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TWO NEW SELECTMEN AS POULIN AND WAYNE WIN

With two seats wide open on the Board of Selectmen, the three-way race led to victories by Matt Poulin and Mike Wayne over Shannon Rhodes.

With plenty of signs up for all three candidates the race was very competitive. Town Democrats pushed for Rhodes but Poulin and Wayne were endorsed by The Concerned Taxpayers of Bow. Mike Wayne is a well respected stalwart of the Community Men’s Club of Bow and turned a prior narrow defeat into a victory this year. Matt Poulin went door to door to over 500 homes in an aggressive battle for a newcomer to elected office. The race results were:

Poulin	692
Wayne	680
Rhodes	614

A total of 1191 voters came out in a Nor’easter to cast their ballots. Incumbents Eric Anderson and Ben Kiniry did not run for re-election. Eric Anderson has served Bow in numerous capacities for decades and is the most respected elected official Bow has had in recent years. Kiniry was elected to the Budget Committee which has worked hard under the difficult tax environment Bow faces.



Shannon Rhodes and Jennifer Strong-Rain at the polls. (Photo Eric Anderson)

KINIRY AND RADOMSKI ELECTED TO BUDGET COMMITTEE

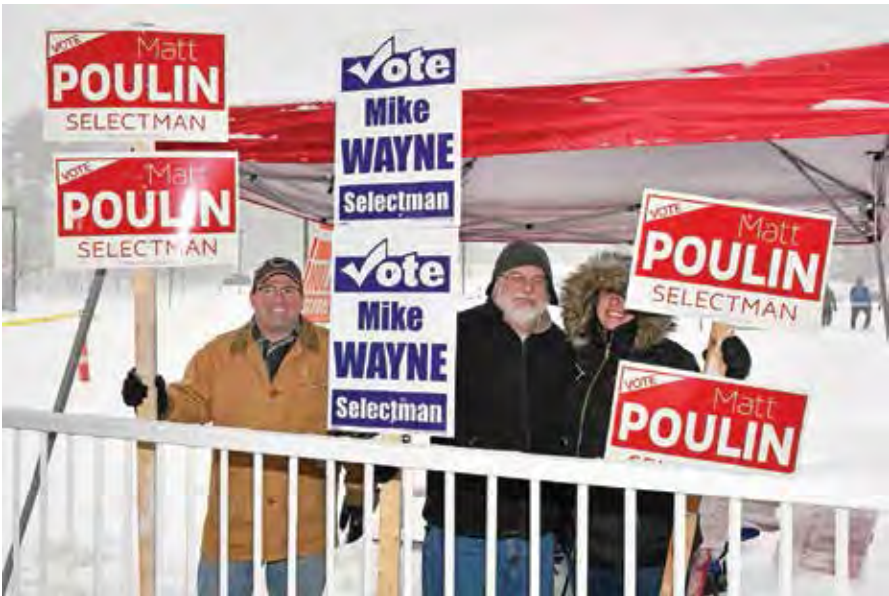
With four candidates running for two seats on the Budget Committee, voters chose Ben Kiniry and Melissa Radomski. Incumbent Jeff Knight narrowly lost by 27 votes. The final tally was:

Ben Kiniry	575
Melissa Radomski	579
Jeffrey Knight	548
Joseph Rheume	302

SCHOOL BOARD UNCHANGED

Incumbent Jennifer Strong-Rain held on to her school board seat in a tight contest with Budget Committee member Rob Hollinger. The School Board will be entering into contract negotiations this year. Its \$28 million budget is three quarters of total town spending and is in the mix along with about \$10 million at stake in excessive tax assessments for Merrimack Station for years 2014-17. The tally was:

Hollinger	559	Strong-Rain	623
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Matt Poulin and Mike Wayne working the poll during the frosty Nor’easter.
(Photo Courtesy of Eric Anderson)

TOWN MEETING SUPPORTS COMMUNITY BUILDING

The annual town meeting on March 14 opened with a PSNH update provided by the Selectmen in a slideshow.

It was disclosed that after a recent court conference there will be a court hearing next year for the taxes at issue since 2013.

Selectman Harry Judd said that repairs to the elementary school and major changes to the Community Building will have to be deferred. The goal is to avoid borrowing to pay the taxes owed to PSNH. “That means we have to expect four to five years of very lean spending” concluded Judd.

The town budget of \$11,662,735 was approved as recommended by the Selectmen and Budget Committee.

The meeting next moved to take up petitioned warrant article 26. Proponent Michelle Vecchione offered an amendment to reduce the \$94,345 request to \$7,145 and to change the source of funds from capital reserve funds to funds in the current budget.

As part of the discussion, it was learned that funds have been found to install a fire alarm system which is being installed now. The budget line item, for the Community Building, is \$27,000 according to Selectman Nicolopoulos with \$7,000 left and available to complete the immediate life safety issues required by Fire Chief Harrington. Thus, no new appropriation was needed.

The Selectmen acknowledged that they had responded to the over 500 voters who had signed petitions to save the Community Building and keep the Recreation Department and its activities in the building. Harry Judd said one reason he opposed spending on the building is because it costs \$50,000 a year to heat. A voter pointed out the budget only calls for \$9,000 a year per page 205 of the Town Report.

Chief Harrington clarified that the kitchen could now be used except for grilling because the hood and exhaust system are not fire safety compliant. The amended article was overwhelmingly approved. The only selectman to vote no was Harry Judd.

All other spending items were approved except Article 15 calling for new air conditioners for the library. That \$50,000 was defeated.

The proposal to adopt a Tax Increment Financing plan or TIF district at the area near I-89 and 93 and on the north end of 3-A in Bow was also overwhelmingly adopted. An explanation of TIF appears in this paper at page 3.

Article 24 concerning leasing town land for solar development was approved.

335 voters turned out for this year’s meeting compared to 148 last year.

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EDITORIALS

EVERSOURCE LOVES NEW HAMPSHIRE?

Eversource of Connecticut announced it will help New Hampshire to the tune of \$375,000,000 to try and get Northern Pass approved.

On February 28, President Bill Quinlan said Eversource will offer up to \$300,000,000 in reductions to our businesses and low income customers. On top of that it will pay homeowners whose property values would decline \$25 million; \$25 million for economic development and \$25 million to promote tourism.

While he is at it how about writing off \$10 million of the taxes and interest refund he is looking for from the town of Bow? How much of the \$375 million that is going to be spread around the State will come from the \$5,700,000 Bow just paid for over assessing Eversource?

As a gesture of good will why not give Bow's business and consumers a break for a lousy \$10 million more as a good corporate citizen?

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

THOUGHT OF THE DAY

The role of a free press was well stated by Justice Hugo Black in the Pentagon Papers case in 1971: "In the First Amendment the Founding Fathers gave the free press the protection it must have to fulfill its essential role in our democracy. The press was to serve the governed, not the governors. The Government's power to censor the press was abolished so that the press would remain forever free to censure the Government. The press was protected so that it could bare the secrets of government and inform the people. Only a free and unrestrained press can effectively expose deception in government."

*Justice Hugo Black
in the Pentagon Papers case*

LETTERS TO THE EDITOR

TOWN'S FUND BALANCE IS IN A DEFICIT

The recent audit report ending on 6/30/17 shows the fund balance of the Town as being in a deficit.

The figure of - \$2,272,315 will probably be the first time in the history of Bow that the Town has a deficit in its unassigned fund balance. Very few Towns in the State of NH have ever had a deficit in their unassigned fund balance. How is the Town going to move forward to eliminate this deficit per RSA 41:9, IV? What are the components that make up this current deficit when in the prior year ending on 6/30/16 the Town had a healthy unassigned fund balance of \$2,954,409? The fund balance is used for numerous funding options such as keeping the tax rate stable at tax rate setting time, potential future Capital Projects (buildings, roads, bridges, etc.) and Capital Improvement items in the CIP. Looking ahead at the next tax rate setting in October, will there be a positive fund balance and if so will there be enough of the fund balance to stabilize the 2018 tax rate?

The recorded expense of \$7,152,054 for the Eversource settlement refund found on page 13 of the audit also raises some questions. Why was this amount included in the 2017 audit, instead of recording the expense when it actually happened in February of 2018? The appeal was still ongoing until the Supreme Court made a decision on January 11, 2018. Did the Town foresee losing the case?

Our community needs the following questions answered:

Is there more litigation with Eversource? If so, then when will this nightmare of a legal case end?

What will the final total refund cost be to Eversource and where will all of this money come from?

The Town should explain the activity in the current 2017 audit regarding Eversource in a clear and concise manner for all to understand. The Town's website mentions "Financial Transparency" but these words are rendered useless to the reader if there is not full disclosure on financial issues affecting the Town.

Bob Blanchette - Bow

VOODOO ACCOUNTING IN BOW

Once again utilities attorney/Bow selectman Harry Judd spins the accounting wheel. To state that the "town and school budgets will have no impact on the tax rate this year despite the payment to Eversource." is, in my opinion, misleading at best and at it's worse a lie. This is not a "bright side", it is the dark force of fleecing taxpayers. Taxpayers have paid for this \$5,722,373.00 debt with a tax increase in last year's property tax, an increase that voters did not approve. Why were voters not allowed to decide this payment? I've been asking about this for more than a year and the response is always spin and incomplete answers. Why is Judd and his minions allowed to have this degree of out-of-control power? And this payment was made without a settlement in place!!!

How much money is the Town of Bow holding back? If Judd and his cohorts can come up with close to \$7 million (Eversource check and other funds) why is this not given back to Bow taxpayers? How much more money is hidden in the deep recesses of the Town of Bow book-keeping? Why didn't Judd and the Town spend the money to fix the red listed bridges on Birchdale and Page Road?

Bryan Milazzo - Bow



Beth Titus, Supervisor of the Checklist, and Karen Wadsworth, Ballot Clerk, take advantage of a lull in the voting as the snowfall intensifies just outside the entrance to the polling place. (Photo by Eric Anderson)

TAX INCREMENT FINANCING UPDATE

By Matt Taylor

On March 12, 2002, the Town of Bow voted to adopt the provisions of NH RSA 162-K and established the authority to create one or more tax increment finance (TIF) districts in town. Such a district would allow the Town to use future tax revenue from increased assessments in a designated area to fund improvements in that area that are needed for economic development.

In essence, it is a way to fund infrastructure improvements needed to attract development without placing the burden on the existing tax base and current taxpayers.

For many years the Town has relied on the Merrimack Station power plant for much of its nonresidential tax revenue. The value of the plant has declined over the past several years and the need to diversify the tax base has become more urgent.

DEVELOPMENT PROGRAM

Two main improvements are proposed within the district—the highest priority project is to extend a water main north on Route 3-A; the second priority is to relocate the southbound ramps for Exit 1 off Interstate 89 and build a new town road to accommodate development just south of the interstate. The objectives of this development program and finance plan are to:

- Bring public water to Bow Junction to support existing businesses and spur redevelopment and infill development;
- Meet the need for public water in Bow Mills and allow for new businesses and encourage expansion of existing ones;
- Improve safety and access to the federal highway system and accommodate economic development near Exit 1;
- Encourage accelerated economic development along the Route 3A corridor; and
- Improve the operation of the municipal water system by adding to the customer base and putting it on a path to self-sufficiency.

The total estimated cost for improvements in the development program is approximately \$6,400,000.

The proposed work will not require the relocation or displacement of any residents or businesses.

