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THE BOW TIMES

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DUNBARTON NEWS ON PAGE 11

BRUCE MARSHALL SEEKS RE-ELECTION AS SELECTMAN



I am a New Hampshire native, born and raised in Hooksett and have resided in Bow for more than three decades where we have chosen to raise our four children. Our oldest two graduated from Bow High School and my youngest two are in the Elementary and Memorial Schools.

As a dad I have had the privilege of coaching our children in various sports in town including basketball, football, soccer, and baseball and participating in numerous school events. As a citizen of Bow I have a long history of volunteering in town including everything from, the construction

of school trails and sports facilities, maintenance of athletic facilities, being a member of the Planning Board, and participation on various committees.

Professionally, I am a civil engineer and an attorney having my law office located in Bow.

As a sitting Selectman since March of 2020, I have helped guide the Town through COVID, the purchase of the former Bow Youth Center, providing easier access to Town government, maintaining a near flat Town Budget, working with NHDOT to improve access along Rte 3-A, and maximizing the opportunities presented by the proposed I-89/I-93 interchange improvements. More recently, as chair of the Board of Selectmen I have worked to fairly resolve local property issues that have arisen from the maintenance and preservation of Town recreational trails while trying to reenergize the neighborly qualities that first attracted me to Bow.

Moving forward, should I be re-elected, I would like to maintain focus on improved access to town government, ensuring we maximize the potential opportunities the State's planned I-89/I-93 improvements present to Bow as well as further improving access to our Route

3-A Business Development District in order to improve business development and reduce property taxes as well as finalizing a viable plan for the Community Center.

BOW CANDIDATES FOR MARCH 14 ELECTIONS

The contest for Selectman pits Chairman Bruce Marshall against Eleana Colby. She has been vocal in criticism of the Bow Pioneers Club for work they did with their bridge and the Beaver Dam.

The two seats on the Budget Committee are sought by Michael Standifer and William Knapp. The two school board slots are sought by incumbents Martin Osterloh and Bryce Larrabee.

The other contest is for the Library Trustee between Sabrina Costabile and Sherry Vincent Crisp.

FLATLEY EXIT 1 PROJECT UPDATE

At a meeting of the Bow Business Development Commission on February 1, the Flatley mixed use project was discussed. With Exit 1 being redrawn the site is dependent on how the exit is reconfigured as it must provide safe entrance to the Colby property.

Stu Arnett of ADG, economic development specialists, said that "if Flatley can do something with limited water demand and limited traffic impacts, they may do a phase 1 development with wells on site in anticipation of Exit 1 access and water in the future. This would require access from Logging Hill Road in the meantime."

HOPKINTON-CONTOOCOOK NEWS ON PAGES 19-21

\$12 MILLION SCHOOL BOND OPPOSED BY BUDGET COMMITTEE

In a 5-2 vote on February 9 the Bow Budget Committee recommended a NO vote on a \$12,400,000 bond issue for renovations to Bow Elementary School and to add eight classrooms.

Jeff Knight could not make the meeting but would have voted no "because the timing of a bond issue when interest rates are at a 15-year high calls for a time out until rates drop." He also has said the final \$1,400,000 payment to Eversource for being overtaxed on its Bow Station power plant is due at the end of next year.

Brock Ehlers, a banker with Primary Bank, voted against the bond proposal pointing out that the existing school bond issues will be paid off in four years so a follow-on new bond would be better than paying for two bonds at the same time.

Ehlers also said: "Given the current interest rate environment, I do not believe now is the time for this bond. I would agree that the project needs to be completed including the additional space, sprinkler systems electric upgrades and a more secure entrance; however, it would make more sense to wait until the existing bond is paid off and, in the meantime, put funds into a Capital Improvement account for the project. This would decrease the amount of the bond needed to complete the project and save the town a considerable amount of money, both in terms of the interest rate and the cost of the borrowed funds. It would also minimize the impact to taxpayers by not having two bonds being paid at the same time."

The bond issue will be voted on Thursday, March 16, at 6:00 PM in the auditorium of Bow High School.

CELL TOWER PUBLIC HEARING DRAWS A CROWD

Thirteen Bow residents in the vicinity of Rising Tide Towers' proposed cell tower off Londonderry Turnpike East spoke at a public hearing held by the Planning Board. The February 2 meeting was to continue the application process for the 190-foot tall cell tower.

Chairman Don Berube asked Pat Robinson of Rising Tide if a 190-foot tower fills the coverage gap and he said "yes, the 190 foot is the coverage for AT&T and what they are looking to fill their coverage gaps as well as the subsequent carrier, Verizon, who is looking to come on to the tower as well. If they go lower, it's not an option. They are not going to have providers to fill in these coverage gaps and provide coverage to the school."

Community Development Director Karri Makinen asked if there was any evidence to support that claim and Mr. Robinson replied, "RF coverage propagation says that they had their engineering firm run with AT&T radios and antennas showing that coverage."

The issue of a lattice tower versus a monopole was raised by Planning Board Member David Glasier. How to camouflage such a high tower was debated. Board Member Jonathan Pietrangelo felt that from a distance the monopole would be less obstructive. Lattice is better for collocation, but Mr. Robinson of Rising Tide said you can collocate on a monopole.

The Zoning Code 7.20E(2)(b). states, "In a wooded area it must be camouflaged and must employ stealth technology." David Glasier feels that the select board and applicant put this proposal forward based on the objective of coverage area for the schools and that due consideration was not given to the ordinance. Mr. Glasier stated it comes down to public safety versus abutter impact and feels that public safety has to come first.

The Board voted on the proposed plans and waivers approving them by unanimous vote.

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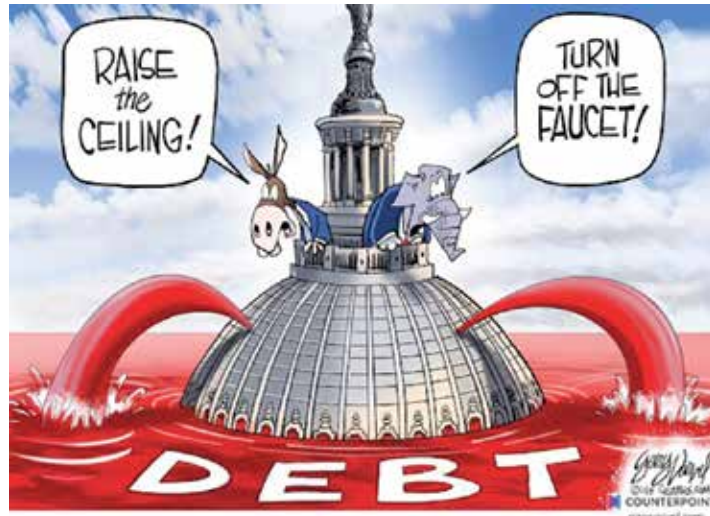
SHOULD YOU SPEND MORE WHEN YOU ARE \$41 TRILLION IN DEBT?

President Joe Biden is on a spending spree and it is funded by debt piled on top of debt.

The spending included a Covid relief bill of \$2.2 trillion; the American Rescue Plan's \$1.9 trillion, and then a bipartisan infrastructure bill of \$1 trillion. Mr. Biden's 2023 budget proposal was for \$5.7 trillion. In December, he signed a \$1.7 trillion spending bill.

No wonder we are at a debt ceiling "crisis" to raise that level ever higher. The interest alone runs \$400 billion a year. The deficit during the first three years of the Trump Presidency totaled \$2.5 trillion - less than the first year of Joe Biden's.

We cannot slow or reduce that debt, unless unlimited entitlement programs are restrained. Social Security, Medicare; Medicaid, etc. are 63% of the federal budget so obviously to reduce annual deficits, and the ever rising debt, those programs need to be changed. Reserves for Medicare's hospital insurance fund are forecast to run out in just five years.



The debt includes payments for fraud in the pandemic relief funds that NBC News said could reach as high as \$560,000,000,000. That is many, many Bernie Madoff's who made off with money we have to borrow and pay interest on.

As Vox reported: "Some culprits were domestic, but much of the fraud was targeted internet crime from foreign scammers operating in countries such as Russia, China, and Nigeria. These included self-motivated hustlers just trying to pick up what they saw as easily available money, while others were more organized criminals. It turns out that when US government or state entities offer free money on the internet

with minimal safeguards for Identity verification, people will come along and try to take that money."

A recent poll showed 76% of Americans think deficit reduction should be a priority, but unfortunately Joe Biden is not one of them.

TIME FOR AN INCOME TAX?

Those liberals who wish New Hampshire would adopt an income tax should consider the following reality check.

A report issued this month by the non-profit Tax Foundation based on data from the Census Bureau, U-Haul and United Van Lines found states with no individual Income tax gained the most people between July 2021 and July 2022.

Those include Florida, Texas, South Dakota, Tennessee and Nevada.

States that lost the most people, including California, Hawaii, New York and Oregon, have double-digit Income tax rates.

What Happened to *Cursive* Handwriting?

The third question I pose is the merit of learning an old technology that has been around for centuries named cursive. Handwriting, using cursive was generally taught in the second or third grade and by fourth grade, we were using our own distinctive-but readable cursive style.

In the October 2022, issue of The Atlantic, the first woman President of Harvard, Drew Faust, describes the decline of cursive: "In 2010, cursive was omitted from the new national Common Core standards for K-12 education. The students in my class, and their peers, were then somewhere in elementary school. Handwriting instruction had already been declining as laptops and tablets and lessons in "keyboarding" assumed an ever more prominent place in the classroom. Most of my students remembered getting no more than a year or so of somewhat desultory cursive training, which was often pushed aside by a growing emphasis on "teaching to the test."

Now in college, they represent the vanguard of a cursiveless world." Today, most college students cannot read the Declaration of Independence because it is written in cursive.

In Bow, there is instruction in the second grade, while Dunbarton starts in the third. Unfortunately, it is not rigorous and Dean Cascadden, School Superintendent, concedes that not all kids reach proficiency, and that it is not subject to a test.

A former Bow elementary school teacher said her definition of handwriting was teaching block letters. All too often that is as far as the current generation will go.

By 1860, more than 90% of America's white population could both read and write. "Reading, writing and arithmetic" was the mantra.

As President Faust noted: "Penmanship came to be seen as a marker and expression of the self-of gender and class, to be sure, but also of deeper elements of character and soul. The notion of a signature as a unique representation of a particular individual gradually came to be enshrined in the law and accepted as legitimate legal evidence."

There has been some pushback to the pushbutton only world. At least 20 states now require cursive instruction. What do you think?

