

The Bow Times

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



BOW, NH

VOL 27, NO. 3

**March 2020** 

www.thebowtimes.com

FREE

# **TOWN MEETING VOTES TO SPEND** \$11, 633, 474 FOR TOWN OPERATIONS

In a less than two hour meeting attending by a couple of hundred voters, the town dispatched all business on the warrant including the annual budget.

At the beginning of the meeting long time Selectman Harry Judd was recognized by Select- Chair Nicolopoulos for Judd's 18 years of service on the Board of Selectmen. Nicolopoulos said that Harry "always had the best interest of the town at heart."



Eric Anderson (photo Stephen Elgert, M.D.) Citizen of the year was Eric Anderson, which is an annual award by the Bow Men's Club. Eric is everywhere in town with his camera chronicling the life and times of Bow for many decades. Eric is an Air Force veteran, was a long-time serving Selectman and former member of the New Hampshire House of Representatives.

The only contested matter before the town meeting related to a petitioned warrant article calling for a carbon pricing program to be enacted that would involve taxing the Bow Power Plant. This was defeated by a vote of 88 – 85. On Tuesday, March 10 all 14

zoning amendments proposed by the planning board were presented to the voters and approved by ballot.



## **SOLAR ENERGY SYSTEM INSTALLED**

ReVision Energy recently completed the installation of a solar energy system on the Safety Center. The project will generate an estimated 201,610 kilowatt hours of clean solar electricity per year, helping to reduce the Town's energy costs. ReVision has installed more than 7,000 solar photovoltaic systems in New Hampshire, Maine and Massachusetts.



Solar panels installed on roof of Bow Safety Center (photos Eric Anderson)

# HOPKINTON - CONTOOCOOK NEWS ON PAGES 15-16



Candidates await voters at Annual Town Elections. Photo Eric Anderson.

# LONG-TIME SELECTMAN HARRY JUDD OUSTED

"I think people of Bow were ready for a change, but we appreciate everything Harry has done for the town in the past," said Bruce Marshall who defeated Harry Judd on March 10 by a vote of 845-563. Marshall said:

"I think, based on comments I heard all day, the issue was that for the past 18-20 years, because we knew the power plant was going to be slowly faded out, we've been promised to make it possible for that commercial land along Route 3A to be developed," he said. "What I heard most was, they wanted to see promises about making up for the lost tax revenue from the power plant picked up through other development and they hadn't seen that happen."

#### **MORE POWER PLANT ARRESTS**

On Friday, February 14, the Bow Police Department made 17 additional arrests regarding the Merrimack Station protest on September 28, 2019.

Those arrested on scene at the Bow protest were released on bail conditions requiring good behavior and to not commit a federal, state, or local crime. Several individuals who were arrested in September have been involved in recent protests and were arrested for a federal, state or local crime.

For those specific individuals, the Bow Police Department applied for and were granted arrest warrants for the crime of NH RSA 597:7-a: Breach of Bail.

All individuals were given an opportunity to turn themselves in to the Bow Police Department. The 17 who were arrested were booked, processed, and bailed on personal recognizance without issue.

The court date for these new arrests will be at the 6th Circuit District Division Concord Court later in March.

#### **KEY DUNBARTON VOTING RESULTS**

For School Board for three years (2):Geoff Moody 277Nicole Sloane 279For Selectman for three years (1):David A. Nault 319Brian L. Pike 52For Road Agent for three years (1):Jeff A. Crosby 319Nathan Narus 46

The other positions were uncontested. 378 total ballots were cast, according to Town Clerk, Linda Landry, for a total turnout of 17.45%

# WINNER OF 4 NH PRESS ASSOCIATION AWARDS MONTHLY BOW TIMES IS DELIVERED TO 3,100 RESIDENTS AND BUSINESSES - FREE

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# EDITORIALS

#### SUNSHINE WEEK 2020: CELEBRATING WHISTLEBLOWERS AND PUBLIC RECORDS

by Justin Silverman and Laura Simoes

When Dr. Ed Kois left his private practice after 30 years for a position at the Manchester VA Medical Center, he expected most of his new patients' injuries to have occurred on the battlefield. Instead, he found many of them to have been caused by poor medical care.

Frustrated by the lack of improvements hospital administrators were willing to make, Dr. Kois and several colleagues in 2016 went public. They used whistleblower protections and the power of the free press to tell their story and shine a light on the deplorable conditions at the Manchester hospital. Just hours after The Boston Globe reported a story based on information provided by Dr. Kois, the federal government removed two top officials at the hospital and ordered a full review of the facility.

Dr. Kois died in 2019 and was posthumously honored by the Nackey S. Loeb School. His insistence on exposing government incompetence should be remembered as we celebrate Sunshine Week—a national celebration of transparency beginning March 15. Whether through whistleblowers like Kois or the use of state and federal freedom of information laws, knowing about our government is crucial to maintaining trust in public institutions.

If a police officer, for example, is breaking the law instead of enforcing it, we need to know that officer's name and what is being done to prevent similar misconduct in the future. If a school board refuses to produce a publicly-funded report on the wrongdoing of its educators, it should not be allowed to hide behind "personnel issues," especially when students and staff may be at risk. And as Dr. Kois demonstrated, we can only trust our hospitals if there is a public accounting and redress of their failings.

The need for trust in our public institutions is why we have whistleblower protections and the New Hampshire Right to Know Law. This law allows citizens to request certain records that can show us how our tax dollars are being spent and why public officials make the decisions they do. The law provides us, for example, payroll records of public employees, police logs, government expense reports, school construction plans and restaurant inspections. RSA 91-A provides insight into how our government is working so we can know if and how it can be improved.

Justin Silverman is executive director of the New England First Amendment Coalition.

Laura Simoes is executive director of the Nackey S. Loeb School of Communications.

#### CENSUS PROJECTS SHRINKING SCHOOLS... HOW ABOUT SOME INNOVATION, NH?

Don't look now, New Hampshire, but your student population is shrinking. On second thought, do look now and start planning for it.

The fact is that Americans are having fewer children. Even an increase in job-seekers coming to New Hampshire is not likely to affect that trend by much.

The drop in student numbers has been more than 10 percent in the last decade and now the N.H. Department of Education is projecting a further decline of anywhere from 26,000 to 48,000 students in the next decade.

What to do? How about having your cake and eating it too? How about being innovative, now, in improving educational opportunities and outcomes for your children without paying more and more for fewer and fewer students?

Rather than succumb to the education bureaucracy (and teacher union) arguments for more and more spending, how about parents and taxpayers demanding plans for the wiser use of existing resources?

While understandable, the idea that taxpayers might actually see a smaller student census result in reduced education costs is probably a bridge too far.

Indeed, Democratic legislators blocking \$46 million in federal funds for expansion of public charter schools claim that accepting this money would "burden" the traditional public schools that might lose students to the charters.

Writing in New Hampshire Voices, a Peterborough father made the point: "On the current trajectory our public education cost modeling is unsustainable. Looking at the new (state) report, a public charter school can educate a student effectively for less than half the amount of a traditional public school."

"It is through these innovative schools and other methods," wrote Christopher Maidment, "that New Hampshire can again start to find sustainability in education funding."

With town and school district meeting time upon us, it is important that taxpayers faced with big-spending school proposals demand that proponents justify their current plans and explain how they are downsizing in the future. Editorial Reprinted from Union Leader, Feb. 19, 2020



# The School Superintendent has recommended \$10,000,000 for the Bow Elementary School. DO YOU FAVOR (Pick ONLY one)



# www.markomarko.com

# **MARKO** THE MAGICIAN

The Cub Scouts and the Scouts will be hosting the wonderful magician and hypnotist Marko The Magician at the Bow High School auditorium. Here are the details:

## Saturday, March 21 **Time : 6-8 PM** at The Bow High School Auditorium

This event will NOT be a ticketed event but open to the community based on DONATIONS to the Troop to support the Troop's 2021 high adventure camp in 2021.

## SENATOR HASSAN MEETS **BOW RESIDENT, LORI FISHER**



Bow native, Lori Fisher, the Assistant State Librarian for the New Hampshire State Libraries, met with Senator Maggie Hassan in her Washington D.C. office. Lori discussed with the Senator the importance of providing federal funding for libraries, which the Senator has supported in Congress.

"It was great to meet with Lori to discuss why it is so important to provide federal funding to our community libraries," Senator Hassan said. "Libraries provide Granite Staters with free tools and resources that can help them advance their careers, learn new skills, or simply bolster their passion for reading. I will continue working to ensure that our libraries in Bow and across the state receive the support that they need to help our communities thrive."

# **JACK CRISP RECEIVES COMMUNITY SERVICE AWARD**



**JACK P. CRISP** 

meaning it had to him because of his past professional relationship with Vickie Bunnell.

Attorney Crisp graduated from Franklin Pierce Law Center now the UNH School of Law in 1978. He served as Rockingham County Assistant Attorney prior to opening his law practice in Berlin NH in 1980. In 1996, he opened The Crisp Law Firm, LLC in Concord. Attorney Crisp served as President of the New Hampshire and New England Bar Associations, and for the past six years has chaired the New Hampshire Bar Association Continuing Legal Education Committee.



# **20TH ANNUAL BES BOW SENIOR CITIZEN LUNCHEON!**

# Tuesday, April 14th at 11:00 AM

Bow Elementary School Cafeteria, 22 Bow Center Road, Bow Open to all Bow Senior Citizen Residents.

Please RSVP by April 1st to Amy Forbes or Lori White at 603-225-3049 We look forward to seeing you there!

# Attorney Jack P. Crisp, Jr., of Bow, received the Vicki M. Bunnell Award

for Community Service at the New Hampshire Bar Association's 2020 Midyear Meeting held on February 21, at the Center of New Hampshire. The award, named after the North Country Columbia, NH selectman, attorney, and judge who was murdered in Colebrook, NH in 1997 along with a state trooper and newspaper editor, was presented to Attorney Crisp by Association President, Edward Philpot during the program's Honors and Awards Luncheon attended by nearly 600 NH attorneys. Attorney Crisp expressed appreciation for the Award and the special

# **BOW EMERGENCY MANAGEMENT**



The Bow Office of Emergency Management, in conjunction with the Bow Police Department initiated a shelter in place order through NH Alerts during the home invasion last month and some residents expressed concerns about not getting the word. To ensure residents are aware of emergencies pending in their neighborhood, I would encourage all residents to sign-up for NH Alerts.

