

The Bow Times

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

ECRWSS
PRSRT STD
U.S. POSTAGE
PAID
PERMIT #130
Portsmouth, NH
POSTAL CUSTOMER

THE BOW TIMES

VOL 29, NO. 2 February 2022

www.thebowtimes.com

FREE

14TH ANNUAL CAPITAL CUP SL WINNERS



Bow High School skiers take 1st and 2nd place in the Capital Cup SL on February 2, 2022. Pictured left to right: Senior, Eli Gadbois, 2nd place and Junior, Patrick Wachsmuth 1st place.

22 YEAR OLD RESISTS ARREST AND STRIKES TWO CRUISERS

A man from Concord is accused of trying to hit a Bow police officer with his car and slamming into a Hooksett police cruiser head-on.

Bow police said at about 10:50 p.m. on January 18, Tyler Matthews, 22 of Concord was pulled over for having an arrest warrant and a suspended driver's license. He stopped at the 7-Eleven, just over the Concord town line. Police said after making contact with Matthews, he took off at a high rate of speed, nearly hitting a police officer. A state police trooper started chasing Matthews, but the pursuit was terminated a short time later as too risky.

Two hours later at 1 a.m. Wednesday, January 19, Hooksett police said they tried to stop Matthews for a traffic violation, but he refused to stop. Matthews continued onto Main Street, reaching speeds of nearly 70 mph before going behind a closed school, police said. A Hooksett officer caught up to Matthews and that's when police said he drove straight at the cruiser, hitting it head-on. The cruiser, which had a K9 in it, sustained extensive damage but no one was hurt.

Officers had to break the windshield of Matthews' car in order to get him out. He was arrested on multiple charges, including felony reckless conduct with a deadly weapon.

WINNER OF 14 NH PRESS ASSOCIATION AWARDS
MONTHLY BOW TIMES IS DELIVERED TO 3,160 RESIDENTS AND BUSINESSES - FREE

HOPKINTON-CONTOOCOOK NEWS ON PAGES 18-19

VOTE NO **ON THE TURF FIELD ARTICLE**

An Editorial

The timing of a \$2,000,000 bond issue as part of a \$3,000,000 artificial turf field could not be worse. Whatever the merit of the Turf Mahal, it uses about \$380,000 of tax money Bow overpaid to subsidize the cost of Dunbarton Special Education staff costs.

Now that the miscalculation has been discovered, the money Dunbarton pays Bow should go to hold the tax rate down and repay us for Dunbarton's windfall at our expense.

Also at this time of record inflation we should not be inflating our taxes as well.

Finally, how soon we forget. Just two years ago (Bow Times, January 2020, page 1) this paper reported the town Capital Improvement Plan said:

"Renovation of the Bow Elementary School [is] estimated at a cost of roughly \$10,000,000 and to take place in fiscal year 2021-22. The Committee suggests using \$1,700,000 from Capital Reserve funds and bonding the remaining \$8,300,000 for a period of 15 years. Bond rates currently range from 1.625 to 3.50% so the Committee estimated the rate at 2.5% for planning purposes. This would result in an annual payment starting at \$753,917 and declining over subsequent years."

Are there to be no more funds spent on renovations? Is the need for more classrooms suddenly not a need?

Spending requires priorities and the better answer is to put money aside for a turf field in the capital reserve fund over a multi-year period.

When will the school board resurrect the October 3, 2019, Committee Report on the Bow Elementary School which came in as high as \$11,788,000?

**Is turf more urgent
than classrooms?**



FIVE RUNNING FOR TWO SELECTMAN SLOTS

With the close of town and school election filings on January 28 there are five people running for two positions on the Board of Selectmen. The five are: Christopher Lins, Angela Brennan, Anthony Foote, David Farr and incumbent Chris Nicolopoulos.

Two filed for the two open seats on the Budget Committee, Jeffrey Knight and Brock Ehlers. The school board candidates are Jenna Reardon and Melynne Klunk.

Other town and school offices are unopposed.

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
Sales and Prepress Design -
Nadeane Mannion 715-8106
Nmannion1@comcast.net
Technical Editor - Denise Ehmling
dehmling@thebowtimes.com
Distribution Manager -
Joshua Coughlin
josh@thebowtimes.com
Medical Editor -
Richard Johnson, MD
Travel Editor - Chase Binder
Food Editor - Debra Barnes
Wine Editor - Annie Kenney
Contributing Writers:
Bow Garden Club - Joyce Kimball
Elder Law - Ben Kiniry
On Aging - Donna Deos
Contributing Photographers:
Eric Anderson - Bow Events
Rich Miyara - Bow Sports
Jeff Sullivan - Hopkinton Sports
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**

EDITORIALS

CHRIS LINS FOR SELECTMAN

Some of you may know Chris Lins as “Coach Chris” with Bow Youth Lacrosse (5th/6th grade boys). 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.
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.
Chris is also a two-time cancer survivor. 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 Selectman? 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.