The costs for operation and maintenance of the water system improvements shall be incorporated into the town budget with user fees helping to offset any added costs. The maintenance of the quarter mile section of town road would be incorporated into the town road maintenance budget and the new highway ramps would be turned over to the State for maintenance.

The TIF District is designed to accelerate the expansion of the commercial tax base.



Ballot Clerks Natalia Strong and Marie Ott review the voter checklist in preparation for the next series of voters to come into the cafeteria at the Bow Memorial School to pick up their ballots to vote. (Photo by Eric Anderson)



Tara, Hannah, and Doug Weckstein arrive to vote at the polls at the Bow Memorial School Tuesday afternoon on their snowshoes. They drudged through more than a foot of snow to vote at the annual Town of Bow elections." (Photo courtesy of Eric Anderson)



Peter Imse, newly re-elected Town Moderator, meticulously separates the "I Voted" stickers to present to each voter as well as any children assisting their parents in the voting process. (Photo by Eric Anderson)

Citizen of the Year



David Rolla receives Citizen of the Year Award from Men's Club President Rich Oberman at Town Meeting.

RETIREMENT OF DR. ALBERT BINDER

Dr. Albert Binder, of Bow has retired after serving the Concord Community for 47½ years.

After receiving his Doctorate of Medical Dentistry Degree (DMD) in 1970 from Tufts University School of Dental Medicine in Boston, Dr. Albert Binder purchased Dr. Gene Worthen's practice in Concord, NH. He quickly became an active member of the Concord dental community, including serving as a Secretary, Treasurer, Vice President, and President of the Concord Dental Society. Dr. Binder is currently active in the NH Dental Society and the American Dental Association.



For nine years, Dr. Binder was a consultant for Delta Dental, NH's largest dental insurer. In both 2013 and 2014, Dr. Binder was named a Best of NH Dentist by NH Magazine.



Dr. Christopher Binder (left) poses with his father, Dr. Albert Binder, on his first day in practice. Christopher is now owner of the dental practice.

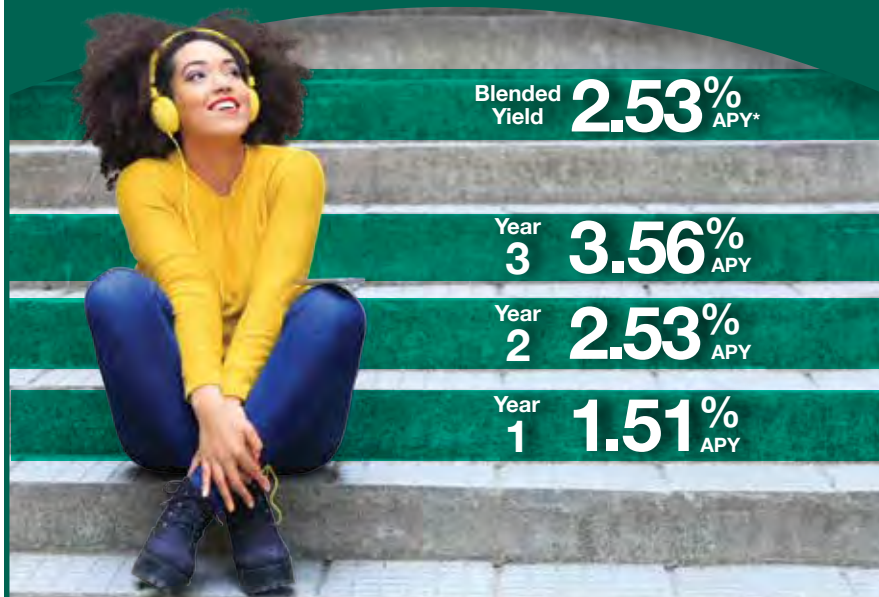
I-89 and I-93 Presentation Made in Bow

On February 14 officials from the State Department of Transportation discussed alternative plans the redesign of I-89 and I-93, going through Bow. Several people turned out at the Bow Memorial School to question the options.



Gene McCarthy, Project Manager, with McFarland Johnson, Inc., discusses with Bow residents the proposed changes to the highway alignment, bridges, and ramps on both I-93 and I-89 as they impact the traffic flow through Bow. (Photo by Eric Anderson)

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Chen Yang Li Gets Keno!

By a vote of 495 to 478 the town has approved Keno games at appropriate establishments under the law. For Bow that currently means Chen Yang Li.

DON'T FORGET TO TEST YOUR WELLS!

Did you know that arsenic is naturally occurring in bedrock and is found at unsafe levels in at least 20% of private wells in New Hampshire and at similar rates in other states?

Just like your car needs regular maintenance to run smoothly, it is important that you **TEST** your private well drinking water on a regular basis for arsenic and other contaminants like bacteria, lead, and radon to name a few.

Plan to test every 3 to 5 years– use presidential elections, leap years, or 35,000 markers on your car's mileage to remind you!

The Automotive Forum With Jon Chartier



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**Is it Safe to Drive ?
Or will it Cause
Damage to the
Vehicle ?**



In this month's ask Jon, I'll be talking about whether you should drive your car or have it towed when it is in need of repairs. The two major contributing factors to this decision are; safety concerns and or causing damage to the vehicle by driving it. From time to time we see cars driven to our facility that should have been towed. Sometimes what could have been a simple issue is compounded just by driving the car to the shop! Running the engine when it is over heating or low on critical fluids causes engine and mechanical component damage that can run in the hundred or thousands to repair. The dash board indicators play a crucial role in the decision to drive the car in or tow it. Most vehicles now have indicators for critical fluid levels. If the engine coolant or oil is low you will be warned by these indicators. Also, if the temperature gauge is high or a warning light is on you should not drive. You should however, be aware that not all vehicles have these warning lights. For the most part everyone is in tune with how their car should sound. If it is making an unusual noise like a grind, scrape or knocking sound you should be concerned. The other critical factor is safety. If the car doesn't stop properly, if the steering is binding, there is inadequate power or you loose suspension or components, these are all reasons to call a tow truck. Your safety and the safety of other people on the road is a major concern. We always tell people to have the vehicle towed if any of these items are in question. A simple phone call to your repair shop is a great way get help in this decision. All repair shops have towing companies they will suggest. My advise to anyone that owns a vehicle is to join a roadside assistance program. A lot of people don't realize many insurance companies and even cell phone companies have programs available to their customers. These clubs will be able assist you in towing the car, if you run out of fuel and even if you lock your keys inside. It is always best to have your car towed if you have any doubt what so ever. If you have any questions about your car or comments about this column please feel free to contact me at the email address below. And as always, if you're in the neighborhood, feel free to stop by Garry's and say hello!!!

Jon Chartier
Fleet Manager
JEFKEL Enterprises 603-848-8842



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

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Bow's 2017 Master Plan Recognizes the Tax Burden

Keeping fiscal responsibility a priority: There is concern with increasing expenditures and impacts on property taxes. While residents generally supported a wide variety of objectives and recommendations as described in the other Master Plan Chapters, there are also challenges regarding taxes and any potential new burdens. As municipal government makes public investments—in infrastructure, land protection, new programs and initiatives, keeping in mind the “bottom line” needs to be considered. P. 2, 3 of 2017 Master Plan

DPW Worked Overtime for Storms

With three Nor'easters in rapid succession we thank the workers who plowed for 32 or more hours on certain nights so our roads would be clear during the day.

Hats off to the best road crews around!



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6 WAYS TO USE YOUR TAX REFUND WISELY

According to the Internal Revenue Service, the nation's taxpayers received an average tax refund of nearly \$3,000 in 2016 and will receive a similar amount again this year. With more than 70 percent of tax payers receiving a refund this year, Sugar River Bank has six tips to help them use their windfall wisely.

"Tax season is the perfect time to take stock of your finances and figure out where you are with your financial goals," said Corey Carlisle, executive director of the ABA Foundation. "Try to avoid the temptation of using all of your refund for big ticket purchases. Your refund is ideal for paying off debt that's weighing you down or saving for expensive emergencies that arise when you least expect them."

To help consumers make the most out of their money, Sugar River Bank has highlighted the following tips:

SAVE FOR EMERGENCIES

Open or add to a high-yield savings account that serves as an "emergency fund." Ideally, it should hold about three-to-six months of living expenses in case of sudden financial hardships like losing your job or having to replace your car.

PAY OFF DEBT

Pay down existing balances either by chipping away at loans with the highest interest rates or eliminating smaller debt first.

SAVE FOR RETIREMENT OR YOUR CHILD'S EDUCATION

Open or increase contributions to a tax-deferred savings plan like a 401(k) or an IRA. Your bank can help set up an IRA, while a 401(k) is employer-sponsored. Or invest in a tax-advantaged 529 education savings plan to ensure school expenses will be covered when your child reaches college age.

PAY DOWN YOUR MORTGAGE

Make an extra mortgage payment each year to save money on interest while reducing the term of your loan. Be sure to inform your lender that your extra payments should be applied to principal, not interest.

INVEST IN YOUR CURRENT HOME

Use your refund to invest in home improvements that will pay you back in the long run by increasing the value of your home. This can include small, cost-effective upgrades like energy-efficient appliances that will pay off in both the short and long term – and with future tax credits. If you have more substantial renovations in mind, your bank can help with a home equity line of credit.

DONATE TO CHARITY

The benefit is two-fold: Giving to charity will make a difference in your community, and you can also claim the tax deduction.

Sugar River Bank



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Source from the American Bankers Association

THE BOW'S COMMUNITY MEN'S CLUB

By Charlie Griswold

As in previous years the Men's Club arose early to prepare breakfast/brunch in zero degree weather on New Year's morning. Thanks to Mark Dartnell of Taylor Rental and Matt Bailey of Saint Paul's School we had equipment to make the cooking and serving of the meal much smoother. Many people look forward to the event, and this year we served around 140 folks. As is our custom, leftover food was donated to McKenna House in Concord, where it was well received.

In February we held our annual Ladies Night celebration on Valentine's Day. We entertained 56 people with song and food.

Again last year we worked with the Parks and Recreation Department to put on a full breakfast for the Easter egg hunt. We served around 200 adults and children at the Bow Elementary School.

The spring roadside cleanup had to be postponed a week to await better weather and snow covered conditions. All told, with the help of Troop 75 Bow Scouts and including the fall clean-up we collected well over 80 bags of trash. Prior to dispersing on routes, each team was given a refresher course on drug related items they might find.

Many hours of planning went into our annual Memorial Day observance, but on the day itself torrential rains forced a change in plans. With the help of Troop 75 Scouts, the New Hampshire Patriot Guard, club president Warren Perry and a lot of loyal helpers we were able to move the observance into the Community Building.

Memorial wreaths were donated by the Bow Garden Club for the observance at the Town Pond and a Memorial at the Old Town Hall. We then served a complete home cooked meal to about 110 people, though, it was planned for 500, and leftover food was donated to McKenna House.

During the summer months we provided refreshments for the Bow Rotary Concert Series. Last year we also sponsored the 39th Army National Guard Band with the Parks and Recreation Department.

In September we resumed our monthly meeting, planning upcoming projects and activities as well as recapping our activities to date, of special note is the "Flags Across Bow" project headed up by Dik Dagavarian. Subscribers pay a fixed fee to have flags displayed near their driveways on Memorial Day, Independence Day, Labor Day and Veterans Day. Crews from the Men's Club place and retrieve the flags on each of the above holidays. The project has proven to be very successful.