NH Alerts is an automated notification system the Town & State can use to call up to 60,000 phone numbers per hour with a recorded message. NH Alerts can reach Bow residents and businesses by residential phone, business phone, cell phone, text message, email, social media, and through the NH Alerts mobile app.

Sign Up Today! This includes public safety notices issued by the Town of Bow & the State of New Hampshire as well as severe weather warnings directly from the National Weather Service. The single enrollment portal allows you to enroll in both the Town of Bow and the State of New Hampshire's emergency notification system. You cannot opt-out of emergency messages. These will include urgent updates on natural disasters, public health outbreaks, snow emergencies, water boil orders, evacuation notices, missing children, law enforcement activities, hazardous materials situations and any other incident requiring immediate action. You will only receive emergency messages that are applicable to your address. The service will make 3 attempts to contact citizens and will leave messages in voicemail boxes and on answering machines. Town officials can send a notification to the entire Town or to a selected area.

The only way to be sure your information is entered into the NH Alerts system is to sign up for the notifications. To include your information in the NH Alerts system visit: www.readynh.gov/. You will be asked to provide your phone number and home address so that notifications made only to selected neighborhoods will be accurate. You can also change your language preferences between English, French, and Spanish when signing up. Your information will only be used for emergency notification purposes. All residents in the NH Alerts database will automatically be enrolled to receive emergency notifications from the Town of Bow & the State of New Hampshire.

#### **FREE SMARTPHONE APPS!**

Android Devices: NH Alerts is available as a free App on your Android devices. Visit the Google Play Store and search NH Alerts.

Apple Devices: NH Alerts is available as a free App on your Apple devices. Visit the Apple Store and search NH Alerts.



#### **SWARMS OF LOCUSTS**

As I write this, at the close of February, Time has written that the "current swarms of locusts are the most serious outbreak in decades, affecting Somalia, Ethiopia, Kenya Eritrea, Tanzania and Uganda." Notice that there is not one swarm, but several! One swarm has been measured to be 37 miles long and 25 miles wide. Such a swarm contains up to 80 million individual locusts. Locusts have been called the oldest and most dangerous migratory pest in the world. Desert locusts (about the size of your hand) will eat everything that is green.

The current swarms migrated from the Arabian Peninsula where there were ideal breeding conditions in the deserts of Oman, and they arrived on the African continent three months ago. The UN Food & Agricultural Organization has warned that by June the swarms could increase by 500 times. Although we in the Americas do not encounter swarms of locusts, they are not a rare plague in other parts of the world, and as noted in the Old Testament book of Joel, they have been periodically occurring since biblical times.

According to the UN, the increase in locust swarms is related to climate change. A study has linked a hotter climate and above average rain that pounded the Horn of Africa to more damaging locust swarms. (1)

So what is the 'medical' connection to these locust swarms? First, these swarms have the capacity to decimate crops, thereby threatening food security and livelihoods. A swarm of 80 million locusts can, in one day, consume crops that would provide food for 35,000 people. The longer the locusts do their damage, the greater the risk of a major famine.

Secondly, since the most readily available response is to treat with aerial pesticides, there is a real risk to the safety of human health as well as bees and other vital insects.

Maybe you will feel inclined to "help." There are many organizations that focus on helping people suffering from famine; here are three:

Mary's Meals (https://www.marysmeals.org)

Action Against Hunger (https://www.actionagainsthunger.org) World Relief (https://worldrelief.org)

www.unenvironment.org/news-and-stories/story/locust-swarms-and-climate-change.



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# **9 STEPS TO AVOID TAX-RETURN IDENTITY THEFT!**

**1. LEAVE YOUR SOCIAL SECURITY CARD HOME** Tax-return identity theft almost always involves a stolen Social Security number (SSN), since the IRS and state tax authorities use these numbers to identify taxpayers.

The thief uses your stolen SSN to file a fraudulent tax return early in tax season—before you're likely to file—and then pockets the refund.

**2. KEEP YOUR SSN PRIVATE** Don't give it out just because a business asks for it or over email. Also, check your Social Security Administration earnings statement annually to make sure all your information is accurate.

**3. MAKE YOUR PASSWORDS WORK FOR YOU** Choose a strong, unique password for each financial site you use. Don't have your computer automatically save passwords and change passwords regularly.

**4. PROTECT AGAINST COMPUTER SPAM AND VIRUSES** Do the security software updates your operating system offers. Use a firewall, anti-spam and anti-virus software. Getting rid of a computer? Use a data-wipe program to remove hard drive data or have the hard drive professionally destroyed.

**5. KEEP FINANCIAL INFORMATION PRIVATE** Unless you have initiated the contact or you are sure you know the person you're talking to, it's better just to say no.

**6. BEWARE OF PHISHING** Phishing is a term for online scams that use official-looking emails that seem to come from the IRS or your bank, but actually are from thieves seeking your personal information. The IRS never requests financial or personal information in email communications, and neither do legitimate companies. The IRS won't call you to tell you that you owe taxes. They will send you a letter.

**7. SHRED BANK AND TAX DOCUMENTS** Consider your tax documents, receipts and bank statements as potential trapdoors that allow entrance into your personal life, and should be shredded.

**8 KEEP ON TOP OF DATA BREACHES** Find out what type of data was taken. Find out what the company who had the breach, is doing to protect you. Contact a major credit bureaus to place a "fraud alert" on your credit record. Fill out and send IRS Form 14039, Identity Theft Affidavit.

**9. LOCK UP YOUR MAILBOX** Since letters may contain private financial information, a locking mailbox can also help to prevent identity theft *Source: Intuit/TurboTax.* 

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#### BOW ANNUAL TOWN ELECTION RESULTS - MARCH 10, 2020

OFFICE	VOTE FOR NOT MORE THAN:	YEAR TERM	CANDIDATE IN BALLOT ORDER	Results Winner*
SELECTMAN	One	Three	Harry Judd Bruce Marshall	563 845*
BUDGET COMMITT MEMBER	TEE Two	Three	Robert R. Blanchette, Jr. Mark Zerba	954* 955*
SUPERVISOR OF THE CHECKLIST	One	Six	Dik Dagavarian Kathryn Ess Marilee Nihan	227 536* 331
TRUSTEE OF THE TRUST FUNDS	One	Three	John C. Caron	1125
LIBRARY TRUSTEE	One	Five	Donna Deos	1150
MODERATOR	One	Two	Write in: Peter Imse	563
			TOTAL VOTES CAST	1426

#### ANNUAL SCHOOL DISTRICT ELECTION RESULTS - School District Candidates:

OFFICE VO	ITE FOR NOT MORE THAN:	YEAR TERM	CANDIDATE IN BALLOT ORDER	Results Winner*
School Board Memb	er Two	Three	Johnathon Banks Bryce Larrabee Martin Osterloh	685 805* 697*
School Moderator	One	Three	James Hatem	1206
School Treasurer	One	Three	Mark E. Lavalle	1223

TOTAL VOTES CAST

1426





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#### What's Happening in OLLI?

by Jacki Fogarty

Did you know that New Hampshire was the first in the nation to have its own constitution (which then translated to the first state constitution once it became a state), to have an integrated professional baseball team, to have a female magazine editor, to have a citizen appointed to Attorney General of the United States, to establish free libraries, to establish a credit union, to hold Old Home Days, to sponsor a legal lottery, to hold the first meeting of the Republican Party, to be on the receiving end of the first transatlantic cable in the U.S., to have a crafts fair, to send the first human into space, to send the first civilian into space, to found a bird club and to have a labor strike of an all-female workforce?

These answers to a fun trivia game helped OLLI members celebrate the completion of the first in the nation primary and the end of the unrelenting polling telephone calls and campaign workers knocking on the door. Also part of the celebration were four crockpots of homemade soups and member-provided breads, rolls and desserts. FREE

Members brought their own soup mugs and spoons and had a grand time getting to know each other and planning for the start of a new term. Three of the newest members and two of the earliest members were in attendance offering broad perspectives on how to get the most out of an OLLI membership.

The Spring term is well underway. Do you remember seeing Cyrena Arnold on TV? She's bringing OLLI tips on how to gather weather data right in our own back yards. If you're a dog lover, Helen St. Pierre's name may be familiar. The owner of No Monkey Business Dog Training, and certified in at least half a dozen animal behavioral specialties, Helen is ready to use information to make each attendee a better dog lover. How about a 4-week course on Relationships! By the time one reaches OLLI age, shouldn't we know what we need to about relationships? Well, this is a whole different perspective... and the course comes with a disclaimer: Please note that this course will NOT help you in any current relationship. Most likely, this course will irretrievably ruin it. Suggestion: no one lacking a sense of humor should attend this course.

Two courses feature family members recounting stories of their families. Marina Kirsch will recount her parents and grandparents service and survival in World War II Germany and Latvia. Eleanor Dunfey, the youngest of 12 siblings will touch upon a hundred years of stories in The Dunfey Family. Other March and April courses will cover the variety you've come to expect of OLLI: a virtual tour of Old North Cemetery, Handbells and Handchimes (a hands-on experience), Financial Fraud, the pilgrim experience along the Camino de Santiago and a visit to the NH Telephone Museum. A highlight of the term will be the class/performance of the NH Coachmen: Barbershop Harmony, a repeat from last term back by extremely popular demand.

OLLI at Granite State College offers classes, social events and volunteer opportunities for adults age 50 and up. The Spring Catalog and all course listings are posted online at OLLI's website, olli.granite.edu. Not only is OLLI an enriching, healthy choice for seniors, but it's also a heckuva lot of fun.



# SPRING INTO SPRING! by Jim Olson

Winter is the time of year made for staying in, snuggling up with your family and watching movies or reading a favorite book. It's also a time of holidays, food-centered celebrations and a lack of activity.

But even if we're not exercising as much or staying as active as we did during warmer months, we usually think we're doing OK. Our clothes are still fitting after all (if a little bit more snugly).

Unfortunately, too often we don't realize just how out of shape we are, until we're tested. You may be perfectly in shape for watching movies and snuggling on the couch. You may be perfectly in shape for a day at the office, or even a quick walk around the neighborhood. You'll live your daily life feeling perfectly fine... until spring.

