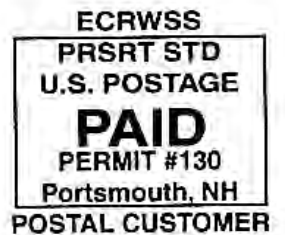


The Bow Times

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



THE BOW TIMES

VOL 28, NO. 5 May 2021

www.thebowtimes.com

FREE

TOWN WISHES CHIEF MARGARET LOUGEE WELL IN HER RETIREMENT



On April 24, 2021 the Town of Bow turned out for a parade in honor of Chief Margret Lougee's retirement.

Photos Eric Anderson

BOW POLICE DEPT HIRES 2 NEW OFFICERS



Chief Margaret Lougee swears in Thomas Ouellette, a certified 17 year veteran of law enforcement and Scott Camacho, who will be attending the Police Academy in May. Please welcome these two gentlemen to the department.

Photos Eric Anderson

HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-16

BOW TIMES URGES A VOTE FOR CHRIS LINS ON JUNE 8

by Chuck Douglas

Some of you may already know Chris Lins as "Coach Chris" with Bow Youth Lacrosse (5th/6th-grade boys). He is hoping on June 8 to be Representative Chris Lins.

Chris is originally from Springfield, Ohio and during the summer between 4th and 5th grade, he moved to New Hampshire to live with his father in Nashua, and then later settled in Bow. He attended Bishop Brady High School his freshman year, then transitioned to Concord High School, graduating in 1984.

After high school, Chris studied electrical engineering at Northeastern University in Boston, graduating cum laude in 1989. While at Northeastern, he played club lacrosse between studies and co-op assignments at Nynex in Manchester, Hollis Automation in Nashua, and Airmar Technologies in Milford.

Chris is married to his creative and supportive wife Jennifer, and together they enjoy a blended family of 8. He is currently Vice President and General Manager of Powerbox, USA, Inc. which is a creative power conversion supplier to industries globally.

He is an engineer and his job is to solve problems.

Chris is also a two-time colorectal cancer fighter. Those who have been touched by cancer, directly or indirectly, know that it changes you. It focuses you and strengthens your resolve.

Why is Chris running for office? His answer is simple. He has confidence he can make a positive difference. He has the patience, discipline, and analytical skills of an engineer. He has the energy, passion, and positive enthusiasm of a cancer survivor.

Working with our Republican Speaker of the House Chris Lins can do more for Bow than our two liberal Democrats already serving in the House. Bow and Dunbarton voters should send Chris to the State House of Representatives on June 8 in the special election.



Eric Thum riding through Gillette Stadium during the 2019 PMC

BOW RESIDENTS RIDE IN PAN-MASS CHALLENGE

On August 8, 2021, Eric Thum and Tony Sacco will join thousands of other bicyclists in the Pan-Mass Challenge. The Pan-Mass Challenge, presented by the Boston Red Sox Foundation, is the nation's original fundraising bike-a-thon, and today raises more money for charity than any other athletic fundraising event in the country. A model of fundraising efficiency, the PMC has donated 100 percent of every rider-raised dollar directly to cancer research and treatment at Dana-Farber Cancer Institute. Since its founding in 1980, the PMC has contributed \$767 million to Dana-Farber. The 2020 gift was \$50 million.

This will be Eric's 15th and Tony's 11th year in the ride. This year they will do a century ride (100 miles) in southeastern Massachusetts, starting at Babson College. Eric and

Tony have started running, hiking and biking as part of a rigorous training schedule to get in shape for the big day. To learn more about the PMC and donate to this very important cause, please visit pmc.org and search for either Eric Thum or Tony Sacco. Your donation is tax deductible and 100% will go to Dana-Farber Cancer Institute. Thanks in advance for your support!

WINNER OF 6 NH PRESS ASSOCIATION AWARDS

MONTHLY BOW TIMES IS DELIVERED TO 3,100 RESIDENTS AND BUSINESSES - FREE

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

Publisher - The Bow Times, LLC

Editor - Chuck Douglas 224-1988

Co-Editor - Debra Douglas 496-0265

Sales and Prepress Design -

Nadeane Mannion 715-8106

Nmannion1@comcast.net

Technical Editor - Denise Ehmling

dehmling@thebowtimes.com

Medical Editor - Richard Johnson, MD

Travel Editor - Chase Binder

Food Editor - Debra Barnes

Wine Editor - Annie Kenney

Staff Cartoonist - Jay Martin

Contributing Writers:

Joyce Kimball, Faye Johnson,

Donna Deos and Jacki Fogarty

Photographs - Eric Anderson

Printer - Gannett Pub. Services

Mailing address for news or

notices: 40 Stone Sled Lane, Bow

Email: **info@thebowtimes.com**

DEADLINES: 1st of the month;

classifieds must be prepaid - cash or a
check made payable to The Bow Times.

ADVERTISEMENT ERRORS:

We will be responsible for errors in
advertisements only to the extent of
correcting the same in the next issue
using space equal to the items in error.

LETTERS POLICY: We will print
letters to the editor on a space available
basis. Letters should be no more than
200 words, typed or e-mailed. Letters
must be signed with an address.

PHOTO SUBMISSIONS: We encourage
individuals and groups to submit
photos of their events or activities, by
email or call the Technical Editor.

CORRECTIONS POLICY: We strive
to present accurate news reports. We
will correct factual inaccuracies in our
coverage. We encourage readers to tell
us if we have made a mistake.

Postal Information: Bulk rate postage
paid at Portsmouth, N.H. Postmaster.
Send address changes to the Bow
Times Permit #130.

**A proud member of the New
Hampshire Press Association**

LETTERS TO THE EDITOR

VOUCHERS AND THE BUDGET

As a parent of 3 children who are and will be attending public education, I feel that wrapping SB130 (school vouchers) into the budget is an undemocratic and shameful way to consider a bill of such import. We face a \$90M decline in state funding due to low income district aid expiring and a decline in enrollment due to Covid-19. SB130 will increase that decline in funding. If there is new money available to the state, it should be used to fully fund public schools.

This bill should be a stand-alone bill and should not be buried in the budget. The bill is full of gaps and oversights involving the lack of oversight of funds that the Scholarship Organization has at its disposal. It will not help those at the bottom of the income scale because of the gap between the average voucher amount paid and the cost of tuition or loss of income to a parent if home schooling. There are limited guidelines and oversight for teacher qualification or how private schools are run. If public money being is being provided, there needs to be public oversight. Education is a right and not a privilege and we need to treat it that way in this state. SB130 may help some that legitimately need help, but it will disproportionately help those who already have means and do not have the best interest of public education at heart.

Brittany Weeks, Dunbarton

SUPPORT OF MURIEL HALL FOR THE STATE HOUSE AS REPRESENTATIVE

Join me on June 8 to vote in the Bow/Dunbarton Special Election for Muriel Hall for State Representative. Muriel's leadership at Bow Memorial School for 32 years and district-wide involvement included being an advocate for teachers and students, for leading technology training both as professional development for teachers, and at the graduate level. In addition, Muriel was actively involved on technology committees, scheduling committees, the Bow Education Association and many other committees. Muriel provides even-keeled and thorough insight into her work. When controversy arises, Muriel is able to look at both sides of a situation without rancor and helps to find productive solutions to difficult problems. One might think that in her many positions in the Bow Education Association, that administration would avoid her like Covid 19! On the contrary, Muriel and the administrators had an excellent working relationship with great respect for each other. Indeed, Muriel is a multi-talented person who brings her calm demeanor, unwillingness to go to extremes, and positive energy to empower all her constituents to be able to be at their best.

Dr. Edith Perkins, Bow

WHY I SUPPORT CHRISTOPHER LINS FOR STATE REPRESENTATIVE

Our country has gone from 0 to 60, racing toward something unrecognizable in what seems like over-night. Our constitution is being challenged on many fronts. Democrats are laser-focused on dismantling our Second Amendment, and we are moving sharply away from free speech, American sovereignty, and capitalism. It's never been more critical than now to have representatives who will fight to preserve our constitution!

The district in which I now reside (Merrimack 23 Bow/Dunbarton) has three "state rep" seats. Democrats occupy two, and the third will be filled on June 8th. Conservatives need a republican to fill that seat, so our voices are represented in Concord. Christopher Lins, also known as "Coach Chris," is the candidate I strongly support to fill that seat.

Chris is involved in and committed to his community, his church, and his coaching. He is full of energy, and he is passionate about our state and our country!

Chris shares my views on critical issues, such as protecting our First and Second Amendments, American sovereignty, education, lowering taxes, controlling spending, voter integrity, and fighting Critical Race Theory.

I strongly support Chris's candidacy and encourage Merrimack 23 voters to check out his platform!

See you at the polls on June 8th, as we cast a vote for liberty, freedom, and Coach Chris!

Michele Hay, Bow

WHAT ARE THE CANDIDATES PRIORITIES?

The special election in Bow and Dunbarton is on June 8. I know Muriel Hall. One of my kids had her as a teacher. She is a nice person. I have met Chris Lins. He is a nice person as well.

I have looked at their websites to determine what is important to them. Hall's priorities are education, environmental justice, women's issues, LGBTQ rights, and healthcare. Lins is focused on less government, watchful government spending, and defending the NH and US constitutions in all regards.

Here are my priorities: Critical race theory permeates every aspect of our culture; It purports that virtually all white people are racists, unable, and unwilling to change. It teaches that America was founded on racism.

School choice. Will parents have the option to send their children to schools they believe afford their children a better education and are more aligned with their family values?

I want to know how our candidates would foster election integrity. Do they support voter ID? How would they work to safeguard our vote?

What is the difference between equality and equity? How do they see these ideas impacting our state and our nation?

I want to know if Muriel Hall and Chris Lins would support COVID vaccination passports.

State legislatures hold power to bring these issues into reality - or to shut them down. The NH legislature has an enormous responsibility to shape the future of our state and nation. This election is important. Please join me, vote for Christopher Lins.

Susan Moltisanti, Bow

BALANCE

“Balance is not something you find, it’s something you create.”
 Jana Kingsford, Author

Government, like most things in life, functions best when there is balance. The towns of Bow and Dunbarton are presently represented in our State House by two Democrats on one side of the aisle, with a third seat waiting for an occupant. Imagine, if you will, a seesaw with two people already on one side. Where would you put the third person to create balance?

On Tuesday, June 8, 2021, we have a unique opportunity with this special election to create balance where there is imbalance. It is not a popularity contest. It is an opportunity to give a voice, my voice, to those who do not presently have one. I have talked with many conservative and moderate neighbors who feel unheard, unappreciated, and devalued throughout this campaign. Your concerns about the future of this state and our nation are real and meaningful. I share your values and concerns, and I will fight for all of us. We can make a difference together.

My sincere, prayerful hope is that you will turn out on Tuesday, June 8, 2021, to vote for me to create balance in our State House and create balance in our district. I bring more than three decades of leadership, problem-solving discipline, and a well established pattern of personal and professional success to our figurative kitchen table, along with my unique brand of energy, enthusiasm, and passion for winning as a team. We can do this! Your values, my voice! *Balance.*

Thank you, Bow, for the Primary Win on April 20th!

#LetsGoBow again for the win on June 8th

**Bow & Dunbarton - Special Election
 VOTING DAY – Tuesday, June 8, 2021
 www.chrislins.com**

Paid political advertisement
 Paid for by Rebecca Compton, 2 Whittier Drive, Bow, NH
 And Mr. and Mrs. John Martin, 96 Woodhill Road, Bow, NH

Christopher Lins

for NH State Representative

YOUR VALUES ★ MY VOICE



“Coach Chris” (center) and his kids (left to right, back row: Nikolas (bonus), Gunnar, Gavin, and Trey; front row: Demetri (bonus) and Madison holding Austin)



Where
 heart
 meets
 health.

The doctor will see you now

CMC’s Primary Care team is dedicated to keeping you and your family well. Now, more than ever, it’s important to stay on top of your health. CMC is here for you and the ones you love, offering:

- Virtual (phone or video) and in-person appointments
- Access to a network of specialty care providers
- Convenient locations throughout Bedford, Goffstown, Hooksett & Manchester
- And when life’s little emergencies and illnesses can’t wait, CMC’s Urgent Care provides the same trusted care you get from your CMC primary care provider

 **CMC** | Primary Care
CATHOLIC MEDICAL CENTER

Elect MURIEL HALL

State Representative

40 years of Teaching Experience
32 years at Bow Memorial School
36 years a Bow Resident

2019 Bow Rotary Vocational Service Award
 2019 NH EDies for Excellence in Education
 2018 Pat Keyes Technology Educator Award
 2015 NEA-NH Christa McAuliffe Leadership Award

*A vote for Muriel
 is a vote for
 strong public education!*

VOTE ★ JUNE 8
www.HALLFORNH.com



Paid political advertisement
 Paid for by Muriel Hall for State Rep. Fiscal Agent, Tim Hall, 4 Cob Rd, Bow, NH

BOW RECREATION CENTER

BEFORE AND AFTER

SCHOOL PROGRAM

**Currently accepting registrations
 for the 2021/2022 school year**

The Town of Bow is purchasing the Bow Youth Center and will be offering Before School and After School Recreation Programs at this site starting in the fall of 2021 through the Bow Parks and Recreation Department.