The club continues to be involved in civic improvement projects as applicable. We have a terrific talent pool, including: three master carpenters, two general contractors, one master plumber, one journeyman electrician and several laborers of many skills and a great support cast. We stand ready to devote sweat equity to many projects that need doing.

As hinted above we are a varied membership with guys from all walks of life. We have open membership for any area gentlemen, but while the majority is from Bow, we have members from Concord, Pembroke, Dunbarton and Sanbornton for example. Our dues are \$20.00 per year.



Photo Courtesy of Eric Anderson

Get Lean Fast by Doing This

By Jim Olson

One of the top questions that many of my clients ask me about is in regards to nutrition. More specifically they would like to know how many calories they should eat per day, where those calories should come from, and how many times per day they should eat.

We hear so many different things on T.V., radio, and in magazines but what is the truth? Let me break things down for you to make things easier to understand and more beneficial to your fitness goals.

Most of my clients want to lose weight. To be more specific, they want to know how to lose unwanted body fat. There are 3 ways you can lose weight. They are dehydration, muscle loss, and fat loss. Obviously the first 2 are not good. Fat loss is what the majority of people are looking for or a combination of lean muscle increase and fat loss.



Jim Olson

Muscle loss comes from eating too few calories and/or not eating frequently enough during the course of the day. Cutting your calories to below your daily activity level will enable you to lose weight. However if you cut them too much you will shut your metabolism down. This is your body's safety feature to prevent starvation.

This means you will actually store fat!

When you lose more than 1 1/2 to 2 pounds per week, then you have probably lost muscle. If you lose weight faster, it is coming from water or muscle or a combination of both. This is also why people put weight back on after following a low-calorie diet. They lose muscle.

Muscle is live tissue and the body's most metabolically active tissue. When you lose muscle, it slows down your metabolism and you burn fewer calories than before!

Cutting calories can also affect you in other ways too. Less energy from food is used as body heat and turned into weight instead. This can also suppress the activity of certain thyroid hormones which will slow down your metabolism even more.

It is recommended that we eat 5-6 small meals or snacks per day. The 5 to 6 meals you should

be eating a day should include the proper combination of proteins, high starch and fibrous carbohydrates, and healthy fats.

When you combine your carbs with your protein and fat you will actually slow down the digestive system. This will slow the release of carbohydrates into the bloodstream which will prevent the overproduction of insulin.

Don't try to get too lean too quickly by dropping your carbs down to an extremely low amount. When you don't have enough carbs in your system it is almost impossible to build muscle. If there is not enough insulin available to transport amino acids (the building blocks of life) into muscle cells the body will break down its own protein into amino acids for fuel. This means you are using the nutrients your body needs for muscle development as energy.

(Olson can't p. 12)



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BAKER FREE LIBRARY NEWS

by Lori Fisher



Jennifer Ericsson (Photo Courtesy of Eric Anderson)

GOODBYE TO JENNIFER ERICSSON, OUR CHILDREN'S LIBRARIAN

Jennifer Ericsson, our Children's Librarian for the past 17 years, is retiring as of 3/15. Her last day in the library will be 3/12. Please wish her well as she moves on to the next chapter in her life! She will be very missed. A search is underway for her replacement, and we hope to have someone in place by June 1st.

BASICS OF HAND SEWING SATURDAY 3/24 AT 11 AM

Join Bow resident Kathy Roberge on March 24th to learn some basic hand sewing skills! We will be learn a variety of simple hand sewing stitches that will allow you to sew on a button, repair a zipper, fix a seam, and hem your clothes. We will also learn a few «tricks of the trade» that will make the whole process easier! Class limited to 6. Registration required. Please register by March 20th through our online calendar by clicking the writing hand under the program title. Questions? Contact Kate at kate@bakerfreelib.org or call 224-7113.

INTRODUCTION TO TAPPING (EFT) WEDNESDAY 3/28 AT 6:30 PM

Would you like to reduce your short-term or chronic stress? Reduce stress-related pain? Join Barbara Belmont as she introduces guided tapping, a technique that has shown to have many benefits to overall health. Registration is encouraged.

FREE YOGA CLASSES FOR BOW RESIDENTS 4/5, 4/6, AND 4/7/18

As part of a facility rental agreement approved by the Library Trustees, Yoga NH (owned by Maureen Miller of Concord, NH), is pleased to offer FREE 1-hour yoga classes each month to Bow residents and library card holders! These classes are suitable for all levels, and the April classes will be:

Thursday, 4/5 at 9-10am, 10:30-11:30am, and 2:30-3:30pm

Friday, 4/6 at 9-10am, 10:30-11:30am, and 2:30-3:30pm

Saturday, 4/7 from 8:00-8:45am (Yoga Nidra)*

Classes will be held in the Library's Merrimack County Savings Bank Room in the Lower Level. Because some of 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. Registration is highly encouraged - contact Lori Fisher, Library Director, at 224-7113 or lori@bakerfreelib.org. Thank you to Maureen Miller and Yoga NH for giving back to the Bow community as part of their paid use of our facilities for events and workshops!

*Yoga nidra is a guided meditation while in savasana. Unlike a regular yoga class, this one takes place with all participants are either lying down or sitting.



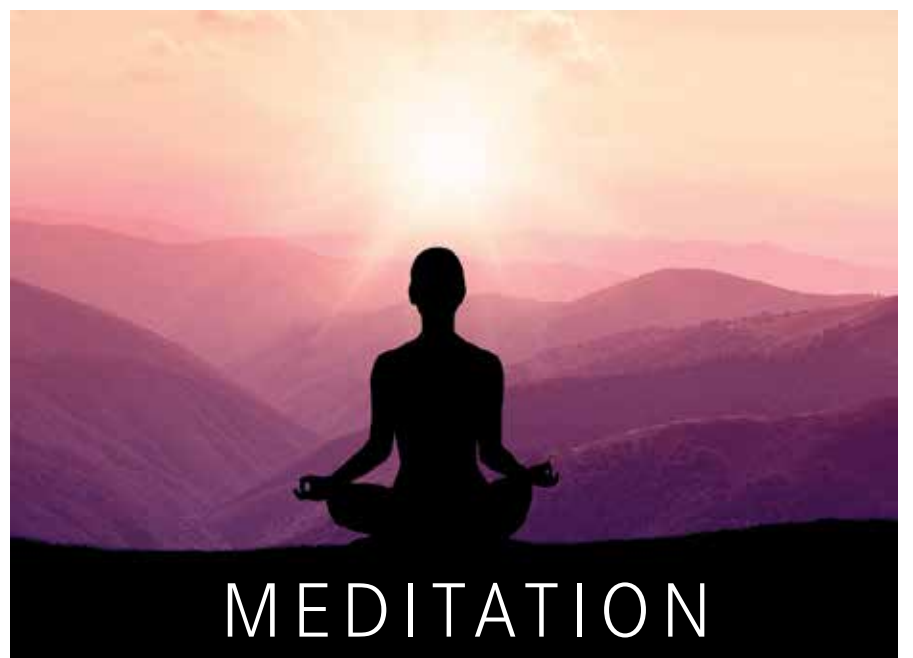
Please join us!

"A Taste of Bow Spirit"

Baker Free Library
Lower Level

Saturday
March 24, 2018
7:00 - 10:00 PM

Wine and Beer Tasting Event and Silent Auction
Presented by the Falcons Booster Club
bowboosterclub.com



MEDITATION

Instructor Lucia Cote, RYT will guide you in mindful gentle movement with step-by-step instruction for seated and walking meditation, for a full relaxing body scan! Feel better, reduce stress, and enjoy life a little more.

Location: Bow Community Center

Time: 10:30 – 11:30 am

Day: Thursdays

Sessions: April 5th, 12th, 19th and 26th and May 3rd and 10th

Cost: \$41 Bow Residents | \$46 Non-residents

Come dressed in comfortable clothing and bring a towel, small blanket or wrap.

Instructor Lucia Cote comes to you with great enthusiasm and knowledge in the areas of body, mind and spirit. Lucia is a certified Ageless Grace educator, a certified Zen Gevity instructor and a Practicum in MBSR.

Program offered through Bow Parks & Recreation.

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BOW REAL ESTATE SALES JANUARY & FEBRUARY 2018

8 Hope Lane	3 BR, 3 BA	1995 square feet	2 acres	\$225,000
25 Hooksett Turnpike	3 BR, 3 BA	1440 square feet	1 acre	\$225,000
7 Albin Road	3 BR, 1 BA	1196 square feet	1 acre	\$248,000
1214 Route 3A	3 BR, 2 BA	2347 square feet	.90 acre	\$269,000
11 Laurel Drive	3 BR, 2 BA	1772 square feet	2.31 acres	\$277,500
97 Allen Road	3 BR, 3 BA	2212 square feet	3.15 acres	\$279,900
10 Evergreen Drive	4 BR, 3 BA	1360 square feet	1 acre	\$287,000
20 Rand Road	4 BR, 3 BA	1921 square feet	1.71 acre	\$310,000
5 Crockett Drive	4 BR, 3 BA	2256 square feet	2.8 acres	\$346,000
49 Evangelyn Drive	2 BR, 2 BA	2041 square feet	0 acres	\$370,000

Ann Dippold, REALTOR®

Better Homes & Gardens/The Masiello Group

4 Park Street, Concord NH 03301

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PSSST: It's a Seller's Market!

Even if you aren't thinking of selling, I bet you would like to know the value of your home. I'm a no pressure kind of person - I offer market data with consideration, honesty and integrity.

Curious what sold and for how much? Email me your property address and I'll send you a monthly report showing what's happening in YOUR neighborhood... or any other area you're interested in knowing home values in.

Ann Dippold...
Serving Bow and Beyond

MARCH OF THE SNOW STORMS

What a month it has been here in our great state of NH. The last flakes are falling from the 3rd Nor'easter of the month. You know where I'm going with this... comfort, hearty and easy peasy to prepare dishes like American chop suey - a.k.a Goulash. Gourmet? No. Brings back childhood memories of winters past? Yes. There are about thousand recipes on the internet for this classic, but all seemed lacking a little something.

It just happens that I recently moved my office from our first level to the second. Tucked in the corner sat a few unopened boxes from our last move. As I opened, emptied and sorted, I came to the very last one. Inside, I found my mothers recipe box. What a find! I had not looked through it in years. Guess what I found? A recipe for American chop suey! Basic and without fuss, it was moms. Now it was time to make it mine.



MY AMERICAN CHOP SUEY

Recipe Serves 8-10

Ingredients

2 TBSP. olive oil
2 TBSP. butter
1 lb. yellow or white onion, chopped
1 lb. green bell pepper, cored, seeded, and chopped
2 lb. ground beef
15 cloves garlic finely chopped (yes, 15!)
1 tsp. powdered or granulated onion
2 TBSP. paprika
1 scant TBSP. crushed red pepper flakes
2 Bay leaves
1 TBSP Soy Sauce
2 tsp. Worcestershire sauce

From My Table to Yours

by Debra Barnes

1 TBSP. Beef Base
Salt to taste
1 (28-oz.) diced tomatoes (you can substitute whole tomatoes, simply chop, do not discard juice)
1 (28-oz) can tomato sauce
2 tsp. sugar
½ tsp. baking soda if you need to cut a little acidity from the tomatoes
1 lb. dried macaroni (elbow, twist, penne all work great)
½ Cup grated Parmesan
1 TBSP. Salt for pasta water

Bring a large pot of water to a boil. Add 1 TBSP. salt. Add macaroni; cook until al dente, about 8-10 minutes. Drain macaroni and rinse with cold water. Set aside.