Then, when the weather is nice and it's time to hit the tennis courts, dust off your running shoes or head up your favorite hiking trail...it hits you. You're



Jim Olson

out of breath, your muscles are failing and you're cursing all those weekends you spent indoors all winter.

Don't let this be your first taste of spring. You can truly savor the new season - which starts this month, by the way - by starting to focus on your health and fitness now. It's not too late to improve your stamina, get your nutrition in check and start feeling better. But here's the thing: you don't need another diet. You don't need extreme calorie cutting or to cut out an entire food group. You don't need to work out seven days a week. You don't need to blame and shame yourself for taking it easy over the winter or letting holiday treats become daily treats. Most importantly, you don't need to look back on all the things you could have done differently these last few months.

Instead, you need to look ahead, to the spring, the summer and the life you want to have. What's behind you doesn't matter - it's the choices you make going forward that will have a real impact on your well-being (and your stamina on the tennis court).

That's why we don't teach you to follow a specific diet plan or exercise regimen: because we know everyone is an individual. Everyone has their own vision for their health and fitness, and everyone can fit different strategies into their everyday life. And we believe that everyone can reach their health and fitness goals.

When it comes to preparing for a healthier spring, individualized support is key. Whether you just want to make sure you can enjoy your favorite hikes this summer, or you're planning on spending the warmer months running marathons -Individual Fitness can help you create your perfect spring and summer.

So throw off those blankets, put down the remote and lace up your sneakers! We're ready to give you the personalized strategies and support you need to lift yourself up and get ready for an active spring season.

Let us help you take your next step, Jim



YOUR VISION + OUR STRATEGY = RESULTS™

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## SHOULD YOU CARE WHAT THE FINANCIAL MARKETS DO EACH DAY? by Dominic Lucente

Focusing on Your Strategy During Turbulent Times.

# Investors are people, and people are often impatient.

No one likes to wait in line or wait longer than they have to for something, especially today when so much is just a click or two away.

This impatience also manifests itself in the financial markets. When stocks slip, for example, some investors grow uneasy. Their impulse is to sell, get out, and get back in later. If they give in to that impulse, they may effectively pay a price.

Across the 30 years ended December 31, 2018, the Standard & Poor's 500 posted averaged annual return of 10.0%. During the same period, the average mutual fund stock investor realized a yearly return of just 4.1%. Why the difference? It could partly stem from impatience.<sup>1</sup>

It's important to remember that past performance does not guarantee future results. The return and principal value of stock prices will fluctuate over time as market conditions change. And shares, when sold, may be worth more or less than their original cost.

**Investors can worry too much.** In the long run, an investor who glances at a portfolio once per quarter may end up making more progress toward his or her goals than one who anxiously pores over financial websites each day.

Too many investors make quick, emotional moves when the market dips. Logic may go out the window when this happens, in addition to perspective.

**Some long-term investors keep focus.** Warren Buffett does. He has famously said that an investor should, "buy into a company because you want to own it, not because you want the stock to go up.<sup>2</sup>

Buffett often tries to invest in companies whose shares may perform well in both up and down markets. He also has famously stated, "If you aren't willing to own a stock for ten years, don't even think about owning it for ten minutes."<sup>2</sup>

In contrast with Buffett's patient long-termapproach, investors who

care too much about day-to-day market behavior may practice market timing, which is as much hope as strategy.

To make market timing work, an investor has to be right twice. The goal is to sell high, take profits, and buy back in just as the market begins to rally off a bottom. But there is volatility in financial markets and the sale at any point could result in a gain or loss.

Even Wall Street professionals have a hard time predicting market tops and bottoms. Retail investors are notorious for buying high and selling low.

Investors who alter their strategy in response to the headlines may end up changing it again after further headlines. While they may expect to be on top of things by doing this, their returns may suffer from their emotional and impatient responses.

Nobel Laureate economist Gene Fama once commented: "Your money is like soap. The more you handle it, the less you'll have." Wisdom that may benefit your strategy, especially during periods of market volatililty.<sup>3</sup>

#### Dominic Lucente may be reached at 603.645.8131

#### or Dominic.Lucente@LPL.com DLucente.com

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#### Citations.

1 - nytimes.com/2019/07/26/your-money/ stock-bond-investing.html [7/26/19] 2 - fool.com/investing/best-warren-buffett-

quotes.aspx [8/30/19]

3 - suredividend.com/best-investment-quotes/ [12/5/18]

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#### **CONGRATULATIONS FALL 2019 GRADUATES**

The following students graduated from NHTI Concord's Community College, during the Fall 2019 term:

Bow - Dawn Detrio, Elbert Mejia Contoocook - Gabriel Nichols Hopkinton - Tammy Clay



# AN IMPROMPTU CHEESE BOARD

by Debra Barnes





#### **JAMS, MUSTARDS & HONEY**

How many times does this happen? Family or friends pop over for a quick hello, stay a little longer than expected, and you need to put out something to snack on. All you need is a board or plate, a few small bowls and a little imagination. Now it's time to raid the pantry!

There are a slew of staples that are inexpensive, available at your local grocery store, and easy to prep. Some simply require unscrewing the top. Use fruit, veggies, dips and even hummus. Remember, simple and easy wins the race!

Here is my list of items that are both sweet and savory that are easy to pull together for a scrumptious cheese board!

#### **CHEESES**

A nice sharp Cheddar and aged Gouda are two I ALWAYS have in the fridge. A soft brie is one that most people also can't turn down. On a perfect day you would usually serve one from each milk (cow, sheep and goat). But this is spur-of-the moment, so we run with what's on hand.

#### **MEATS & OLIVES**

Cured salami, pepperoni, chorizo or smoked sausage can all be fresh or grab from the freezer and thaw quickly on low in the microwave. A few of our specialty stores carry a variety of already sliced meats as well. Greek black olives and, pitted or non, Italian or Spanish green olives give a nice contrast.

#### **FRUITS AND NUTS**

Fresh fruit of any kind works beautifully. Sliced apple and pear or fresh berries. If you have a bunch of grapes that have grapes already missing, remove the rest and put them in a bowl. Dried fruits like dates, golden raisins, cranberries, apricots, and figs have lengthly shelf life and the colors look inviting nestled by cheese.

#### **JARRED OR CANNED**

This is where you can shine and present an epic cheese board! Anchovies, sardines, sun dried tomato in oil, quartered artichoke, roasted red peppers, jarred or homemade pickles and cornichons (extra small French pickles).

#### **NUTS & CRACKERS**

Walnuts, pistachios, Spanish Marcona almonds, pecans, cashew or even a can of mixed nuts. Crackers are one of those staples that "everyone" has on hand. Bagel chips, gluten free, salty, seeded, or herb infused. Always remember to check the dates on your boxes and rotate as needed. Just as important, your nuts should always be refrigerated or put in the freezer to keep from spoiling.

There are so many to choose from! Fig, blackberry, apricot jams, yum! Whole grain mustards infused with different flavors, seeded or plain. There are many places to find local honey, which is always my first choice. With a shelf life of eternity, grab a big jar and don't be stingy. The next time you get that text "be there in 15," you can throw together a beautiful plate of what's on hand, pour a glass of wine and enjoy.

**KITCHEN TIP** – When I bring home fruits and vegetables from the store, they always have the little annoying stickers on them. In order to keep track of what I have washed, I don't remove the sticker until they are clean.

Debra Barnes lives in Bow with her husband and is a graduate of the Cambridge School of Culinary Arts. Follow her on Instagram: #EAT603

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# ANN DIPPOLD #1 IN BOW 2018 - OVER \$50 MILLION IN SALES!

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REAL ESTATE SALES IN BOW				FEBRUARY 2020		
98 White Rock Hill Road	3 BR	2 BA	2.24 acres	1788 square feet	\$330,000	
592 Page Road	3 BR	3 BA	2.43 acres	3074 square feet	\$355,000	
9 Audley Divide	3 BR	2 BA	2.79 acres	2326 acres	\$415,000	
78-G Fawn Court	3 BR	2 BA	1.08 acres	1702 square feet	\$442,000	
4 Asa Drive	4 BR	4 BA	3.25 acres	3496 square feet	\$486,000	
78-E Fawn Court	3 BR	2 BA	.875 acre	2106 square feet	\$508,546	
REAL ESTATE SALES IN DUNBARTON			FFBRIIARY	2 N 2 N		

41 Putney Road

3 BK

2138 square feet

\$379,900

Now is a great time to sell - buyer demand is high and interest rates are at record lows - but you've got to have somewhere to go and there aren't many options. Many sellers I'm working with are deciding to rent. While yes it does potentially mean you move twice, and you may have to incur the cost of putting items in storage, the upside is a sale during a sellers market, you're out from under home ownership responsibilities (with cash in the bank), and you can take your time finding the perfect next home. You're in the drivers seat!

5 acres

3 BA

If you'd like to know the value of your home, and/or advice on preparing for a sale, call Ann!



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#### APRIL SENIOR HEALTH CLINIC IN BOW

Concord Regional VNA is holding a Senior Health Clinic at Bow Mills United Methodist Church, 505 South Street in Bow on Friday, April 3 from 9 a.m. to Noon. Clinic services offered include: foot care, blood pressure screening, B-12 injections, medication education, and nutritional education.

All services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

# **OPERATION DONATION!**





Pictured left to right: Sophie Brooks, Kaylee Leonard, Kylie Bourgoine, Liliane Fontaine, Imogen Lamarche and Elizbeth Abbott.



# FOOD TRUCK LOCATION AT COMMUNITY BUILDING

Concerns have been raised relative to the vending location chosen by the Board of Selectmen for parking a food truck in the Community



www.thebowtimes.com

Building parking lot for the 2020 season. Here is the process that was undertaken to permit a food truck to operate and how the current location was chosen:

After discussions with resident Kathy Needleman in 2018,

the Board agreed to permit a food truck to be located in the Community Building parking lot, near the Bow Center Road lot entrance.

The Zoning Board of Adjustment next conducted s site walk and held a public hearing. The Public Works Director and Police Chief provided comments expressing their concerns with vehicle and pedestrian safety. A ZBA member offered that he had once operated a vendor truck at that location and it was found that it was not a safe spot because of customers parking along the roadway. He moved his truck to the back of the lot. He also expressed his concern with the proposed location because it would be problematic for traffic and pedestrian safety. An abutter also expressed concern with the potential volume of traffic and backups.