ANTHONY FOOTE FOR SELECTMAN

Army Guard Captain and pilot, Anthony Foote of Logging Hill Road, is running for selectman to serve his town as he has served his nation.
Mr. Foote was pilot in command from 1993-96 with the 3d Armored Cavalry Regiment and then served in Korea. Anthony Foote served from 2002-2013 in the New Hampshire Army National Guard as a commander and trainer.
In 1991 he got his B.S. in Business Management from Norwich University.
His goal is fiscal discipline and controlling taxes in Bow so it is easy to ask you to vote for him.

TIME TO REPLACE SELECTMAN CHAIR CHRIS NICOLOPOULOS

As chairman Chris pushed for an end to the police department’s 20 year tow truck rotation policy so a friend and client of his could be the only go-to towing call when police or motorists need help. (See Bow Times, January 2021, p. 1).
When police sergeant Matt Pratte objected because it was a conflict of interest, a vindictive Nicolopoulos had the Town Manager suspend Pratte. Reading like something out of Communist China, the suspension for arguing against the conflict of interest was “insubordination towards the town’s governing body.”
Wow! Don’t cross the Great Chairman.
The MRI study of the Police Department in 2020 was kept from all of us until the Bow Times requested paperwork under our State Right to Know Law. Chairman Nicolopolous wrote the police department that the \$14,000 taxpayer paid study found no problems with the P.D. That was an obvious whitewash as a year later the Chief and an officer lost their certifications to serve in law enforcement. (Bow Times, November 2021, p. 1, and editorial “Game Playing With the MRI Review,” Bow Times, March 2021, p. 2).
Finally, the Food Truck lady who tried to comply with the ever changing requirements to renew her permission to set up at the Community Center parking lot, finally gave up. Chris Nicolopolous said the matter would go out to bid after earlier saying the Selectmen would vote on November 10, 2020, to consider Kathy Needleman’s request. (Bow Times, January 2021, p. 1).
Have you seen a food truck since then?
Chris has a full-time job as State Insurance Commissioner. That is enough to keep him busy without acting like the Boss of Bow.

THANK YOU COLLEEN

Colleen Hunter, after serving 12 years on the Board of Selectmen, is not running again.
She has been an ever present official at events and meetings and have given very generously of her time to all aspects of the town of Bow.
Several nights a month she served the Board of Selectmen and many other groups in town with her smile and good advice.
We will all miss her hard work and she truly is Bow’s Woman of the Year.

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

COVID-19 **CASES DECLINING!**
5,343 Active Cases in New Hampshire!

TOWN	NEW	ACTIVE	TOTAL
Bow	8 New Cases	27 Active Cases	1,414 Total Cases
Dunbarton	1 New Case	17 Active Cases	589 Total Cases
Hopkinton	5 New Cases	33 Active cases	973 Total Cases

As of February 11, 2022



COVID-19

LETTER TO THE EDITOR

BOW DEMOCRACY IN TROUBLE

Bow's selectmen have stopped posting on the internet drafts of their meetings' minute. They're only posting minutes after approving them at subsequent meetings. Because "openness in public business is essential to democracy," NH's Right to Know Law, which ensures "the greatest possible public access to the actions, discussions and records of all public bodies," requires select boards to make minutes available within five business days of their meetings. Currently, Bow's selectmen only provide minutes within this time frame if someone specifically asks for them.

At the selectmen's meeting on December 14, I attested to finding no public postings of minutes for their meetings on November 28, 30, and December 7. The most recent minutes I found online that day dated back to their November 9 meeting. Selectman Bruce Marshall claimed the board has actually expanded access to their meetings' minutes by adding a Facebook group to their online postings. The number of postings isn't the point; it's their timing. The November 9 meeting minutes were posted 15 days past the meeting. How does delaying the public postings of these minutes ensure "the greatest public access?" This board's lack of openness is not limited to practices about making public their meetings' minutes. Last winter they acted to bring to a town vote, during the pandemic, the question of changing Bow's form of government. They did this without public notice and with less than one minute of discussion. If openness is essential to democracy, Bow's democracy is in big trouble.

Susan Marcotte-Jenkins, Bow

BOW SCHOOLS RECEIVE GRANTS FROM CHAMBER

The Greater Concord Chamber of Commerce in January has awarded over \$161,000 to Capital Region teachers and educational programs through its Business Grants for Teachers initiative. This fall, three projects awarded with grants were submitted by Bow schools.