Registration is going on now until the program is full.
 For information about registration, please contact Bow Parks and Recreation at (603) 223 3920 or parksandrec@bownh.gov. Registration information and fall registration forms are also available on the Town of Bow Website under Government/ Parks and Recreation.

BOW SENIOR RAISES \$3,145 FOR MENTAL HEALTH

Ryan Nicholls is a senior at Bow High School and for his senior project he has been studying the effects that running has on one's mental health. As a conclusion to his senior project, Nicholls planned a 5k race in memory of a lifelong friend who committed suicide in 2019. His plan was to raise money for the local NAMI center in Concord to maybe help prevent another person, family, or community from losing someone. Nicholls created a flier including all the information about the race and it also contained a link on Go Fund Me. 55 people ran or walked the course, while there were about 5-10 more people spectating or willing to volunteer. The race lasted for just about an hour with the winning time approximately 25 minutes. A total of \$3,145 was raised for a very worthwhile cause.



MERRIMACK COUNTY SAVINGS BANK

MCSB ANNUAL PHOTO CONTEST

Merrimack County Savings Bank has launched its annual community photo contest for 2021. All eligible entries must be submitted electronically through a dedicated link located on the bank's website. The bank will not accept printed copies of the photos.

"Winning photos will share the story of our communities, including images of NH events, scenery, intriguing architecture and local attractions," noted Debbie Irwin, Assistant VP and Marketing Officer.

The contest will run until midnight, May 31, 2021.

Visit the Bank's websites at www.mvsb.com
 and at www.themerrimack.com after May 3rd for complete contest rules, details and a link to upload photos.

Heaven's Best Carpet Cleaning

- Free Estimates
- Prompt & Reliable
- Gentle Low-Moisture Treatment
- Family Owned Since 1983
- Deodorizing & Sanitizing
- Environmentally Safe
- Carpet Protectant Available
- Removes Grease

Carpet • Upholstery
 Hardwood • Tile & Grout
www.heavensbest.com

(603) 707-1313

E. COOKE

Plumbing & Heating LLC.

603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE
ericcooke137@gmail.com

54 Woodhill Road
 Bow NH 03304



www.facebook.com/E.CookePlumbingandheating.com



PROFESSIONAL RESIDENTIAL & COMMERCIAL
 POWER WASHING, SOFT WASH & ROOF CLEANING

CONTACT US TODAY FOR A FREE CONSULTATION

603-715-6195 SPRAYFORCEPW.COM

WALKWAYS | DECKS | PATIOS | DRIVEWAYS | STAIN & GRAFFITI REMOVAL & MORE...



Sugar River Bank
Est. 1895

HOME EQUITY LOANS
CONSTRUCTION LOANS
HOME MORTGAGES
REFINANCING



Local Decisions. Local Lending.

Maybe it's time to update your outdoor living space, do some home repairs or renovations. A Home Equity Loan from Sugar River bank is the smart way to get the money you need to do it.



ELLEN LESSARD
Mortgage Loan Originator
189 Loudon Road, Concord, NH
NMLS #1597160
603.227.6011
elessard@sugarriverbank.com

Sugar River Bank Locations • 800.562.3145
Newport • Warner • Concord • New London
Sunapee • Grantham

Member FDIC • Equal Housing Lender

MAY IS OLDER AMERICANS MONTH: DON'T OPEN YOUR DOOR TO GRANDPARENT SCAMS

When it comes to scammers, nothing is sacred — including the bond between grandparent and grandchild. Lately, grandparent scammers have gotten bolder: they might even come to your door to collect money, supposedly for your grandchild in distress.

These kinds of scams still start with a call from someone pretending to be your grandchild. They might speak softly or make an excuse for why they sound different. They'll say they're in trouble, need bail, or need money for some reason. The "grandkid" will also beg you to keep this a secret — maybe they're "under a gag order," or they don't want their parents to know. Sometimes, they might put another scammer on the line who pretends to be a lawyer needing money to represent the grandchild in court.

But, instead of asking you to buy gift cards or wire money (both signs of a scam), the scammer tells you someone will come to your door to pick up cash. Once you hand it over, your money is gone. But you might get more calls to send money by wire transfer or through the mail.

To avoid these scams and protect your personal information:

- Take a breath and resist the pressure to pay. Get off the phone and call or text the person who (supposedly) called. If you can't reach them, check with a family member to get the real story. Even though the scammer said not to.
- Don't give your address, personal information, or cash to anyone who contacts you. And anyone who asks you to pay by gift card or money transfer is a scammer. Always.
- Check your social media privacy settings and limit what you share publicly. Even if your settings are on private, be careful about what personal identifiers you put out on social media.

If you lost money to this kind of scam, it was a crime, so file a report with local law enforcement. And if you get any kind of scam call, report it at ReportFraud.ftc.gov.

Source: Emily Wu | Attorney, Federal Trade Commission

Sugar River Bank
www.sugarriverbank.com
Member FDIC



**NO BLEACH ROOF STAIN
REMOVAL**
ROOFSHAMPOO.com
603-682-3747

Discounts for Students with a "B" or Better Average



RELIABLE INSURANCE SOLUTIONS, LLC

Auto • Home • Commercial • Boat • RV • Motorcycle

Matt Poulin

6 Garvins Falls Road
Concord, NH 03301

603-568-2535 (cell)

603-715-2975 (office)

info@ReliableInsSolutions.com

**FREE COMPREHENSIVE REVIEW
OF YOUR INSURANCE NEEDS**
www.ReliableInsSolutions.com

VIRTUAL RUN TO SAVE HUMANITY

Bow High School Interact Club is hosting a "Run to Save Humanity." This virtual run will be held from May 22 to May 31. It is \$15 to register and the first fifty people to sign up will get free tee-shirts! A website will be launched soon, making it quick and easy to sign up.

All the money raised will benefit the Lantos Foundation. The Lantos Foundation is based in Concord and focuses on Government issues across the globe. Their goal is to build human rights and to be a voice for the nation's values. We ask that you help support Interact club and the Lantos Foundation by registering for the run to save humanity.

Please contact cmckeen@bhs.bownet.org with any questions.

SELLAR CHIROPRACTIC CLINIC

DR. JOHN A. SELLAR, BS, DC
Chiropractor

35 West Street Concord, NH 03301

concordnhchiropractor.com

sellarchiropractic@yahoo.com

PROADJUSTER

and
Impulse Instrument

603-224-3883 Fax 603-224-6782

*Voted the Region's #1 Chiropractor 2015- 15 years running.
New Hampshire Magazine's Top Chiropractors of 2014 & 2015*

HUCKLEBERRY

Propane Heating Oil

"Local, honest and committed to keeping you warm."

796-2007

License #MBE1000505

We Deliver: PROPANE • OIL • KEROSENE DIESEL
Proudly Serving Bow for 20 Years!

| | | | |
|---|---|---|---|
|  |  |  |  |
| HAZARDOUS TREE REMOVAL | ANNUAL GARDENS | TREE PRUNING | PERENNIAL GARDENS |

Call **FOR A FREE ESTIMATE!**

- **Certified arborist on staff**
- **Licensed tick and mosquito expert on staff**

603-931-2850 OR VISIT WWW.MINDEARTH.COM
LOVING WHAT WE DO, MAKES LIFE A LOT MORE FUN!



MIND EARTH
Tree and Landscape Services



Select Saturday Hours are Availabe.
WELCOMING NEW PATIENTS AND THEIR FAMILIES.

DR. CHRISTOPHER BINDER
DR. VICTOR STETSYUK
DR. JONELL HOPECK
DR. CHRISTINA McCANN
DR. ASHELY LEAVELL
DR. RISHI BHUSARI
DR. JEREMY ANDERSON

9 Triangle Park Drive, Suite 3, Concord
(Near Steeplegate Mall, off D'Amante Drive)
603-225-6331
www.generationsdental.com



Family-owned and operated for over 100 years, Generations Dental Care offers exceptional dentistry to you and your family.

 **invisalign**
platinum provider
\$500 OFF Invisalign

Valid from 5-1-21 to 5-31-21 only at Generations Dental Care*.
*Some restrictions and limitations may apply. This offer cannot be combined with any other offers or ongoing promotions.



 **GENERATIONS**
DENTAL CARE

Advanced Technology, Time-Honored Care

DON'T BE A STATISTIC!

by Jim Olson

Things are always changing in the fitness industry. And sometimes it can be difficult to keep up with it all.

Especially when fitness is something you mainly think about when you notice the scale ticking up or when your pants get a bit tight or when the weather starts feeling warmer and you start thinking about bathing suits.

We've rounded up some of the most recent fitness stats. And the results aren't surprising, and I wish they were. They are something that Individual Fitness is looking to change, however. Let me show you what I mean...

IN 2020, THE FITNESS INDUSTRY RAKED IN 37 BILLION IN REVENUE, and that is only expected to increase this year.

Wow. That is a wicked huge number. And, once you take a look at the next stat it is even crazier considering that...

MORE THAN 90% OF PEOPLE QUIT GOING TO THE GYM AFTER JUST 3 MONTHS.

It's true. In fact, many of you may recall me talking about how most gyms build their entire business model on people doing exactly this.

ON AVERAGE, 3 MONTHS IS WHEN YOU START TO SEE REAL RESULTS FROM REGULAR EXERCISE.

This is incredibly ironic because of the statistic above. Right when people are most likely on the edge of really starting to see results, the average person will be giving up.



Jim Olson

This is actually something that I got into the fitness biz to change. I hate the idea that you are supposed to count on people quitting, supposed to root for people to not hit their goals. That is the worst. All I want is for people to succeed! I want people to have fun working towards their goals, to see results, to get to the healthy and fit lifestyle that they want to live.

And the reason why you see so many people giving up, so many people abandoning their goals before they really see results is because they are not getting the help that they need to succeed.

It is as simple as that. It is because of the one size fits all approach that most gyms throw at people. This approach does not work. People

go, try for a while, don't see results, get discouraged and quit. It is heartbreaking to see.

At Individual Fitness, we don't do this. We work with you to customize a fitness and nutrition plan to help YOU reach your goals. We stay with you every step of the way, offering you support, encouragement, and all of the advice and resources that you need to succeed.

You don't have to become just another fitness statistic! Come and experience the IF Way and together, we will help you succeed and sustain your fitness and nutrition goals as a way of life!

Committed to your success,
Jim



Boost your energy and strength with a 30-day jumpstart

Want to get a jumpstart in losing those first 10lbs or a metabolism boost towards dropping those last 10lbs?

Are you ready to find more energy by burning those stubborn fat cells that are weighing you down?



INDIVIDUAL FITNESS
PERSONAL TRAINING STUDIO

Individual Results Are Guaranteed™

Concord 603-224-8096 // Manchester 603-836-5745 // info@individualfitnessllc.com

Join us for 30 days towards a healthier you!

Your 30-day jumpstart program includes (but is not limited to):

- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

Apply Today

IndividualFitnessllc.com/30

CLOSED FOR MEMORIAL DAY

Monday, May 31, 2021

The Library will be CLOSED on Monday, May 31st in observance of Memorial Day. We will reopen on Tuesday, June 1 at 10am

PHASE 4 REOPENING GUIDELINES

We are open for browsing! If you haven't stopped in to browse the stacks, what are you waiting for?! The library stacks are now open for browsing. Public computer use, individual study tables, and passport services require booking appointments in advance. To view our guidelines prior to your visit, visit our website. We look forward to seeing you!

For more info, contact us at (603) 224-7113

ADULT BOOK GROUPS

At this time, the Adult Book Groups and White Rock Whodunits for the month of May will not be meeting in person, and however the copies of "A Wrinkle in Time" by Madeleine L'Engle will be available for Book Talk members to pick up at the Circulation Desk mid-May. Please contact Amy at amy@bakerfreelib.org with any questions.

THE BARNS OF BOW

Barns of Bow is presented by Bow Heritage Commission. Photographs and Artifacts are on Display through May at Baker Free Library. The Bow Heritage Commission's Barns of Bow Exhibit continues through May. If you haven't viewed the the Exhibit, stop in any time we are open. Photographs of Bow's barns are featured along with vintage artifacts and a history relevant to each barn.