After the ZBA meeting, the Selectmen met with Kathy to further discuss her proposal. The Board also held a public hearing. Three residents spoke at the public hearing and all of them were concerned with the safety of the proposed location. The Board and Kathy agreed to locate the truck next to the Coffin Building.

The ZBA conducted a second public hearing. A member noted that the agreement called for the truck to be located next to the Coffin Building. The ZBA asked Kathy to finalize an agreement with the Selectmen. The meeting minutes note that it was not the ZBA's intention to limit the scope of the MOU; their only concern was safety.

The Board and Kathy reached agreement and a license was issued to Kathy to operate her truck adjacent to the Coffin Building. At the end of the term, Kathy expressed her concern that the truck was not visible in that location. The Board then issued a second license to operate her truck adjacent to the pond, next to the dry fire hydrant, until 11/15/19.

The Town is currently preparing a license and bid package to permit the location of a food truck at the Community Building. Ensuring motor vehicle and pedestrian safety continues to be a top priority. The proposal has not yet been finalized; however, the Board has chosen to stay with the current location, for safety reasons, and to require a minimum bid of \$100.00 for a license for the season.

As always, if anyone has any questions or concerns, please contact me, Town Manager David Stack, at 223-3910 or dstack@bownh.gov.



## TRAVEL TALK: TRAVEL AND THE CORONA VIRUS by Chase Binder

We're all thinking about it – the corona virus. How bad will it get? Will there be widespread quarantines? How will it affect my current or future travel?

While there's a tremendous amount we don't know, there are a few things about the potential travel impact that we can talk about—given the obvious caveat of timing. I am writing this in very early March for a mid-March publication date. Who knows what will have happened in those few weeks?

First, let's look at flying. Most people going pretty much anywhere begin their travel with a flight. What happens if the corona virus has impacted your destination? If you've ponied up for refundable tickets, you'll be fine – though check the fine print. If you're flying on Southwest Airlines, you'll probably be fine. You generally can re-book/ re-use your ticket within the next year with no change fee - it's been company policy for years, though it now has a few restrictions.

If you have non-refundable international flights booked within the next few weeks to an affected area that the State Department or the CDC has tagged (visit travel. state.gov and cdc.gov), you might find that your flights have been cancelled by the airline, in which case the airline will likely offer refunds (money back) or rebooking to the same or another destination in the future with no change fee (and also no money back). Often this airline policy will be time-limited—like waiving change fees for rebooking flights in the face of a severe storm. They will waive fees for a few days-or perhaps weeks in the case of the corona virus. But it will vary among airlines, so call and check. The key with getting anything back on nonrefundable tickets is letting the airline make the offer-if you just say you're nervous about flying to a destination that is not tagged, you may have a harder time. Check the website of your airline to see how they are dealing with the situations-look for a tab or button that says "Travel Alerts" and note that you may have to scroll down to find it. Each airline has their own set of conditions/restrictions, and they are often extensive.



**Chase Binder** 

If you have non-refundable domestic tickets on airlines other than Southwest, you might or might not be in luck. A friend just texted that she cancelled a trip to San Antonio on Delta the morning of her flight and was given no-fee re-booking privileges for one year. She told them her San Antonio conference had fallen apart due to reports of corona virus there and that was it. As I write this, I have yet to find a domestic airline that is announcing corona virus travel alerts for US destinations – but it's worth a call.

If you have non-refundable international flights a few months out—as we do to Florence, Italy at the end of May – you can just keep calm and carry on. Our flights have been booked and paid for since September. We are hoping that the virus will be under control by then. I am monitoring the airline website as well as the State Department and CDC websites and, of course, following the news. The further out your flights are, the less I would worry.

Now, what about the vacation itself? If you've done FIT (Foreign Independent Travel) and booked your hotels directly yourself, as Bud and I normally do on road trips, you'll very likely be able to cancel with no penalty or fee and get any deposit back. If you've booked with a tour group like Abercrombie & Kent, Collette or others, you might find they are cancelling trips to affected areas coming up in the next few months. If they are the ones cancelling, you will likely have some options - refund, re-booking at a later date, changing destination.

Keep in close touch with your tour company.

If you've booked a villa, as we have for our trip to Tuscany, you'll have some choices according to their cancellation fee protocols. These vary among booking platforms like Homeaway. com, VRBO.com and more direct/local platforms like the one we used to book our Italy trip. You can often cancel around 60 days out and get your deposit back. We did not buy travel insurance, though the villa does have a lengthy rider in the contract including a "force majeure" clause—more about that in a bit. The villa was paid for using our Jet Blue credit card, which carries some limited travel insurance.

So...what about travel insurance? If you've bought it (Bud and I normally do not), are you covered in the case of a pandemic? Probably not. Most travel insurance policies exclude events like war, pandemics, etc. One of the best sources is insuremytrip.com (their call center also has very knowledgeable agents), which details travel insurance options extensively, including "cancel for any reason" insurance—which actually has a number of restrictions/conditions and will often cover just 50-75% of the cost.

But back to our villa in Italy...which has a "force majeure" clause in the rental contract, meaning that if there is an event that is outside of the control of the company (in theory, a pandemic resulting in the closing of Italy) that prevents the company from performing, we could well have some options for a refund or a re-booking. Or not.

Of course, I am not a doctor or a lawyer. What I am is an optimist. Bud and I were in Southeast Asia a few months after the Bird Flu event. We toured Egypt shortly after the Arab Spring. Both trips were fabulous. We are fully intending to enjoy Tuscany in late May.



# An Evening Down Under

#### **Travel Show**

Tuesday April 14 6:00pm

AAA Travel 48 Fort Eddy Rd Concord

TAUCK

Join AAA Travel and Tauck Tours for an evening exploring Australia and New Zealand. Explore the diverse wonders of the lands "down under." From the Great Barrier Reef to the Sydney Opera House to the jade green glacial rivers and thundering waterfalls of New Zealand, AAA Travel can help

cross these spectacular destinations off your bucket list!



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#### THINKING OF SELLING YOUR HOME YOURSELF?

#### **REAL ESTATE COVENANTS, CONDITIONS & RESTRICTIONS**

Commonly called CCR's, they are a set of rules established by a developer or home owners association (HOA) that govern residences in a particular neighborhood or condominium. These rules describe the requirements and limitations about what you can do with your property, and are geared toward maintaining property values.

#### WHERE TO FIND THEM

CCR's are found in the deed, and when researched at the Registry of Deeds, will give the full description of the limitations. While most developments have CCR's, not all have HOA's. Some HOA's have fees, while others do not. One HOA may only exist to enforce the CCR's and won'thave any fee, in another homeowners may share in the cost of a master insurance policy (for the common land) and incur a minimal annual fee, where as another that covers trash pick up, lawn care, shared recreation facilities, etc. will have a higher, and usually monthly, fee. When Realtors list property in NH that is governed by an HOA, the listing agent should have a "condo or association rider" accompany the listing which will state the fee and what itcovers.

#### THE UPSIDE: WHY YOU MIGHT LIKE THEM

Before you buy into a neighborhood, make sure the CCR's are compatible with your lifestyle. Some CC&Rs are very restrictive and require that garages facing the street be kept neat, that laundry be dried indoors rather than hung on a line, prohibit basketball hoops in the driveway or front yard, dictate landscape styles, and prohibit parking RVs or boats in the driveway. Others are much less so, and may only require sheds match the color of the house, fencing styles (no chain link showing from the street is common), and number of structures per lot (usually no more than one) are adhered to.

When a geographically-restricted group of homeowners are bound by neighborhood covenants, individual homeowners are better insulated from the possibility that one errant homeowner will bring down the value of surrounding properties because of the appearance of his or her house. Covenants ostensibly ensure that a residential area will remain a desirable one to live in; that the properties contained therein will retain their value; and that, in return for some minor sacrifices, homeowners will be able to better enjoy their own properties.

#### THE DOWNSIDE: WHY YOU MIGHT NOT

CC&R's can do a lot to protect the integrity and value of properties located in HOA neighborhoods. However, they can also make it more difficult for property owners to have full use and enjoyment of their properties. Some HOA's are quite militant in how they enforce the rules, while others are quite lax, and homeowners who are delinquent in paying dues, or who challenge covenants can create costly litigation for all homeowners in the association. Thus, homeowners need to carefully consider CC&Rs in determining whether to purchase a property located in an HOA community.



# BOW MEMORIAL SCHOOL HONOR ROLL FIRST SEMESTER 2019-2020

#### **GRADE 7 HIGH HONORS**

Trevor Abel, Evelyn Abelli, Joseph Albushies, Trevor Carter, Anabelle Cattabriga, Preesha Chatterjee, Cole Cochrane, Ava Conlon, Angelo Constant, Andre Contreras, Sophia Coombs, Owen Cray, Harrison Denise, Alexandra Flynn, Adam Folsom, Abigale Foote, Jonathan Gancarz, Jaden Glace, Molly Grant, Lillian Gula, Jackson Hall, Mallory Hinck, Alexandria Insana, Patrik Jurcins, Nathan Kiah, Cooper Krause, Zoe Krukowski, Makaylie Laws, Mikayla Livingstone, Vivian Madden,

Kathryn McCabe, Kylie McKee, Kristen McKeen, Aidan McMahon, James Menezes, Kate Millerick, Grace Modzeleski, Jack Noce, Lauren Oppold, Hannah Panzino, Caly Poitras, Thomas Sargent, Catherine Snead, Bryana Szepan, Gabriella Tarsa, Holden Tefft, Claire Ulrich, Owen Webber, Bridget Wilson, Madelynn Winch.

#### **GRADE 7 HONORS**

Delaney Amsden, Jake Antuna, Adam Auclair, Carter Brennan, Jeffrey Clancy, Ethan Conway, Molly Cragon, Kayla Croscut, Gavin Currier, Gavyn DeCosta, Chelsea DeVincenzo, Barry Duffy, Cameron Fuchs, Olivia Geiger, Ella Gray, James Green, Luke Hartshorn, Keenan Hubbard, Zachery Ingram, Matthew Jenkins, Jack Kohl, Cyrus Labrecque, Piper Lalla, Brady Lambrou, Hannah Lampron, Alex Lavallee, Maddox LeClair, Addisyn LePelley, Brady Lover, Kathryn McGovern, MaryJane McGregor, William Miller, Maeve Nadzan, Isabelle Paige, Jonah Pinard, Ryan Powers, Olivia Rader, Olivia Rodger, Benjamin Rondeau, Chase Royal, Kobe Russell, Arianna Sarette, Lorraine Schaeffner, Evelyn Smith, Eli Smith, Christopher Tagliaferro, Jake Thomas, Adam Valpey, Colette Vickery, Patrick Walton.