Heat olive oil and butter in a large pot over medium-high heat. Add onion and bell pepper and cook until softened, 10-12 minutes. Turn heat to medium and add garlic. Cook for 3-4 minutes to soften garlic. Do not let it brown. Add beef, paprika, bay leaves, red pepper flakes, Worcestershire sauce, soy sauce, beef base to. Cook, stirring occasionally, until lightly browned, 6-8 minutes. Add diced tomatoes and sauce (with their juice), add tomato sauce, sugar baking soda if using, and stir well. Bring to a boil, reduce heat to medium-low, and simmer uncovered, stirring occasionally, until sauce has thickened, 25-30 minutes.

Transfer macaroni to the pot with the sauce; stir well. Cook over medium heat stirring occasionally to meld the flavors, about 10 minutes more. Sprinkle a little cheese on top of each serving.

Notes: Let this dish cook through completely before tasting for salt. Most likely you will need little to none. I also recommend using a spatula so that the pasta will not break down during the last minutes of cooking.

Kitchen Tip – My lettuce salad is sold in square plastic containers. Being a true believer in recycling, I thought there must be some other use for these containers besides just throwing them away. I use the bottoms for thawing meat in the fridge. They hold a couple of pounds of anything easily and you can wash and reuse. We entertain a lot. For those who love leftovers, I send them home in nice clear container. Nobody must remember whose plastic containers are whose. It will also hold a bit of plate scraps or other kitchen messes that can easily be tossed when full. If you are feeling charitable, fill with items such as socks, lip balm, gloves, hotel size shampoo and soaps etc. and deliver to your local charity.

Debra Barnes lives in Bow with her husband Randy.

She is a graduate of the Cambridge School of Culinary Arts. Check out what Debra is cooking. Follow her on Instagram – eat603

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at Granite State College

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field trips, travel and fun.

Volunteer opportunities to use your skills.

Classes for adults over age 50 run through June 15.

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

Learning for the fun of it!

What's Happening in OLLI?

by Jacki Fogarty

Ten Bow residents have joined OLLI at Granite State College in the last year and we'd like to think it's because they've been enticed by the ads and articles they've read in *The Bow Times* every month.

OLLI has kicked off an ambitious Spring Class schedule for local seniors making this semester the best one yet for folks over age 50. About 1/3 of the 217 courses offered in our four sites (Concord, Manchester, Seacoast and Conway) are offered right here in the Concord area.

One of our most popular presenters (OLLI-speak for teachers), Former Portsmouth Police Chief David "Lou" Ferland, will reprise his *CSI-NH* course in April. He was profiled recently in OLLI's monthly newsletter by writer Marcy Charette: "I got into police work because I love helping people," David said, as the waiter served us omelets. And to prove it, his laid-back style was laced with stories: stories of his work with the newly-created canine unit, his love of police dogs and his dogs' love of service to the community. 'They actually smile as they work,' he insisted. David recounted stories of Portsmouth's bawdy history at the start of the 20th century, the economic role prostitution once had and the speed with which Portsmouth eventually closed it down. He recalled the stress of defending his doctoral dissertation — yes, this police officer has his doctorate — and defusing it by showing up in a historic uniform, something

that he's done in OLLI classes, to the delight of students. He chuckled as he explained why someone named David came to be known informally as Lou. 'There were too many officers named David, so my boss decided to call me Lou. And it stuck.'" *CSI-NH* will be offered on April 2.



David "Lou" Ferland, former Chief of Police, Portsmouth

Other local courses coming up in the next month with seats available include a class and tour of the new McGowan Fine Arts studio, a class and tour of New England Barns, hands-on workshop in Acrylic Painting, two literary offerings — Chaucer's Prologue to the Canterbury Tales and Shakespeare's Hamlet and one on Becoming a More Vibrant Healthier You.

Join your neighbors and friends at an OLLI class, tour or other event. You can find more information about joining OLLI, or attending a class either as a nonmember or a member (with a \$20 discount!) on the OLLI website, olli.granite.edu.

OLIVIA KRAUSE OF BOW on St. Michael's College Women's Lacrosse Team

St. Michael's College in Colchester, Vermont proudly announced that Olivia Krause of Bow is on their women's lacrosse team this Spring. She is a midfielder on the 12 woman team.

The Bow Heritage Commission office in the basement of the Town Office Building on Grandview Rd. will be moving to the former Police Facility on Robinson Road during the coming months.



Current Crowded basement room not indicative of presenting, storage, and long term climatic exposure of historical items or documents.

Future location of the Bow Heritage Commission at the former Police Offices. Great storage and presentation area. BHC monthly meetings will held here.



The climate controlled Baker History Room containing the Henry Baker Collection and BHC books and documents is open on specific dates. Schedules are being posted on media.

Contact: Faye Johnson 603-2288-149 fjohnson915@myfairpoint.net
Gary D. Nylen 603-496-5239 gary42bow@comcast.net

EASTER EGG HUNT

SPONSORED BY BOW RECREATION

SATURDAY, MARCH 24TH

Breakfast Buffet 8:30-9:45 AM

LOCATION: Bow Elementary School Café 22 Bow Center Road, Bow NH

Provided by Bow Community Men's Club

COST: \$3 (Child 12 and under) \$7 (Adult)

All proceeds raised by the event are returned to the Community

MENU: Scrambled Eggs, Pancakes (blueberry or chocolate chip), Sausage, Bacon, Home Fries, Coffee, Tea, Hot Chocolate, Milk, and Juice.

THE EASTER BUNNY & BOWGIE

Will be visiting during breakfast

Bring Your Own Camera

FUN CRAFTS

with assistance from Bow High School Interact Club Students

Egg Hunt 10:00 AM

LOCATION: Bow Elementary School Playground

For children currently in Grades 4 and under

Bring Your Own Basket

TRAVEL TALK - RENT OR OWN YOUR SNOWBIRD HOME?

by Chase Binder



Chase Binder

Some questions are eternal and likely unknowable... which came first, the chicken or the egg? Is there an afterlife? Do dogs think? Other questions might seem simpler but can provide endless and sometimes excruciating discussion.

Take the ultimate snowbird question. As a retiree, should one buy a house in warmer climates or should one rent? This is a question that Bud and I struggled with for years. First, we said we would never, ever, ever become snowbirds – especially Florida snowbirds. We have always favored traveling off the beaten path, and the NH-FL path is very beaten.

Then, about six years ago, we had the opportunity to explore snowbirding in Florida and Mississippi. We rented homes via Vacation Rentals by Owner (vrbo.com), comfy dog-friendly rentals. Hmmm. Kind of nice to get out of the depth of NH winters! Even better to enjoy home-style life as opposed to a more expensive resort or motel-style vacation.

We visited different areas of Florida over the next few years: The Keys, East Coast, Gulf Coast. At last we found a rental in Cape Coral, Florida, made wonderful friends in the area and found that snowbirding can be, well... great! Of course, we said we would never, ever, buy a house in Florida. Why be tied down to a single destination? What if our friends moved away? Who wants to own a second home – with all that expense and worry?

Fast forward to last year when our beloved Cape Coral rental got sold. We were stuck with a crossroads question: should we continue to look for more rentals, or should we consider buying? Back to teeth-gnashing!

There are lots of facets to this question—practical, emotional, financial. First, as our real estate friends would caution, is the golden rule of location, loca-

tion, location. Happily, we had some clear direction. We knew that Cape Coral suited us. It's far enough south to be reliably warm. It's extremely dog-friendly with dog parks and outdoor restaurants that welcome pooches. It has 400 miles (yes, miles!) of canals and easy access to Sanibel, fishing and boating. There are lovely older neighborhoods, but also easily accessible shopping and entertainment. It's more budget-friendly than the Atlantic "Treasure Coast" or the tonier Naples area.

Of course, Cape Coral isn't for everyone. We have dear friends who wouldn't give up the Atlantic Coast for anything and others who adore the Gulf Coast north of us and south of us. There are many, many Floridas, and the point is to find which one suits you before you even think about buying. We knew we had found "our" Florida.

But were we suited to owning a second home? While in Bow, would we worry about our home in Florida...and vice versa? During our several decades owning a home in Bow we had never considered a second home—though many of our friends had lakeside camps or coastal summer homes. Hmmm. After lots of thought and research, we decided that the possibility of "other house angst" wouldn't be a deal-breaker. For one thing, we downsized to condo-living in Bow three years ago. Our condo association would shoulder some of the responsibility of winter care-taking at our Bow home. We also discovered that Cape Coral has many reasonable and reliable home watch services—they will check on your house as often as you like. Summer care-taking at a Cape Coral home...not a problem.

All of this would be moot, of course, if we couldn't make the numbers work. Looking to buy, we started with real estate websites zillow.com and realtor.com, using the map search functions to work out from our favorite area in concentric circles. At the same time, we used rental websites vrbo.com, homeaway.com and airbnb.com to look for dog-friendly rentals.

Our initial fantasy was buying a canal-front condo where our dogs would be welcome, and we could dock our boat right there for \$150-175,000. Alas, that was indeed a fantasy. There were lots in that price range, but even



We thought carefully about renting v. owning as snowbirds. Doing research and thinking outside the box helped us end up with a comfy, small pool home in our favorite Florida location.

in dog-friendly Cape Coral, condo restrictions on size and number of dogs nipped that in the bud—a deal breaker. So...how about buying a regular house? That would solve the dog problem, but could we find a suitable canal-front home that would accommodate our boat? Sadly, canal-front properties had climbed way, way out of our price range.

We had to either give up or think outside the box. Happily, there was a solution. Our local friends suggested we consider an "older Florida" home on a dry lot—one of the many lots not on a canal, but directly across the street from a canal. Same neighborhood, same feel, most with pools, just not on the water. Budget problem—solved! Dog problem—solved!

But what about the boat? Turns out that local marinas have a storage/concierge service, quite reasonable, where they store your boat in a protected building (think fork lifts and burly young men). Give them an hour's notice and your boat is in the water, waiting for you. When you're done, drop her off and they wash her down,

flush the engine and put her away. Boat problem—solved!

But back to owning v. renting. Doing the math was the clincher. The economy has improved over the past 5-6 years and more baby boomers have retired, so snowbird rental rates have increased along with the demand. It turned out that the annual carrying costs of owning a small dry-lot pool home in our favorite neighborhood would actually be quite a bit less than renting a dog-and-boat-friendly home for just three months. And it would be ours—we could come and go as we pleased, especially now that Bud has retired. A no-brainer!

Is owning for you? We would say think it through, do the math and make sure you find "your" Florida. Most retirement advisors caution against moving to a location solely because a friend is there (things can happen to friends and friendships – and then, where are you?). At the same time, retirees who buy without research or connections in a location can be miserable. The key is finding your own happy place.

Your Ad Could Be Here

ADVERTISE IN THE BOW TIMES

CALL GARY NYLEN AT 496-5239 OR

EMAIL: gary42bow@comcast.net



After 28 tries, a Laconia man won the Great Meredith Rotary Ice Fishing Derby. On Saturday, Shanahan, 31, of Laconia, caught an 8.16 lb. Cusk. It was the largest Cusk of a two day event. By virtue of having the largest one of the seven species being fished for, Shanahan entered into the raffle on Sunday. that concluded with him winning the \$15,000 top prize. He plans on saving the money. Nice job! Ice conditions this year were reported to be the best in many years. However, a pick-up truck sank into the lake at Glendale docks. Biologists reported fish were in very good condition at the checking station.