See the Hand-crank Corn Sheller currently on display in the Gallery "Inside the box, is a wheel that catches each cob and moves it to a flat rubbing wheel with grooves in it to remove the kernels from the cob. Shelled corn is dropped out, and the cob is ejected, picked clean! Corn produced in this way was most likely used for cattle or chicken feed, and to produce seed corn for the next year." - compiled by Jenn Kelly, Bow Heritage Commission March 2021.

Learn more about the Heritage Commission and their mission by

visiting their website, <https://bownh.gov/396/Heritage-Commission>.

If you are interested in being a featured artist in the Gallery in the upcoming year, contact Amelia, amelia@bakerfreelib.org. Photo courtesy of Eric Anderson



Hay Rake at the Woodbury Barn on South Bow Road.

Photo courtesy of Eric Anderson



CREATIVE KITS FOR KIDS

Monthly Take Home Activity Bundles
The library's Creative Kit program, a monthly take-home kit designed for children aged 3-12, will end in May as we transition into our Summer Reading Program. In May, our Creative Kit travels the world and explore diverse communities, with projects celebrating Mexico, Ghana, Australia, Egypt, Russia, and Morocco. If you missed this kit, head to the library's website for printables and projects you can access from home! Projects from previous kits are archived on the "For Kids" page on the library's website. To access this month's printables and projects, visit the "For Kids" page on our website.

FIRST CHAPTER FRIDAYS

Every Friday, listen to the first chapter of a middle-grade book read by our youth services librarian. This weekly podcast will introduce a range of recommended titles for readers aged 8-12, and include a mix of genres and topics. New recordings will be posted every week, and can be accessed anytime through our website. Listen on your schedule, and reserve the books you like most!

The last episode of First Chapter Fridays will air May 21st. A full archive of all previous episodes are available on our website and through your favorite Podcast

platforms. Simply search for "First Chapter Fridays" and tune in to any episode you choose.

SUMMER READING PROGRAM The library's Summer Reading Program will begin on June 21. Tails and Tales will explore the animal world, habitats and ecosystems, and include virtual and take-home offerings for children of all ages. Separate programs for pre-readers, teens, and adults will also be available.



Stay tuned for more information, and mark your calendars for June 21!



Model of Post & Beam construction on display at the Baker Free Library during the "Barns of Bow" Exhibit. Photo courtesy of Eric Anderson



ANN DIPPOLD, PRINCIPAL BROKER
Cell: 603-491-7753
ann@dippolddennehy.com



JOYA DENNEHY, REALTOR
Cell: 603-303-4288
joya@dippolddennehy.com



**DIPPOLD
&
DENNEHY**

REAL ESTATE GROUP

**PROFESSIONAL, EXPERIENCED,
LOCAL MARKET EXPERTS**

4 NORTHEAST AVENUE, BOW NH 03304
603-333-0070 WWW.DIPPOLDDENNEHY.COM



HEATHER MANN, REALTOR
Cell: 603-344-1401
heather@dippolddennehy.com



BIANCA CONTRERAS, REALTOR
Cell: 603-491-8849
bianca@dippolddennehy.com

APRIL 2021 REAL ESTATE SALES IN BOW

| ADDRESS | BEDROOMS / BATHS | SQUARE FOOTAGE | ACREAGE | PRICE |
|--------------------|----------------------|------------------|------------|-----------|
| 65 Dicandra Drive | 2 Bedrooms 2 Baths | 1512 Square feet | Condo N/A | \$225,000 |
| 507 Hall Street | 2 Bedrooms 1 Baths | 753 Square feet | .23 acres | \$285,000 |
| 45 Grandview Drive | 3 Bedrooms 3 Baths | 2592 Square feet | 1 acres | \$382,000 |
| 6 Surrey Drive | 3 Bedrooms 3 Baths | 2875 Square feet | 1.05 acres | \$460,000 |
| 6 Pine Crest Drive | 3 Bedrooms 2 Baths | 2852 Square feet | 1.1 acres | \$465,000 |
| 22 Parsons Way | 3 Bedrooms 3 Baths | 2260 Square feet | .92 acres | \$536,500 |
| 45 Woodhill Road | 3 Bedrooms 3 Baths | 2744 Square feet | 3.77 acres | \$549,000 |

APRIL 2021 REAL ESTATE SALES IN DUNBARTON



| ADDRESS | BEDROOMS / BATHS | SQUARE FOOTAGE | ACREAGE | PRICE |
|------------------------|----------------------|------------------|---------|-----------|
| 26 Stark Highway South | 3 Bedrooms 3 Baths | 2400 Square feet | 2 acres | \$575,000 |

Sales Data for April 2021 provided by the NHMLS.

**ROADSIDE CLEANUP
by MEN'S CLUB & SCOUTS**



The Bow Community Men's Club and the Scouts picked up roadside trash on Saturday April 24th.



PARKERS
ACCOUNTING, CPA

Corporate and Personal Tax Preparation
Accounting, Bookkeeping & Financial Consultations



603-715-1402
www.ParkersAccounting.com
PO Box 729, Concord, NH 03301

BOW GARDEN CLUB

by Joyce Kimball

SPRING HAS SPRUNG!

SPRING PLANT SALE! The garden club's annual Spring Plant Sale is back and will be held on Saturday, May 29th from 9 a.m. to 12 Noon at the Bow Community Center, "Rain or Shine."

Due to Covid restrictions this year's plant sale will be held outside, under pop-up tents. We have a full selection of bedding plants, hanging plants, herbs, veggie starters and more! Looking for a bargain? Our members share a few of their "tried and true" perennials they have lovingly removed from their own gardens to make room for the plant's new growth and/or other planting. These are sold at very low prices!



The
BOW GARDEN CLUB
presents its annual

Plant SALE

Saturday, May 29th
9:00 am to Noon

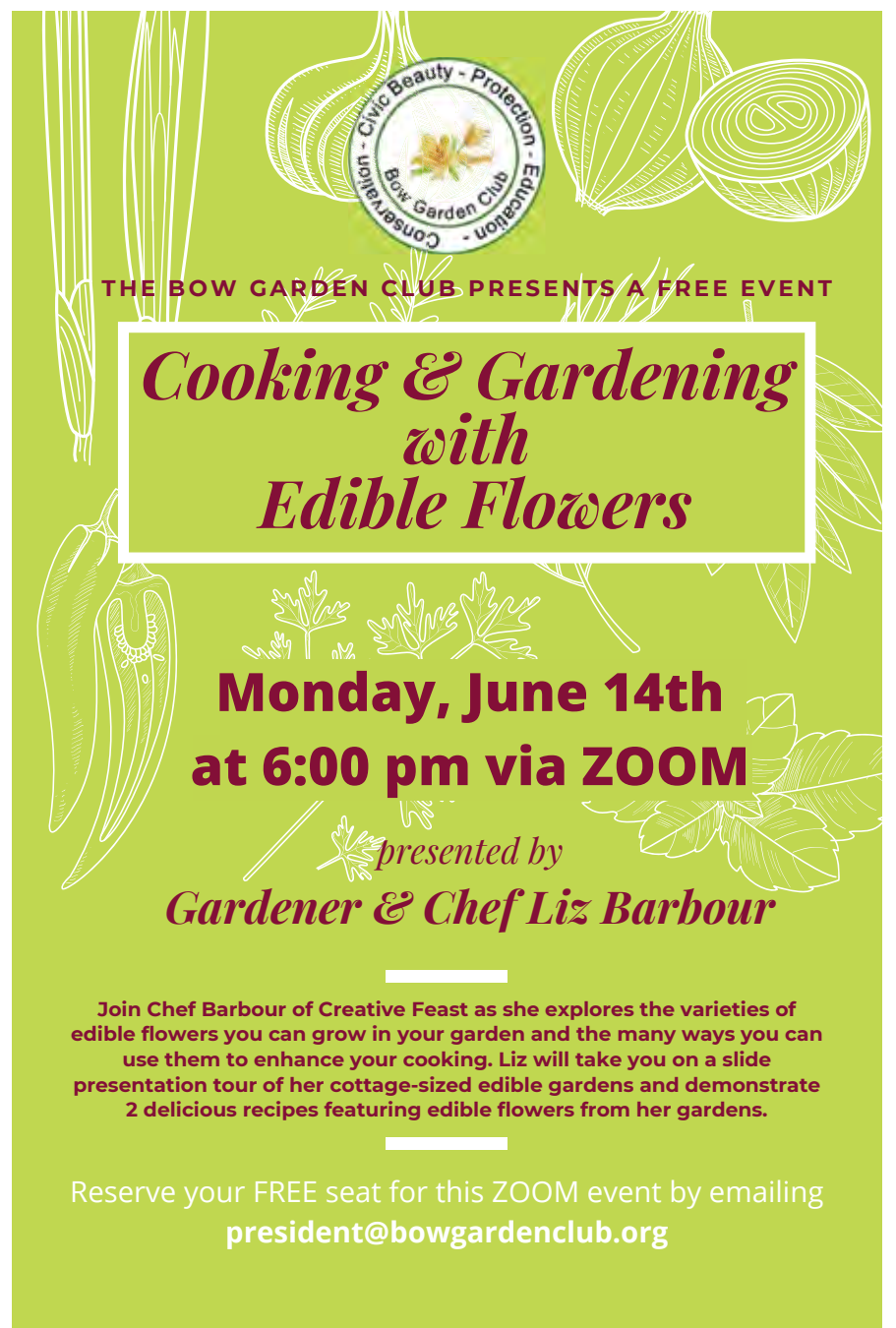
**BOW COMMUNITY
BUILDING PARKING LOT**

This will be an outdoor event with tents set up in the parking lot displaying the plants for sale. Due to Covid please help by following distancing guidelines.



JOIN THE BOW GARDEN CLUB IN 2021

Now is a great time to consider Bow Garden Club membership! We hope to resume in-person meetings in September, with a speaker from the NH Audubon on "Protecting Our Pollinators," followed by local chiropractor Dr. Chelsea Doughty speaking on "The Ergonomics of Gardening," and finally a presentation by Jane Kelly, a well-known animal rehabilitator often seen on the TV program "North Woods Law." Jane will be bringing a few of her favorite "raptors" with her in November and will be giving a talk on "Birds of Prey." Between now and our end-of-the year annual meeting and holiday brunch, we will be holding several informative ZOOM meetings featuring both presenters and "mini meetings." The garden club meets monthly on Monday evenings beginning at 6 p.m. We are a friendly group, sharing our garden knowledge (and questions), working together to keep Bow beautiful and giving back to the community we love. Currently we enjoy a membership of 58 women and men, spanning all ages and backgrounds, who all share the love of gardening, community, and an interest in learning more about each. Please visit our website, www.bowgardenclub.org or contact Club President and current Membership Chairman Keryn Anderson at president@bowgardenclub.org.



THE BOW GARDEN CLUB PRESENTS A FREE EVENT

Cooking & Gardening with Edible Flowers

Monday, June 14th
at 6:00 pm via ZOOM

presented by
Gardener & Chef Liz Barbour

Join Chef Barbour of Creative Feast as she explores the varieties of edible flowers you can grow in your garden and the many ways you can use them to enhance your cooking. Liz will take you on a slide presentation tour of her cottage-sized edible gardens and demonstrate 2 delicious recipes featuring edible flowers from her gardens.

Reserve your FREE seat for this ZOOM event by emailing
president@bowgardenclub.org

SING ON

operanorth

TICKETS NOW ON SALE FOR OPERA NORTH'S SUMMERFEST 2021



Opera North brings high-flying circus artistry and vocal virtuosity together again under the Big Top (with open sides). Pulsating Latin rhythms blend with circus acrobatics, juggling, and aerial work as Opera North's Resident Artists bring sultry, sizzling, sensational favorites from Bizet, Lecuona, and Puccini to a joyous crescendo. Havana Nights promises to be a fun-filled family outing.

Friday, July 16 at 7:00 PM Saturday, July 17 at 2:00 PM
Saturday, July 17 at 7:00 PM Sunday, July 18 at 2:00 PM
Blow-Me-Down Farm Tickets: \$50 or \$25

**FOR SUBSCRIPTIONS AND INDIVIDUAL TICKETS
GO TO: WWW.OPERANORTH.ORG**

OWNING WHO YOU ARE

By Donna Deos

Do you know who you are? Who you *really* are? Do you like that person?

Are you tired of others trying to tell you who you are? Do they tell you things you don't like and don't believe? Why do you hang out with these people? Why do you listen to them?

It's time for you to own who you really are and stop listening to who others tell you who are. They are only doing this because they want and need you to fulfill a role for them. However, this may not be a role you wish to fulfill for them any longer.