#### **GRADE 8 HIGH HONORS**

Allison Alexakos, Kenya Alexander, Alexander Altman, Sabrina Bernard, Elias Berrigan, Alden Betterley, Aryaa Bhusari, Jessica Birnbaum, Isabella Cannon, Aiden Ciminesi, Maya Clough, Addison Croscut, Emily Desrochers, Jared Dolder, Hunter Duncan, Charlotte Durant, Cameron Ekstrom, Maiya Foley, Jill Harpring, Emmett Hartford, Bridget Hilton, Krishna Katragadda, Emma Kelly, Aidan Labrecque, Kate Labrecque, Melanie Labrecque, Marissa Lafferty, Luke Laflamme, Eve Libby, Ryan McCabe, Gavin McCabe, Tavin McGill, Wesley Michaelis, Owen Miller, Leah Nagy, Amalia Orsmond, Kristen Perry, Adeline Pfeifle, Samuel Pingree, Lauren Rapp, Aislyn Reed, Halley Reynolds, Sidney Roberge, Lily Roberge, Nicholas Robie, Ella Roos, Olivia Selleck, Katie Semeraro, William Smethurst, Colby Smith, Ian Soucy, Sierra Speckman, Olivia St. Onge, Juliette Tarsa, Anel van der Merwe, Jenna Van Dyke, Amanda Vance, Luke Virta, Julie Vose, Lilianne Zanella, Nikki Zheng.

#### **GRADE 8 HONORS**

Cole Ayers, Wyatt Barrett, Austin Beaulieu, Chloe Best, Elise Brady, Rizelle Cayabyab, Aiden Ciminesi, Taylor Crowell, Wyatt Davenport, Levi Furr, Ava Gadbois, Sean Hoey, Maia Kimball, Luke Labonte, Mason Marquis, John Monroe, Kendall Murray, Brodie O'Neil, Roman Parente, Joseph Place, Anthony Ray, Sophia Samsel, Tina Sarette, Alexander Sloat, Korbin Tassi, Lillian Wright, Roy Zahn.



#### **DOUGLAS ALAN CRESSY**

Douglas Alan Cressy died peacefully, surrounded by family at Concord Hospital on March 6, 2020. He was 54 years old.

Doug was a native and lifelong resident of Contoocook, NH, born to Lester and Bonita (Loomis) Cressy on June 22, 1965. Doug graduated from Hopkinton High School in 1984 and married Kristine Carter of Warner, NH, in 1991.

Doug worked in Mechanical Maintenance for 17 years at New England College and worked 20 years at Concord Hospital in the Facilities Department. Outside of work and in his younger years, Doug enjoyed riding his Harley Davidson, hunting, and woodworking. He was also an avid reader.

Doug was a devoted husband to Kristi, and loving father to their two children, Karissa (Cressy) Carr wife of Jay Carr of Warner, NH, and Zackery Cressy of Contoocook, NH. Doug was also an adoring grandfather "Papa" to Hayden and Addy Carr.

Other family members include Doug's brother Brian, and his wife Libby (McNeill) Cressy of Contoocook, NH, mother-in-law Vicki Symonds of Sutton, NH, brother-inlaw Ron Carter of Warner, NH, sister-in-law Chelsi (Flagg) Poirier and her husband Matthew Poirier of Hopkinton, NH, and his many nieces, nephews, aunts, uncles, cousins, and friends.

In lieu of flowers, memorial contributions may be made in Doug's name to the Hopkinton Fire Fighters Association, PO Box 513, Contoocook, NH 03229 as well as the American Diabetes Association, PO Box 15829, Arlington, VA 22215.

#### **RICHARD CLINTON LORD**

Richard Clinton Lord, 63, collapsed and died suddenly on Friday evening, March 6, 2020, in his home in Bow.

Born in Manchester, he was the son of Robert and Elaine Lord. He was raised in the greater Manchester area with his five sisters.

After graduation from Manchester High School Central, he served in the U.S. Air Force as part of the Strategic Air Command with assignments in San Antonio, Texas, Aurora, Colo., and Grand Forks, N.D. His primary duties included bomb navigation and avionics aboard B-52 Stratofortress bombers. After being honorably discharged, he returned to New Hampshire to attend college.

He met his wife Erin when they were both 16 years old and working after-school jobs at the Elliot Hospital dietary department. They married just before he began his studies at UNH. He and Erin - who is a physical therapist for Easterseals - celebrated their 40th wedding anniversary last year.

Rick enjoyed travel, aviation and motorcycles. He and Erin lived in Munich, Germany, for a time and traveled widely throughout Europe. After obtaining his private pilot's license, he began a home-built aircraft project.

Rick's generous spirit was most evident toward people and animals in need. Over the years, he and Erin opened their home to a number of rescue animals - most recently, devoted companion Riley.

Rick was predeceased by his parents; and sisters, Julie Rothmund (Dave) of Raymond, and Roberta "Bobbie" Gelinas (Frank) of Hooksett.

Family members include his wife Erin; his sisters, Bernice Thomas (Joe) of Beverly, Mass., Donna McIntire (Mike) of Londonderry, and Margaret "Peggy" Lord of Derry.

His family appreciates the exceptional professionalism, and compassion exhibited by the Bow Police Department and Bow Fire Department EMTs on his behalf on March 6.

#### WILLIAM NICHOLSON

William "Bill" ("Nick") Nicholson, 95, died February 10, 2020 in Concord. He is survived by his daughter Jane, sons David, Richard and Andrew and their spouses, five grandchildren and five great-grandchildren and his sister Ann Hillson. He was preceded in death by his wife Betty, sister Cynthia and brother Edgar.

Born August 1st, 1924, in Woburn, MA, Bill attended Woburn High and MIT where he earned a degree in electrical engineering and served in the US Navy. He put his degree to use in a long career that started with Charles Stark Draper Labs including RCA, DAF and Honeywell.

Married to Elizabeth Emery for over 70 years, they raised their family in Reading and Andover, MA before retiring to NH, first to Hampstead then Holderness before a final move to Bow. In retirement they traveled the United States and Canada extensively in their camper, visiting many national parks and participating in Elder Hostel activities.

Bill did not want a memorial service but donations in his memory may be made to the Starr King UU Fellowship in Plymouth, NH.





**CHAIR YOGA SESSIONS** with Sherry Gamble at the library will be the third Thursday of every month. New start time 10:30am on Thurs. March 19 and Thurs. April 16.

**BAGPIPE MUSIC** performed by Matthew Schlottmann and John Daly is scheduled for Thurs. March 19, 6:30 pm at the library. Matthew is currently preparing for his next bagpipe competition at the Indoor Games in Salem, NH on April 4. Let's give him a great send off.

**OPEN MIC NIGHT** come enjoy the Spireside Coffee House & Open Mic on Sat. Mar. 21 at 6:00pm to 10:30pm at the Vestry in Dunbarton Center. This will be an open stage night. Come see our regular crew of local musicians perform. Donation \$5. Snacks available to purchase.

**READING TO DOGS** introduces Murray and Lilly! Murray (and his pal Lilly). They are two beautiful golden retrievers who will alternate weeks with their owner, Liz. The dogs will return on the following Thursdays: March 26, April 9. Please call the library to schedule your 15 mins and check the schedule.

**DCC BOOK CLUB** will read *Hearts and Minds* by Darin Main during March. The discussion will be Ap. 2, 7pm to 8pm at the Vestry. All welcome.

**BOOK BLOWOUT SALE** mid-winter used book sale continues! Drop by during library hours. They have gently used and nearly new books waiting for you. Something for everyone and great prices, too! BYOB (bring your own bag).

**DUNBARTON INSPIRATION GROUP** enjoy the beautiful work of several members of the Dunbarton Inspiration Group. This group of local artists meets at the library on the first and third Tues. of the month at 6:30 pm. Their works are on display now through the end of April at the library.

**SOLAR ARRAY** at the Dunbarton Transfer station is live and you can view info on this website: ttps://enlighten.enphaseenergy. com/pv/public\_systems/GxZD1745833/overview?preview=1

**BEN COSGROVE** will play at the Dunbarton Town Hall Concerts on Sat. April 18 at 7pm at the Town Hall building in Dunbarton Center. Admission is pay what you can; all are welcome. Ben is a traveling composer, pianist, and multi-instrumentalist from New England. He performs regularly all over the country, writes scores for films, plays, radio, and television. From 2012 to 2014 Ben served as the Signet Artist-in-Residence Fellow at Harvard University, and he is a recipient of a St. Botolph Club Foundation Emerging Artist Award. He has also held residencies and fellowships at Acadia National Park, Isle Royale National Park, Middlebury College, the Vermont Studio Center, the Schmidt Ocean Institute, and the Sitka Center for Art and Ecology, and he spent a year as the artist in residence at White Mountain National Forest in New Hampshire and Maine.



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ADDRESS	<b>BEDROOMS / BATHS</b>	SQUARE FOOTAGE	ACREAGE	PRICE
10 Stacey Drive	3 Bedrooms / 2 Baths	1,248	0	\$85,000
121 Peaked Hill Road	2 Bedrooms / 2 Baths	1,862	0	\$290,000
576 Putney Hill Road	4 Bedrooms / 3 Baths	2,374	2.1	\$380,000
Lot 8 Wildwood Drive			3.92	\$79,000
00 Elizabeth Ln/Jewett Rd			3.18	\$110,000
594 Kearsarge Avenue	3 Bedrooms / 3 Baths	2,525	2.2	\$399,900
375 Farrington Corner Rd	4 Bedrooms / 3 Baths	2,666	18.0	\$375,000

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**AGING WELL AT HOME** right here in Hopkinton, is the topic being discussed at the Slusser Center in Contoocook on Saturday afternoon, March 28th, 9:00 AM to noon.



Representatives from ServiceLink, Dial-A-Ride, and Hopkinton Library as well as Mary Reidy, HealthCare Advocate will be joined by our guest speakers, local attorney Seth Greenblott, regarding estate planning, Karen Robertson, Director of Hopkinton Planning and Zoning regarding ancillary dwellings and other pertinent information and Sienna Larson, Seniors Real Estate Specialist regarding home features for accessibility and safety. Speakers will be available to speak with attendees. For more information, call Marilyn at Hopkinton Human Services, 603-746-8244.