Chuck Douglas
For a free press, je suis Charlie



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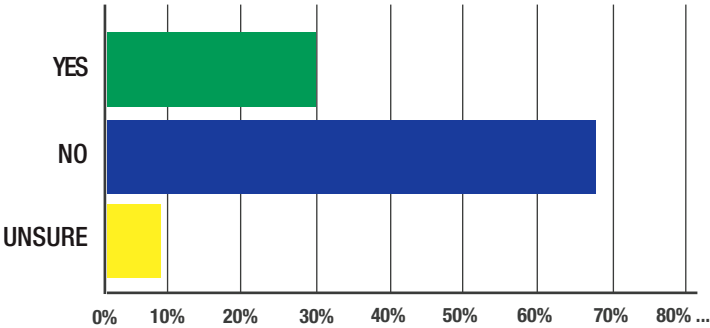


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RESULTS OF JANUARY SURVEY:

Should Bow continue with a 190-foot Cell Tower?



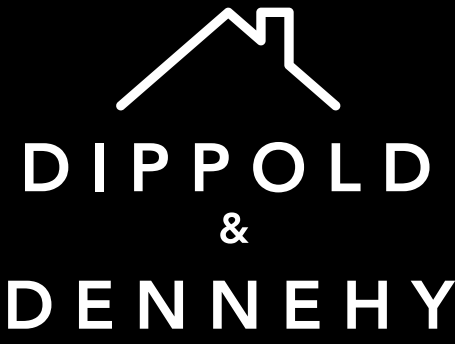
ANSWER CHOICES	RESPONSES	#'s
YES	28.10%	34
NO	65.29%	79
UNSURE	6.61%	8
TOTAL		121

FEBRUARY 2023 SURVEY QUESTION

Should proficiency in cursive handwriting be required in our schools? (Pick ONLY one)

☐ YES ☐ NO ☐ UNSURE

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www.thebowtimes.com
and click button to fill out your survey. Results are calculated by Survey Monkey not this paper.



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JANUARY 2023 REAL ESTATE SALES IN BOW					
ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE		ACREAGE	PRICE
11 Rosewood Drive	3 BR 3 BA	2312	Square Feet	4 Acres	\$415,000
10 Marions Way	3 BR 2 BA	1268	Square Feet	CONDO	\$420,000
19 Laurel Drive	4 BR 3 BA	1937	Square Feet	2.43 Acres	\$484,750
17 Wheeler Road	4 BR 3 BA	2784	Square Feet	3 Acres	\$570,000
31 Poor Richards Drive	3 BR 3 BA	4144	Square Feet	1 Acre	\$610,000
197 Bow Bog Road	4 BR 2 BA	2800	Square Feet	14.6 Acres	\$675,000
4 Chelsea Drive	4 BR 3 BA	2912	Square Feet	2.17 Acres	\$680,000

JANUARY 2023 REAL ESTATE SALES IN DUNBARTON					
ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE		ACREAGE	PRICE
240 Stark Highway North	4 BR 2 BA	2289	Square Feet	14.06 Acres	\$625,000

Sales Data for January 2023 provided by the NHMLS.



Upcoming Elections and Meetings in 2023

TOWN AND SCHOOL ELECTIONS
Tuesday, March 14, 2023
Voting is at the Bow Community Center
3 Bow Center Road, Bow, 4B.
Polls open 7:00 AM - 7:00PM


TOWN MEETING
Wednesday, March 15, 2023
Bow High School Auditorium at 6:30 PM

SCHOOL MEETING
Thursday, March 16th, 2023
Bow high School Auditorium at 6:00 PM

Absentee request forms for only the Elections are posted online in the Elections page on the Town Website www.bownh.gov.

The last day for voter registrations is Friday March 3rd by 4:00 PM at the Town Clerk’s office or Saturday March 4th at the Supervisor’s session at 9:00 AM at the Town office. In NH you can always register to vote at the Polling place on election day.

I-89 FORTY MPH SIGN TO GO



The New Hampshire Department of Transportation has told Bow it will be removing the 40 MPH signs on I-89 southbound and will not replace them. The theory is that no one obeys the signs and the area is too narrow for the State Police to pull people over. On January 10, the board of selectmen voted 4 to 1 (Nicolopoulos opposed) to have the Town Manager ask DOT to put them back up out of safety concerns at the exit.



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A NEW HOME CAN BE MORE THAN A ROOF OVER YOUR HEAD

The past few years have been challenging to say the least. We've endured a world-wide health pandemic that has led to unsettling economic, social and environmental shutdowns. Community banks continue to look for ways to help one another emerge from this instability with less uncertainty. Individuals can increase their sense of stability and help themselves recover from lingering feelings of uncertainty is to enter into home ownership.

SATISFACTION WITH LIFE AND WORK

Owning one's home can have a profound effect on their outlook on life. According to benefitnews.com, "homeownership can be a major contributor to employees' [a person's] overall financial well-being, security, and stability, all of which can add to their productivity and overall satisfaction at work." From both an employer's and employee's standpoint this is a win-win for everyone.

MORE THAN A ROOF AND WALLS

If you've been involved in buying or building a home you know the path to homeownership can be a long one, but the long-term benefits far outweigh the challenges faced during the process. "A quality home is more than just a roof and walls," says Renée Glover, former chair of Habitat for Humanity International's board of directors. "It provides homeowners with feelings of stability and pride, as well as generating measurable results such as decreased doctor visits and increased high school graduation rates." (The Health Benefits of Home Ownership, 2019)

UNDERSTAND WHAT'S OUT THERE FOR YOU

Now is a good time to research the options that may be available to you in the form of special lending programs. Even if you're unsure about buying or building, understanding your options ahead of time is beneficial. Take time to meet with community bank loan originators who are there to educate and assist you. When you have supportive and knowledgeable lenders offering the best mortgage options available to you, the entire process can be smooth and enjoyable. Loan Originator and recent first-time homebuyer, Tor Stenberg of Sugar River Bank, had this to say, "As a recent home buyer and loan originator it's important to ask as many questions as possible. Being the home buyer, myself helped me understand the mortgage process by seeing it from the buyer's side. In my own experience, and in my experience working with other first-time home buyers, I can happily say that the journey is worth the destination. It is so fulfilling to own your home." The stability of a predictable mortgage payment, the deeper roots in community and possessing personal control over your environment go a long way to easing daily stressors (Sold.com, The Emotional and Psychological Benefits of Homeownership). As a "hometown" community bank, Sugar River Bank strives to make a positive impact on its customers and communities. We are here, with multiple conventional mortgage programs as well as mortgage assistance programs, to support first-time homebuyers reach the goal of owning their homes, and in turn, hopefully improving their quality of life.



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*"One swallow does not make a summer,
but one skein of geese, cleaving the
murk of March thaw is the Spring."*

Aldo Leopold

THE COURT MARTIAL OF JACKIE ROBINSON

by Patrick Chaisson

The story of Jackie Robinson, the first African-American to play Major League Baseball is a familiar one. The dignity, excellence, and integrity he displayed on and off the ballfield helped change society.

Before Robinson put on the Brooklyn Dodgers' now-iconic No. 42 jersey, though, he wore another uniform - that of a second lieutenant in the U.S. Army. Determined to serve his country, this grandson of enslaved people entered service in 1942. He received his commission after completing Officer Candidate School at Fort Riley, Kansas.

Robinson often encountered discrimination based on the color of his skin. He experienced firsthand how the World War II-era Army's policy of racial segregation denied Black soldiers many opportunities available to White servicemembers.

Robinson wanted to accompany his all black tank unit into Europe, but he remained on "limited duty" due to an ankle injury. He could not deploy until it was fixed. Fortunately, a sympathetic colonel arranged for him to receive physical therapy at nearby McCloskey Army Hospital.

On the evening of July 6, 1944, Robinson boarded an Army shuttle bus outside Camp Hood's Black Officers Club for a 30-minute ride to the hospital. Noticing a fellow officer's wife sitting by herself, he offered to keep her company during the trip. Neither of them realized they were occupying a section of the bus only reserved for only White passengers.

Others did. The driver ordered Robinson to move to the back of the bus, an order he ignored. The lieutenant knew that these "Jim Crow" laws did not apply to Army vehicles operating on Army installations.



But prejudices die hard. When his bus stopped two military police soldiers escorted Robinson back to Camp Hood. There he was interrogated by the assistant provost marshal while a civilian stenographer took notes. That person, identified only as "Miss Wilson," interrupted with such questions as "Don't you know you have no right sitting up there in the White part of the bus?" Robinson kept his cool, even after the provost marshal (a captain) told him he was "out to make trouble." Brought under guard to McCloskey Hospital, Robinson soon learned he would face a general court-martial for the incident.

Charged with insubordination, disturbing the peace, and conduct unbecoming an officer Lieutenant Robinson appeared before a military tribunal on Aug. 2, 1944. His trial defense attorneys quickly demolished the prosecution's case, proving it was Robinson who had been treated improperly. The court acquitted him on all counts.

In November 1944, Robinson resigned his commission and received an honorable discharge. He was now free to pursue his dream of playing professional baseball - a dream fully realized less than three years later when he stepped onto Ebbets Field in Brooklyn as the Dodgers' first player of African descent.

Playing for Brooklyn, Robinson would need all the resilience and strength of character he developed during his service as an Army officer. Breaking the color barrier, whether in the Armed Forces or the Major Leagues, was never an easy task.

Reprinted from Military Officer Magazine for Black History Month



The Bow Young at Heart Club

Upcoming Event

MARCH 8, 2023

“A History of NH Presidential Primary.”

Presented by John Gfroerer, sponsored by the New Hampshire Humanities Council. There will also be a book and puzzle swap, bring one to share or pick up one to borrow. Social hour from 11:30 am - 12:30 pm, bring your own lunch and beverage and dessert will be provided.

Presentation begins at 12:30 PM. The public is invited to attend.

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(Non-profit event not sponsored by library)

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BOW SCHOLARS FALL SEMESTER

NICHOLAS SHEPPARD was named to the President's list for the fall semester at Southern New Hampshire University.

KENNEDY GAGE was named to the dean's list for the fall semester at Southern New Hampshire University.

HANNAH CALL was named to the dean's list for the fall semester at Southern New Hampshire University.

MADDEN MCLEOD was named to the dean's list for the fall semester at Ithaca College.

LOOK AT EXERCISE AS A PRIVILEGE

by Jim Olson

Most people view working out as a chore, but it doesn't have to be that way. Instead of looking at exercise as a chore or a hassle, start looking at it as a privilege.

Do you know how lucky you are to be able to do physical activity? If you are able to exercise, be grateful for the privilege!

How you feel about exercise matters just as much as the act of exercise. The more positive you are about working out, the better results you will see.