That's okay! Time changes things. Living, learning and growing changes things, and it changes us. What we used to think, say, do and like are now very different from how they used to be. Did you like Brussels sprouts or spinach as a kid? I didn't either. Do you like them now? Maybe, maybe not. I'm sure there are other examples of how you have changed over the years.

The more we change the more uncomfortable we can make the people around us. Unless, they are changing and growing with us.

I saw a funny cocktail napkin that drives home the point I am heading toward. It says "Thank you to the ones who came into my life and made it better... and to the ones who left and made it amazing!"

Sometimes people come into our lives to help us become better people and sometimes they come into our lives to help us realize we are already pretty great and don't need to be, say and do the things they want us to.

Another quote I've liked over the years is "If you can't be a good example, then you can serve as a horrible warning." Some people (each of us at different times) can be the horrible warning we need. Sometimes, others provide that service or example for us. We all need the horrible



Giving you confidence and control in life's toughest situations.

Call Now!



Donna Deos, LLC

Spiritual Teacher & Transitions Specialist

Counseling, Coaching & Education

for senior citizens and their adult children regarding the challenges of aging

603-224-4178

www.donnadeos.com

1-855-772-2622

warnings so we see the things that make us shine way above that.

Confidence comes from many places. Sometimes it is from our successes, sometimes it is from our failures. Often, if we are paying attention, we can learn from the successes or failures of others. This last option affords us to avoid having to live through the failure ourselves. However, failure is sometimes the greatest and most lasting lesson we can have.

So, who are you? What have you done and become that really makes you proud? Even if other people put it down – if it makes you happy and proud, that is what matters. If you make the world a better, brighter, happier place simply by being in it, then you are rocking it, my friend. Keep up the good work.

I know, that you know, there are things that you do and say that really make yourself and others feel better and go out and do good things. You are making a difference each and every day and you should feel proud about that. No matter what "they" might say. Who cares about what they think anyway? If they aren't helping to lift you up, you don't need them in your life. Now, don't go doing anything drastic just yet. Sit with this for a while first. Just realizing who the people are in our lives that don't lift us up is enough of a first step. Doing something about it comes later! Happy May! Donna

BOW MEMORIAL SCHOOL DOOR DECORATION CONTEST

by Nancy Rheinhardt

Schoolcation before Vacation. This weeklong event was sponsored by Peer Outreach Club, coordinated by school counselors, Mrs. Estefan and Mr. Rider. The goal of the club is to build leadership in students and build a positive school community and culture.

The Donut Door pictured on the left was the PAWS door, Positive Acclimation to the World for students winner which is the middle school's special needs classroom. **All photos courtesy of Eric Anderson**



Donut Door – PAWS Door



Tree Door – Grade 8



Sponge Bob Door – Grade 8



Poetry Door - Grade 5

COLLEGE FUNDING CHOICES

by Dominic Lucente

Explore the different ways you can help finance the costs of higher education.

How can you help cover your child's future college costs? Saving early (and often) may be key for most families. Here are some college savings vehicles to consider.

529 college savings plans. Offered by states and some educational institutions, these plans allow you to save up to \$15,000 per year for your child's college costs without having to file an I.R.S. gift tax return. A married couple can contribute up to \$30,000 per year. However, an individual or couple's annual contribution to a 529 plan cannot exceed the yearly gift tax exclusion set by the Internal Revenue Service. You may be able to front-load a 529 plan with up to \$75,000 in initial contributions per plan beneficiary—up to five years of gifts in one year—without triggering gift taxes.^{1,2}

Remember, a 529 plan is a college savings plan that allows individuals to save for college on a tax-advantaged basis. State tax treatment of 529 plans is only one factor to consider prior to committing to a savings plan. Also, consider the fees and expenses associated with the particular plan. Whether a state tax deduction is available will depend on your state of residence. State tax laws and treatment may vary. State tax laws may be different than federal tax laws. Earnings on non-qualified distributions will be subject to income tax and a 10% federal penalty tax.

If your child doesn't want to go to college, you can change the beneficiary to another child in your family. You can even roll over distributions from a 529 plan into another 529 plan established for the same beneficiary (or another family member) without tax consequences.^{1,2}

Grandparents can also start a 529 plan or other college savings vehicle. In fact, anyone can set up a 529 plan on behalf of anyone. You can even establish one for yourself.^{1,2}

COVERDELL ESAS. Single filers with modified adjusted gross incomes (MAGIs) of \$95,000 or less and joint filers with MAGIs of \$190,000 or less can pour up to \$2,000 into these accounts annually. If your income is higher than that, phaseouts apply above those MAGI levels. Money saved and invested in a Coverdell ESA can be used for college or K-12 education expenses.³

Contributions to Coverdell ESAs aren't tax-deductible, but the accounts enjoy tax-deferred growth, and withdrawals are tax-free, so long as they are used for qualified education expenses. Contributions may be made until the account beneficiary turns 18. The money must be withdrawn when the beneficiary turns 30, or taxes and penalties may occur.^{3,4}

UGMA & UTMA ACCOUNTS. These all-purpose savings and investment accounts are often used to save for college. They take the form of a trust. When you put money in the trust, you are making an irrevocable gift to your child. You manage the trust assets until your child reaches the age when the trust terminates (i.e., adulthood). At that point, your child can use the UGMA or UTMA funds to pay for college; however, once that age is reached, your child can also use the money to pay for anything else.⁵

Using a trust involves a complex set of tax rules and regulations. Before moving forward with a trust, consider working with a professional who is familiar with the rules and regulations.

Imagine your child graduating from college, debt-free. With the right kind of college planning, that may happen. Talk to a financial professional today about these savings methods and others.

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

Financial planning offered through Northeast Planning Associates, Inc. (NPA) a registered investment adviser. Securities and advisory services offered through LPL Financial, a registered investment adviser and member FINRA/SIPC. Insurance products offered through NPA, LPL Financial, or its licensed affiliates. The Credit Union, NPA and LPL Financial are unaffiliated.

This material was prepared by MarketingPro, Inc., and does not necessarily represent the views of the presenting party, nor their affiliates. This information has been derived from sources believed to be accurate. Please note - investing involves risk, and past performance is no guarantee of future results. The publisher is not engaged in rendering legal, accounting or other professional services. If assistance



Think this
happens by
chance?

NOT A CHANCE.

Maintaining a vibrant lawn and landscaping requires year-round effort. Thoughtful planning, thorough preparation of all the necessary tools, a decent amount of hard work, and making adjustments for seasonal changes are all important. But sometimes a little help from a professional can be a key to success.

Similarly, your plan for retirement should be carefully crafted to your personal dreams and objectives. An experienced financial professional can provide valuable insight and a comprehensive strategy designed to help you work towards your goals and the vibrant future you and your family are dreaming of.

**A SUCCESSFUL RETIREMENT IN YOUR FUTURE
STARTS WITH CREATING A PLAN TODAY.**



Dominic M. Lucente, CFP®, RFC®
CERTIFIED FINANCIAL PLANNER™
NORTHEAST PLANNING ASSOCIATES, INC.
425 Hooksett Road · Manchester, NH 03104
(603) 645-8131 · dominic.lucente@lpl.com
www.dlucente.com



21-091 Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or their affiliates, which are separate entities from, and not affiliates of the credit union, are:

Not Insured by NCUA or Other Government Agency | Not Credit Union Guaranteed | Not Credit Union Deposits or Obligations | May Lose Value

is needed, the reader is advised to engage the services of a competent professional. This information should not be construed as investment, tax or legal advice and may not be relied on for the purpose of avoiding any Federal tax penalty. This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. All indices are unmanaged and are not illustrative of any particular investment. Prior to investing in a 529 Plan investors should consider whether the investor's or designated beneficiary's home state offers any state tax or other state benefits such as financial aid, scholarship funds, and protection from creditors that are only available for investments in such state's qualified tuition program. Withdrawals used for qualified expenses are federally tax free. Tax treatment at the state level may vary. Please consult with your tax advisor before investing.



Citations

1. IRS.gov, March 5, 2021
2. FINRA.org, 2021
3. IRS.gov, March 5, 2021
4. TheBalance.com, April 27, 2021
5. Finaid.org, 2021

Big Bear
EXCAVATION

**We Repair & Replace
Septic Systems
Remove Stumps
Back Yards
Additions & Garages**

www.BigBearExcavationNH.com

FREE ESTIMATES



**Call Dick Siciak
603-228-9535**

**7 Branch Londonderry Turnpike W.
Bow, New Hampshire 03304**



**PROVIDING PEACE OF MIND
ONE FAMILY AT A TIME!**

**ELDER LAW + ESTATE PLANNING
PROBATE LAW + VETERANS PENSION
SPECIAL NEEDS TRUST/DISABILITY PLANNING
CONSERVATORSHIPS/GUARDIANSHIPS
ASSETS PROTECTION/MEDICAID PLANNING**

**9 Van Ger Drive, Bow, NH 03304 Tel: (888) 471-2903
Email: Ben@KiniryLawFirm.com www.kinirylawfirm.com**

SELECTED CIRCUMSTANCES TO REVIEW YOUR ESTATE PLAN.

You have a Last Will & Testament/Trust you signed five years ago sitting in a safety deposit box at your bank, so you're all set, correct? This is a fairly common misconception about Wills/Trusts (actually, an estate plan consists of many documents).

Estate Plans, like life, are not static. There is no doubt that your circumstances change in the course of time and will continue to do so for your lifetime. This is probably a good thing, otherwise how boring would life be?

This brings up the need to spend some time evaluating what has changed in your life since the time you established your estate plan or last updated it. What has changed? Given the changes, should you be considering amending and/or updating your estate plan to match up with your new reality?

Here is the point: if any of the following events occur, perhaps you should review the potential effect(s) on your estate plan to determine whether you desire any changes (if I am assisting, I may tell you there are required changes). The list below is not intended to be all inclusive, which may be obvious considering such a list would be significantly longer, don't you agree?

1. If you do not have reasonably current versions of Living Wills (documents which express your feelings about not being kept alive artificially in the event of catastrophic illness), Health Care Powers of Attorney (documents relating to your medical treatment in the event of your incapacity) and Durable Powers of Attorney (which can be very important documents governing the administration of your assets in the event of your incapacity and, if appropriate, authorizing your agent to make gifts to intended donees during your incapacity for asset protection or other purposes), you should consider a review and an update of those documents;
2. If you are concerned about the possibility of catastrophic expenses (nursing home care, etc.) and are interested in learning whether you might be able to protect some of your current assets, you should review your overall circumstances (actually, you should have an asset protection strategy in place today);
3. Birth or adoption of a child (whether yours or a beneficiary's) (Depending on the provisions of a Will/Trust, birth or adoption of a child may also result in unintentional consequence);
4. Illness, disability, or death of a beneficiary;
5. Concern about any beneficiary's financial responsibility (seeing more of this in the course of time);
6. Illness, disability or death of named Executor, Trustee, or Guardian;
7. Change in attitude toward a named Executor, Trustee, or Guardian;
8. Change in economic condition, including an increase or a decrease in asset holdings or values;

9. If you have made lifetime gifts to some, but not all, of a class of beneficiaries whom you would expect to treat equally, you may need to address that fact in your estate plan (including the possibility of establishing equalizing gifts in your estate planning documents to avoid unintended consequences);

10. Marriage, separation or divorce of you or any beneficiary (or if your child's marriage is in jeopardy, you may want to take appropriate actions);

11. Change in the form or ownership of asset holdings (for example, joint tenancy with a right of survivorship vs. sole ownership; change in the actual owner of the asset; etc.);

12. Acquisition of real estate in another state;

13. If you have a Revocable Trust (sometimes called a "Living Trust") as part of your plan, a change in your desires regarding your final disposition and nomination of Trustees;

14. If you do not have a Revocable Trust as part of your plan, you may wish to consider whether establishing a Revocable Trust could improve your plan;

15. Change in business interests (for example, acquisition of a new business; acquisition of a partnership or other ownership interest in an existing business);

16. If you own an interest in a business and do not have a current succession plan in place, you should review your options;

17. Retirement from a business or profession;

18. Changes in ownership of life insurance, life insurance beneficiary designations or insurability;

19. Changes regarding retirement plans, including beneficiary designations; integration of the benefits with your overall planning goals. You should be aware that in recent years retirement benefits have assumed an increasingly important place in estate planning. If you have significant retirement benefits, you should review your plan to be sure that you are taking advantage of all applicable opportunities for continued deferral of the benefits, and to be sure that the benefit provisions are properly integrated within the scope of your overall estate planning goals; and

20. Change in your state of residence (for example, if you become a resident of Florida, and if you have a Revocable Trust, there may be compelling reasons to fund your Revocable Trust during your lifetime). If you do not have a Revocable Trust, you may wish to establish one.