The February weather, being the 2nd warmest on record, ended most of the ice fishing in this area. One of my friends did not heed my advice, and had to go

one more time. He got very wet when he broke through! Fortunately he was able to climb out.!

A Maine hunter, Valerie Thompson, was hunting in Levent, Maine when she rounded a corner, and startled a large cat. Thompson said it had a three foot tail. Soon she saw antlers, and a staggering deer. She shot the deer to end its misery. The deer had been severely mauled, only a small amount of meat was salvageable. She reported seeing a Mountain Lion in the area two years ago.



Do They Exist in our Area ?

It was great to again see Bald Eagles migrate back to N.H. The second week of March I had two sightings of this majestic bird.

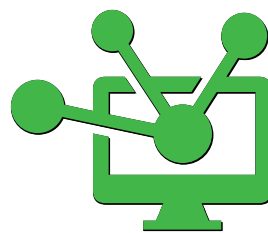


Do They Exist in our Area ?

Senator Jeff Woodburn of Whitefield, has tried to introduce a bill to outlaw "bump-stocks" in N.H. Bump stocks on semi-automatic rifles allow them to fire fully automatic. So far his bill has been rejected. Having been a hunter and sportsman all of my adult life, as well as serving in the Marines, my gun cabinet does not need an assault rifle in it. That's one sportsman's opinion.

RON

READ THE BOW TIMES ONLINE !



ReadThe Bow Times online at

www.thebowtimes.com

You may also read or print individual articles under the following icons:

Travel Talk • Elder Law
Aging • Dental Care
Financial Planning

G. Erickson

Building & Remodeling



Bow, N.H.

**FOR ALL OF YOUR
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NEEDS**

603-224-8135

The Bow Times is traveling the world! The latest sighting is from the Komodo National Park in Indonesia! Send us your photo from your vacation or trip reading *The Bow Times.*

(Olson con't. from p. 7)

Nutrition counts for approximately 70% of the body transformation process. Proper nutrition allows you to avoid mood swings and make clearer decisions. When your body is getting the proper ratio of nutrients it enables you to deal with the day to day stresses of life.

If you are unsure as to what your daily caloric intake and the break-down of protein, carbohydrates, and fat should be based on your personal goals, please call me or email me as soon as possible and I will help you with whatever you need. This will save you time and frustration and enable you to reach your fitness goals!

Would You Like Some Help With Your Fitness?

Would you like to improve your body and/or overall fitness? Are you ready to look better, feel better, increase 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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Dirty Paws Fun Run

DIRTY PAWS FUN RUN

Saturday, April 14, 2018 9am to 12pm

Starts at Pope Memorial SPCA (94 Silk Farm Road, Concord)

Run or walk course from shelter through grounds of St. Paul's School and back. Dogs welcome (must be up-to-date on rabies vaccination and on a leash at all times). Proceeds benefit homeless pets being cared for at Pope Memorial SPCA.

\$25 registration fee. Register online: www.popememorialsPCA.org



Silk Farm Road
Concord, NH
(603) 856-8756
popememorialsPCA.org

Travel with The Bow Times



The Harrises Travel with The Bow Times to Indonesia!

Bruce and Lorraine Harris visiting the **Komodo National Park** on an island in the Indonesian archipelago. The World Heritage site was created to protect the unique Komodo dragon and its habitat. As reported in the January issue of The Bow Times, the Harrises are enjoying a world cruise on the just-launched **Viking Sun**.



The Bow Young at Heart Club



Bow Young at Heart Club meets the 2nd and 4th Wednesdays at 11:30 am at the Bow Community Building on Bow Center Road.

Members and guests should bring a brown bag lunch. Beverage and dessert will be provided. Annual dues are \$15 for residents and \$25 for non-residents.

UPCOMING PROGRAMS:

March 28 th	Game Day
April 11 th	Friends Program Speaker
April 25 th	Pot Luck Luncheon

MARK YOUR CALENDAR FOR 2018 TRIPS

- Contact Carol Walter 753-8000 -

- **June 6, 2018 A Jazz and Blues Cruise** with a buffet lunch and entertainment featuring Jeff Barnhart's Riverside Ramblers on board the M/S Mt. Washington. \$90 each
- **August 23, 2018 A trip to the Winnepesaukee Playhouse** to see "Ghost the Musical" with lunch at Canoe Restaurant & Tavern. \$90 each
- **September 13, 2018 A trip to Nubble Lighthouse** with lunch and live entertainment at Foster's Clambake, and a stop at When Pigs Fly Bakery. \$77 each
- **October 18, 2018 All Aboard the Conway Scenic Railroad** for a 21 mile 1¼ hour roundtrip to Bartlett with lunch at the White Mountain Hotel and Resort. \$90 each
- **December 6, 2018 Christmas with the Stars** featuring Don Who and Cil Bee with a deluxe luncheon buffet at the Indian Head Resort. \$77 each



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HOME - AUTO - BUSINESS - RECREATIONAL

BOW GARDEN CLUB

By Joyce Kimball

UPCOMING PROGRAMMING FOR THE 2018 GARDEN CLUB YEAR

The Bow Garden Club will come out of their “dormancy” in April when they offer the program **“A Year In the Garden”** at their first membership meeting for 2018. One of the club’s favorite UNH Cooperative Extension Master Gardeners will “walk us through” the year, explaining “what” needs to be done and “when” in our gardens to give us maximum results; The next meeting will feature a program on **“Patio and Container Design”** where an expert will show us how to design our own plantings to beautify our patios, porches, decks, etc. with smaller but equally impressive groupings of color and texture; Next, **“Jamming It Up.”** Two of our own will use their years of experience in jam-making to teach us (or remind us) how to take locally grown sweet strawberries and turn them into delicious jam to enjoy throughout the year. (This will be a “hands-on” program); As we “fall into fall,” we will host a very popular expert in floral design who will create gorgeous floral pieces and arrangements during his program, explaining along the way what he is using for floral material and dropping a few hints along the way to help us amateur floral designers with their future design projects. (His creations will be auctioned off at to attendees at the end of the meeting); And along the way we will learn all about **“Loons and Other Wild Things”** from experts in that field, closing the educational program roster for the year with a few of our most creative members instructing the rest of us in how to make attractive holiday decorations to add to our holiday wreaths and Christmas trees, utilizing natural materials like birch bark, etc. (This is also a hands-on program).

Bow Garden Club Meetings are open to everyone and new memberships are encouraged. Our mission: *“To encourage interest in all phases of gardening and horticulture; To aid in the protection and conservation of natural resources; To assist in the beautification of our community.”*

Please contact BGC Membership Chairman Janis Kuch at 856-0957 or janiskuch@gmail.com and/or visit our website, www.bowgardenclub.org for more information about our ongoing projects and upcoming activities. Membership information is also available here.



Container Gardening



Lorraine Dacko “whipping up a batch of jam” at a 2014 garden club meeting.



Floral Design



Small Gardening Spaces

Bow Garden Club’s Annual Scholarship

It is time for Bow High School Seniors to apply for the Bow Garden Club’s annual scholarship. This scholarship is offered to graduating seniors in good academic standing who attend Bow High School and are planning to further their education in a college curriculum, majoring in *horticulture, conservation, environmental science, forestry* or any of the *plant sciences*. **The application deadline is April 1st.**

The funding for this scholarship, which is \$800 this year, is made available by the Bow Garden Club in an effort to provide a graduating senior with some financial assistance for textbooks and incidental expenses as they enter college. Application forms are available on line through the BHS information system or by contacting the Bow Garden Club’s Scholarship Chairman **Ruth Brack, 229 Elm Street, Penacook, NH 03303 (603) 753-2470 bracr@comcast.net.**

This scholarship will be presented at the Bow High School Senior Awards Night in June.

BOW YOUTH SPORTS PROGRAMS OPEN HOUSE

Hosted by the Bow Athletic Club

When: Thursday, April 12th 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

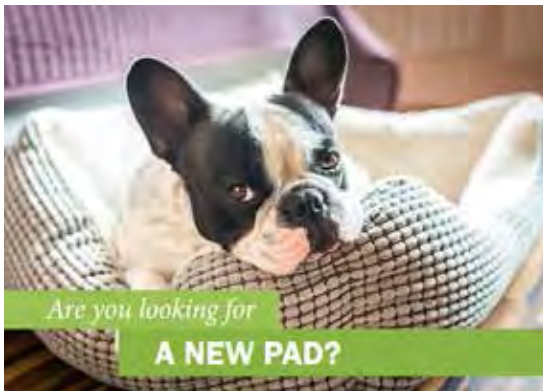
Enjoy the Convenience of all these youth sports UNDER ONE ROOF!

Come meet representatives from these youth programs

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

Questions about this event?

Please feel free to contact Julie Guerrette @ 603-545-1010



She Knows Bow



BHG/The Masiello Group
4 Park Street, Concord NH
603-491-7753 / 603-228-0151

Are you looking for
A NEW PAD?

Who Will Manage My Affairs When I Become Incapacitated?

BY BEN KINIRY, ESQ.

Note that I wrote a few different titles for this article. The other titles suggested that someday you might become incapacitated between now and your death. In the end I decided to go with the more blunt approach as it promotes better planning and is a reality most everyone must plan for. Now unto the article.

I hear it all the time “I don’t need a power of attorney, my son is on my bank account.” What is my response to this? First things first, what is a power of attorney?

A power of attorney is the grant of legal rights and powers by a person, the “principal” (this means you) to another, the “agent” or “attorney-in-fact” (this means someone you trust). Or in more simplistic terms, it is someone you name to stand in your shoes to make all the same types of decisions that you normally would make on your own behalf (*except medical decisions*: you can nominate an agent to make health care decisions under your Durable Power of Attorney for Health Care, which is a separate document).

Generally this means your agent can withdraw funds from bank accounts, trade stock, pay bills, cash checks, file a tax return with the Internal Revenue Service, file for your Social Security Retirement benefit or even Medicare, along with many other authorities. This can of course be limited by you, for example, you may choose not to give your Agent authority to modify beneficiaries on your retirement accounts. Naming an agent with such broad authority certainly involves some trust, but then again, you should not name someone you don’t trust in this fiduciary position.

A “durable” power of attorney, takes effect when signed and continues through incapacity and up to the time of death (note that when you die, the power dies with you, so nothing done by your agent after your death is valid). A “springing” power of attorney, springs into action upon a particular event decided by you. Generally, the event is incapacity.

Many people assume that they are giving up their rights when they execute a power of attorney but they are incorrect in this assumption. Only a court can take away a person’s rights through a conservatorship, guardianship or commitment proceeding. An



agent simply has the power to act along with you, or on their own and on your behalf if you should become incapacitated.

You will also take comfort in the fact that you may revoke a power of attorney at any time (think about Donald Trump saying “you’re fired!”). All you need to do is send a letter to your agent informing them that their appointment has been revoked. From the moment the agent receives the letter (called “notice”), he or she can no longer act under the power of attorney. If you are concerned about the agent’s willingness to follow the revocation, then it is wise to send a copy of the letter to key institutions, the bank being the best example. If you have created a new power of attorney, then send it along with the revocation.