Think of the positive changes that you'll get:

LOSE EXCESS FAT

The number on your scale will go down and so will your blood pressure. Your metabolism will speed up and your risk for diabetes, heart disease, stroke and certain cancers will decrease. You'll sleep better and have more energy during the day. And most importantly, you won't be as self-conscious about how others see you.

BUILD MUSCLE

Having more muscle helps your body to burn more calories, even when you're at rest. This means that you'll be able to lose weight more easily, and you'll also be less likely to gain it back. Muscle is also important for overall health and vitality.

INCREASE METABOLISM

When you increase your metabolism, you're able to burn more calories throughout the day. This means that you'll be able to lose weight more easily, and you'll also be less likely to gain weight in the future. In addition, a high metabolism can help to protect against diseases such as cancer.

DECREASE STRESS

When you're feeling stressed, exercise can be a great way to release that tension and feel more relaxed. Not only does it help to clear your mind and improve your mood, but it can also have long-term benefits for your health. Regular exercise has been shown to lower stress levels, boost your immune system, and improve your overall mood.



Jim Olson

DECREASE BLOOD PRESSURE

When you work out, your blood pressure decreases. This is because the activity causes your heart to beat faster and pump more blood through your body. When your blood pressure is lower, you're at a lower risk for heart disease, stroke, and other health problems.

HEALTHIER SLEEP HABITS

Exercise helps promote better sleep habits, so by working out regularly, you'll be more likely to get the shut-eye you need. Getting a good night's sleep is crucial for overall health and wellbeing. When you're well-rested, you'll have more energy and be able to work out harder and longer. You'll also be less likely to get sick, which can derail your fitness goals.

FEEL BETTER ABOUT YOURSELF

When you exercise, your body releases endorphins, which are hormones that make you feel good. Not only does this mean that you'll feel happier and more relaxed after a workout, but it can also help to reduce stress and anxiety. In addition, exercise can help to boost your self-esteem and confidence.

INCREASED ENERGY

Not only do endorphins released during exercise improve your mood, they also give you more energy to tackle the day. So if you're feeling tired and run down, a good workout could be just what you need to perk yourself up.

A POSITIVE OPPORTUNITY FOR CHANGE

The more you appreciate what you have, the better life will be for you. When you look at exercise as something that other people don't get to do, then you'll be happier about working out. Physical activity is not a privilege that everyone has, so when you are able to work out and move your body in any way you choose, make the most of it!

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**JANUARY
2022
RESPONSE
ACTIVITY LOG**



- 0** Search and Rescue
- 17** Basic Life Support Transports
- 27** Advanced Life Support Transports
- 21** Non-Transport Care Refusal
- 0** Paramedic Intercepts
- 34** Fires/Hazardous Conditions/Alarms
- 13** Service Call Incidents/Good Intent
- 21** Overlapping Incidents
- 112** Total Calls for the Month

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On Sunday, January 29, the Bow Fire Department and Dunbarton Fire Department conducted Ice Water Rescue Training at the Bow Town Pond. Thank you, Dunbarton Fire, for coming to train with us; it is always a pleasure. Multiple evolutions were conducted using multiple rescue techniques and equipment.



Never ignore a CO alarm when it sounds.

Get outside immediately, and call 911 from a fresh-air location. Responders from the Bow Fire Department will provide information for safe home re-entry.



Firefighter Keith Lambert retired from the Bow Fire Department on Wednesday, February 15. He will be greatly missed!



The Bow Fire Department is happy to welcome two new firefighters to the team – FF/EMT John Sartorelli and FF/AEMT Jennifer Sole. Firefighter Sartorelli and Firefighter Sole have over 13 years of firefighting and EMS experience.



Eric Anderson | Photos



Anna Fowler the principal at Concord Regional Technical Center (CRTC) expressed her appreciation for Bow Fire Department’s donation of self-contained breathing apparatuses or SCBAs.

“ We are extremely thankful for your support which will be helpful in preparing our emergency services students with meaningful classroom experiences,” said Fowler.

CRTC serves more than 750 students from 12 regional high schools and is increasingly becoming the education of choice for students in the Concord region. The Emergency Services program prepares students for careers as a first responder to medical, fire and other emergency situations.

Bow Fire Department generously offered some SCBAs to the program in “as is” condition.

Fowler said “donations from the community certainly make a difference. Please consider us in the future if you are disposing of any equipment or gear that may still have value.”

MY TABLE TO YOUR TABLE

by Debra Barnes

A LITTLE CHILI IS IN THE AIR!

Winter and bitter cold temperatures call for everything cozy, comfy and crockpots! What better way to create a warm meal for a few or many than with a crockpot. In this article I am featuring one of my favorite cold weather big batch dishes, Pork Green Chili a.k.a Chili Verde.

My recipe calls for both tomatillos and green chile. You will see recipes that use fresh but for ease of convenience I use jarred. The products I use are Herdez mild Salsa Verde or Mrs. Renfos' green salsa (tomatillos) and 505 Southwestern Flame Roasted Green Chile. We have found these in our local grocery stores and online.

A few tips for this recipe. Doing all or some of these will help cut down on prep time on the day you are wanting to make the chili.

- Sear the meat a day or two before.
- Chop your onions and garlic a day or two ahead.
- Have your leftover containers labeled ahead.
- Measure herbs and spices ahead.

Kitchen Tips: Instead of using a cooler with ice packs etc., save the bubble envelopes that you get from amazon or Fed Ex. Use them to transport frozen items on short trips. I also saved my big silver bubble coolers that I received food in from Whole Foods. Instead of a big bulky heavy cooler, I use that! A company as big as Whole Foods is going to use the ultimate in research and technology for its food delivery service. It's like having NASA design a cooler!

Money Saving Tip: Good, sliced turkey at the deli counter is easily over \$5.00 lb. Full of way too much salt and added stuff you can't pronounce. Buy whole turkey! The Shady Brook brand is on sale at Market Basket most of the time (no, I don't get paid to say that:). It sells for \$1.59 – \$1.99 lb. That is so much cheaper than just about any meat. You can cook a 12-14 lb. turkey on Sunday, have a nice dinner, sandwiches the next day and maybe even a soup or turkey pot pie with the leftovers. Use the carcass for rich broth. It just makes "cents"!

Garden Notes: I will be starting my heirloom tomato seeds at the beginning of April with a sale date usually just after Mother's Day. Be sure to reach out if there is a specific variety that you loved from last year. I will also have some herbs and flowers. Any tomato growing questions can be sent to me via Instagram. The Bow Garden Club is also a great resource!!

Be sure to follow my Instagram page #EAT603. You can also check out more recipes on The Bow Times website: www.thebowtimes.com. Debra Barnes is a chef and avid gardener. She lives with her husband Randy in Bow.



PORK GREEN CHILI – CHILI VERDE

- 2 TBSP vegetable oil
- 3-4 lbs. pork butt
- 1 X-large white onion chopped
- 10 or more cloves of garlic chopped
- 1 cup chicken broth
- 2 16 oz. jars of green salsa / salsa verde
- 2 16 oz. jars of plain or roasted green chile
- 2 tsp. cumin
- 1 TBSP + 1 tsp. Mexican or regular oregano
- 2 tsp. mild chili powder
- 2 tsp. granulated garlic
- 2 TBSP lime juice
- 1/4 cup chopped cilantro
- Salt and black pepper
- 3 TBSP corn starch – optional for a thicker chili/stew



****Optional Toppings:** cilantro, chopped white onion, sliced cabbage, sour cream, sliced avocado, tortilla chips and lime wedges

Equipment needed: Large Crockpot, Large Cast Iron or Heavy Bottom Pan

Remove large pieces of fat or tendon from the pork butt. Cut it into 2-inch chunks. Salt and pepper pork. Heat a large cast iron or heavy bottom pan to hot, add 1 TBSP of the vegetable oil. Sear about half of the pork – do not crowd the pan or the meat will steam and not sear. Turn to sear on all sides and remove to a sheet pan or bowl. Add the remaining pork and do the same. It may take 3 batches depending on the size of your pan. You will not need more than the 2 TBSP of oil as the pork will release fat. (You can do this step ahead of time and refrigerate).

Into the crockpot add one jar each of the chile and salsa. Add half of the herbs, spices, onion, garlic and cilantro. Add the pork. Top with remaining salsa, chile, herbs, spices, onion, garlic and cilantro. Top with the chicken stock. Cover and cook on low for 6-7 hours or high for 4-5 hours. Be sure to taste and add salt at the end of cooking as some of the ingredients do contain salt already.

If you want a thicker consistency to your chili, half way through the cooking time, remove about 3/4 cup of liquid from the crockpot into a 2-cup measuring cup. Add the cornstarch and whisk to rid any lumps. Add back into the crockpot and stir to combine.

****I would recommend holding back on adding additional chili peppers to the crockpot. Waiting to add them freshly sliced on the side.**



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THE QUARTERLY WINE BUZZ

Bye-Bye Dry January!
National Drink Wine Day & Women’s Month

As we are nearing the middle of the first quarter of 2023, raise a glass and let’s put dry January in the rearview mirror as we have made new year resolutions of healthy living and raise a glass to National Drink Wine Day on February 18th, Cheers to that!

I would also like to look ahead to Women’s History Month in March and May. Let’s celebrate all the women winemakers, winery owners, and fellow business partners of mine in the world of wine, and beyond. We have come a long way in a male dominated industry, earning an equal opportunity in the roles we have worked so hard for over the years.

I salute all of you. I never toot my own horn on this topic, so here is a shout out to all of you, who have made a difference in the industry and have paved the way for others to be successful, Thank You!

A huge leader in the industry is Barbara Banke, owner of Jackson Family Wines, family owned and one of the single largest landowners in California. Barbara leads the business since the passing of her husband, Jess Jackson many years ago. Heard of Kendall-Jackson Wines? The Chardonnay alone produces over 1 million cases per year, all from grapes that comes from their land and has been a number one seller since the early 80’s upon its creation. Super impressive, as most would be sourcing grapes from other wineries and farmers. Their land is rich in soil types, ridges, hillsides, and mountain fruit, with a huge team of winemakers, many of them women, and female family members leading the way in the entire process. Daughters Katherine and Julia are very involved in the Rooted for Good project and appear on the labels of Cambria Winery located in Santa Maria Valley.

Jackson Family owns over 55 different wineries in over 7 different countries, and it even owns a cooperage and forest in France to create the best oak barrels, toasted to perfection and grain types, for each winemaker’s choice. The span of land that they own from Southern California to Washington State is massive. Their Luxury Spire Collection is world renown wines with some of the most 100 point scores in the industry.