QUESTIONS: If you have questions about the contents of this article (or any other questions really), or if you would like to review any aspect of your current estate planning arrangements, you should definitely contact someone who practices Elder Law.

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

603-682-3747



**Roof Stain Removal
WWW.ROOFSHAMPOO.COM**



Your protection is our profession.

HOME - AUTO - MOTORCYCLE - BOAT - RV - LIFE - BUSINESS

500 South St Bow, NH



Visit us on
Facebook

**603-224-5394
alliedia.com**



COWAN & ZELLERS

REAL ESTATE PROFESSIONALS, LLC.

30 South Main Street
Concord, NH 03301
603-225-3333
info@cowanandzellers.com

Serving Hopkinton and Surrounding Communities.



Hopkinton Real Estate Sales – APRIL 2021

| ADDRESS | BEDROOMS / BATHS | SQUARE FOOTAGE | ACREAGE | PRICE |
|-----------------------|----------------------|-------------------|-------------|-----------|
| 5 Pamela Drive | 3 Bedrooms 2 Baths | 1,820 Square Feet | Mobile home | \$130,000 |
| 56 Maple Street | 1 Bedrooms 2 Baths | 854 Square Feet | 0.53 Acres | \$275,000 |
| 7 Woodwells Garrison | 3 Bedrooms 1 Baths | 1,144 Square Feet | 0.5 Acres | \$290,000 |
| 56 Maple Street | 2 Bedrooms 3 Baths | 1,395 Square Feet | 0.53 Acres | \$375,000 |
| 56 Maple Street | 2 Bedrooms 3 Baths | 1,323 Square Feet | 0.53 Acres | \$379,000 |
| 177 South Road | 3 Bedrooms 3 Baths | 2,234 Square Feet | 1.56 Acres | \$475,000 |
| 403 Maple Street | 9 Bedrooms 3 Baths | 3,230 Square Feet | 58.04 Acres | \$515,000 |
| 124 Bassett Mill Road | 4 Bedrooms 2 Baths | 2,408 Square Feet | 7.2 Acres | \$570,000 |
| 62 Putney Hill Road | 5 Bedrooms 4 Baths | 3,848 Square Feet | 5.6 Acres | \$750,000 |

Sales Data for April 2021 provided by the NHMLS.

LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!



Mary Cowan



Calvin Herst



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh



Rolf Gesen

THE AREA'S #1 INDEPENDENT REAL ESTATE COMPANY

Based on combined Real Estate Sales in Merrimack County, MLS for 3 years 2018 – 2020!

CONTOOCOOK CHAMBER ELECTS MEREDITH LEE

Meredith Lee is the newly elected President of the Contoocook Chamber of Commerce. She was born and raised in Hopkinton, and her maiden name is Astles. She owns KnockKnock Social, a marketing agency with an office in the Village, at 910 Main Street.

Together, with LeeAnne Vance (Indigo Blues), the Chamber Board decided to build a stronger relationship with the retail businesses in the Village, by merging Explore Contoocook with the Chamber of Commerce.

For those of you who do business in Hopkinton, and have been a part of Explore Contoocook, you can become an official member of the Chamber by visiting its new website. It is easy to sign-up with a choice of annual or monthly membership: www.contoocookchamber.com/membership

“Our inbox is always open, and we welcome everyone to send along a note of introduction. We are sincerely interested in getting to know all of you, and what you would like to see from the Chamber,” said Meredith Lee.

“Our value is in our partnerships, and we look forward to getting to know each of you,” she concluded.



HOPKINTON TOWN LIBRARY CALL FOR COVID ARTWORK ATTENTION ALL ARTIST AGES 15 TO 115

The Hopkinton Town Library Gallery Committee is seeking two and three dimensional artwork created during the Covid 19 Pandemic.

This may be artwork created to escape the current situation or inspired by it.

All media welcome.

We will be installing the new show on the walls of the gallery, and throughout the library in September 2021.

Three Dimensional work will be displayed in our cases in the library and Community Room. The Gallery Committee will review all submissions and select the items that will appear on the gallery walls.

Please submit photos of your work, with your name and a note regarding dimensions and medium by July 6th to:

info@hopkintontownlibrary.org

One submission per individual please.





Hopkinton - Contoocook TOWN CRIER!

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

TWO VILLAGES - ONE HEART

► **TOOKY VILLAGE BARBERSHOP** will be walking June 5th with this year's Best Buddies Friendship Walk. There are SQUAD TOOKY T-shirt's at the shop to go towards the Best Buddies organization. Register Now and come hang with us June 5th.

If you would like to join Squad Tooky email tookyvillagebarbershop@gmail.com or send a message on Facebook.

► **BACK IN THE SADDLE** Equine Therapy Center in Hopkinton is offering a summer camp for ages 5 to 12. Tuesday through Friday 9am to 3:30pm. Dates: week one June 29-July 2, week two July 6-9, week three July 13-16. If the first three weeks fill, then two additional weeks in August will open. Information: 746-5681, info@bitsetc.org, www.bitsetc.org.

► **CHOOSE & DISPLAY ARTWORK** Choosing & displaying art for your home, May 22 at 10 am. Virtual discussion led by Laura Johnson, artist and designer at Design 645 LLC in Hopkinton. Like most people I've been spending a lot of time at home these days. Staying at home so much makes me want to finish up unpolished spaces and I've been doing just that. Artwork is one of the items that can help polish off your space. During this meetup we'll be discussing how to choose and display artwork in different areas of our homes. We'll discuss guidelines for hanging artwork so it best fits the physical space and using artwork to help define the personality of your home. We will have time for questions and discussion. Register at www.twovillagesart.org.

► **TOWN LIBRARY** The Hopkinton Town Library Summer of Fun. The theme this summer is *Hello Hopkinton! Celebrating Our Community*. Programs for: Children entering kindergarten and younger, Children entering 1st and 2nd grade, Children entering 3rd-5th grade, Children entering 6th grade and up. Two Sessions! Sign up for one or both. June 29-July 16 and July 27-August 3. Registration will begin online on Tuesday, June 1st. Interning Opportunities are available for children entering 6th grade and up. We're working on plans to make the Summer of Fun a fun and safe experience for children and families, so we'll be including a combination of virtual and in-person programming. As always, there will be reading, crafts, and programs, a Summer Quest, and Story Walk™. More information will follow!

The Hopkinton Town Library is open. Please wear masks covering nose and mouth. Information regarding youth programs and story hours can be found by calling the library or contacting Leigh Maynard at lmaynard@hopkinton-townlibrary.org. The library can be reached at 746-3663. Up to date information available on the web site - <https://www.hopkintontownlibrary.org>.

► **ART CAMP** The St. Andrew's Making Your Mark team has begun planning the ninth season of Making Your Mark Art Camp. The 2021 dates will be July 19 - 23, whether in person at the Hopkinton parish house or remote via Zoom. All rising 4th, 5th and 6th graders are welcome to apply by picking up an application in the church office or emailing Vickie Haines in pattern77@gmail.com. As in past years there is no camp fee, simply a child's desire to share in a week of creativity, companionship, and fun in a safe and welcoming atmosphere. Any questions? Please email lucycrichton@gmail.com or pammueler7@gmail.com. Registration for the 2021/2022 school year is now taking place at Harold Martin School. Call the school office at 746-3473 for registration information. Preschool for children who will be 3 and 4 yrs on or before September 30th. This is a tuition based program and enrollment is filled by lottery. Kindergarten is for children who will be 5 yrs old on or before September 30th. First grade is for children who will be 6yrs old on or before September 30th.

► **WORK SONG FARM** has opened their CSA registrations for the 2021 season. Full and half shares are available. Information at - <http://www.worksongfarm.com/join-our-csa>.

► **FARMERS MARKET** The Contoocook Farmers Market is outside. Every Saturday 9am-12n at the Tooky Gabezo. Stay up to date by visiting the Facebook page Contoocook Farmers' Market.



► **EMPLOYMENT OPPORTUNITY** The Hopkinton Recreation Department is accepting applications for summer employment! For more information can be found at www.HopkintonRec.com.

► **WRITING CAMP** for 3rd grade through high school. Can attend one or both weeks. June 28th - July 2nd and/or August 16th-20th. May be virtual or hybrid or in person. Contact Joan Follansbee (joanfollansbee1970@gmail.com) or Trish Walton (trishwalton65@gmail.com). \$140 half day, \$190 full day.

► **BRITISH SOCCER CAMP** will be held August, 23-27. Registration is open at www.HopkintonRec.com.

► **HAWK BASEBALL CAMP** will be held June 28-July 1 (rain date July 2) from 9:00-3:00. This is a kid friendly opportunity for young players 7-15 to learn the skills and fundamentals that will help them gain confidence and improve their game. In the morning Hopkinton High School coaches and players will provide instruction for each age level on different fields. Campers will have the opportunity to showcase what they've learned in afternoon games. For a registration form, please call Dave Chase at 603-545-2960 or email 4chaseteam@comcast.net SPACE WILL BE LIMITED.

HOPKINTON POLICE DEPT.

8 Arrests 5 Accidents 383 Traffic Stops APRIL 2021 STATS AND ARREST LOG

04/02/21 Jennifer Johnson, 26, of Hillsboro, was arrested for Resist Arrest/Detention and Simple Assault; Bodily Injury.

04/02/21 Brenda Cook, 27, of Hillsboro, was arrested for DUI.

04/05/21 Kathleen Murphy, 38, of Hooksett, was charged with Drive After Suspension/Revocation and Suspension of Vehicle Registration.

04/07/21 Kurtis Lachance, 29, of Hillsboro, was charged with Drive After Suspension/Revocation and Suspended Registration.

04/09/21 Benjamin Maine, 32, of Concord, was charged with Taking w/o Owners Consent.

04/12/21 Taylor Blanchette, 25, of Warner, was charged with Criminal Mischief.

04/17/21 Kristin Card, 41, of Contoocook, was arrested on Warrants.

04/28/21 Gregory Hurst, 51, of Henniker, was arrested for Disobeying an Officer, Drive After Revocation/Suspension; DUI and Controlled Drug: Methamphetamine<1oz.

Alnôbak Moskijik Maahlakwsikok: ABENAKI PEOPLE EMERGING FROM ASHES

Art Show & Sale | Friday, May 7 – Friday, May 28



Howling Wolf | Francine Poitras Jones
Nulhegan Band of the Coosuk Abenaki Nation



View from Little Ascutney | Amy Hook-Therrien
Koasek Band of the Koas Abenaki Nation

Featuring tribal members of the Abenaki People as well as community partners (non-tribal members) in a variety of traditional and contemporary mediums.

Thanks to the sponsorship of New England College, 25% off all sales will be donated to the Abenaki Trails Project and the Vermont Abenaki Artists Association to further their work in raising awareness of present day Abenaki People and culture.

Wednesday through Friday 1:00 -5:00 pm
Saturday & Sunday 10:00 am - 2:00 pm

Masks and social distancing are required. The gallery attendant will let you know if the gallery is at capacity.

846 Main Street, Contoocook | www.twovillages.org

Sponsored by New England College, in partnership with Abenaki Trails Project, Vermont Abenaki Artists Association, Abenaki Art & Education Center, Mt. Kearsarge Indian Museum, and Hopkinton Historical Society. We are excited to amplify the voices, culture, history, and present experiences of the Abenaki People.

24TH ANNUAL FALCONS BOOSTER CLUB GOLF TOURNAMENT

**Thursday, June 24, 2021 at 9:00 AM
BEAVER MEADOW**

**1 Beaver Meadow Drive, Concord
Registration: 8:30 - 9:00 AM**



**Shotgun Start
Scramble Format
Putting, Longest
Drive & Closest to
the Pin Awards.
Continental Breakfast
& Lunch Included**

**Sponsors and foursome Golfers are needed!
Register at www.bowboosterclub.com**



Saturday, June 5 • 8:00 am - 12:00 pm

Bow Town Pond

Corner of Knox Hill and Bow Center Road



Cub Scout Pack 75 invites boys and girls (up to age 13) to participate in a **FREE** Fishing Derby at the Bow Town Pond. Bring your pole and plan to have fun and create memories. **Catch you there!**



Learn more about Pack 75 and how to join the Cub Scout Family Program at www.Pack75Bow.org or email cubmaster.pack75bow@gmail.com. Cub Scouting is for boys and girls in Kindergarten through 5th grade.

BOW POLICE LOG

by Chief Margaret Lougee

APRIL 2021 ARREST LOG

4/02 Timothy Kingsbury, 36, Loudon was arrested for possession of a controlled substance, transporting drugs in a motor vehicle, falsifying physical evidence and a warrant for prohibitions.

4/03 Richard Dias, 61, Hooksett was arrested for possession of a controlled substance.