Another common misconception is that the agent can just take your money and run to the Bahamas, “thanks for the great trip mom”. The reality is that the agent is obligated to make decisions in your best interest, for your own benefit. Although a trip to the Bahamas might be more fun taking care of your affairs for the agent, the agent would eventually end up in hot water or worse. So a rogue agent can be held liable, but only if he or she acts with what is referenced as “willful misconduct” (Bahamas) or gross negligence (something the average person would not even consider doing).

So back to the opening statement “I don’t need a power of attorney, my son is on my bank account.” What is my response to this?

There are numerous tasks that must be accomplished in our lives that go beyond the paying of bills. These tasks can be as simple as cancelling the cable service, registering an automobile or as complicated as filing for the Medicaid long-term-care benefit (I assure you this is no easy task).

LABOE & TASKER PLLC

The point is that we have to think beyond paying the bills to many other aspects of our lives and what powers our agent may need in order to manage our affairs. Some of the powers that can be provided for in a power of attorney are the powers to: trade stock and bonds, work with financial institutions generally to include insurance and annuities, deal with real estate and business matters, deal with all types of government entities and programs (such as filing tax returns or applying for Social Security Retirement benefit, Medicaid or Medicare), retirement plans, pensions and family maintenance matter to name a handful.

A REAL LIFE EXAMPLE:

One such authority that can be implemented into a power of attorney that families have found useful is gifting, which is often used as an estate planning tool when someone falls ill. Example: Bill came by the office one Monday to discuss his affairs. He did not look well at all to say the least. When I asked him how he felt his only complaint was that his back hurt. I twisted Bill’s arm until he promised me that he would seek medical treatment upon departing the office. A promise he reluctantly made, but kept. Margery, Bill’s wife, called me on Wednesday and informed me that Bill was diagnosed with an aggressive type of cancer and had less than a week to live. This was terrible news, Bill was a really good guy and always had a smile on his face.

The family home and one bank account were in Bill’s name only. By Friday Margery and I had utilized the Power of Attorney that Bill had given to Margery to transfer all of Bill’s assets to Margery. It was fortunate that we acted as fast as we did, because Bill died the following Tuesday. The end result in this case was the avoidance of the time and expense of probate, which was a great benefit to Margery, who of course was grieving the sudden and unexpected loss of Bill.

What if you don’t create a

power of attorney? Well, there is the lesson we learned from Bill and elder law attorneys can give many more practical concerns, but generally speaking, if you don’t take the time and the small amount of effort to have a power of attorney created, and you become incapacitated, many opportunities may be lost. Beyond that, your loved ones will have to make an application to the appropriate probate court to acquire a very similar authority to handle your affairs (another good topic for a future article).

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

PUBLIC WORKS DEPARTMENT

Highway Division: The highway crew plowed and treated roads and parking areas for 10 ice and snow events. The crew assisted with the reorganization of the shop area. The crew, between storms, were busy rebuilding and painting plows and wings on the trucks. Christmas trees were dropped off and chipped into mulch. The brush from storm road hazards were chipped into mulch as well. The Highway Division is working on filling potholes and started posting frost heave signs.

Recreation Division: During the winter season the groundskeeper helps with plowing, and finishing the winterizing of tractors etc. The Recreation Division also keeps the pond plowed and ready for skating after each storm.

Fleet Division: The new Kenworth 10 wheel truck was a huge fixture in maintaining the winter roads. This new truck eliminates a return trip to the garage for second load of road treatment material on longer plow routes, thus saving time, money and stress on the equipment. Fleet Maintenance Manser, Scott Beaulac continues to organize the shop area.

Buildings Division: If you have been to the Municipal Building lately, you may have noticed some of the meeting rooms have been painted. The Building Department installed a new door leading from the mezzanine to the old police station.

New Beginnings

By Donna Deos

As we head toward spring we think of all of the new beginnings about to happen. Soon we will see the crocus and other spring flowers emerging from the ground to bless us with their beauty. To remind us that there is always the ability to start anew and be reborn. To be able to sprout and grow. To bloom and shine.

We are never too old to start anew. We are never too old to bloom, shine and grow in whatever ways we desire.

Growing old does not mean you lose your beauty – inner or outer. Growing old actually provides you with opportunities that the young don't have. It gives you wisdom and freedom and the flexibility of time to do things that you have always wanted to do. So what are you waiting for?

In using your wisdom and experiencing your freedom you find ways to bloom and grow. You find ways to show others all that is possible. Be that example!

So, do you want to find new beginnings, flourish and grow? Or, do you want to stay where you are and hopefully be comfortable with that? The choice is yours. You have the freedom and wisdom to answer this question.



What do you desire for your life? What legacy do you want to leave behind? Do you want to be the person who reached a plateau, became comfortable and held it there? Do you want to be the person who always saw new things and went for them? (Notice I didn't give you the option to be the person who went downhill! I realize that nobody really wants to have that.)

Neither of these decisions is wrong or bad. Each person is different, therefore each path is different. As long as you have looked at yourself, what you truly want, how you wish to enjoy your life and did everything you could to make it happen, then I salute you!

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If you feel stuck in a rut and wish you could do something new, then I suggest you think about those things you always said you would do someday when you had the time. Pick one that you think is doable and put a plan in action for getting started on that path. Today is the day.

We each have opportunities for new beginnings – these are not just things for the young. These are things for each of us, every single day.

What are some things you can do for a new beginning? You can pick up a new hobby, start a new class, find a new place to volunteer or work, or spend more time with someone you have been meaning

to. You could look at your address book and pick a different old friend or relative to call each day or each week and start doing it.

Maybe you have always wanted to write, or paint or exercise more. Maybe you just want to clean out that old dresser or finish that old quilt you started a while ago. Whatever it is, today is your day to start anew. Today is your new beginning. Go out and make the most of it!

Each day is a new beginning. Each day has promise and can provide you with a wealth of beauty and fulfillment. Go out there and make it happen!

I wish you all the best with all of your beautiful new beginnings.

BOW COMMUNITY MEN'S CLUB, GENERAL MEETING

Where: Old Town Hall

When: March 22, 2018, Social Hour 6:00 P.M. Followed by dinner at 7:00

Dinner: Kirk Hemphill & Crew will serve; Stuffed Pork Loin, Mashed Potatoes, Mixed Vegetables and Apple Crisp

If you plan to attend the dinner please RSVP by Tuesday March 20 to: Charlie, 228-9621, or Mike, 715-1466/ E-Mail.

Speaker: Something Medical

Reminders:

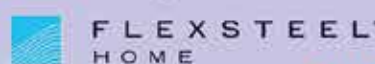
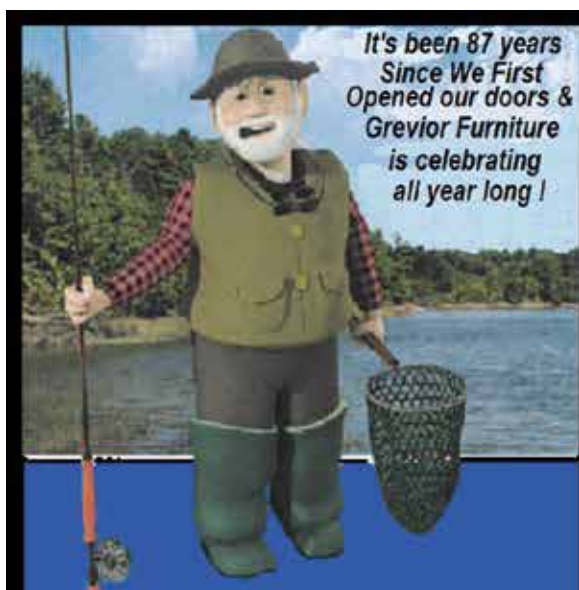
- Easter Breakfast, March 24, Bow Elementary School setup starts at 6:30
- Roadside Clean Up April 7, 8: 30 Old Town Hall

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SUPPORT YOUR HEALTH AND COMMUNITY THIS SPRING BY JOINING A CSA

Community-Supported Agriculture (CSA) is the practice of helping farmers sell directly to consumers. Consumers pay a membership fee, or investment, at the beginning of the season; this provides capital for the farmer's seasonal startup costs. In return, the consumer receives farm-raised goods later, usually on a weekly or monthly schedule. CSA programs are sometimes called farm shares, since consumers are buying a share of the farm's production as well as a share of the risk.

CSA products range from vegetables, herbs and fruit to meat, poultry, eggs, flowers, honey, coffee and bread. The variety and amount of food depend on location and season. An example of a small weekly vegetable share might include a half pound each of kale and lettuce, one bunch of carrots, a pound of tomatoes and a cucumber, while a large share

may contain those vegetables as well as one bunch of swiss chard, herbs and a pound of summer squash. At another farm, a spring box may include lettuce, radishes, cauliflower, spinach, golden beets, kale, bok choy and leeks. Some farms pack your weekly box while others let you pick what you take home each week.

Annual CSA membership or farm share fees vary, with a typical small share costing \$300, a medium share costing \$500, and a large share costing \$700. A small share is recommended for a single person, a medium for two to three people, and a large for a family or even couples who eat a largely plant-based diet and want to store/preserve a portion of the produce. Some farms also let you choose a share in which you get a box every two weeks.

At a cost of \$12 to \$22 per week on average, a CSA membership may be less or more than you

usually spend on produce. You receive 4-20 pounds and 5-8 varieties of produce each week, depending on your share size and time of the season. Even if this is more than you usually spend, one benefit of a CSA is its tendency to encourage an increased intake of fresh vegetables.

There are numerous additional benefits of a CSA. Many farms provide newsletters and recipes, and most are willing to answer questions about their practices. Your bounty will typically be fresher, tastier and more varied than produce in a store, and you will be more connected to the earth as you receive foods in season. They also may send you foods you have never tried before, giving your household a refreshing change. Most CSAs are organic, and some let you work the land if you are interested. Best of all, you will be supporting a local farmer, keeping land from development

and helping the local economy. Whether you have thought about CSAs or find it a new concept, consider the benefits to making this your year to become a CSA member.

CSA's in the Concord area can be found at <https://www.agriculture.nh.gov/publications-forms/documents/csa-directory.pdf>

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



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Marc Reklau
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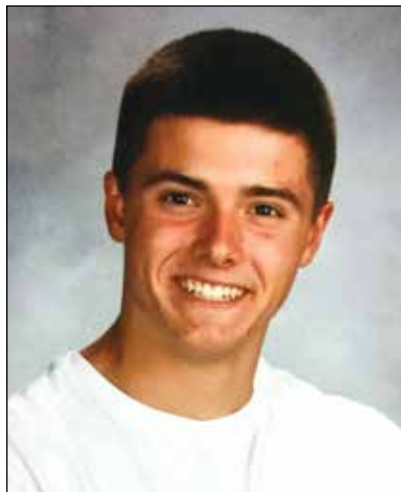
Our Concord family dental practice first created a connection to the community 100 years ago. Our dentists continue that tradition today, dedicating their lives to protecting the health and wellbeing of our patients. Our team develops a personal relationship with your family by getting to know you and your children, as well as treating you just like you treat your own loved ones. It's our goal to make sure that you not only become a patient for life, but that we see your family for generations to come.