The future is incredible for this company lead by some amazing women at the helm and I am proud to represent the vision for the future of what they stand for by representing these wines.



Let’s Celebrate Cambria Winery!
Follow the QR Code on the left:
#WomensDayTheCambriaWay



Annie Kenney is a Sales Manager for MS Walker Wines & Spirits in Bow, where she has been passionate about her career for the last 19 years. Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association.

Anni, a lover of fine wines and spirits, resides in Bow, with her daughter Lexi and her fiancé Brock.



What better way to begin the New Year than with our Scholarship Winners attending our Friday meeting and talking about their experiences! In 2022, \$26,000 in scholarships were awarded to twelve students, and most agreed to come and speak with our Club about how they are doing. Scholarship Committee Chair Mike Griffin introduced the winners, in no particular order:

- Shannon Luby**, who is a junior at SNHU, will be graduating in 2024 with a specialty in Speech and Language Pathology. She has been student teaching at Dunbarton Elementary School, and has been involved in several education related clubs at SNHU.
- Jack Roberge** is a sophomore at Northeastern, majoring in Finance. He has been working on a student-initiated venture capital fund, and completed an internship at Piper Sandler, an investment banking firm.
- Michelle Eweka**, is a sophomore at UConn, majoring in Political Science and Human Rights. The scholarship enabled her to take more classes. She is participating in a student leadership program at UConn, and is a former 4-Way Test Speech Contest winner. She is considering a legal career.
- Alexandra “Ally” Boone** is a freshman at Arizona State, and a Finance Major. She has been adjusting to the distance from home, and is on the Dean’s list for the first semester. She enjoys giving back to the community and volunteering.
- Molly Knight** is also a freshman, at Fairfield University; majoring in Nursing. She is looking forward to the clinical part of her program. She says the campus is beautiful! She has been participating in Campus Ministry.
- Andrew Driscoll** is a freshman at UVT; it has been a great experience! He is majoring in Business and is enjoying the core business classes. He offered his gratitude for the scholarship.
- Matt Driscoll** is a senior at Rensselaer Polytech, majoring in Mechanical Engineering. He recognizes there will be a huge adjustment at graduation. He completed an internship with a company specializing in suspension engineering.
- Clara Udelson**, a freshman at Bryn Mawr, is undeclared at the moment, but is leaning toward History and Education. She has had some great experiences and appreciates the traditions at her school.
- Belle Blackburn** is a freshman at Kent State, now majoring in Science Education. She loves the diversity at her school, and hopes to study abroad in Italy next year. “Interact and Earlyact shaped who I am today”, she said.
- Olivia Bynum** is a junior at Lake Forest College, majoring in Environmental Studies and Media Design. She will be studying abroad in Costa Rica, and offered her thanks for the opportunities the scholarship provided.
- Sidney Ferland** was also a winner, but was unable to attend.
- We are beyond pleased at the caliber of students attending Bow and Dunbarton schools, and very proud to be able to help them fulfill their dreams. We also appreciate the support our community provides, enabling us to make these scholarships available year after year.

BOW MEN’S CLUB ELECTS
NEW OFFICERS

The following officers were elected January 26:

- Greg Cordier – President
- Matt Poulin – Vice President
- Brad Jobel – Secretary
- Dik Dagavarian – Treasurer
- Matt Bailey – Director
- Charlie Griswold – Director
- John Mackinnon – Director
- Rich Oberman – Membership/Past President

There are 3 director positions not up for election held by Bob Goldwaite, Warren Perry and Rob Hollinger

DUNBARTON POLICE DEPT



MONTHLY REPORT

JANUARY 2023 ARREST LOG

1/1/2023: Kaitlyn Lounsbury, 34, Dunbarton, was charged with domestic violence; assault (2) and simple assault (2).

1/10/2023: Alec Lamirande, 30, Manchester, was charged with driving after revocation/suspension (subsequent offense) and speed.

1/26/2023: Yaris Collazo, 41, Manchester, was charged with driving after revocation/suspension, driving without giving proof, and operating with an expired license greater than 12 months.

Please note that juvenile arrests/charges and protective custodies are not included and all defendants are presumed innocent unless and until proven guilty in a court of law.



A NATIONWIDE PROGRAM TO
PROMOTE SAFE FIREARMS
HANDLING & STORAGE

The Dunbarton Police Department is a proud partner of Project ChildSafe, allowing us to distribute *free gun locks* to the community. Gun locks are available in our lobby during regular business hours or by calling (603) 224-1232. To learn more about this initiative, please visit www.projectchildsafe.org.

Your most important responsibility is ensuring that unsupervised children cannot gain access to loaded firearms. The precautions you take must be completely effective. Anything less invites tragedy and is a serious violation of your responsibility as a firearms owner.



Law Enforcement Against Drugs (LEAD) is an evidence-based drug and violence prevention program that promotes effective decision making skills, goal setting, and positive relationships.

LEAD was introduced to 6th grade students at the Dunbarton Elementary School during the 2021-2022 school year and will continue into the 2022-2023 school year. The LEAD program is generously supported by the Dunbarton PTO.

For more information visit www.dunbartonpolice.weebly.com

DUNBARTON NEWS



CHAIR YOGA with Sherry Gamble. Meet at the DCC Vestry across from the library on Thursday, February 23, at 11:00 AM. Wear comfy clothes. Chair provided.

SCHOOL VACATION WEEK Vacation scheduled Monday, February, 27 through Friday, March 3.

READ ALOUD TO A DOG Mr. T. He is a registered/certified therapy dog from Therapy Dogs International, Chapter 205. Children in Grade K-4 who register will have a 20-minute session. Thursday, March 2 and March 16, from 2:45 PM to 4:00 PM. Please call the library to register.

BOOK CLUB This month, the Dunbarton Library book group is reading *Lincoln Highway* by Amor Towles. Discussion will be Wednesday, March 15 at noon. Contact the library FMI.

MAKER'S MORNINGS will resume its monthly meeting at the Dunbarton Congregational Church Vestry building. Maker's Mornings is for anyone wanting to create in a supportive atmosphere. The focus will be collage. Other mediums are being explored. Drop in with scissors or with a yarn or paint project you're working on. Time: 9:30 to 11:00 AM, on the first Tuesday of the month, March 7. FMI contact joyceray@gsinet.net.

DCC BOOK CLUB This month DCC Book Club, Beyond the Book, is reading *Gilded Suffragists: The New York Socialites Who Fought for Women's Right to Vote* by Johanna Neuman. Discussion will be Thursday, March 2 in the Vestry, or on Zoom, 7 to 8 PM. FMI or Zoom link, call Barb at 496-3253.

ANNUAL SCHOOL DISTRICT MEETING is scheduled for Saturday, March 11 at 3:30 pm at the Community Center at the school. **Election Day will be Tues. March 14** at the Community Center, 7 AM to 7 pm. Town Meeting follows closing of the polls, 7 pm to 11 pm. No school on March 14.

Nora LeDuc
dtowncrier@gmail.com • 603-774-3141

DUNBARTON SCHOOL BUDGET HAS PROPOSED 8.2% INCREASE

The Dunbarton School District held a public hearing on next year's proposed school budget allowing the public to weigh in on spending plans before the annual meeting in March.

The proposed operating budget for the school district is \$9.6 million, an 8.2% increase over the current budget. If the budget and warrant articles are passed, the estimated tax rate would be \$19.45, an increase from last year's \$16.62, which would be a 17% increase.

Dunbarton, which uses a traditional town meeting system, will hold its school district annual meeting on March 11 for the public to vote on the budget and warrant articles.
Courtesy Concord Monitor

Travel Time WITH CHASE & BUD TRAVEL TO TOURING PORTUGAL



When in Lisbon you must indulge in “Pastéis de Nata”, the famed custard tart first invented 300 years ago in a Portuguese monastery.



Lisbon's architecture is stunning. This 1906 private home was built for the Viscondessa de Valmor right down the street from our hotel, the Jupiter Lisboa.

At last! We got through the pandemic and went on our long-planned group trip to Portugal and Italy a few months ago. I could write paragraphs and paragraphs about our time in each country, but some trips are best explained by imagery – the sun on a castle wall, a table groaning with Italian delights, a group shot of wide smiles. So I'll just say we started with four days in a lovely boutique hotel in Lisbon then moved on to Italy's famed Florence area for another seven days in a magnificent five-bedroom villa. Just take a look and if you're inspired to try it, check out the If You Go sidebar for details.



Four days in Lisbon is plenty of time to book a guided day trip to Sintra for visits to Quinta da Regaleira and Pena Park and Palace.



The Portuguese love their cafe's and bars and take every opportunity to celebrate their classic art and history.



Day trips from Lisbon often include a trip to the headland cliffs of Cabo da Roca, the easternmost point of the European continent.

THE MEDITERRANEAN

TOURING ITALY



We were able to enjoy Florence's iconic Il Duomo with fewer crowds and cool weather by visiting in the early fall.



Our Tours by Local guide, Valentina, grew up in Florence, filling our 2 1/2 hour walking tour with personal stories and wonderful local tidbits.



The terrace at our villa in Prato, La Grande Quercia, was a was the perfect place to relax and plan.



We were lucky to be in Prato for the annual Corteggio Storico celebration of the Madonna. Locals parade through the city center in fantastical and medieval costumes.

If You Go

GETTING THERE: Our party of 10 flew TAP Air (www.flytap.com 800-903-7914) for their "Stopover" program allowing stops in Portugal for up to 4 nights on your way to/from their other European destinations with no extra fees. Use their free "Miles & Go" loyalty program for a dedicated customer service phone number.

WHERE TO STAY: We chose Hotel Jupiter Lisboa (JupiterLisboaHotel.com) for it's central location, nice neighborhood and rooftop bar and swimming pools. It had a great boutique feel, a spectacular breakfast and truly exceptional service for our group of 10.

In Italy we chose a 5-bedroom villa, La Grande Quercia, in the Florence suburb of Prato. We booked through the Italian web platform Emma Villas (emmavillas.com). I first found the villa on Airbnb and VRBO, but looked for an in-country vendor to compare pricing. Sure enough, La Grande Quercia was available on Emma Villas. We saved \$1000 in fees and had a very responsive personal contact.

WHAT TO DO: Being a group of 10 has challenges. Private tours in Europe are often limited to 8 due to vehicle size. Deciding daily activities can be tough with such a large group. We managed in Portugal and Italy by booking through Tours By Locals (toursbylocals.com) to choose guides from a list of locally-vetted guides to customize your plan. We also rented two vehicles in Italy, a 9-passenger van and a 5 passenger Jeep. This works pretty well as long as you have willing drivers. We managed dinners out and a long day trip to Sienna and San Gimignano. A less stressful option is hiring private drivers.