4/05 Zinamarie Colby, 36, Concord was arrested on a warrant for transporting drugs in a motor vehicle and possession of a controlled drug; Bill Wyman, 31, Franklin, was arrested for driving under the influence and open container.

4/06 John Woods Giosi, 31, no fixed address, was arrested for driving under the influence; 2nd offense.

4/08 Louie Trudeau, 38, Bow was arrested on a warrant for stalking and violation of a protection order.

4/09 Christina Cutter, 27, Merrimack was arrested for aggravated driving under the influence.

4/10 Jasmine Cutis, 25, Manchester, was arrested on a warrant for suspended registration.

4/11 Shaun Demanche, 39, Auburn, was arrested for driving under the influence, drive after revocation/suspension.

4/12 Christophe Chesaux, 51, Montpelier, VT, received a summons for operating after revocation/suspension subsequent.

4/13 Kyle Gerrish, 22, Franklin, was arrested on two bench warrants for theft by deception; Rebecca Solesky, 29, Manchester, received a summons for operation without a valid license; Larry Schermerhorn, 33, Manchester, was arrested for stalking; domestic violence order.

4/14 Jason Rowan, 44, Concord, was arrested on warrant for simple assault; domestic violence.

4/15 Colin Stevens, 23, Concord, was arrested for willful concealment and driving under the influence.

4/17 Samantha Beland, 21, was arrested on warrant for violation of a bail order.

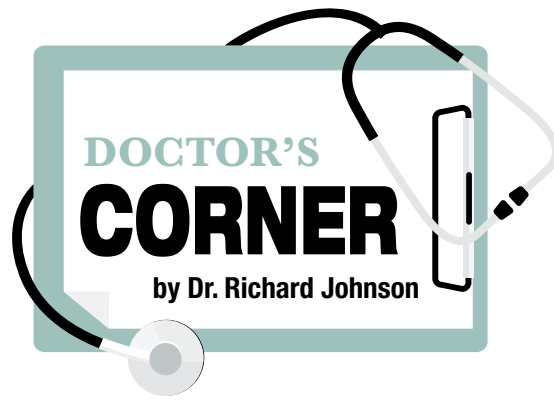
4/19 Daniel Traficante, 52, Methuen, MA, received a summons for drive after revocation/suspension subsequent and misuse of plates; Seth Beyer, 25, Concord, was arrested on a warrant for burglary and probation violation; Xavier Julius, 25, Roxbury, MA, received a summons for operation without a valid license.

4/24 Michael Lamy, 26, Dunbarton, was arrested for driving under the influence and open container.

4/26 Mac Reim, 20, Manchester, received a summons for suspension of vehicle registration, and operation without valid license; John Woods-Giosi, 31, Homeless, was arrested for breach of bail.

4/27 Macey Carbino, 19, S Royalton, VT, was arrested for driving under the influence; Russell Rasco, 34, Merrimack, received a summons for suspension of vehicle registration.

4/28 Jeffrey Blais, 34, Manchester, received a summons for drive after revocation/suspension- subsequent.



ABOUT MOTHERS

May 9th was Mother's Day. I am sure you remembered; if not, you were reminded! This is not a holiday you should forget. In the US this day to honor mothers began with Anna Jarvis in 1908. She persisted in trying to have the day be nationally recognized, and in 1914 President Woodrow Wilson officially established the second Sunday in May as Mother's Day. During her life Anna Jarvis spoke and campaigned against the commercialization of Mother's Day.

So why talk about Mother's Day in a medical column? Each of us had a mother, the woman who birthed us. For 9 months the 'next generation' is growing in the most amazing environment; attached to the mother by means of a placenta (which starts to develop shortly after the egg is fertilized) through which nutrients and oxygen pass to the infant and waste products are passed to the mother for disposal.

The placenta has a 12 square meter surface area where the maternal and fetal bloods exchange their nutrients and waste, yet the two blood systems rarely ever meet. The placenta is basically a fetal organ, allowing the infant to live off of its mother. We need to remember that although the baby and placenta are 'in' the mother's body, they are not part of the mother's body. They are genetically separate, and both leave the mother at birth.

The practice of gynecology was described as early as 1800 BC in the Kahun Papyrus. Soranus, a Roman physician living in Ephesus, wrote about the practice of gynecology in the early first century AD.

A major breakthrough in the care of the pregnant woman came with the work of Ignaz Semmelweis. In the 1800s he demonstrated that hand washing was key to reducing the death of mothers from puerperal fever. You guessed it, many thought that this was foolish and did not see the need to wash their hands, and certainly no one was going to tell them what they could or couldn't do... have you heard similar attitudes during our current pandemic? We don't seem to learn from history.

In the 19th Century many different techniques and forceps were developed to deliver the baby who for a variety of reasons was not going to be delivered naturally. Caesarean section became more available, and with improvements in obstetrical anesthesia deliveries have been safer. In the second half of the 20th Century fetal monitoring became the norm and greatly improved the chance for having a live birth.

Midwives have always been at the forefront of the development of obstetrical care, and only in the 20th century did the term obstetrics replace the term midwifery as the way to describe the subject taught in medical school.

According to the CDC, in the US, 700 women die from pregnancy-related complications each year. 1/3 of those deaths occur 1 week to 1 year after delivery. Black and Native American women are 3 times more likely to die from pregnancy-related causes as White women. Heart disease and stroke are the leading cause of pregnancy-related deaths. <https://www.cdc.gov/vitalsigns/maternal-deaths/index.html>.

Let us be thankful for the woman who carried and nourished us for 9 months, risked her life to birth us, and then sacrificed much, so we could succeed. Thank you Mom.



FIRE ■ WATER ■ MOLD ■ CARPETS ■ UPHOLSTERY

603-637-9892

Bow, NH

www.granitestateremediation.com



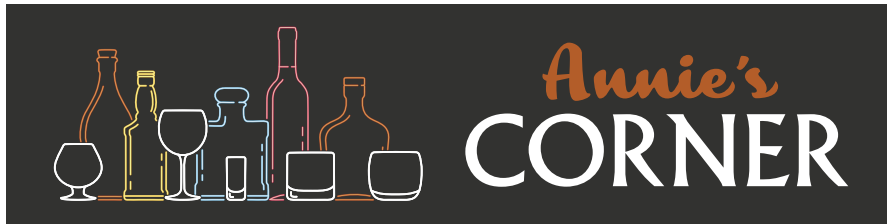
PLUMBING
and
HEATING Corp.

MBE0000478

**SPECIALIZING IN RESIDENTIAL & COMMERCIAL MARKETS.
ONE SINGULAR MISSION – TO DELIVER QUALITY SERVICE!**

603.225.6929

3 BOW BOG ROAD, BOW, NH 03304



Cheers to longer days with more sunlight, flowers, and patio season! It's that time of year to fire up the grill with some amazing meat or seafood with fresh vegetables and wine is the perfect accompaniment to enjoy while cooking and taking in some much-needed fresh air. Here's my recommendations for deep patio sitting and relaxation this Spring and Summer:

SANTA MARIA ARAGOSTA VERMENTINO DI SARDENGA, ITALY:

This fun, crisp, and refreshing white wine is a great alternative to Pinot Grigio with a bit more going on, loads of citrus and zest, and is the perfect match to some shrimp on the barbie or grilled chicken.

NHSLC Stores NH Code #29005 Regular Pricing \$11.99 on sale save \$3.00 bottle May/June Only \$8.99

PASQUA 11 MINUTES ROSE, TREVISO ITALY:

Rose All Day! Nothing says spring or summer like rose and it is so versatile on the grill from salmon to bone in pork chops with Mediterranean seasoning and spice. A sure people pleaser and easy to pour! Be sure to have more than one bottle for entertaining. Dry on the palate yet bright strawberry notes and keep luring you in for another sip. Red Grapes only see 11 minutes of skin contact on the juice to make this beautiful pale rose color.

NHSLC Stores NH Code #31596 Regular Pricing \$16.99 on sale save \$3.00 bottle May/June Only \$13.99

ARROWOOD ESTATE CABERNET SAUVIGNON, SONOMA, CA:

Classic big, lush, and bold style of Cabernet that has cassis, dark fruit, and spice with a long-lasting finish. Amazing for Ribeye or Tenderloin with grilled onions, peppers, and portobello mushrooms with a balsamic glaze. All Estate grown grapes from a signature winery that specializes only in Cabernet Sauvignon. This is their entry level wine, amazing!

NHSLC Stores NH Code #26652 Regular Pricing \$24.99 on sale save \$5.00 bottle May/June Only \$19.99

HONORO VERA "ORGANIC GRAPES" MONASTRELL, JUMILLA, SPAIN:

Looking to step outside the box and try something new but enjoy Cabernet? Look no further to this value wine from Spain, sure to over deliver on quality and price with your grilled sausages or bacon burgers on the grill. Monastrell is the grape variety also known as Mourvèdre from France, a dark and chewy, bold red wine with some grip to it. Cabernet Lovers try something new and tell your friends all about it. A steal at this price!

NHSLC Stores NH Code #21169 Regular Pricing \$10.99 on sale save \$3.00 bottle May/June Only \$7.99

ZARDETTO PROSECCO ORGANIC BRUT SPARKLING, ITALY:

Looking for some bubbles to try out your Saber or to celebrate all those Moms and Dads or Graduations out there this year? Crisp with apples and toast on the finish and small bubbles to cheers to those spring and summer celebrations.

NHSLC Stores NH Code #36518 Regular Pricing \$17.99 on sale save \$3.00 bottle May/June Only \$16.99

Please note these exciting new wines are only available locally at the two NHSLC Highway Stores in Hooksett for now while they are introduced to our great State.



Have a Wonderful Spring and Cheers until next time!

Annie

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

St. Elder Greyhound

1 ½ oz. Grainger's Deluxe Organic Vodka

1 oz. St. Elder® Pamplemousse Liqueur

2 oz. Grapefruit Juice

Shake & pour over ice.
Garnish with a Grapefruit Wedge.

SCAN THIS QR CODE WITH YOUR SMART PHONE CAMERA for an instructional video on how to make this delicious cocktail!

Available in select New Hampshire Liquor & Wine Outlets
www.liquorandwineoutlets.com

#5303 **St Elder Pamplemousse Pink Grapefruit**
Retail: \$19.99 **SALE: \$17.99 SAVE: \$2.00**

#4644 **Grainger's Deluxe Organic Vodka**
Retail: \$15.99 **SALE: \$11.99 SAVE \$4.00**

Pricing Effective 05/03/21 - 05/31/21

Wine IS THE MOST CIVILIZED THING WE DO IN THE WORLD!

ERNEST HEMINGWAY

ADAMS LOCK & SAFE

603-224-1652

RESIDENTIAL, COMMERCIAL & ACCESSORIES

130 Hall Street, Concord NH
www.adamslock.com

Green Cord Wood


\$225.00 per Cord

Cut | Split | Delivered

Jand M Morse Trucking LLC
Henniker, NH







603-428-3423

Servicing the area since 1986




FAMILY OWNED SINCE 1940

HEATING OIL • PROPANE • SERVICE • INSTALLATIONS

Johnny Prescott

Heating Oil Propane



122 Airport Road, Concord, NH * 603-225-5991 * www.prescottoil.com

Building & Remodeling

Erickson

603-224-8135



FOR ALL YOUR BUILDING & REMODELING NEEDS!

Quality Craftsmanship
Dependable Service
Free Estimates
603-224-8135



Hot Breakfast



Sandwiches Ready to Go!

== FLANAGAN'S ==


SOUTH ENDER

DELI MARKET

Hand Crafted & Delicious

Takeout Breakfast Items 6:30am-10:30am


Cold & Hot



Sandwiches



Home Made Soups



Grab & Go Dinners



Dessert Treats



Grab & Go Salads

250 South St., Concord, NH

(603)856-8020

Hours

Mon-Fri
6:30am-7pm
Sat
7am-7pm



OBITUARIES

CHARLOTTE BEAUDET

Charlotte (Audet) Beaudet, 79 of Dunbarton, died April 1, 2021, at Elliot Hospital in Manchester after a period of declining health.

She was born in Manchester on February 4, 1942, to Armand and Marie-Ange (Lord) Audet. She was a lifelong resident of Twist Hill Road in Dunbarton.

Charlotte earned a bachelor's degree from the former Notre Dame College in Manchester in 1964. She then taught French at Hopkinton High School for three years and French and Spanish at St. Joseph Junior High School in Manchester for 24 years.

She enjoyed gardening and living the country lifestyle.

Charlotte is survived by her husband of 54½ years, Arthur D. Beaudet of Dunbarton; two children, Mare Nazaire and her husband, Aaron Bunch, of Ridgecrest, CA and Dan Beaudet of Concord, MA; two brothers, Gaston Audet of Wildemar, CA and Simon Audet of Bow; and cousins, nieces and nephews.