At Bow High School, Amanda Guilbert and Laurel Swope-Brush will lead an Integrated Life Science (ILS) project that allows students to collect data on a local salamander population and submit it to wildlife databases. "This project will provide the opportunity for the ILS students to gather real data and will further students' knowledge of important ecological concepts," wrote Guilbert.

Another project funded by the Chamber's Business Grants for Teachers initiative will create a display area for student artworks in Bow Memorial School's lobby. This project, created by Ashley Polson, aligns with Future Ready Schools – a program that prepares students for careers after graduation.

Another project at Bow Memorial school will focus on assisting students with autism and other developmental and cognitive challenges. Michelle Lahey will build a therapeutic space that provides personalized sensory input. "This greatly helps these children calm their bodies and their minds so they may focus to be better prepared for learning and interacting with others," wrote Lahey. Ten children enrolled in the Positive Acclimation to the World for Students (PAWS) program would be directly impacted by this space and use it to lower anxiety and improve concentration at school.



1 Fisher Ave
Boscawen, NH 03303
☎ 603.223.6686 ☎ 603.568.0511
✉ Dee.Treybig@american-national.com

AUTO • HOME • LIFE • FARM & RANCH • BUSINESS

DEE TREYBIG
<https://an.insure/deetreybig>

American National is a group of companies writing a broad array of insurance products and services. Products and services may not be available in all states. Terms, conditions and eligibility requirements will apply. Life insurance and annuity products may be underwritten by American National Insurance Company, Galveston, Texas. Property and casualty products and services may be underwritten by Farm Family Casualty Insurance Company, Glenmont, New York.

14-065.87036.V4.11.2019 | 15644333



OUELLETTE FAMILY STARTS SCHOLARSHIP

by Matt Parker, Concord

A scholarship in honor of Nick and Gavin Ouellette is being created and will hopefully be awarded toward the end of the school year.

"My biggest fear since their loss has been is that they would be forgotten," said their mother, Jen Ouellette. "So I need to do everything in my power to keep their names, their souls, their lives, their smiles alive."

Ideally, the scholarship will go to two student-athletes, one male one female, who embody the same characteristics that Nick and Gavin did. According to the Ouellettes, while academics are an important factor, they won't be considered as the be-all-end-all when it's decided who the scholarships are awarded to.

The Bow community Facebook page has more information.



**Celebrating
29 Years!**



**FOSTER'S
GOLF CAMP**

2022

The Ultimate Junior Golf Experience!



Check out our After
School Program
Spring 2022!
Details on Website



Ages 7-16 Beginner to Advanced
Choice of weeks from April - August

603-622-1553
www.fostersgolfcamp.com

The Cat's Away Lodge



Exclusively Boarding Cats

Phone or email for reservation

(603) 724-4114

catsawaylodge@gmail.com

117 West Main Street, Hillsborough, NH

www.catsawaylodge.com

Owned and operated by two vet techs
with 30 years experience.



Bow Community Turf Field Project

Built by Our Community, for Our Community

WHY?

- Increases outdoor learning
- Expands athletic fields
- Protects existing grass fields



WHAT?

Warrant Article II – Basic:

- Main Field, Lights & Bleachers
- Cost: \$2.4 million

Warrant Article III – Supplemental:

- Practice Field, Restrooms & Snack Shack
- Cost: \$600,000

HOW?

Basic Plan Impact (Warrant Art. II)

Total Turf Field Cost	\$2.4M
Upfront Offsets	(-\$400k)
Bond Amount	\$2M
Annual Bond Payments	\$215k
Possible Annual Offsets	(-\$142k)
Annual Est. Tax Impact (+ 6 ¢)	\$75k
Actual tax increase on \$400k home (ONLY Warrant II)	\$23

Supplemental Plan Impact (Warrant Art. II)

Supplemental Plan Cost	\$600k
Upfront Donations	(-\$20k)
Bond Amount	\$580k
Annual Bond Payments	\$65k
Annual Est. Tax Impact of BOTH Basic & Supplemental (+ 11 ¢)	\$140k
Actual tax increase on \$400k home (BOTH Warrant II & III)	\$44

With Additional Support from:

- ★ Audley Construction (donating demo work and field prep) ★
- ★ Bow Athletic Club ★ Bow Youth Football ★ Bow Youth Soccer ★
- ★ Bow Parent Teacher Organization ★
- (Ad provided by the Bow Schools Foundation)

SHOW YOUR SUPPORT at the Bow Annual Meeting – March 11th @ 6pm
BHS Auditorium – **Every Vote Counts!**



Get Pre-Approved at Concord's Hometown Bank.

At Sugar River Bank, we make the home buying experience a lot easier for you.

During every step of your journey, from pre-approval to selecting the right mortgage program, to closing on your new home, you can expect personal service from our lending professionals.