Strolling by Dante's church gave us a sense of the historical importance of Florence.



BOW HIGH SCHOOL SCHOLARSHIP

A **\$1,000 Bow Garden Club Scholarship** is available for a graduating BHS Senior pursuing an education in any of the plant sciences. Applications are available at the Bow HS Counseling Office or contact Bow Garden Club Scholarship Chairman, Debra Wayne at debrawayne@comcast.net or (603) 715-1466. Applications must to be received by April 30th.



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THE PROBLEM WITH "NO PROBLEM"

Increasingly in stores and restaurants, an employee after being thanked for something comes back with the response, “No problem.” It is a very irritating change in our young people. Of course helping a customer isn't a problem. I just paid or ordered something and that's how they can continue to have a job. Why should there be a “problem?” Why not be courteous and say, “You’re welcome” which has been customary for several hundred years? I am sure when immigrants to this country are being taught English they are taught that the response to “thank you” is “you’re welcome,” not the idiotic phrase no problem.

“No problem” sounds like you otherwise might have had a problem with the customer and are somewhat grateful that there wasn't a problem. In any event I hope “no problem” gets snuffed out before the next round of the Rosetta Stone English DVDs are created for the English language response to “Thank you.” “You're welcome” is both courteous and upbeat, whereas “no problem” sounds grudging.



BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times High School Sports Editor



RYAN LOVER BULLDOZES THROUGH DEFENSES FOR SECOND STRAIGHT 1,000 YARD RUSHING SEASON

Following Bow Football's dominant defeat over Laconia, the final regular season game of the season, senior running back Ryan Lover eclipsed over 1,000 rushing yards in the 9 game span. Averaging over ten yards a carry, Lover was a force in the running game, consistently breaking numerous tackles and powering through opposing defenses. After a stellar junior year campaign, the Falcons leaned on Lover and the domineering run game on offense for the 2022 season. Bow Football's longtime Head Coach Paul Cohen stated, "He is one of the work horses in our stable, as it were, of running backs. Simply put, he is hard to tackle, able to run through defensive players, legs always seeking that extra yard."

The Falcons finished the regular season 8-1, placing second in the East Division and third overall in division two. This record was largely due to Lover and the strong smash mouth run game Bow Football is known for. Selected as the only member on the football team to make the top

BOW REMAINS UNDEFEATED IN DEFIANT WIN OVER PREVIOUSLY UNBEATEN KENNETT.

With what could be a preview championship game, The Bow Girls' Basketball Team proved to be the top team to beat with a dominant performance against a good Kennett squad. Both Bow (13-0) and Kennett (12-0), had been tied for first place in division 2 heading into the highly anticipated match. With a commanding 38-28 win, Bow takes hold of the first seed.

Junior standout Juliette Tarsa commented, "it was an impressive performance overall. We just clicked from the start."

Knowing how important the game was for the girls, they came prepared for a tough match.

"We knew it was going to be tough. Obviously, our hardest game yet, so we needed to start out strong," Tarsa stated.

The Lady Falcons did just that, coming out of the gate hot! By the end of the first quarter, Bow had built a 18-4 lead.

"We were connecting on all phases of the game." Tarsa said. "I can't emphasize how important our defense was. It was giving us confidence. The shots falling in our favor was simply a bonus. It was all about the defense."

Despite a slow second and third quarter, the Falcon's managed to hold a double-digit lead. But Kennett had a late surge in the fourth, connecting on a couple three pointers. But it wasn't enough.

50 players in the state, Lover is highly regarded. But with all of his accolades and success on the gridiron, he's remained humble. "I have to give credit to my lead blockers (Myles Rheinhardt, Hollis Jones, Logan Godan, Owen Guertin) and obviously our linemen the past couple of years. Couldn't do it without them."

Lover's dominance on the high school football field is no new occurrence. He's been a top tier running back since middle school, making the First Team All-State Granite State Football league (GSFL) team and being named MVP for his Bow Youth Football (BYF) team following his eighth grade year. His early days in BYF helped mold him into the player he is today. Lover mentioned, "Growing up playing football has not only taught me mental toughness, but also to be a hard worker." He went on by saying, "It's taught me how to deal with adversity and I couldn't thank all the coaches I've had through the years for teaching me all sorts of football and life skills."

Not only is Lover a tremendous athlete, but a great leader to his team. He was named team captain in the summer, but has held a leadership role since last year. Coach Cohen said, "Ryan demonstrated outstanding leadership last year, being one of the major organizers of the tribute for Nick the day tragedy struck." He would go on by stating, "Post season 2021, he was a diehard attendee at winter conditioning, resulting in a legitimate 400 pound bench press. And, his constant encouragement of fellow players has continued through that time to summer conditioning, 7v.7's and in our state title run." His positive leadership has brought the team together, inspiring each player to be "All In" (the 2022 team motto).

Ryan Lover will go down in history as one of the best running backs to come through the small town of Bow. Although some players have reached the 1,000 yard rushing mark, he is the only one to ever reach it in two straight seasons. Cohen commented, "In BHS history, I believe Ryan is the only one. We have had several 1,000 yard rushers, but his successive performances are exemplary." Without question, Lover etched his name into Bow's history books on the football field, leaving the gridiron as arguably the best running back to suit up in the blue and maize. His legacy is one to be remembered for years to come.



Bow would come out victorious, winning by double digits.

"It felt really good." Tarsa mentioned. "To have a great game like that against a good team, you can't ask for anything better than that."

Now 14-0 and the postseason right around the corner, Bow hopes to finish the season undefeated with the number one seed. The only undefeated team in division two has proven themselves a force to be reckoned with, and a path to the championship appears to be undoubtedly likely after this defiant win.

BOW POLICE DEPARTMENT

JANUARY 2023 ARREST LOG

1/1 Cameron King, 26, Allenstown, was arrested for simple assault and disorderly conduct.

1/3 Robin Lane, 55, Concord, was arrested on two counts of possession of controlled drugs and operating while a Habitual Offender.

1/5 Andrew Tyrell, 22, Concord, was arrested for driving under the influence and open container.

1/6 William Vinal, 54, homeless, was summoned to appear in court for driving after suspension.

1/7 Eric Rondeau, 39, Concord, was arrested on a warrant for simple assault; Christopher Blanks, 26, Bow, was arrested for domestic violence-simple assault.

1/8 Benjamin Delisle, 26, Penacook, summoned to appear in court for operating after suspension, subsequent offense; Zachary Albert, 40, Concord, arrested for felon in possession of a dangerous weapon.

1/13 Jeffrey Foote, 53, Bow, was summoned to appear in court for criminal trespass.

1/14 Bruce Pouliot, 56, Bow, was arrested on three counts of domestic violence-simple assault; Stacey Young, 39, Loudon, was arrested on a warrant for violation of a court order; Michelle Brien, 43, Concord was arrested on a charge of possession of a controlled drug.

1/15 Mark Green, 61, Allenstown, was arrested on charges of theft by unauthorized taking- resale distribution, theft of motor vehicle parts, possession of a controlled narcotic, loitering, and criminal trespass.

1/16 Mathew Nicholls, 21, Bow was arrested for driving under the influence and conduct after an accident.

1/17 Peter Emanuel, 60, Bow, was arrested on thirteen counts of domestic violence -stalking, and four counts of breach of bail.

1/18 Joseph Grasso, 34, Laconia, was indicted in Merrimack County Superior Court for possession of controlled drugs; subsequent.

1/21 Jade Markham, 25, Northwood, arrested on two counts of possession of a controlled drug and breach of bail; Dennis Fletcher, 52, Portland, ME was arrested on a charge of theft by unauthorized taking.

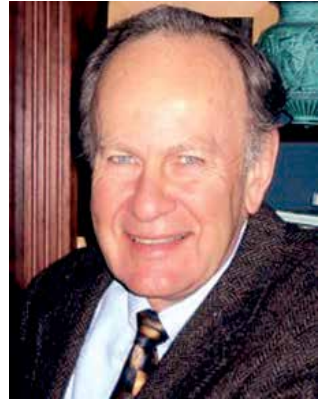
1/22 Daniel Worth, 19, White River Junction, VT was summoned to appear in court for operating after suspension.

1/25 Ethan Bealand, 30, Antrim, arrested on a count of domestic violence stalking and three counts of breach of bail.

1/27 Jannette Mullen, 54, Londonderry, was arrested for driving under the influence; Nicholas Janas, 37, Goffstown, was arrested for driving under the influence and on three counts of possession of controlled drugs.

1/28 Thomas Russell, 27, was arrested on a no-bail warrant for failure to appear in court; Catherine Lennon, 72, Bow, was arrested for violation of a stalking order.

1/30 Jeffrey Knight, 62, of Bow, was arrested on a count of simple assault.



WHAT IS XYLAZINE?

I am writing this on the 7th of January after listening to WMUR news last night. Once again, we were reminded that there still is a drug crisis in NH. The headline was: "Two of New Hampshire's largest cities ended 2022 with a significant increase in opioid-related deaths, and police are warning about a new drug that's contributing to those deaths."

In 2022, the 79 opioid-related deaths in Manchester represented a 41% increase over the prior year. Opioid-related deaths in Nashua increased 37% over the prior year. According to Chris Stawasz (regional director of American Medical Response) "there is synthetic fentanyl in pretty much every drug that is available to people right now, so there is no safe experiencing using illicit drugs anywhere."

The new information for me (and perhaps for you) is that a drug known as Xylazine has been making its appearance with increasing frequency in illegal opioid drugs. Xylazine has long been noted in the street drugs of Puerto Rico, and as far back as 2006 Xylazine was found in the street drugs of Philadelphia. The NIH found that currently in Pennsylvania, Xylazine was involved in 26% of drug overdose deaths, in Maryland 19%, and in Connecticut 10%. (1)

So, what is Xylazine? Xylazine is a non-narcotic chemical first synthesized in 1962 by the Bayer Company. It is structurally similar to the class of compounds known as phenothiazines. It decreases the release of norepinephrine and dopamine in the central nervous system resulting in analgesia, sedation, and muscle relaxation. It has only been approved by the FDA for **veterinary** use. It can be given intravenously, intramuscularly, or orally. (2).

Xylazine can go by trade the names: Rompun, Sedazine, AnaSed. It's not controlled under the federal Controlled Substances Act (CSA), however you cannot purchase Xylazine without a veterinary license.

In humans, Xylazine can cause central nervous system depression, respiratory depression, bradycardia, hypotension, and death. Xylazine, when combined with drugs of abuse, is even more harmful. Since Xylazine is not an opioid, and naloxone does not reverse the impact of Xylazine on breathing.