Memorial donations may be made to New Horizons for NH Food Distribution Center, 199 Manchester St., Manchester, NH 03103.

LEILA R. EMOND

Leila R. (Phelps) Emond, 86 of Bow, passed away April 28, 2021, after a brief illness at Concord Hospital.

She was born in Windham, NH on December 10, 1934, to the late Elmer and Alice (Faneuf) Phelps.

She is survived by her husband Edward Emond Sr, her four children Normand Lemire Jr. of Manchester, NH, Edward Lemire, of Florida, Mary-Ann (Lemire) Green, of Weare, NH and James Lemire, of Nashua, NH. In addition to her children, she leaves behind her five grandchildren, MSG Brian Dore of Hinesville, GA, Olivia Lemire of Troy, NH, Tiffany (Carrier) Flanders of Weare, NH, Trevor Haggerty of Tilton, NH and Vanessa Lemire of Peterborough, NH. She also leaves four great grandchildren, Logan Dore, Alessandra Dore, Rylie Flanders and Greyson Flanders who will greatly miss their Grammy.

Leila's love for life and family helped her overcome many obstacles that were thrown at her over the past few years. She had a great love for the ocean, sunsets, flowers and birds. Her amazing smile will be missed immensely by her family.

IRA RUSSELL EVANS

Ira Evans, of Bow, passed away unexpectedly on April 9 in Delray Beach, Florida at 79.

Ira was born February 25, 1942 in Concord. He was a member of Concord High School class of 1960, and graduated from New England College in 1965.

A certified electrician, Ira worked with his father for 12 years at Evans Radio in Bow before opening his own family business The Lighting Place, in Concord with his wife, Sheila, in 1982.

Ira was a longtime member of local service organizations, including the Concord Chamber of Commerce, Bow Rotary Club and Bow Men's Club. He also served as a Bow volunteer police officer and fireman and was elected to the Bow Board of Selectman.

Ira is survived by his wife of 53 years, Sheila (Grady) Evans, sister Martha (Evans) Osborne and husband Deane; children, son Thomas and wife Meghan Evans; son David and wife Jamie Evans, daughter Amy and husband James Stevens; 7 grandchildren, Lindsay, Owen, Courtney, Natalie, Liam, Colin, and Douglas. He also leaves nephew Jeremy Evans and nieces Christine Evans and Lauren Osborne.

In lieu of flowers, memorial contributions may be made to the Rotary Club of Bow at www.bowrotary.org.

REBECCA A. KROPP

Rebecca Arciga Kropp of Bow died at home on April 16, 2021, at the age of 85.

Beloved wife, 'Reby', of 51 years of Niel and cherished mother of Michael and Eric, daughter-in-law, Meredith, and grandchildren Madeleine, Matthew and Amanda, she was born in Concepcion, Philippines and taught English at the University of the East in Manila before becoming a citizen of the US. She earned a masters degree in counseling and worked at the Lighthouse for the Blind in New York City and in a career as supervisor of counsellors at Mercy College in New York.

An accomplished classical pianist with a heartfelt interpretive gift, she was admired by her many students in the Philippines and the U.S. In retirement, she treasured her friends at the Bow Garden Club.

In lieu of flowers, donations in her memory may be made to the Parkinson's Foundation, The Leukemia & Lymphoma Society or a favorite charity. May her memory be a blessing.

MADELINE MARY PEACE

Madeline Mary Pease (nee Theriault), of Bow passed away at home, comforted by family, at the age of 90 on May 8, 2021.

She was born to Mary (LeBlanc) and Joseph Theriault on October 20, 1930 in Bridgeport, CT. She is predeceased by her parents, husband Walter Pease; siblings Veronica (Theriault) Ennis, Theodore Theriault, Edward Theriault, David Theriault, Agnes (Theriault) Steinbeck; sons Theodore "Ted" Willard and Michael Fox; great-grandson Willy Willard; and great-granddaughter Emma DeSanto.

She is survived by her children Deborah (& Kenneth) Oakes of Spofford, NH; Thomas Willard of Lincoln, NE; Kathleen (& Bob) Pyne of Hooksett, NH; Elinore Fox of Sterling Heights, MI; Timothy Fox of Lincoln, NE; Theresa Ashelman of Orlando, FL; Margaret (& Bryan) Westover of Bow, NH; step-children John (& Beverly) Fox of Barnsville, GA and Judith Grant of Lawrence, MA; sister Isabel Kratochvil of New Haven, CT; 15 grandchildren; 27 great-grandchildren, and numerous nieces and nephews.

She enjoyed reading, quilting, and sewing everything from children's clothes to wedding dresses.

After raising eight children, which included being a Boy and Girl Scout leader, she went on to be a visiting nurse's aide, then a dietitian for the New Haven, CT V. A. Hospital.

After retirement, she loved to travel, including all 50 states and many countries.

She truly enjoyed her role as the matriarch of this large family. She set a great example of a strong and independent woman, and stayed that way until the end, but jokingly admitted that "The old gray mare ain't what she used to be."

A Christian Mass will be held at Christ the King Parish, 72 S. Main St, Concord, NH on Saturday, May 15, 2021 at 10 am. In lieu of flowers, the family asks that you do a good deed in her name



DL&G
DOUGLAS, LEONARD & GARVEY, P.C.

Employment Law Sexual Harassment
Auto Accidents Personal Injury
Medical Malpractice Criminal Defense (DUI/DWI)
Workers' Compensation Family Law

14 South Street, Concord, NH 03301
PHONE: 603-224-1988 WEBSITE: www.nhlawoffice.com

SPORTS NEWS FOR MAY

BOW GIRLS LACROSSE FIGHTING HARD

BOW 19, MERRIMACK VALLEY 1

Key players: Olivia Selleck (4 goals, 2 assists), Jess Chamberlin (6 goals, 2 assists), Alex Larrabee (3 goals, 2 assists), Sara Gagne (2 goals, 2 assists), Addison Trefethen (goal, 5 assists), Meaghan Danahy (5 saves).

Bow is in Division III, but with schedules based on location instead of divisions as a health and safety measure, the Falcons have only played D-II schools so far this season, but they are a perfect 5-0 against those schools.

Bow sophomore Alex Larabee finished with a game-high seven goals and one assist and junior Jess Chamberlin had four goals and two assists.

Coach's quote: "We're super happy to be playing, but it would be nice to just be in Division III and see where you stand," said Raabe, who is in her 21st season as Bow's head coach.

BOYS' LACROSSE

KEARSARGE 13, BOW 12

Key players: Andrew Robbins (4 goals), Brodie O'Neil (4 goals), Ben Berube (3 goals), Ethan Tobler (goal).

Highlights: This was back and forth until the very end, when Kearsarge scored with less than a second on the clock to pull out the win in North Sutton. The Cougars took an early lead, but Bow battled back to go in front in the second quarter and the Falcons stayed there for most of the game.

Coach's quote: "Frustrating loss." – Bow's Darren Premo.

MERRIMACK VALLEY 13, BOW 12

Key players: Andrew Robbins (4 goals, assist) Ben Berube (2 goals), Brodie O'Neil (2 goals), Sean Hoey (2 goals), Ethan Tobler (2 goals), Sam Ralston (2 goals).

BOW 12, MERRIMACK VALLEY 10

Key players: Sam Ralston (2 goals), Brodie O'Neil (4 goals), Andrew Robbins (3 goals), Ethan Tobler (goal), Ben Berube (goal).

GIRLS SOFTBALL

BOW 19, KEARSARGE 0, 5 INN.

Key players: Hannah McGonigle (5 IP, W, 2H, 9 K; 2-for-3, double, walk, 4 RBI), Emily Kiah (1-for-2, 3 runs), Ella Roos (1-for-2, 2 walks, RBI), Brooke Biehl (2-for-4, 3 RBI, run).

MERRIMACK VALLEY 7, BOW 3

Key players: Katelin Howe (2 for 4, 2 runs, RBI, 2SB; defense, 4 putouts), Emma Kelly (run, SB), Lilly Wright (2.2 IP, 3 H, 5 ER, 1 K; 2 for 4), Hannah McGonigle (3.1 IP, 3 H, 0 ER, 2 K; 1 for 2, 2 BB, RBI).

GIRLS SOFTBALL CONTINUED

MERRIMACK VALLEY 9, BOW 5

Merrimack Valley's Liv Lacasse as a sophomore pitcher threw all seven innings on May 3 at Bow to help the Pride to a 9-5 win over the Falcons. First-year Bow coach Stacy Boyden, a 2005 Pembroke Academy graduate who has coached travel ball and at NHTI, was pleased with what she saw. She got offensive contributions from Howe, junior catcher Kelly Harris (2-for-4, RBI) and McGonigle (triple).

Coach's quote: "I'm trying to teach the girls the strategy part of the game and for some of them that's new, but that's fun for me, teaching them that part of it," Boyden said.

BOYS BASEBALL

BOW 7, KEARSARGE 2

Ethan Clark, 3-hitter, 0 BB, 8 Ks; Kyle Martin, Owen Petretta, Alex Magdziasz, 2 hits each, Petretta, 2 RBIs.

MERRIMACK VALLEY 7, BOW 6

Key Players: Connor Lee (hit, run RBI), Myle Rheinhardt (hit, run, BB), Anthony Constant (hit, RBI), Matt Lamy (5IP, 8H, 7R, 4ER, 6 K, 3 BB).

Highlights: Bow scored five runs in the top of the second inning on three walks, a hit and two errors to take a 5-0 lead, but the Pride answered right away with two runs in the bottom of the second on a walk, error and two hits, including an RBI single from Dom McGee.

GIRLS' TENNIS

BOW 9, PEMBROKE ACADEMY 0

Coach's quote: "Bow has a strong No. 1 player Oliva (Parzick) and she is a pleasure to watch.— Pembroke's David W. Goulet.

BOYS' TENNIS

BOW 5, KEARSARGE 4

Bow boys' tennis pulls out 5-4 win against Kearsarge. The match was tied after singles. It was still tied after two doubles results. And the deciding doubles match was knotted at 7-7 before Bow's Domink Jurcins and Hunter Duncan pulled out a 9-7 win to give their team a 5-4 decision against Kearsarge.

PEMBROKE ACADEMY 7, BOW 2

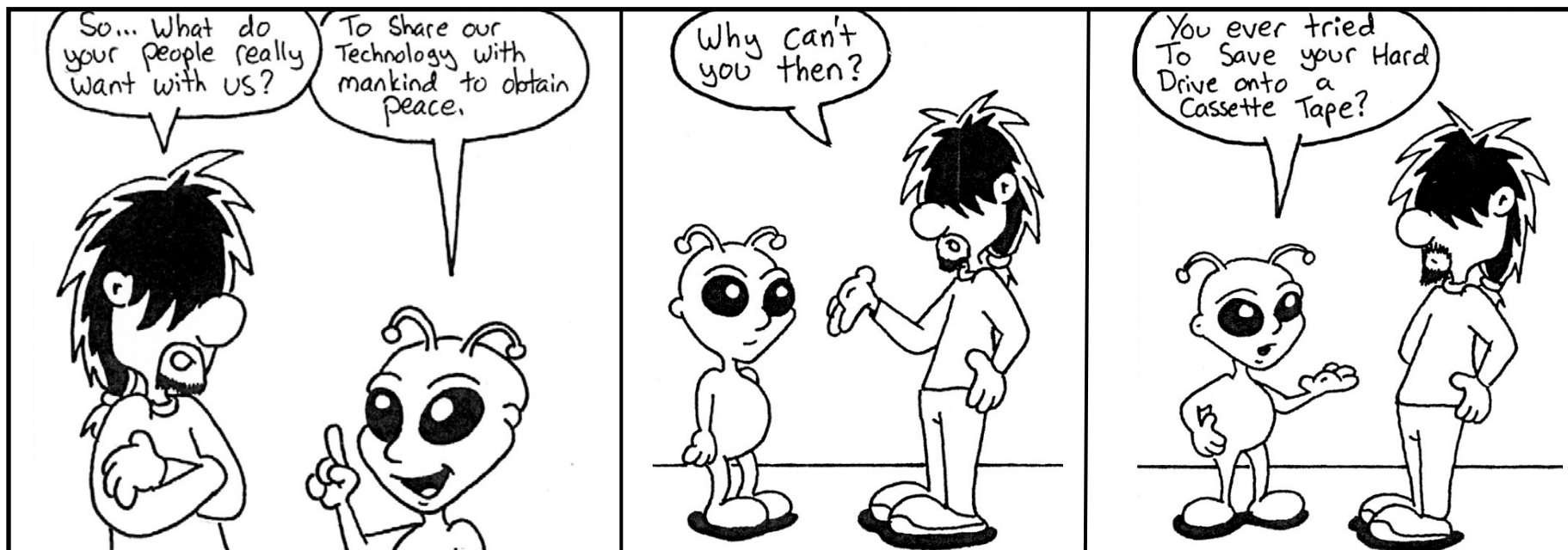
Key players: Hunter Duncan (9-8 win at No. 1), Noah Leuchtenberger (8-0 win at No. 5).

