the early parts of the next game against Bishop Brady, where the Falcons came flying out of the gate to a 3-1 lead. A controversial call cut the lead in half after a puck that appeared to deflect off the crossbar was ruled to have hit the cage in the net and bounced back out. Bishop Brady scored five straight unanswered goals and went on to win 6-3. Bow was outscored 13-0 in its next two games against Oyster River and Windham. In the following game Bow lost 10-2 against Goffstown, who came out quick scoring six goals in the first period. Goalie Jason Howe made 30 saves throughout the game, but Goffstown just couldn't be stopped.

At the time of writing this article, there are still five games to be played, four of which are at home. Two of Bow's wins have come at home, so there is reason for optimism as the season comes to a close. There is also a sense of optimism for the future, because half the team is made up of underclassmen. who have learned and grew as the season went on. Many of these players have already had playoff experience after winning a championship last season.

**Connor Griffin, a sophomore at Bow High School, contributes school related articles periodically.**

BOW COMMUNITY CALENDAR

February 26, 2018 - Hazard Mitigation Committee Meeting  
9:30 AM @ Bow Safety Center

March 13, 2018 - **Town of Bow Town Elections**  
7:00 AM - 7:00 PM @ Bow Middle School

March 14, 2018 - Bow Young at Heart Club Meeting  
11:30 AM - 2:00 PM @ Bow Community Building

March 14, 2018 - Town of Bow Town Meeting  
6:30 PM @ Bow High School

March 16, 2018 - Annual School Meeting  
7:00 PM @ Bow High School

March 28, 2018 - Bow Young at Heart Club Meeting  
11:30 AM - 2:00 PM @ Bow Community Building

BOW HAZARD MITIGATION PLAN UPDATE MEETING

The Town’s Hazard Mitigation Committee will hold its next meeting on Monday, February 26, 2018 at 9:30 AM at the Bow Safety Center, 7 Knox Road, Bow. The draft Bow Hazard Mitigation Plan Update 2018 document is anticipated to be completed in summer 2018.

The Bow Hazard Mitigation Plan must be updated every five years and approved to current requirements to ensure the Town’s continued eligibility for federal disaster recovery and mitigation grant project funding. Past and potential natural disasters and other hazard events will be assessed and critical facilities and vulnerable areas and populations will be identified. The Committee will review existing mitigation capabilities and develop long-term risk reduction mitigation actions to help alleviate the impact of these events to Bow’s people, buildings, and property.

All unique perspectives from stakeholders, engaged citizens, businesses, and organizations are invited to attend and participate in the Town’s hazard mitigation discussion and decision making. For more information, contact Lee Kimball, Emergency Management Director, at 603-223-3940 or via email to lkimball@bownh.gov.

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for Selectmen

Rob Hollinger  
for School Board

Ken Kiniry & Jeff Knight  
for Budget Committee

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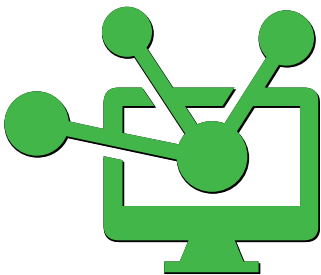
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| Blue Seal Feeds             | Merrimack Savings Bank         |
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| Bow Recreation Building     | Patty Lee’s Kitchen            |
| Bow Town Offices            | South St. Market               |
| 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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