Why 'use' Xylazine? Some users say that the addition of Xylazine to fentanyl makes you feel like you're doing heroin in the old days when the euphoric effects lasted longer. Others say that Xylazine gives them 'the nod' that heroin provided prior to the replacement of fentanyl in the drug supply. (3)

Bottom line: Health care professionals, first responders, and the public should continue to administer naloxone for opioid overdoses and remember that the patient who does not respond may well have used Xylazine. Clues of Xylazine use are necrotic skin ulcerations at the injection sites.

1. www.nida.nih.gov/research-topics/xylazine
2. www.deadiversion.usdoj.gov/drug_chem_info/Xylazine.pdf
3. www.injuryprevention.bmj.com/content/27/4/395



The Bow Police Department is continuing its quarterly Coffee with a Cop. The next Coffee with a Cop will be held Thursday, March 23rd between 9:00 am- 11:00 am and 6:00 pm -7:30 pm at the Bow Safety Center.

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Visit our Online Calendar
to sign up for upcoming
programs and events at
bowbakerfreelibrary.org

FEATURED EVENT

Meet the Candidates Night | Wednesday, Feb. 22nd | 6:30pm

Meet the candidates running for elected town and school positions. Each candidate running for elected positions will have the opportunity to speak about themselves and why they are running, after which the public will have time to ask questions.

Candidate Information Packets will be available on our website and in the library leading up to the event.

Elections will be held on Tuesday, March 14th, 2023 from 7am-7pm.

CHILDREN'S PROGRAMMING

Shimmy & Shake Storytime | Tuesdays at 10:30am

Encourage school readiness with a Storytime for active bodies and minds! Each class includes music, instrument play and movement activities, and ends with a family dance party. Designed for Ages 3-5, but siblings are welcome to attend.

Toddler Time | Thursdays at 10:30am

Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child's imagination. Each storytime ends with open play time, allowing families to meet and socialize. Designed for 18 Months - 3 Years, but siblings are welcome to attend.

Stuffed Animal Sleepover | February 27-28th

Drop off a stuffed animal for a night of fun and adventure at the library! Bring your stuffy to the library between 1-5PM on Monday, February 27. They will remain at the library overnight, so please bring a stuffy your child can sleep without. In the morning on the 28th, return for a special Breakfast Bash Storytime complete with treats, dancing and stories, and see pictures of how your animal spent the night.

AFTER-SCHOOL PROGRAMMING

Magic Treehouse Book Club | Monday, Feb. 27th at 3:30pm

Travel the world and explore new time periods with books from The Magic Tree House series. Copies of the book will be provided by the library. Recommended for readers in Grades 2-4. Registration is required each month.

Page Turners Book Club | Thursday, Mar. 2nd at 3:30pm

A book club for readers in grades 5-8. Read any book of your choosing based on a monthly prompt, then share your book with other readers! Enjoy snacks, crafts and activities at every meeting while exploring new topics and genres. Registration is recommended.

Art • Lab | Wednesday, Mar. 8th at 3:30pm

A monthly program for artists and makers in Grades K-4, in the company of a caregiver. Listen to a new story each month, then explore sensory, engineering and process art activities with materials provided by the library. Registration is required each month.

ADULT PROGRAMMING

Living with Black Bears in NH | Thursday, Feb. 23rd | 7:00pm

Join us via Zoom as NH native Mark Ellingwood discusses bear biology and behavior with a focus on the nutritional needs of bears. He will speak about the nature and frequency of human-bear conflicts in New Hampshire as well as bear conflict mitigation options and resources available to NH residents. Q & A to follow the presentation.

Mark is a Certified Wildlife Biologist and a Wildlife Society Fellow. He worked as a wildlife biologist for 41 years, having worked in New York, Connecticut and New Hampshire. He retired in June 2021 as Wildlife Division Chief for the New Hampshire Fish and Game Department.

Registration is required to receive the Zoom link. Visit our Online Calendar to sign up.

Resilient Raptors Webinar Series | Tuesday, Feb. 28th | 6:30pm

In order to excel in a world where food can be scarce, weather conditions challenging, and territory both highly coveted and fiercely defended, the Bald Eagle must possess several incredible physical adaptations. From feet with sandpaper-like surface area to eyes that can detect a potential meal from over 3 miles away, the iconic Bald Eagle is designed to thrive in North America. This presentation will highlight the specialized traits of NH's only nesting eagle, while also introducing a brief history on how and why they came to be recognized as our national icon.

To register for this webinar and receive the Zoom link, please visit <https://www.nhaidubon.org/event/resilient-raptors-webinar-6/>

Spark! Adult Craft Club | Tuesday, Mar. 7th | 6:00pm

Calling all crafters! Join us the first Tuesday of every month to work on your art in the company of friends. Amelia will prepare a brief 30 minute art exercise to SPARK! your creativity, then provide the space for you to complete your specific craft projects and socialize with fellow makers and DIYers. Miscellaneous materials will be provided for those looking to try something new.

Adult Book Talk | Tuesday, Mar. 14th | 12:30pm & 6:30pm

The Adult Book Talk Group takes place on the second Tuesday of January. We will be discussing Finlay Donovan is Killing It by Elle Cosimano. Copies of the book are now available at the Circulation Desk to check out.

The White Rock Book Group will be meeting at White Rock Senior Center on Mar. 21st at 1pm.

Love mysteries? Contact Amy at amy@bakerfreelib.org to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on Mar. 7th at 1pm.

IN THE GALLERY

Racial Unity Team Art & Poetry Contest | Feb. 6 - March 3

Racial Unity Team's fourth annual Art & Poetry Contest Exhibit is coming back to Baker Free Library for a second year. Enjoy new artwork and poetry from the winners of the 2022 contest which includes several entries from Bow High School students. Exhibitors, from kindergartners to adults, infuse new energy, creativity, growth, and understanding into the theme of equity.



Amelia Holdsworth proudly arranges the Racial Unity Team's exhibit pieces to be displayed in the Gallery. Eric Anderson | Photo

Out and About by Lyn Lull | March 6 - Mar. 31

Lyn Lull - Artist Meet & Greet March 9th | 4:00-6:00pm

Lyn is a life-long resident of Bow, with deep New England roots. Wandering around New England from the mountains to the seacoast provides a plethora of inspiration for her works in oil watercolors and graphite. Lyn is also an avid gardener. Her gardens provide subjects for paintings, as well as the dinner table, as do the objects from her antique and collectibles collections.

Lyn began drawing and painting at an early age. She continually works to improve her skills with classes and workshops, including artists Elizabeth Johansson and Thoma Kegler. Growing up in New England, Lyn was influenced by the Hudson River Valley and White Mountain groups as well as many contemporary artists such as Robert Bateman.

If you are interested in being a Featured Artist in the Gallery in 2023, contact Amelia at amelia@bakerfreelib.org.

GETTING DISABILITY INCOME

Provided by Dominic Lucente

The facts about applying for SSDI and SSDI benefits.

If you cannot work due to a disability, you might be eligible for Social Security Disability Income (SSDI). These federal government payments could offer you a degree of financial relief.¹

Most SSDI recipients get paid between \$700-1,400 per month.

This year, the average monthly SSDI benefit for an individual is \$1,358. Your monthly benefit could range from \$100 to \$3,345 based primarily on your earnings history. Roughly speaking, the greater your average annual earnings (in terms of taxable income), the greater your SSDI benefit.^{1,2}

Suppose you have previously spent some time out of the workforce, had jobs in which you did not pay Social Security taxes, or lived in a household receiving other government benefits. In that case, this can also affect SSDI payment amounts.^{1,2}

How do you apply for SSDI? You can apply at the Social Security Administration's website, ssa.gov, or call the SSA at 1-800-772-1213. The SSA has a Disability Starter Kit, downloadable at ssa.gov, to help you get ready for a phone interview or fill out the application so that you have the right documentation in hand when you apply.³

Once you complete and submit your application, it goes to the Disability Determination Office in your state for review. After that, the DDO sends you a letter notifying you whether or not you have qualified for SSDI. (If you fail to qualify, you can appeal the decision in writing within 60 days of getting the letter.)¹

What are your chances of qualifying for SSDI? Typically, it would be best if you met the following criteria. One, you must be currently out of work and unable to participate in what the SSA terms Substantial Gainful Activity – meaning you can't earn something approximating a minimum wage by any means. Two, your disability renders you unable to perform your job or any other type. Three, your disability is expected to last 12 months or longer or eventually result in death. (The criteria for veterans, children, the widowed, and the blind differ slightly.)^{1,4}

If you qualify for SSDI, the money will take time to arrive. The SSA starts your benefit payments once you are determined to have been disabled for six full months. So there is a five-month waiting period that begins the first full month after your qualification date.³

The takeaway from this is obvious: there is no point in hesitating to apply for SSDI. You want to apply as soon as you can.

There are two other important things to note about SSDI. If you qualify for it, you become eligible for Medicare just two years after you are entitled to benefits. Also, SSDI benefits adjust for inflation, so your monthly use is designed to grow larger with time.²

This information intends to provide general information on the subjects covered. Readers should not infer specific legal advice regarding eligibility for disability income or criteria for eligibility.

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

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Citations

1. Investopedia, March 31, 2022
2. Disability Secrets, November 8, 2021
3. Social Security Administration, July 2, 2022
4. Investopedia, December 18, 2021



Like planting a successful garden, creating a financial plan and cultivating investment strategies begins with understanding what's important to you now and knowing what you want through all the seasons of your life.

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TOWN OF *Bow* ENERGY COMMITTEE



SOLAR AND SNOW

How much snow will impact solar production? A light dusting will have little effect. Sunlight can actually pass through a thin layer, and the snow is likely to blow off quickly. Heavy snowfall can accumulate, but it should also slide off the angled panels within a day or two because the heat-absorbent black surface speeds up melting.

Snow and cold can even be a positive for solar systems. As snow slides off the panels, it pulls away dirt, leaving them cleaner and more productive when the sun returns! Meanwhile, the system operates most efficiently in cold temperatures.

In winter, snow is a minor issue compared to the shorter day length that limits production compared to summer months. However, solar systems are sized based on expected generation over all four seasons. Even in snowy New Hampshire, solar can be productive all year long!



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Hopkinton Real Estate Sales – JANUARY 2023

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
00 Briar Hill Road			1.2 Acres	\$50,000
208 River Grant Road	2 Bedrooms 1 Bathrooms	1,218 Square Feet		\$300,000
438 Maple Street		3,700 Square Feet	0.81 acres	\$452,000
258 Dustin Road	5 Bedrooms 4 Bathrooms	3,950 square feet	3.52 Acres	\$775,000
1185 Hopkinton Road	4 Bedrooms 6 Bathrooms	7,689 square feet	12.01 acres	\$1,315,000

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HOPKINTON POLICE DEPT.