MIDNIGHT MASQUERADE Murder Mystery Dinner will be March 28th 5:30-8:30 PM at the historic Horace G. Chase House. 3 course meal with desert and wine. Seating limited. Reserve by March 20 th. Information available at www.hopkintonrec.com.

THE HOUSE OF ART at 846 Main St in Contoocook welcomes local artists Lisa Scheiman and Jeff Schapira. Open Fridays 4-7, Saturdays 10-4, Sundays 12-4. Show open through March 29.

**CRVNA** Concord Regional VNA is holding a Senior Health Clinic at Slusser Senior Center on Thursday, April 2 from 10 AM to 1 PM and at Park Avenue Apartments on Monday, April 13 from 9 AM to 3PM. Clinic services offered include foot care, blood pressure screening, B-12 injections, medication education, and nutritional education. Services are provided for a suggested donation of \$10, however, services are provided regardless of a person's ability to pay. Call (603) 224-4093 or (800) 924-8620, ext. 5815 for an appointment.

A MATTER OF BALANCE in Hopkinton. Concord Regional VNA is offering an eight-week falls prevention program "A Matter of Balance" that helps adults reduce fall risk factors, and teaches exercise to increase strength and balance. The program takes place on Fridays beginning April 3 from 2 to 4 p.m. at Hopkinton Town Library. There is no fee to attend but space is limited. Pre-registration is required. To register, call (603) 224-4093 or (800) 924-8620, ext. 5815 or visit www.crvna.org. Interested participants can also register in-person at Hopkinton Town Library.

ANNUAL FLEA MARKET at the First Congregational Church if Hopkinton will be Saturday, April 18 from 9-12 noon.

CONTOOCOOK FARMERS MARKET every Saturday 9am-12n at the Maple Street School. SNAP/EBT accepted. For more information, visit facebook.com/ContoocookFarmersMarket.

**SENIOR LUNCH** is held at the Slusser Center on Wednesdays at 12n at the Slusser Senior Center (41 Houston Drive next to the Town Library). Suggested donation \$4.



# **EARLY MUSIC MAKERS**

## Thursdays, April 16, 23 and May 7, 14 from 10:30 to 11:30 AM at the Hopkinton Town Library

For children 0-5 years old with a caregiver.

Dance, sing, listen to stories and more at this lively program geared for young children.

Meghan Morgan, a certified music teacher, will lead the activities and inspire you to share music with your children.

There will be time for playing and socializing at the end of the program.

ALL PROGRAMS ARE FREE AND OPEN TO THE PUBLIC.



Tax preparers are at the Hopkinton Town Library on Wednesdays and Thursdays.

For more information or to schedule an appointment visit **nhtaxhelp.org.** 

Free tax preparation is available to all ages and occupations.

# TOWN OF HOPKINTON POLICE DEPARTMENT

#### **FEBRUARY 2020 STATS**

4 Arrests 10 Accidents 343 Traffic Stops

#### **ARREST LOG:**

02/05 Krystina Garreffi, 24, of 13 Penacook Road, Hopkinton, NH was arrested for DUI. 02/12 Chapin Rajaniemi, 28, of 1257 Concord Street, Antrim, NH was arrested on a Warrant.

02/14 Victoria Essman, 28, of 144 South Sugar Hill Road, Weare, NH was arrested for Aggravated DUI and Criminal Trespass.

02/29 Jarrod Richard Smith, 22, of 141 Patterson Hill Road, Henniker, NH was arrested for DUI.

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#### HOPKINTON SPORTS HOPKINTON GIRLS WIN DIVISION IV NORDIC SKI CHAMPIONSHIP

On March 3rd, Hopkinton went overboard in the morning classic race by sweeping the top five spots and then took five of the top six places in the afternoon freestyle race to run away with a second straight title at Great Glen Trails in Grant's Green.

Emma Rothe finished first overall in both disciplines, marking her fourth straight freestyle title but the first time she also was tops in the classic event.

The Hopkinton girls wound up with 786 points to easily beat out Inter-Lakes (733), Derryfield (710), Moultonborough (698), Profile (670) and Sunapee (651) in the six-team event. The championship will be a much larger event next year. The NHIAA plans on condensing the four Nordic divisions into two, combining D-I and D-II into a single division and D-III and D-IV into another division.

Emma Rothe finished the classic race in 18:31.4 to lead the pack of five Hawks that also included Frances Trafton (18:38.6), Lily Sabol (18:39.1), Cate Westbrook (19:23.2) and Ava Rothe (19:45.8). Derryfield's Katherine Gage was sixth in 19:49.3 and Hopkinton's sixth skier, Elizabeth Clarner, finished in eighth place.

#### **BOYS SKI TEAM LOSES TO INTER-LAKES**

Inter-Lakes had a 381-373 lead in the morning over Hopkinton and then used that to claim a 755-749 win. Moultonborough and Derryfield tied with 727 points, but Moultonborough was awarded third on a tiebreaker.

Hopkinton's Mollano won the classic race in 14:02.6. Inter-Lakes' Eli Misavage was second in 15:22.9 and Eben Misavage was third in 15:57.5. The Hawks other classic points came from Michael Eggers-Emerson (fourth, 16:06.9), Will Chapin (12th) and Alex Pantano (14th).

Eggers-Emerson was also fourth in the classic, while Will Chapin took seventh and Alex Pantano was 16th.

He asked me what col-

or the jacket was, and I said,

blue. He said, "well, I have it."

He then returned both items to

me. What are the odds of that,

I should have bought a lottery

ticket on the way home!



On February 25th, Thomas Knight of Meredith, hooked and landed a monster lake trout of 37.65 lbs. This breaks the old record of 28 lbs. taken in 1958 on Newfound Lake. In fact this is a record for New England. It is remarkable for a Lake Trout to grow to such a weight, but even more remarkable was the team work that Mr. Knight and his fishing partner used to get this huge fish onto the ice. To make the hole considerably bigger and not make any mistakes playing the beast, everything had to be perfect. There was no room for error. Nice job Mr. Knight, I think it will be very difficult to best this record!



My best day on the ice was March 3rd. At 60 degrees, and more warm temps to come, I decided to err on the side of caution and pack things away. Years ago it was very common to fish comfortably on the big lake until the last day of March. These winters seem to be long gone.



Recently after returning home from a clamming trip to Seabrook, a friend said that he had forgotten to put his clamming fork back into the truck... oops! Two weeks later, I myself visited Seabrook. While cleaning my clams at the boat launch, there was a young man next to me doing the same. I was just making small talk with this man and happened to mention that two weeks ago, my friend had gotten distracted and forgot his clamming fork as well as his jacket.



All focus is now on ice out. The first Salmon of spring is always special. Unfortunately, the fishing on the big lake is experiencing a severe downturn. Some of us will be fishing Squam Lake a little more.

> Good Fishing, **RON**



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Lunch Menu every Tuesday

Sunday, Tuesday and Thursday Bingo games

meets Tuesdays at 9:00 AM. All are Welcome!

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Movie Nights Weekly and

Social Events Monthly.

Monthly Entertainment

with Theme Meals



Baker Free LIBRARY Expanding our horizons together

#### **FRIENDS OF BAKER FREE LIBRARY** ~

Membership Meeting, Wednesday, March 18 at 6:30 PM. Interested in becoming a member of the Friends of the Baker Free Library? A representative from the Friends group will be holding an information session to answer questions for those interested in signing up.

**BOOKANEERS BOOK CLUB** ~ Thursday, March 19 at 4:00 PM. The Bookaneers is a book club for 4th, 5th, and 6th grade students! This group will meet on the third Thursday of each month at 4:00PM. Explore new books and genres, and take part in a craft or project inspired by each book. Copies of each month's selected title will be provided by the library. March's book discussion is Howl's Moving Castle by Diana Wynne Jones Registration is required for this event. For more info, contact Juliana at juliana@bakerfreelib.org.

**WON'T YOU BE MY NEIGHBOR?** Saturday, March 28 at 10:30 AM-12 PM. Celebrate Mr. Rogers' birthday with a special storytime that encourages kindness, community and creativity. Join Miss Juliana at 10:30 AM to hear a story, make a "card"-igan with a special message inside and let your creativity shine in a land of Make Believe. How can you spread kindness throughout your community? Registration is not required for this event. All ages welcome.

**\$5/BAG BOOK SALE** ~ Friends of BFL Book Donation Room. March 1- 31. Have you checked out the ongoing Book Sale Room in our Lower Level? Inventory is high so during the whole month of March, stop by and fill a bag of books, cd's, DVD's, audiobooks etc. for only \$5! All proceeds go to the Friends of BFL.

**BOOK DONATION DAY** ~ The Friends of the Baker Free Library will hold their next donation day on Saturday, March 28th, from 10AM-2PM. If you have any questions about what makes an acceptable donation, please call the library. \*Due to high volume, we will not be accepting romance novels at this time.

**ADULT CRAFT NIGHT** ~ Wednesday, April 1 at 6:00 PM. This month's craft is DIY Fresh Floral Arrangements. Registration is required for this event. The class is limited to 12 participants. For more info, contact Betsy at betsy@bakerfreelib.org.

**ADULT BOOK GROUPS** ~ Monthly Book Talks meet on the second Tuesday of each month at the Library, at both 12:30 and 6:30PM, and on the third Tuesday of each month at White Rock (3:30PM). To view the Book Talk List of 2020, visit our Website.

April Book Discussion: *A Gentleman in Moscow* by Amor Towles.

**Love mysteries? Try Whodunits!** This mystery-exclusive book group meets at White Rock on the first Tuesday of each month at 3:30PM.

April Whodunits Discussion: *Monkey's Raincoat* by Robert Crais. Contact Amy at amy@bakerfreelib.org to join.



www.thebowtimes.com

**YOGA CLASSES** ~ Free Community Yoga Classes. The library is pleased to offer free 1-hour yoga classes to Bow residents and library cardholders! Next classes will be held from 9-10AM on Saturday, April 18th. Bow residents, register in advance by emailing amelia@bakerfreelib.org.