ENGAGEMENT



Mark and Linda Bucknam of Bow are happy to announce the engagement of their daughter Lindsay to Luke Enderwick, son of Richard and Linda Enderwick of Meredith. Lindsay is a graduate of Bow High School and Southern New Hampshire University where she earned her Bachelor's Degree in Elementary Education and certification in Special Education and Master's Degree in Curriculum Development. She is currently employed as a 3rd grade teacher at Peter Woodbury School in Bedford, NH. Luke is a graduate of Bow High School, the University of New Hampshire where he earned his Bachelor's Degree in Accounting, and the University of Connecticut where he earned his Master's Degree in Accounting. He is currently employed as a Financial Analyst at BAE Systems in Nashua, NH. The wedding is set for June 30th, 2018 at the All Saints Church in Wolfeboro, NH.

ROUTHIER ACCEPTED FOR WEST POINT SUMMER LEADERS SEMINAR



Jonathan Routhier

Jonathan Routhier, a junior at Bow High School has been selected to be among 1,000 attendees at West Point's prestigious Summer Leaders Experience (SLE) in June.

More than 5,000 juniors nationwide applied to SLE, which offers outstanding high school juniors the opportunity to experience life at West Point. SLE attendees live in the cadet barracks (dormitories), eat in the Cadet Mess, and participate in academic, leadership, athletic, and military workshops. The one-week seminars are designed to help

juniors with their college-selection process, while giving them an idea of the importance of leadership and sound decision-making in their education, careers, and lives, in general.

All SLE attendees participate in virtual-reality war simulation, and military and physical fitness training, and, in addition, each student selects three of the 15 offered workshops.

The United States Military Academy at West Point is a four-year, co-educational, federally funded undergraduate college located 50 miles north of New York City. A preeminent leader-development institution, West Point was founded in 1802 as America's first college of engineering. Since then, West Point has grown in size and stature, but remains committed to the task of producing commissioned leaders of character for America's Army.

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NO COMMITMENT

Why You Should Have an Online Social Security Account

BY DOMINIC LUCENTE

In monitoring your Social Security profile, you may help to thwart fraud.

Could your personal information be stolen? The possibility cannot be dismissed. Sensitive financial and medical data pertaining to your life may not be as safe as you think, and thieves may turn to a vast resource to try and mine it – the Social Security Administration.

Consider three facts, which in combination seem especially troubling. One, Social Security's databases contain sensitive personal information on hundreds of millions of Americans, both living and dead. Two, more than 34 million Americans interact with the SSA online. Three, nearly 100% of Social Security benefits are disbursed electronically.¹

The more you reflect on all this, the more you realize that cybercrooks could take advantage of you by creating a bogus online Social Security account in your name, in order to steal your benefits and/or your personal data.

Creating and maintaining a MySSA account may lessen the threat. Last year, Social Security advised all current and future benefit recipients to set up and actively use an online profile. The agency's blog noted that this simple move could "take away the risk of someone else trying to create [an account] in your name, even if they obtain your Social Security number." This is a case where you want to be first rather than second.¹

Setting up a MySSA account is easy; the first step is to visit ssa.gov. Whether you have an existing account or not, you will want to review your mailing address, date of birth, and other essential pieces of information. If they are not correct, they demand attention.

Are you working full time in your late sixties? Then be vigilant. If you have reached Full Retirement Age (66 or 67) without filing for retirement benefits, your Social Security profile may be especially tantalizing to a cyberthief. In this circumstance, you are eligible to receive up to six months of benefits retroactively, as a lump sum. That could mean a payday of more than \$10,000 for a criminal who assumes your identity.²

Make no mistake, cybercrooks have exploited Social Security accounts. While the SSA told Reuters this year that the incidence of fraud is "very rare," a 2016 audit by the Office of the Inspector General found that during 2013, around \$20 million in Social Security payments were directed to the wrong parties. That swindling involved about 12,200 MySSA accounts – less than 2% of the total in 2013, but certainly enough to raise eyebrows.^{1,2}

The SSA tightened authentication standards in 2017. It added security codes to help certify the legitimacy of MySSA account users. It regularly analyzes MySSA transactions for fraud.¹

What should you do if you suspect fraud? If you log in and it appears your monthly benefit has not been sent to you, contact the SSA at 1-800-772-1213 or call your local SSA field office. In addition, you can activate the "Block Electronic Access" option on your MySSA account; that will prevent anyone, you included, from accessing your Social Security records via computer or phone. Electronic access is only restored when you get in touch with Social Security to confirm your identity.¹

Establish an online Social Security account and keep checking it. In logging on regularly, you may do your part to help the SSA detect and ward off criminals who could use your identity to collect or file for benefits.

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

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Citations.

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WHAT'S NEXT?



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

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

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



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SANBORN HEAD ANNOUNCES PROMOTION

Concord, NH (February 21, 2018) Sanborn, Head & Associates, Inc. (Sanborn Head) is proud to announce the promotion of Sarah Dolcino of Bow.

Sarah Dolcino has been promoted to Project Director. Since joining Sanborn Head over 10 years ago, she has exhibited sincere commitment to the well-being of the firm, its culture, and its policies and procedures. Sarah has been a vital contributor to Sanborn Head's strategic planning processes, internal communication, and operation management.

Bow Rotary Club Hosts Annual 2018 Four Way Test Speech Contest Looking for Contestants...

Bow Rotary's Annual "Four Way Test" Speech Contest for high school age students is looking for contestants, including home-schoolers, and other students who live in the towns attending Bow High School.

The speech must incorporate all of the questions in the four way test of Rotary International, which says... "Of the things we think, say and do:

1. Is it the truth?
2. Is it fair to all concerned?
3. Will it build goodwill and better friendships?
4. Will it be beneficial to all concerned?"

Guidelines and applications are available at the Bow High School office. Completed applications must be returned to the office no later than 3pm on Friday, March 30th.

The Bow club awards prizes of: \$500 for first place, \$300 for second and \$200 for third. The winner of the local contest moves on to the Rotary District 7870 semi-finals in Henniker and the top scorers of that competition move on to the District Finals in Burlington VT on Saturday, June 2nd.

The Bow Rotary contest winners will be invited to give their speech to the Bow Rotary Club at its regular Friday morning meeting at the Old Town Hall in Bow sometime after the Bow Contest. The meetings start promptly at 7:30 am. The general public and the media is invited to attend the contest on April 3rd at 7 pm at the Library.

Greater Concord Chamber Announces Student Leadership Class of 2018

The Greater Concord Chamber of Commerce announces that the following 26 students have been selected to take part in Capital Area Student Leadership (CASL) 2018, the state's only regional student leadership and civics program, offered annually by the Chamber for high school sophomores in the Greater Concord area:

Erik Bishop, Bishop Brady High School; Miah Boucher, Merrimack Valley High School; Logan Cassin, Merrimack Valley High; **Lara Chern, Bow High School**; Colby Malcolm, Hopkinton Middle High School; Cassidy Considine, Merrimack Valley High; Ella Diers, Concord High; Ella Doherty, Concord High; Sanne Doneski, Hopkinton Middle High; Cordell Drabble, John Stark Regional High School; Emma Galonski, Merrimack Valley High; **Elizabeth Guertin, Bow High**; **Evelyn Hatem, Bow High**; Kyle Hill, Concord High; Addison Hodge, Merrimack Valley High; Katherine Jameson, Pembroke Academy; **Shannon Luby, Bow High**; Katelyn Meserve, Hopkinton Middle High; Cameron Morse, John Stark Regional High; Meaghan Nyhan, Concord High; Marissa Payne, Bishop Brady High; Rachel Revellese, Concord High; Christopher Seaver, John Stark Regional High; Phoebe Slayton, Bishop Brady High; Sydney Stockwell, Hopkinton Middle High; and Zakery Walter, Concord High.

The program is hosted by the Greater Concord Chamber of Commerce and generously underwritten by Northeast Delta Dental.

CASL encourages students to become active and effective participants and future leaders in their schools and communities through exposure to the historical, cultural, environmental and civic aspects of the Greater Concord area. Beginning with an orientation in March, CASL is a series of four unique sessions focused on an important topic within the community. Using Concord as the "classroom," these sessions offer first-hand knowledge and provide opportunities for dialogue with established leaders. Through field trips, hands-on experiences and teacher-facilitated discussions, students gain special insights into the functions behind a working community.

For more information, please contact the Greater Concord Chamber of Commerce at (603) 224-2508 or visit concordnhchamber.com/CASL.



The Greater Concord Chamber of Commerce welcomed Capital Area Student Leadership Class of 2018 and students' families to its office in Concord N.H. on Wednesday, Feb. 21, 2018.

The Merrimack County Stamp Collectors

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow, on March 20, beginning at 1 pm. We invite all who are interested in stamp collecting to attend, share their interest, buy, sell and trade. Meet other collectors and learn more about their hobby and enjoy the fellowship of others with varied interests in Philatelic resources and issues. Gain new insight and knowledge, sharing news articles and stories about stamp collecting. Learn of the latest cutting edge information on stamp collecting. For information call Dan Day at 603-228-1154.



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BOW POLICE LOG

FEBRUARY 2018 STATS

Arrests - 15 Motor Vehicle Stops - 101

Warnings - 88 Citations - 13

Accidents- 7 Parking Tickets -16

Restraining Orders - 1 Incident/Investigation Reports - 43

Arrests

02/02 Yao Lu, 25, Wyoming Ave, Malden MA, was arrested for reckless operation, disobeying an officer, and failure to yield to an emergency vehicle

02/04 A juvenile was taken into protective custody as a runaway

02/05 An adult male was taken into protective custody for intoxication the influence

02/12 Marqui Allen, 28, Heather Dr, Hooksett was given a summons for suspension of vehicle registration

A juvenile was summonsed for a tobacco violation

02/14 Aaron J. Henderson, 43, Rt. 103, Warner, was arrested for driving after revocation/suspension and suspension of vehicle registration

02/15 Judith Osgood, 57, Lake St, Loudon, was indicted for theft by unauthorized taking

Trisha Bastian, 48, Lake St, Loudon, was indicted for theft by unauthorized taking

02/16 Kayla Norman, 21, Ray St, Manchester, was arrested for driving after revocation/suspension subsequent offense

02/18 William Crabb, 41, Everett Ave, Bow, was arrested for domestic violence; assault, and simple assault

02/23 Ryan Ferrand, 34, East 34th St, Brooklyn, NY was arrested for driving under the influence and possession of a controlled drug with intent to distribute

An adult received a summons for possession of marijuana

02/28 Brittany Bort, 32, Page Rd, Bow, was given a summons for driving after revocation/suspension

Also in February:

There was one involuntary emergency admission

ARMED CITIZEN NEIGHBOR SHOOTS MAN ASSAULTING WOMAN IN BELMONT

In January, a Belmont woman reported Izaiah Conway was inside her Cycle Lane home, had hit her several times with a baton, held her down and choked her while threatening to kill her. She told police she had started to lose consciousness.

A neighbor who heard the altercation pounded on the door and Conway then allegedly kicked and shattered the door, receiving a grazing wound to his leg when the neighbor's handgun fired.

Witnesses said Conway then fled in a vehicle before police arrived. Police asked Conway's family to help find him, concerned that his wound could be serious.

After his arrest, Conway was turned over to Belmont police. He is being held on \$15,000 cash bail.

DUNBARTON NEWS

By Nora LeDuc

Easter Bunny Brunch & Egg Hunt – at the Community Center on March 25, 11:00 am to 2:30 pm. Sponsored by the PTO.