12 Arrests 9 Accidents 213 Traffic Stops
JANUARY 2023 ARREST LOG

- 01/01** James Crossman, 60, of 14 Kearsarge Ave, Hopkinton, was arrested for DV; Simple Assault – Bodily Injury, DV; Simple Assault – Physical Contact and False Imprisonment.
- 01/06** Jeremy Carter, 50, of 25 Cedar Street, Hopkinton, was arrested on Warrant.
- 01/07** Matthew Pursell, 40, of 690 Fitzwilliam Road, Richmond, arrested for Drive After Revocation/Suspension; DUI; Rachel Bemis, 34, of 337 Wilson Street, Manchester, was arrest for Improper Person Operating Vehicle.
- 01/09** Nicholas Weeks, 31, of 326 Atomic Projects Road, Ballston Spa, NY was charged with Drive After Revocation/Suspension; Reckless Driving and License Required; Operate with Expired License.
- 01/15** Arianna Laliberte, 18, of 87 Summer Street, Claremont, NH was arrested for Cntrl Drug: Sched 1-4; Possession and Poss/Use Tobacco Product by Minor.
- 01/17** Robert Davidson, 39, of 30 Deer Lane, Hillsboro, was arrested for Drive After Revocation/Suspension–subsqt and Suspension of Vehicle Registration; Justin Mann, 47, of 16 Redington Road, Concord, was arrested for DUI, Reckless Operation, Failure to Dim Lights and Fail to Drive on Right Side of Road.
- 01/19** Dana Hanson, 57, of 79 Dimond Lane, Warner, NH was arrested for Drive After Revocation/Suspension.
- 01/27** Samuel Paulino, 24, of 26 Claire Road, Manchester, NH was arrested for License Required; Operate without Valid License and Drive After Revocation/Suspension.
- 01/28** Garrett Harlow, 18, of 11A Tuelltown Road, West Paris, ME was charged with Conduct After Accident.
- 01/31** Tierney, Joseph, 20, of 178 Spring Street, Hopkinton, NH was arrested for Theft by Unauthorized Taking, Unauthorized Use, Criminal Mischief and Criminal Trespass.

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“Life is a grand adventure or it is nothing.” H. Keller



HOPKINTON - CONTOOCCOOK TOWN CRIER

by Kathleen Butcher
724-3452, kathb123@comcast.net

TWO VILLAGES ♥ ONE HEART

FLEA MARKET The American Legion Post 81 will be hosting a morning flea market on the second and fourth Sundays of the month until May. Cost for vendors for a 12' space are \$10 without a table and \$15 with an 8' table provided. To reserve a space and for more information, call or text Tammy at 603-620-6804.

HOOPS FOR HUNGER collected money and food items at high school basketball games for the Hopkinton Food Pantry. With generous donations from individuals and businesses, 302 items were collected, and \$1538 was raised. What a wonderful annual event! Thank you to all those who organized and donated.

LIKE TO SNOWSHOE? Adults may join us Thursdays at 11am for group snowshoeing! See the details online at www.HopkintonRec.com.



UKULELE MEETUP GROUP meets in the Community Room at the Hopkinton Public Library at 7:00-9:30 PM on the first Thursday of every month. Bring your uke and a chart or two of your favorite singable songs. You don't have to own a ukulele, as there will be a few spares and please bring any spares you have. We'll start with easy songs and everyone will be playing along by the end of our first meetup.

AARP TAX-AIDE Free tax preparation is offered at the Hopkinton Town Library Wednesdays and Thursdays in the Community Room. Call 211 for an appointment, or schedule your appointment online at www.nhtaxhelp.org. AARP membership is NOT required.

TOWN/SCHOOL ELECTIONS will be held on Tuesday March 14th at the Hopkinton Middle High School.

BEECH HILL FARM beef, pork, and maple syrup are available year round! Just give us a call. 603-223-0828.

MAPLE STREET MERCANTILE has reopened with new space and new inventory!

RUE BAKERS PET SUPPLY is a local family owned shop, specializing in high quality dog, cat, and small animal food, toys, and supplies. Located at 633 Maple Street in Contoocook (right off exit 6 on I-89), we are open Tuesday through Friday 9:00 to 5:00 and Saturdays 9:00 to 1:00.

FAMILY STORY TIME at the Hopkinton Town Library is held twice a week. Join us on Tuesdays at 1:00 and Wednesdays at 10:00. Story Time features literacy based stories, songs, and finger plays with a new theme each week.

CONTOOCCOOK FARMERS' MARKET is open Saturday 9-noon inside Maple Street School. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. SNAP/EBT accepted.

PRIMARY NEEDS ASSISTANCE Hopkinton residents in need of assistance with heat, food, housing, and medication should contact Human Services Director Alicia Presti at 603-746-8244 or email humanservices@hopkinton-nh.gov.



ABENAKI TRAILS PROJECT was created to educate the general public and share a cultural exchange with the Abenaki people Past and Present. The goal of this project is to visibly honor and share a more inclusive history of the Abenaki people, to highlight historical Abenaki sites, and to accentuate the positive influences we have had on Colonial America and the towns we continue to live in today. We welcome you on our journey. Please visit: www.facebook.com/AbenakiTrailsProject.

ARTIST CIRCLE is open to artists of all skill levels at Two Villages Art Society, 846 Main Street in Contoocook. Bring work you'd like to show off and have critiqued. Come ready for a friendly, fun, informative gathering. This event is held monthly – the next meeting is Thursday, February 9th at 6:30-8:00 PM. Hosted by Ty Meier, NH based fine artist and TVAS Board Member.

SPRING LACROSSE SEASON Registration for the Hopkinton Lacrosse Club is now Open. The club hopes to field teams for kids Kindergarten through 8th Grade. We've made changes this year so it's important to read through our FAQ's page before you register your athlete. Please go to www.hopkintonlacrosse.com for information.

RED CROSS BABYSITTING TRAINING. Register now! Only a few spots remain. Friday, March 17th from 9:00 AM to 4:30 PM at the Slusser Center. Register at www.HopkintonRec.com.

SLUSSER CENTER Offers *in-person dining* for Wednesday Senior Lunch. A \$5 donation is requested. Information at (603) 746-8263 or www.HopkintonRec.com. Feel free to stop into the Slusser Center Monday through Friday from 9:00 AM to 4:00 PM for a tour and to pick up a full list of programs for adults 50+.

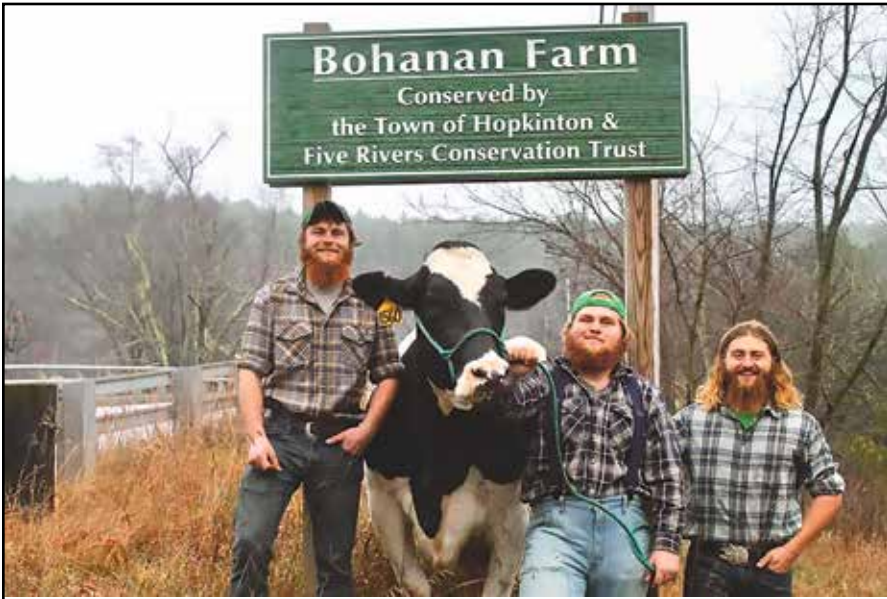
Join us for friendly and fun *Cribbage games* at the Slusser Center on Tuesdays at 1:00. Don't know how to play, but want to learn? Contact the Recreation Department and we will put you in touch with an experienced Cribbage player who can teach you! 603-746-8263 www.HopkintonRec.com.

As part of our 50+ Strong Living exercise programs, the Slusser Center offers *Chair Yoga* on Monday and Friday morning at 9:30 AM. Chair Yoga is great for both the body and mind. This program is free (donations accepted). Join us!



GRIEF COUNSELING Thanks to the hard work of Hopkinton Middle High School counselor Beth Stern, we are proud to announce a collaboration with Granite VNA to support middle and high school students who are working through the challenges of losing a loved one. Please contact Mrs. Stern if you are interested in learning more. Please call 603-746-4167 or email Beth Stern at bstern@sau66.org.

READ HOPKINTON TOWN CRIER NEWS ONLINE AT
www.thebowtimes.com



BOHANAN FARM

In 2008 the Town of Hopkinton, Five River's Conservation Trust and the Robertson family worked together to save Bohanan Farm from development. After a year fundraising, developing the easement, putting a value on the easement, and promoting it to the town, the project came to finalization with largest town meeting in Hopkinton's history.

In a landslide decision, our community voted to place a conservation easement on Bohanan Farm. This decision protects 430 acres of prime farm and forest soils on three different rivers in the capitol region, but that's not the end of the story.

To learn more about the development of the Contoocook Creamery visit facebook.com/contoocookcreamery.



Contoocook Creamery at Bohanan Farm is a small, fifth-generation, family-owned and operated farm that sells milk, cheese, eggs, and beef.

HOPKINTON TOWN & SCHOOL BUDGETS ARE UP

On the warrant at Town Meeting in March, Hopkinton voters will be asked to approve a \$2 million bond for road rebuilding. Hopkinton is over \$20 million behind in road rebuilding costs, according to Select Board member Ken Traum, with a backlog of roads that need to be rebuilt.

Hopkinton's proposed town operating budget is \$9.17 million, a 10.8% increase over the current budget of \$8.28 million. The result is a 6.46% tax rate increase to \$7.53 per \$1,000 of valuation.

At town meeting, residents will also be asked to approve adding \$756,000 to the town's capital reserve funds, to save up for items such as Public Works and Highway Department equipment, Fire Department vehicles and equipment, and ambulance replacement.