BOW 6, PEMBROKE ACADEMY 3

Key players: Dominic Jurcins (8-5 win at No. 1 singles), Colby Smith (8-6 win at No. 3), Noah Leuchtenberger (8-0 win at No. 6).

Way Up North

Way Up North Alien Series by Jay Martin, Bow Graphic Artist



DUNBARTON NEWS

By Nora LeDuc



◆ **TOWN OFFICES CLOSED** Town Offices Closed. No school Memorial Day Mon. May 31.

At this time, the TOWN CLERK'S OFFICE will continue to be open BY APPOINTMENT ONLY for transactions that cannot be completed on line or through the mail.

◆ **DUNBARTON PUBLIC LIBRARY** is offering limited inside "In and Out" Browsing Services, by 30-minute appointment per Phase Three of our Phased Reopening Plan. Please make your appointment in advance by phone or email. The number of people in the building will be occupancy-limited to three people (two people and the director), OR a parent with a family unit, to allow for a minimum of 6 feet social distancing. A 30-minute appointment may be used for computer use. Only one person per computer. Please note that there will be no public seating or tables for meeting until further notice. Although the state mask mandate expired, during Phase Three of the Dunbarton Public Library's Phased Reopening Plan, all patrons over the age of 5 are required to wear a face covering over the nose and the mouth while in the library building. If a patron is unable or unwilling to wear a face covering, or is unable to enter the building, they may use the outside No-Contact Curbside Pickup. This service will be offered to all until further notice.

◆ **SUMMER READING PROGRAM** The Library's Summer Reading Program 2021 coming soon! Summer is still a couple of months away, but the library is planning their Summer Reading Program for children of all ages. The Summer Reading theme for 2021 is 'Tails and Tales.' As always, there will be reading logs and an incentive program for preschoolers and school-aged children. The library will send out information as soon as they have a few more details nailed down.

◆ **DCC BOOK CLUB** This month the DCC Book Club is reading *The House on Mango Street* by Sandra Cisneros. Discussion will be Thurs. June 3, 7pm to 8pm.

The next book for the library's virtual book chat group will be *My Life in France* by Julia Child. Discussion is scheduled for noon Wed. June 16. If you would like to join us, please email dunlib@gsinet.net.

◆ **CURIOS ON THE COMMON** Curios on the Common across from the town hall has reopened. The Curios is a Non-Profit Thrift & Gift Shop created to benefit the Dunbarton Congregational Church and the immediate community. Full of small and large treasures, you'll never know what you'll find! Covid health precautions will be followed. To confirm hours, volunteer, or donate unique and/or gently used items: 603-774-COTC (2682) or curios@dunbartonucc.org.



BOW ROTARY CLUB CELEBRATES 50 YEARS!

For the Rotary year of July 2020, through June 2021, the Bow Rotary Club had planned a series of events to celebrate its 50 years of existence and service in the Bow community.

OLD TOWN HALL PROJECT UPDATE

Last fall, in connection with the Rotary Club's 50th Anniversary year, we wrote about our project to update the wallpaper in the Old Town Hall. We provided a bit of history about the OTH: that it was originally built in 1847 by the same carpenter who built the Bow Bog Meeting House, that it was used from 1847 through 1956, primarily for town meetings and the work of the selectmen.

As members of the Rotary Club began stripping the wallpaper, we discovered many instances of crumbling plaster. Several people who came to check on the progress commented "the wallpaper is probably the only thing holding the walls together." In some parts of the walls, this was absolutely correct. We had an idea before we began that a few places needed repair, but once the wallpaper was completely removed, the significant cracks and fissures as well as general deterioration of the walls made it clear professional attention was required.

Further, as the paper removal progressed, we realized that the ceiling had nicotine stains as well as yellowing from over time. It only made sense to have the ceiling painted. The ceiling tiles are fire resistant, so they had to be painted with a special intumescent paint.

The interior storm windows were removed and cleaned, and the interior windows were also cleaned and painted.

The town hired a professional plasterer with experience in restoration plastering work. In preparation for his work, the chair rails above the wainscoting were removed and numbered so that they could be returned to their original locations. Jack Joyce, the plasterer, noted that when the building was built, the walls had never been prepared for painting; they had been repaired from time to time, but they were still rough in areas which had not been repaired. He strongly suggested that nothing should be hung on the walls, including curtains. He recommended that picture rails be installed, for items that would normally be hung on the walls. The town decided that the picture rail should go entirely around the room about 12 inches below the ceiling. Once Mr. Joyce had completed repair of the walls, they were gently sanded and primed, and new textured wallpaper was selected.

When Bow built its Old Town Hall, many other towns in New Hampshire were also constructing town halls. Some towns in New Hampshire used pressed tin on their walls. Bow did not apply pressed tin, but likely white-washed the walls for many years, as that was a cost-saving. However, the Bow Town Report for 1908 shows an expense for "wallpaper, paint and varnish for the Town Hall in preparation for Old Home Day." There are no known photographs of what that wallpaper might have looked like at that time.

The new wallpaper chosen by the Bow Heritage Commission and purchased by the Rotary Club, has been in continuous production by the Anaglypta Company since 1907, and is meant to replicate the appearance of pressed tin and this is designed to be painted. It has been painted the same color as the original color found in the Old Town Hall entryway and kitchen.

The chair rails removed prior to the plaster work have been stripped and revarnished, and re-installed. The wainscoting has been given a thorough cleaning and water-based dye stain was applied to recolor the worn and chipped areas.

A picture rail (a joint project between the Bow Men's Club and the Rotary Club) is being milled and produced with a profile similar to the chair rails. This will be funded, painted to match the building's trim and installed by the Men's Club. This will provide the only means by which items will be hung on the walls. The floor is in the process of being refinished as of this writing.

The new curtains selected for the Old Town Hall reflect the "bold colors, with floral and paisley patterns" of curtains in use in the early 1900s, and are of the rod pocket style, which was most common at that time.

The general appearance of the meeting room of the Old Town Hall, when finished, will now be comparable to how the room might have looked in preparation for that Old Home Day in 1908.

Please check our website at www.bowrotary.org for our more photos of this project as well as our meeting schedule and details.

Photo courtesy of Eric Anderson



BOW COMMUNITY
MEN’S CLUB

Flags Across Bow
Enrollment Form 2021



Members of the Bow Community Men’s Club will place the “Stars & Stripes” on your property near the end of your driveway at least three days prior to each of the following patriotic holidays of 2021: Memorial Day, Flag Day, Independence Day, Labor Day through 9-11, and Veterans Day. We will remove the flag three days after each holiday and reinstall it for the next holiday. Your payment of \$40 will be used to support the Boy and Cub Scouts, Scholarships for Bow HS students, and charities within our community

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 inch high ground spike.

There are two options to enroll:

You may send a check payable to the “Bow Community Men’s Club” with this form to: Dik Dagavarian , 2 Bela View Drive, Bow, NH 03304-4600 Phone: (603) 856-7268

Or you may enroll on-line and pay \$41.50 via PayPal at the link on our website www.bowmensclub.org

| |
|----------------|
| Name |
| Street Address |
| Town |
| Contact Phone |
| Email Address |


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 | |
| Your Street | | |

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

Pick up a copy of
The Bow Times
at one these 28 locations!

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

**COVID 19
FALLS IN NH!**
As of May 11, 2021

New Hampshire had 132 new cases of COVID-19.
Local statistics are:

| | | |
|------------------|-------------------------|------------------|
| Bow | 10 active cases | 484 total |
| Dunbarton | 1-4 active cases | 189 total |
| Hopkinton | 1-4 active cases | 266 total |



Nellie Doughty
NMLS ID: 170344



HARBORONE®
Mortgage

Do you need a mortgage review?
LET’S TALK TODAY!

603-494-4995 138 Loudon Road, Concord, NH 03301

Lending in NH, MA, ME, NC & FL

Branch NMLS ID, 97958. This is not an offer to lend or extend credit. Subject to underwriter approval.

Spring into a Renovation Loan. I can help with that.

SAFESITTER CLASSES

Safe@Home

Wednesday, June 30 from 9:00 -10:30 AM at Bow Middle School
Designed to prepare students entering grades 4-6 to be safe when they are home alone. Students learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Student also learn a system to help them assess and respond to injuries and illnesses. **\$45 Bow Resident | \$50 Non-resident**

SafeSitter® Essentials

Tuesday, June 29 from 9:00 AM - 2:30 PM at Bow Middle School
Designed for students entering grades 6-8 to be safe when they’re home alone, watching younger siblings, or babysitting. Students learn life-savings skills such as how to rescue someone who’s choking, and helpful information like what to do if there’s severe weather. The lessons are filled with fun activities and role-playing exercises. Student even get to use CPR manikins to practice choking rescue! **\$75 Bow Resident | \$80 Non-resident**

For students attending Bow Parks and Recreation Summer Camp, instructors will walk students back to camp after completion of class. Please inform the Rec office at time of registration.

Register at Bow Parks and Recreation.
Register Early! Classes fill quickly.
For information call 223-3920
or email parksandrec@bownh.gov



Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing

(603) 496-2893

Matthew Cleveland



MEMORIAL DAY ★★★★★

SALES EVENT

0%

APR FINANCING AVAILABLE

On The 2021 Hyundai Kona

For 48 Months

HYUNDAI Assurance

grappone

grapponehyundai.com

514 NH-3A, Bow, NH 03304

(855) 901-9965

America's Best Warranty

10-Year/100,000-Mile

Powertrain Limited Warranty

0.0% financing available up to 60 months on 2021 Hyundai Kona models; or 2.9% financing available up to 72 months. Special Financing not compatible with all incentives and rebates and may affect the final price. Offer subject to credit approval through Hyundai Motor Finance. Grappone upfront price does not include any tax, title or registration fees, or dealer administration fee of \$549. Offer expires 6/1/2021.

“My financial house is clean!”

◀ Kaden and Brittany feeling grateful.

NHFCU President/CEO, John R. Young, and Kaden.

At 18, Kaden was in serious financial trouble. “Sweeping my debts under the rug when the monthly bills came in was the norm.” Kaden “swept” for 13 years, increasing his debt load every day. When he learned about NHFCU’s Centers for Finance & Education, things changed.

- He increased his credit scores with the three major credit bureaus.
- He got married without adding debt for himself or his spouse.
- Kaden and his wife are now pre-approved for a mortgage.

Tell us your story today. And let us help you build a better tomorrow.

Contact us today at (603) 224-7731, ext. 330

New Hampshire

FEDERAL CREDIT UNION

(603) 224-7731 • (800) 639-4039
70 Airport Road, Concord • 47 N. Main Street, Concord • 71 Calef Highway, Lee

www.nhfcu.org

Federally insured by NCUA

NHFCU is an Equal Housing Lender and NHFCU may lend to members only.

BOW'S CHOICE FOR DENTAL CARE

\$57

NEW PATIENT OFFER

• CLEANING • X-RAYS

• EXAM • TREATMENT PLAN

Additional services may be necessary. Paid at first visit. \$400+ value.

GENTLE DENTAL CONCORD

410 S. Main Street, Concord, NH 03301

CALL TODAY: 603-712-5058

gentledental.com/concord

Dr. Cash, General Dentist, Periodontist

Dr. Walsh, Orthodontist, Dr. Gass Jr., Oral Surgeon

GENTLE DENTAL CONCORD HOSPITAL

246 Pleasant St. Memorial Building

Concord Hospital Suite 225, Concord NH

CALL TODAY: 603-651-0508

gentledental.com/concordhospital

Dr. Persha, General Dentist

NOW ACCEPTING NEW PATIENTS

• Emergencies seen same day

• Most insurance accepted

ALL PHASES OF DENTAL CARE

• Cleaning

• Root Canals

• Braces

• Fillings

• Implants

• Bridges

• Extractions

• Invisalign

• Sedation Dentistry

ORAL AND MAXIOFACIAL SURGERY

Donald J. Gass Jr., DMD,FAGD

• Tooth Extraction

• Widsom Teeth

• Implants

• TMJ

ORTHODONTICS

John Walsh, DMD

• Braces

• ✱ invisalign®

• Free Consultation

ESSENTIAL DENTAL PLAN

No Insurance? Gentle Dental now accepts Essential Dental Plan.

For a low annual fee, members receive a significant discount on all dental services. Learn more and sign up at essentialdentalplan.com.