State of the Loon: The Natural History, Challenges and Successes of Loons in New Hampshire – Tues, March 27, 2018, 6:30 pm at the library. Presented by Harry Vogel, Senior Biologist and Executive Director New Hampshire Loon Preservation Committee. Symbol of wild lakes and their special place in the heart of New Hampshire residents, Mr. Vogel will present the challenges facing loons, and the work of the NH Loon Preservation Committee to safeguard our threatened loon population.

Blood Pressure and Lifestyle Connections – Learn what your numbers mean. Wed., March 28, 5pm to 6:00-630 pm (depending on how many in the Blood Pressure Clinic), Dunbarton Town Office 1011 School Street. You'll 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.

Songs and Stories from World War I One Hundred Years Later – Thur., April 12, 2018, 6:30 pm at the library. "Rambling Richard" Kruppa will present a program on World War I and the music of the time. While people were singing "Over There", he reveals what was happening at the same time with music "over here". Richard will sing, tell stories and play the music of the WWI era on guitar, banjo and baritone ukulele. FREE!

Sweetheart Dance – Sat. April 14, 6:00 pm to 9:00 pm at the Community Center (elementary school gym) Save the Date for this Red Carpet Event. FMI check <http://dunbartonpto.com/>

NH Wild Trout Restoration Project – Tues. April 17, at the library, The NH Fish and Game Dept's Wildlife Stewards will present the natural history of our native brook trout, and what biologist are learning about these species through ongoing research. Public Welcome.

Open Stage Regulars at Spireside – Sat., April 21, Performances begin at 7:00 at the Dunbarton Congregational Church Vestry, 6 Stark Highway North. Coffeehouse Doors open for Open Mic signups at 6:30pm. Musicians, poets and storytellers are welcome. Coffee, tea, soup and snacks are available. \$5.00 suggested donation at the door.

Free Estimates



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BOW HIGH SCHOOL SPORTS HIGHLIGHTS

BOYS VARSITY BASKETBALL

Boys varsity basketball lose regular season finale to pembroke academy
Game Date: March 2, 2018
Score: Falcons: 34 Pembroke Academy: 60

Highlights/key moments: Needing a win to guarantee a playoff spot. Bow jumped out to a 12-7 after the first quarter and trailed by only three, 25-22, at halftime. But Pembroke upped its defensive pressure in the third quarter, led by Linscott and Tyler Smith, and opened up a 39-26 lead going into the fourth.

BOYS VARSITY ICE HOCKEY

Boys Varsity Ice Hockey end season with tough loss to Portsmouth HS
Game Date: Feb 24, 2018
Score: Falcons: 1 Portsmouth HS: 2
Key Players: Ben Tobeler (goal), Ryan Tobeler (assist)
Highlights/key moments: The Falcons tied the game 1-1 in the first period, but Portsmouth-Newmarket scored again to secure the win for the regular-season finale for both teams.

COED VARSITY NORDIC SKIING

Coed Varsity Nordic Skiing Boys 2nd, Girls 3rd at Capital Area Championships
Game Date: March 6, 2018

BOYS NORDIC

Bow Takes Second at Capital Area Championships
Key Players: Christian McDonald (6th), London Warburton (9th), Samuel Selleck (12th), Sam Berube (13th)

Highlights/key moments: Concord gathered 394 points to finish at the top of the 11-team race at the Hopkinton Fairgrounds. Bow (371) placed second and Hopkinton (355) was third.

GIRLS NORDIC

Girls Take Third at Capital Area Championships
Key Players: Brianna Boone (14th), Gwen Molind (17th), Tessa Thomas (22nd), Elizabeth Parker (24th)
Highlights/key moments: The Tide (372 points) locked up first place by one point. The Hawks were second overall with 371 points and Bow was third with 341.

Bow Alpine Skiers Win First State Title Since 2013



Bow had four of the top ten skiers in the Division III Giant Slalom Races. The way Bow coach Mike Sampo sees it, his skiers put the team ahead of themselves at Mount Sunapee.

"You can go as hard as you possibly can for a result and hurt the team," he said. "If you get disqualified or don't finish, then you don't earn any points."

The Falcons were careful on the slopes and ended up making quick runs anyway, placing four skiers in the top 10 in slalom and four in the top 15 in giant slalom for a total of 744 points to capture the Division III crown.

It is the first state title in Alpine for the Bow boys since 2013.

"The kids skied very well," Sampo said. "They skied as a team. One boy was disqualified, but other than that all the boys had four good runs each."

Alexander Mangini (12th GS) had the best finish for Bow as he took second place in slalom. Freshman Connor Wachsmuth (fifth slalom) led the Falcons in GS with his eighth-place finish. Benjamin Wachsmuth (seventh slalom, 13th GS) and Jonathan Cook (eighth slalom, ninth GS) rounded out the top skiers for Bow.



ARCHERY

Beginner Classes
for Children and Adults

SESSION 7: April 1, 8, 15, 22 SESSION 8: May 6, 13, 20, 27

LOCATION: BANDSTAND COMMUNITY CENTER

BEGINNER TIME: 3:00-4:00 PM

Beginner/Family this class is for children and adults who are NEW to archery and competition. This is a target archery class consisting of shooting at a stationary bullseye target. Form & Safety will be emphasized. Participants will enjoy games, learn about scoring and have fun with balloons. No experience needed.

INTERMEDIATE TIME: 4:00-5:00 PM

Come as you are, be ready for intense challenge and yet have FUN. Come improve your shooting abilities. Develop the mental aspects of shooting as well as the excitement of learning the art of an age old skill.

COST: \$60 Bow Res | \$65 Non Res per session

EQUIPMENT REQUIREMENTS:

- Traditional bows are provided
- If you have your own bow it MUST be approved by the Instructor

INSTRUCTOR: Lucy Morris, USA Certified Level 4 NTS Archery Coach

50+ FITNESS

Yoga, Step Aerobics
Brain and Balance Training



LOCATION: BOW COMMUNITY CENTER

MONDAY SESSION 3: April 9 - June 18 NO Class April 30 or May 28

TIME: 9:45 - 10:35 AM COST: \$41 Bow Res | \$46 Non Res

WEDNESDAY SESSION 3: April 4 - June 20 NO Class May 2

TIME: 9:45 - 10:35 AM COST: \$49 Bow Res | \$54 Non Res

EQUIPMENT REQUIREMENTS:

- Comfortable clothes and Sneakers
- Mat for those interested in doing mat exercises (optional)

INSTRUCTOR: Michele Vecchione, ACE Certified, Group Fitness Instructor

Join Michele, our Over 50 Brains and Balance Specialist, and friends to discover that fitness is a lot of fun! Her program includes strength training, cardio, balance training, and more. The emphasis is on the needs of the exercising older adult, but anyone is welcome. Everyone works at their own pace with modifications provided for various abilities. Chairs are available for resting and/or balancing. Anyone 50 and older or those with a health risk will need a doctor's note to participate.

Enrich your life with programs offered by the BOW PARKS & RECREATION

Bow Parks and Recreation Department offers well-rounded recreation programs for all ages, toddlers through senior citizens. Activities range from sports to crafts, fitness to dance, special events, trips and more. Visit bownh.gov/256/Parks-Recreation to see all the exciting events and programs scheduled throughout the year!

BOW COMMUNITY CALENDAR

March 22 - Bow Community Men's Club General Meeting
6:00 pm, followed by dinner at 7:00pm @ Old Town Hall

March 24 - Easter Egg Hunt
9:30 -10:00 am @ Bow Elementary School

A Taste of Bow Spirit by BHS Falcons Booster Club
7:00 - 10:00 pm @ Baker Free Library Lower Level

March 27 - Family Storytime 10:30 am @ Baker Free Library

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

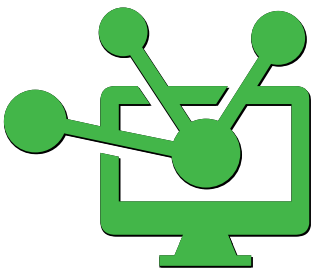
March 29 - Bow Senior Citizen Luncheon
11:30 am - 12:30 pm @ Bow Elementary School



The Bow Recycling Committee Openings for New Members

The Bow Recycling Committee has openings for new members. The time commitment is one meeting a month and special projects as determined. The major responsibility of the committee is planning and conducting the annual fall Household Hazardous Waste Collection Day. Other activities of the committee include sponsoring a spring poster contest in the elementary school, displays in the library, and articles regarding recycling in the Bow Times. Anyone interested should submit a Volunteer Application, available on the town website and at the town office.

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Individual Fitness

Johnson Golden Harvest

Merrimack County Savings Bank

Merrimack Savings Bank

Hooksett Northbound (93)

Patty Lee's Kitchen

South St. Market

Sugar River Bank, Concord Hts.

Tucker's Restaurant

Veano's, Manchester St.

Wellington's Marketplace

White Rock Senior Center

Bow Hazard Mitigation Plan Update Meeting

BOW: The Town's Hazard Mitigation Committee will hold its next meeting on Monday, March 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.

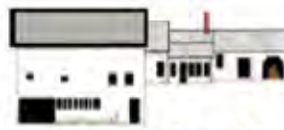
The Bow Hazard Mitigation Plan must be updated every five years and approved to current requirements to ensure the Town's continued eligibility for federal disaster recovery and mitigation grant project funding. Past and potential natural disasters and other hazard events will be assessed and critical 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.

CORRECTION

In the October 2017 edition on page 2 I said the 2015 ADA study for the town was done by Cheryl Killam of SFC Engineering. She had worked for them previously but was not employed by them at the time of her study.



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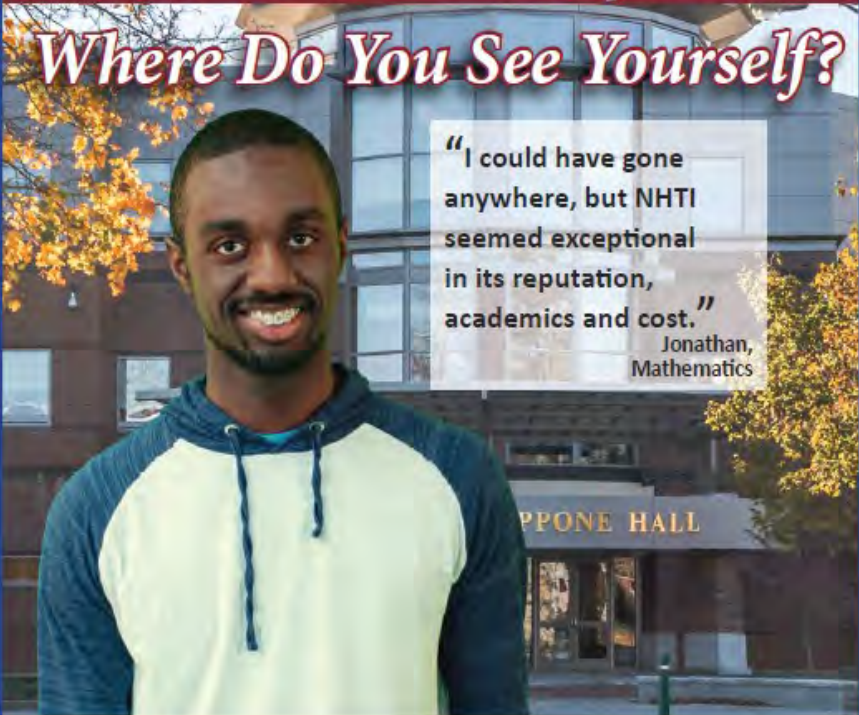


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