The proposed school budget this year is \$24.8 million, nearly an 8% increase over the current school budget of \$23 million. It has a tax rate of \$1.83 per \$1,000 of assessed value, which is a 7.9% tax rate increase.

Residents who spoke during the public comment session were split on whether to support the higher school budget. Many said it is important to fund the schools as students need extra support after COVID-19. But others said high tax rates are threatening residents' ability to live in Hopkinton. "It's not sustainable," said Hopkinton resident Candie Garvin. "This town, it's not just for the children, it's not just for the parents, it's not just for the educators, it's all of us together."

HOPKINTON SCHOLARS

SOPHIA STAPLES-ROY was named to the dean's list for the fall semester at Ohio Wesleyan University.

SYDNEY STOCKWELL was named to the dean's list for the fall semester at Stonehill College.

JULIA REED earned a master's degree in occupational therapy at the University of New Hampshire.

MATTHEW LEWIS earned a bachelor's degree in forestry at the University of New Hampshire.

JOHN DURANT earned a bachelor's degree in civil engineering at the University of New Hampshire.

ASHLEE BREHIO was named to the president's list for the fall semester at Elon University.

BRENDAN ELRICK was named to the president's list for the fall semester at Clarkson University.

MEGAN JOHNSON was named to the dean's list for the fall semester at Belmont University.



The Bow Times Tale*Spinner*, is a new forum for local authors to submit anecdotal short stories. We invite writers of tales and yarn to send in narratives (fictional and nonfictional) to be featured in our paper. Please limit your content to 500 words or less, and email your story to: nmannion1@comcast.net.

MY FANCY NEW CAR

by Paul Pomeroy, Bow Resident

The first car I ever owned was a used 1964 VW Bug, I got it out of necessity at the end of my sophomore year of college in 1966. Prior to then I got where I needed to go by hitch-hiking. We used to call it "thumbing a ride." I "thumbed" it all over the city of Philadelphia and its surrounding areas – to and from school everyday, to friends and families houses, to stores... I have some really great stories associated with those rides. But at the conclusion of my sophomore year I was to begin my co-op program at US Steel in Fairless Hills, PA. Too far and too much uncertainty to rely on the thumb. So a car it was. And I loved that car. In truth it wasn't always easy to love. No air conditioning in the summer. Very limited heat in the winter. The windshield wipers worked only most of the time. If I was in a real hurry I could get that Bug up to 84 mph going down hill. Tops. Not a single mph more. It served me well. But when I got married in 1969 I figured it was time to get a slightly larger vehicle. A used 1965 Buick Special. That vehicle too served me well.

But then something fortuitous happened. My neighbor had a connection with a Chrysler Dealer and he told me to visit his friend because his friend had a great deal on a NEW Plymouth Duster. A brand new car! And it WAS a great deal. Of course it was the last car on the lot and it was bright purple. With a white vinyl top. But so what! A brand new car! I kept that car forever. (I patched up its rust spots and painted it by hand with a coat of green Rustoleum paint in its later years). I've had a few new cars since then. Always a sensible car and always with a great deal.

Over the years I had saved some money so that I could travel in my retirement. But a funny thing happened. I found out I HATE traveling. So instead I bought a fancy new convertible. It's a fine car. And I do enjoy driving it. But the truth of the matter is that at 75 years old my driving that fancy new convertible probably doesn't have the clout that it would have had when I was 23 years old – when I could have impressed the ladies and made my peers envious. Hard to do much impressing now. Especially with two grandchild safety seats secured in back and a handicap sticker hanging from the rear view mirror. Not to mention the exercise in humility I must perform every time I try to get in and out of the vehicle. But don't get me wrong. I love driving it. And I drive it all over – to my cardiologist, to my urologist, to my pulmonologist, to my dentist, to my gastroenterologist, to my pharmacy... just can't drive it too far because I have to stop so often and use the restrooms.

So I ask a favor. If you see me driving around in my fancy new convertible please give me a wave. And, if you don't mind, try to act impressed! I'd really appreciate it.

“Memories are like *buried seeds* that can provoke our creative process — they are present as essences.”

Author Linda Gregg



OBITUARIES

NORMAN CHRISTOPHERSON

Norman Clarence Christopherson, of Contoocook, age 83, passed away at Hospice House on January 13th, 2023, after a bout with Covid and subsequent pneumonia.

Born in Osnabrock, ND on May 1st, 1939, Norman was the son of the late Clarence and Mabel (Lien) Christopherson.

Norman graduated from Gordon-Conwell Theological Seminary with a Master's of Divinity in 1968. He worked as a pastor at South Merrimack Congregational Church and more recently at Immanuel Community Church of Concord.

Norman loved coffee and reminiscing about growing up on the farm in North Dakota.

Norman is survived by his wife, Bridget Christopherson; his children, Kimberly Esters and her husband Michael of Brentwood, Karin Wood and her husband Darron of Candia, Erik Christopherson and his wife Jessica of Deerfield; his brother, Ken Christopherson of Illinois, and his 7 grandchildren. In addition to his parents, Norman is predeceased by his former wife, Barbara, and siblings, Grace, Lyndis, and Lois.

ARLENE M. CONAWAY

Arlene M. (Fisher) Conaway, 90, of Contoocook, died January 11, 2023, at Granite Ledges in Concord.

Arlene was born June 19, 1932, in Henniker, to the late Edward M. Fisher, and Blanche M. (Searles) Fisher. She was predeceased by her son Vincent H. Conaway. Arlene lived most of her life in Contoocook.

Arlene enjoyed the simple things in life such as gardening, music, braiding rugs, sewing, and knitting hats, sweaters, and baby clothes, and blankets. She was always a very generous person and made gifts of many of the things she created.

Arlene co founded the Hopkinton Town Band, in her mid thirties and played Trombone well into her seventies. She was a long-standing member of the United Methodist Church in Contoocook.

She is survived by her son David O. Conaway and his wife Diane S. Conaway, and three grandchildren Sean M. Conaway, Tyler O. Conaway, Caitlin A. Cunningham.

Please donate to your favorite charity in her memory.

THOMAS HOWARD ENGLUND

Thomas Howard Englund, 82, of Dunbarton, passed away peacefully on January 6, 2023. Thomas was born on August 13, 1940, in Rockford, Illinois. He was the son of the late Howard Hjalmar and Mildred Magdalene Englund.

Thomas spent his early years in Rockford. When he was 14 his family moved to Burlingame, California.

He met his wife, Susan Yulich, when they were both juniors and active in the same church youth group – despite attending rival high schools.

After earning their college degrees, Tom and Sue settled in Topsfield, MA where they lived for 10 years and their two children were born.

In 1983, they purchased an old farm house in Dunbarton, where they settled down permanently.

Tom's gift was administration, he loved to work finding solutions to difficulties. He was Dean of Students at Gordon College, Dean of Faculty at Franklin Pierce College, and President of a consortium of 13 Christian colleges across the US.

He is survived by his loving wife Susan Margaret Englund; their son Brent Thomas Englund; daughter Jessica Margaret Jones; grandchildren Tyler Philip Jones (age 12), Emma Margaret Jones (age 9), and Gabriel Thomas Jones (age 7).

Donations may made, in Thomas's memory, at www.Daystar under Support Daystar link.

SUSAN COONEY HAGNER

Susan Cooney Hagner, 71, of Contoocook, passed away on January 22 after a long illness. Born in Beverly, MA, Susan lived in Miami, Birmingham, and the Finger Lakes region of New York State before attending college at Fordham University, where she became an activist against the Vietnam War and met the love of her life, David Hagner.

They backpacked, canoed, gardened, played guitar, and traveled. Inspired by Helen and Scott Nearing's book *Living the Good Life*, Susan taught herself canning, quilting, weaving, knitting and pottery. She always saw the world with an artist's eye, noticing beauty where others may have missed it.

Susan received a bachelor's degree from Syracuse University and a Master's Degree in Early Childhood Education from the University of New Hampshire. For 26 years she served as the Executive Director of Emerson School for Preschoolers, which she brought into accreditation.

Susan is survived by her husband of 50 years, David; daughter Meredith Post, her husband Eric, and their children Stella and Gracie; daughter Kate and her children Edith and David; sister Ann Cooney; brother Bud Cooney and his wife Jane; brother Thom Cooney Crawford; and dog, Poco.

Donations in Susan's memory may be made to Emerson School for Preschoolers.

DAVID ALLAN WEAVER

David Allan Weaver, 75, of Hopkinton, passed away January 26, 2023, after a brief illness. David was born in Philadelphia, PA, the son of Allan George Weaver and Jane (McCaulley) Weaver.

David graduated from the William Penn Charter School, then earned a BA in Economics from Muhlenberg College.

David was attracted to the beauty of New Hampshire and moved to Concord. In 1977, after accepting a job at Chubb Life Insurance Co as an IT programmer analyst, he continued his career at the company (under multiple company name changes) advancing to a Director level before his retirement from Lincoln National in 2012. He met his wife Rebecca (Becky) at work and they married in 1982.

David is survived by his loving wife, Becky (Dunklee) and his three children: Amy Weaver and her husband Jake Harte, Adam Weaver, and Eric Weaver and his wife Rebecca. He leaves 4 grandchildren whom he loved and cherished: Lily, Charlie, Gus and Stella, and they will miss their Grampy.

David was predeceased by his parents and his in-laws Harold and Eleanor (Ellie) Dunklee. He enjoyed fishing and working on house projects with Harold and had a close teasing relationship with Ellie.

In lieu of flowers, please consider donating to an animal shelter or animal rescue organization of your choice, the New Hampshire Food Bank (nhfoodbank.org) or to The Friendly Kitchen in Concord, NH (www.thefriendlykitchen.org).

LORRAINE J. WOMBOLT

Lorraine J. Wombolt, 87, of Bow, passed away peacefully at Epsom Health Care on January 22, 2023, following a period of declining health. Born on March 10, 1935, in Concord, she was the daughter of the late Armand and Mary Jane (Pepin) Guimond.

Lorraine worked for over 20 years with NH Fish and Game as a Secretary until her retirement. She enjoyed going dancing on Saturday nights with her late husband, singing in amateur variety shows, attending social events and wowing friends with her cribbage skills, which even impressed granddaughter, Brianna.

She was predeceased by her parents and her husband, Richard A. Wombolt in 2021 and her brother, Ralph Guimond.

She is survived by her son, Rick Wombolt and his wife Sherri of Bow, grandchildren, Danielle Foley and her husband Bob of Goodyear, AZ, Greg Wombolt of Deering and Brianna Wombolt of Bow, great grandchildren, Braden and Maddie Foley and Carter Wombolt.

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