**WEEKLY STORYTIMES** ~ The library hosts three weekly storytimes for our youngest patrons and their caregivers, with content designed for all age groups. Storytimes run in 6-week sessions, with a short break in between. For information about the storytimes we offer, visit www.bowbakerfreelibrary.org.

**KRAFTS 4 KIDS** ~ Wednesday, April 1 at 3:00 PM. This after-school craft program is for students in grades K-4, along with a parent or guardian. Create a new project every month! All materials will be provided by the Library. This month's craft is DIY Bug Hotels! Registration is required for this event. For more info, contact Amelia at amelia@bakerfreelib.org.

**TINKER TUESDAY** ~ Tuesday, April 7 at 3:30 PM. The group meets on the first Tuesday of each month, providing children aged 7-12 with an opportunity to explore scientific topics through hands-on activities. Registration is required for this event. For more info, contact Juliana at juliana@bakerfreelib.org.



Saturday, April 4 at 11:00 AM-2:00 PM. This event will showcase various small businesses in Bow and our surrounding communities. The purpose is to provide businesses the opportunity to meet residents and show how much there is to offer in our community. This is a casual, non-selling environment, however businesses may provide free samples, demonstrations, and promotional materials throughout the day. For a full list of participating businesses, follow Baker Free Library through social media or visit their website at www.bowbakerfreelibrary.org. Light refreshments will be available and all ages are welcome.





For those who remember Harpo Marx, we recall him for being an American comedian, actor, clown and mime artist. But today we will acknowledge his natural born talent as an accomplished harpist.

Harpo lived from 1888-1964, and was one of the famous four Marx brothers, the most famous of which was Groucho Marx. Wearing a curly reddish blonde wig, a top hat and an old, worn out raincoat, Harpo became famous for his comedic movie roles

with his brothers where he played the part of a mute. He blew a horn or a whistle to communicate.

Harpo was an accomplished, self-taught HARPIST. The Marx boys grew up poor, but when Harpo turned 20 years old, his mother gave him an old, beat up harp. Harpo was musically illiterate (so was Irving Berlin!), but spent hours every day figuring out how to tune it and strum the strings his own way. He is even said to have practiced the harp while sitting on the toilet! Early on, Harpo tuned the harp incorrectly and rested it on the wrong shoulder, but he began to develop great skill and style in his interpretation of popular and classical music. When he became wealthy and famous, he did occasionally take harp lessons from teachers both in NYC and LA. Some professors of the harp said his fingering was so deplorable that they shuddered from his technique. Harpo was aware of these elite critics, and he fixed his own harp so that no one else could play it. However, because of his naturalborn talent, many musicians and music teachers ended up approaching HIM to learn his method of harp playing.

Harpo struggled with rhythm, but played from his HEART. There are many you tubes that show him playing with a rapt, hypnotized gaze. He began to play one harp solo in each of the Marx brothers slapstick movies, and it is said that many times the audience was brought to tears with his arrangements in an otherwise hilarious movie

To keep the personal side of the real Harpo Marx in perspective, you might also find it interesting that he enjoyed golfing buck naked in the hot Las Vegas desert (when the neighbors weren't looking).

Harpo was the only harpist of his time to play popular music on the harp. That, too, brought criticism from many elite, classical harpists. My favorite you tube that shows the masterful, musical skill of Harpo Marx is the one of him playing "Blue Moon." I have never heard a more beautiful rendition of that popular standard! Please check it out.

Harpo once said "I am the most fortunate self-taught harpist and non-speaking actor who ever lived." As we all know he is the ONLY self-taught harpist and non-speaking actor who ever lived!



#### ARMED ROBBERY SUSPECT TIED TO **SIMILAR CRIMES IN SALEM**

www.thebowtimes.com

Authorities say a former Bow resident accused of robbing a Concord convenience store at gunpoint on Dec. 1 went on to rob a candy store and then a gas station, both in Salem, within a matter of days.

Matthew Roz, 41, whose address is listed in court records as homeless, escaped with approximately \$800 from the Quick Stop convenience store at 201 South Main St. in Concord before continuing on to Pearl's Candy and Nuts at 356 South Broadway St. in Salem, police said. On the evening of Dec. 6, Roz robbed the candy store's clerk at knifepoint and fled with about \$430, according to court documents.

Three days later, Salem police say Roz was captured on video surveillance footage at Klemm's Mobil station at 120 Pleasant St. in Salem, where he displayed a gun and demanded cash from the register. Police say he escaped that location with about \$400 in cash.

Roz is facing one charge of armed robbery in Merrimack County, in addition to three counts of armed robbery in Rockingham County. A third charge was brought forward in Rockingham County after police say they also identified Roz in connection with a robbery at a Gulf gas station in the city back on April 27.

Last month, a judge ordered Roz detained in Rockingham County after a grand jury there handed up the three armed robbery indictments against him. He was incarcerated Friday when police served him with a warrant charging him in connection with the convenience store robbery in Concord.

Roz appeared by video Tuesday afternoon in Merrimack County Superior Court, where he waived his arraignment on the Concord charge. Because Roz is already being detained in Rockingham County, attorneys in Concord argued before Judge John Kissinger Jr. that \$1,000 cash bail was sufficient, with the provision that Roz be monitored by pretrial services if released.

However, Kissinger strongly disagreed and ordered preventative detention for Roz. "I don't know what will happen in Rockingham," Kissinger said. "I'm concerned whether this is an appropriate bail in this county."

#### **BOW COMMUNITY MEN'S CLUB Flags Across Bow** Enrollment Form 2020

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway, two

days prior to each of the following patriotic holidays of 2020: Memorial Day, Flag Day, Independence Day, Labor Day and Veterans Day. They will be removed two days after each holiday and reinstalled for the next upcoming holiday.

The US-made flags measure 3'x5' and are made of 2-ply spun polyester with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a 10" high ground spike.

Your payment of \$40 will be used to support the Boy and Cub Scouts, Scholarships for Bow HS students, and charities within our community. Please make your check payable to the "Bow Community Men's Club." For this payment, you will share in our community's display of all our great Nation stands for.

Mail this form and payment to:

Name Street Address

Town

**Contact Phone** 

**Email Address** 

**Your Street** 

Place an "X" below for your preferred flag location. Please identify any underground utilities, sprinklers, or other buried items in the vicinity of flag locations.

> Your Driveway





Website: www.bowmensclub.org. Email: info@bowmensclub.org

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# **ON AGING – CHOICES By Donna Deos**

Life provides us many choices. Some small, some big, some seem like the same one time and again. Why does this happen?

Well, it's because we are always hoping for something more and different. In response, life gives us the choice of having that something new and different or staying with what we are used to.

Have you ever had the friend who seems to date the same person over and over - even though they are dating different people? They pick the same type of person and it never seems to work out. They are given chances to date other types of people, but they end up turning them down. See, they say they want the nice person who will love them and honor them and be a true partner, but then they come up with reasons why that person is not really who they want and they end up with the same old unhealthy relationship. And, the cycle repeats for them.

The same thing happens in other areas of your life as well. Career choices: same old stressful, no promotion, dead-end job? Same old high pressure job? Same old nobody at work takes me seriously? They always dangle the promotion in front of me but then never give it scenario. The list goes on.

The thing is, you do get presented with other career opportunities outside of that company or that industry, but do you take them? The only way to get out of any of these decision ruts is to take the road less traveled. If you keep taking the safe choice, the familiar one, the one that you are comfortable with, you will end up with the same results. You



have no idea how your life can change if you do not take the different path. So, take it sometime! "If you always do what you've always done, you'll always get what you've always got." I believe, Wayne Dyer gets credit for that one. It's so true.

This is part of why people find it easier to just stay in their home instead of moving to an easier place to live. They know this house, they know what is wrong with it, what is great about it, all of the history of it. They know what work needs to be done on it – they likely have no idea how to get it done or how they will afford it – but they know it's flaws. They know the neighbors, mostly. It is comfortable. It may not work as well as it used to for them as it's too big, things need to be fixed, the garden and yard work are too much now, and those stairs are a killer! But, they stay anyway.

They could take another path and move to a smaller place where they have all the space they will actually use and none of the space they no longer even go upstairs to check on. They could have a new place filled with other people close by to do things with and meals and activities just a short walk away. They could have all of the maintenance



and yard work taken care of as well. But, do they? What is the cost of that decision?

Sometimes it is starting all over. It's downsizing, and moving and setting up a brand new space. It's going outside of what is comfortable; and it is a lot of work.

Only you can decide if you want to choose the path less traveled by you and change your life. Only you can decide if the same thing over and over again is what you want or if you really do want that life you have dreamed of, wished for and been presented with opportunities to have, but so far haven't taken.

Look back on your life. Do you recall the people, events and opportunities that have come up in your life? Did you choose to do something new? Or, did you choose to repeat the same patterns over again?

It's not too late!

Also, if you do seem to be heading toward something new, different and exciting, be prepared for life to test you. That old boyfriend or former boss or coworker will call you up and try to temp you with the same old, same old. This is the Universe saying –

do you REALLY want the new thing? It's kind of like the devil angel on your shoulder in the cartoons that pops up to talk you out of whatever the heavenly angel was talking you into. Don't fall for it. You deserve what you have always wished for and dreamed of.

So, next time you're standing there, looking at the 2 paths: the one you've beaten clear and the one you haven't even stepped on; think about this and sit with it. Give it the time it deserves. Search your soul and find out - ifyou were gone tomorrow, would you be sorry you never even took one step down that other path? When you're 80 or 90 years old and reflecting back on your life, will you be happy with where you are and how you arrived there? Or, will you wish you had done a few things differently? What will you choose next time you stand at that fork in the road? It's not too late. There are always more chances.

> Wishing you happy and positive journeys!





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#### **BOW POLICE LOG** by Chief Margaret Lougee

#### **FEBRUARY 2020 ARREST LOG**

2/1 Mercedes Scott, 22, Canterbury, was arrested for driving under the influence; Martin Contreras, 48, Bow, was arrested for conduct after an accident and reckless operation; Timothy McLean, 53, Concord, received a summons for driving after revocation/suspension

2/4 Christopher Hawkins, 35, Franklin, was arrested on four warrants and two bench warrants for failure to appear; Paula Currier, 33, Franklin, was arrested on three warrants and two bench warrants for failure to appear

2/5 Kristy Davis, 38, Sturbridge, MA, was arrested for stalking

2/6 Osyris Draper, 18, Bow, was arrested on a warrant for simple assault; An adult was taken into protective custody for an involuntary emergency admission; Christopher Couch, 23, Epsom, was arrested on a bench warrant for driving under the influence

2/8 Kodie Trabucco, 31, Antrim, was arrested for disobeying an officer, driving after revocation/suspension; subsequent offense, and two counts of display false registration/inspection stickers

2/11 Joshua Burney, 41, Penacook, was arrested for driving after revocation/suspension; subsequent offense, and possession of a controlled drug

2/12 Bruce Young, 44, Bow, was arrested for driving under the influence, open container, and a warrant for theft by deception

2/14 Julie Macuga, 28, Burlington, VT, was arrested for two counts of breach of bail; Daniel Flynn, 26, Portland, ME, was arrested for breach of bail; Dana Dwinell-Yardley, 33, Montpelier, VT, was arrested for two counts of breach of bail; Johnny Sanchez, 24, Orono, ME, was arrested for breach of bail; Alissandra Murray, 25, Manchester, was arrested for breach of bail; Emma Schoenberg, 27, Montpelier VT, was arrested for two counts of breach of bail; Emma Shapiro-Weiss, 28, Peterborough, was arrested for breach of bail; Adam Rice, 30, South Portland, ME, was arrested for breach of bail; Oliver Stephenson, 52, Wayland, MA, was arrested for two counts of breach of bail; Cody Pajic, 21, Unity, ME, was arrested for breach of bail; Laura Simon, 66, Wilder, VT, was arrested for breach of bail; Alexander Chatfield, 58, Lincoln, MA, was arrested for breach of bail; Jeffrey Gang, 32, Cambridge, MA, was arrested for breach of bail; Abigail Mnookin, 43, Brattleboro, VT, was arrested for breach of bail; Andrew Jones, 36, Eustis, ME, was arrested for breach of bail; William Cruice, 23, Worcester, MA, was arrested for breach of bail; Jacob Powsner, 29, North Chittenden, VT, was arrested for breach of bail; Tanya Daly, 31, Concord, was arrested for disobeying an officer, and driving after revocation/suspension

2/18 Christopher Law, 51, Manchester, was arrested for driving under the influence, suspended registrations, and driving after revocation/suspension

2/20 Zachary Mullen, 21, Concord, was arrested on a bench warrant for stalking; Cole Reinacher, 21, Hopkinton, was arrested for two counts of reckless conduct with a deadly weapon, and criminal mischief; An adult was taken into protective custody for an involuntary emergency admission 2/21 Jason Morabito, 32, no fixed address, was arrested on two bench warrants; driving under the influence, and criminal trespass

2/22 Chad Pooler, 34, Bow, was arrested for driving under the influence2/23 Maxwell Johnson, 21, Bow, was arrested for conduct after an accident and negligent driving

2/26 Scott Mosher, 50, Gilford, was arrested for two counts of possession of controlled drugs; Michelle Hammond, 30, Tilton, was arrested for possession of a controlled drug, disobeying an officer, driving after revocation/suspension, two counts of falsifying physical evidence, and a warrant for failure to appear; Ernest Gallant, 42, Londonderry, received a summons for driving after revocation/suspension; Isaiah Roy, 21, Franklin, was arrested for driving after revocation/suspension, and suspended registrations

2/27 Joshua Manias, 26, Franklin, was arrested on a bench warrant for speeding

2/29 Steven Colburn, 32, Claremont, was arrested on a warrant for two counts of domestic violence; simple assault

# TOM BLANDINI SELECTED HITTER OF THE WEEK

Bow resident, Tom Blandini of the Southern New Hampshire University baseball team, was selected by the National Collegiate Baseball Writers Association as *Hitter of the Week* for the period ending Feb. 23.

The Penmen, ranked 23rd in the latest National Collegiate Baseball Writers Association (NCBWA) Division II Poll, went a perfect 5-0 last week on their trip to Myrtle Beach, S.C., outscoring their opponents, 72-15.

Blandini, who was named the Northeast-10 Player of the Week on Monday, put together a scorching week, as he slashed .619/.667/1.000/1.667, going 13-for-21 at the plate with four extrabase hits, including two home runs, eight RBI and seven runs scored. Blandini recorded multiple hits in all five games, including a trio of three-hit performances. Blandini was 6-for-9 with three RBI and two runs scored in Friday's doubleheader sweep of Felician University and Mercy College, and then went 5-for-8 with a home run, three RBI and four runs scored in a twin bill sweep of Dominican (N.Y.) College on Saturday. Blandini homered again Sunday, going 2-for-4 with a pair of RBI, including the game-winner in the sixth, as the Penmen erased a five-run deficit to defeat the University of Bridgeport, 8-5.

In eight games thus far, Blandini is 15-for-33 (.455) with a .526 on-base mark and a .697 slugging percentage, which is good for an OPS of 1.223. He has two home runs, nine RBI and eight runs scored to his credit. Blandini leads the NE10 in hits, home runs, total bases and at bats, while ranking second in RBI, fourth in runs scored, sixth in slugging, seventh in batting average and 11th in OBP.

Blandini and the Penmen kick off a four-game set at the New York Institute of Technology on Saturday, Feb. 29 with a doubleheader that begins at noon.

For the latest on Southern New Hampshire University athletics, follow the Penmen via social media on Twitter, Facebook, Youtube and Instagram. You can also sign up to receive text message alerts and e-mail newsletters about your favorite Penmen teams.

# BULLET FOUND IN Heater After Bow Home IS Shot At

by: Paul Feely

State and local police are investigating after a bullet was fired into a Bow home late on February 15, 2020.

According to Bow police, around 11 p.m. that Saturday night a homeowner on Golden View Drive reported being woken by a "loud bang" noise. The homeowner noticed a hole in the front door and called police, officials said.

Bow police officers responded and determined a bullet had entered through the front door of the residence, going through several walls before becoming lodged in a baseboard heater, where it was eventually recovered.

No injuries occurred.

On social media the next day a person claiming to be a resident of nearby Woodhill Road claimed to have heard two shots fired at 10:56 p.m., followed shortly after by the sound of a vehicle zooming by, heading south.

Police said at this time there is no evidence to suggest the Golden View Drive homeowner was specifically targeted.

Bow police request anyone in the Golden View Drive and Woodhill Road area who may have heard or seen anything tied to the incident to call and report it to an on duty officer at 603-223-3950.

Bow police were assisted in their investigation by the Sate Police Major Crimes Unit.

Courtesy N.H. Union Leader





# **11TH ANNUAL SOUPERFEST**

Concord's Coalition to End Homelessness (CCEH) will hold its 11th annual SouperFest benefit on Saturday, March 28, at Rundlett Middle School, 144 South Street in Concord. The event combines an afternoon "FunFest" for kids with an evening "SoupFest" dinner for all ages.

The afternoon FunFest begins at 2 p.m. with family activities held in the sumposium and arga

in the gymnasium and organized by the Boys and Girls Club of Greater Concord. Activities include: a bounce house, obstacle course, face painting, spin art, mini-golf, gaga pit, sumo suits, music by Nazzy Entertainment, and much more. There will also be a FunFest Kids' Zone that features games especially for



children ages 5 and under. Hot dogs, popcorn, and slushies will be available for purchase.

SoupFest dinner begins at 4 PM with Concord-area chefs serving over 30 different homemade soups from around the globe! There will



rom around the globe! There will also be artisan breads and a large selection of desserts prepared by 35 bakery chefs. Mike Bilodeau from Strings & Things Music will provide music. Food-safe bowls handcrafted by local potters and schools can be purchased for \$10 and up.

Suggested donation for SouperFestis\$10,\$5forchildrenunder

age 12, which includes admission to both FunFest and SoupFest. Tickets can be purchased online at **www.concordhomeless.org** or at the door. The CCEH website contains full event details, including a list of chefs

Profits from the event support all of CCEH programs, including the Concord Homeless Resource Center, Housing First Concord, and the Emergency Winter Shelter. SouperFest is supported by its Platinum sponsors, Hotel Concord and Merrimack County Savings Bank, along with 63 other Concord-area organizations.

Concord Coalition to End Homelessness works to eliminate the causes of homelessness in the greater Concord, NH community through a coordinated, committed, and active effort of our many stakeholders. CCEH's vision is a Concord community where everyone has a safe, decent, stable and affordable place to live.



# The Bow Times can be picked up at these 30 locations!

Baker Free Library Blue Seal Feeds Bow Mobil Bow Recreation Building Bow Town Offices Chen Yang Lee Cimos Colonial Village Supermarket Cracker Barrel-Hopkinton Concord Chamber of Commerce Concord Food Co-Op Crust and Crumb Dimitri's Pizza Dunbarton Town Office Everyday Café 7 Eleven on 3A Hampton Inn Individual Fitness Johnson Golden Harvest Lakehouse Tavern MCSB Northbound I-93 Plaza Merrimack County Savings Bank MG's Farmhouse Café Dunbarton Nina's Bistro, Hall St., Concord Pages Corner Store South Street Market Sugar River Bank, Concord Hts. Tucker's Restaurant Veano's, Manchester St. White Rock Senior Center



Bow Young at Heart Club meets the 2nd and 4th Wednesdays at 11:30 am at Bow Community Building, 3 Center Road. Members should bring a brown bag lunch and beverage. Dessert will be provided. Annual dues are \$15 for residents and \$25 for non- residents. BYAH is open to all seniors.

UPCOMING PROGRAMS – Loni Aitchison 715-2540March 25April 8Nick Allard, Occupational Therapist<br/>from Encompass Health





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#### **GIRLS ON THE RUN SPRING 2020** PROGRAM REGISTRATION NOW OPEN Inspire girls in your area to be joyful, healthy and confident!

Girls on the Run New Hampshire program registration is now open for the Spring 2020 season. There will be over 120 sites this spring, serving girls across the state. Girls on the Run is a physical activity-based, positive youth development program that teaches key life skills to girls in 3rd through 8th grade through dynamic discussions and fun games that creatively integrate running.

At each site, volunteer coaches lead teams of 8-15 girls through researchbased curricula that include lessons on confidence, treating others with care and contributing to the community. During the ten-week program, girls complete a community service project and become physically and emotionally prepared to participate in a celebratory 5k event.

To learn more about registering your girl today, visit: https://www.girlsontherunnh.org/Register-Now or contact Betsy Cissel at betsy.cissel@girlsontherun.org

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