Home Mortgages • Construction Loans
Refinancing • Home Equity Loans
Construction Loans

START YOUR APP ONLINE TODAY:
sugarriverbank.mortgagewebcenter.com

How can Ellen help you?
ELLEN LESSARD
 Mortgage Loan Originator
 NMLS #1597160
603.227.6011
ellessard@sugarriverbank.com
 198 Loudon Rd., Concord
sugarriverbank.com

Member FDIC | Equal Housing Lender

PRE-QUALIFIED vs PRE-APPROVED

WHAT IS THE DIFFERENCE?

The two key steps in the mortgage application process are sometimes used interchangeably. There are important differences that every homebuyer should understand. Sugar River Bank offers both options for homebuyers.

PRE-QUALIFICATION: THE FIRST STEP

Getting pre-qualified involves the borrower supplying a bank or lender with their overall financial picture, including debt, income, and assets. The lender reviews the information and gives an estimate of how much the borrower can expect to borrow. Pre-qualification can be done over the phone or online, and there's usually no cost involved.

Pre-qualification is a quick process to obtain a pre-qualification letter. One thing to note is that loan pre-qualification does not always include an analysis of credit reports or an in-depth look at the borrower's financial ability to purchase a home.

The initial pre-qualification step can open a discussion with the borrower to determine any specific needs they may have regarding a mortgage. The lender will explain various mortgage options and recommend the type of loan that may best suit the homebuyer. One of the first questions a realtor will ask of a potential buyer, is if they have been pre-qualified, and what their status is. The realtor usually keeps a copy of the pre-qualification letter on file.

Keep in mind, it's just the amount the borrower might expect to borrow and does not provide any commitments. Thus, a pre-qualified buyer doesn't carry the same weight as a pre-approved buyer, who has been more thoroughly investigated.

THE PRE-APPROVAL PROCESS: MORE CONCLUSIVE

A pre-qualification provides a good indication of creditworthiness and one's ability to borrow, but a pre-approval is generally the definitive word.

To get pre-approved, the borrower must complete a formal mortgage application, as well as supply the lender with all the necessary documentation to perform an extensive credit check and financial analysis. The lender will then offer a mortgage loan pre-approval up to a specified amount.

Going through the pre-approval process also offers a better idea of the interest rate to be charged and a discussion of the best loan option available.

Lenders will provide a conditional commitment in writing for an exact loan amount, allowing borrowers to look for homes at or below that price level with much higher confidence than provided by a pre-qualification. This puts borrowers at an advantage when dealing with a seller because they're one significant step closer to getting an actual mortgage.

Both processes give potential homebuyers a good idea in advance of how much house they can afford; however, sellers are generally more willing to negotiate with homebuyers who are pre-approved. As pre-approved borrowers are further along in the loan process, they are more likely to close on a home purchase more quickly, offering a distinctive edge in a competitive market.

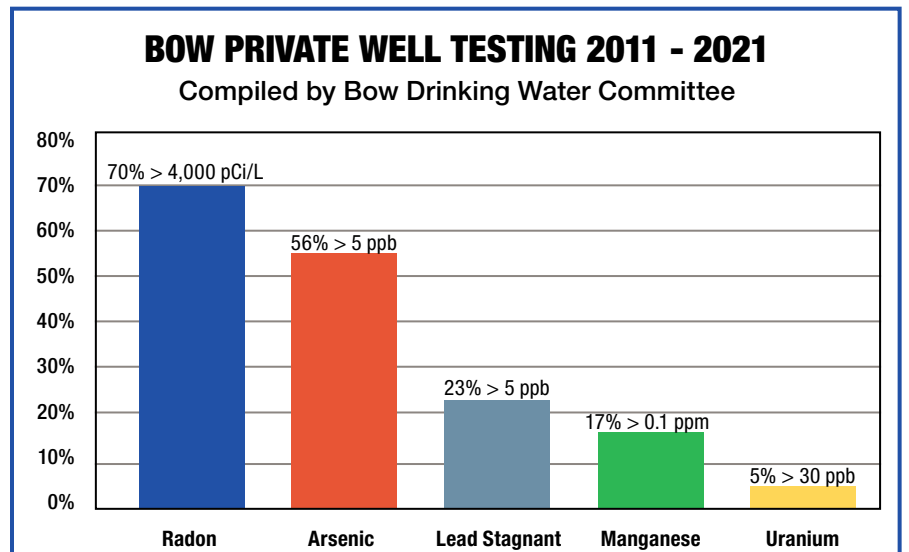
Sugar River Bank
www.sugarriverbank.com
 Member FDIC



IS YOUR WELL WATER SAFE TO DRINK?

Bow well water has naturally occurring contaminants that are bad for you, and that have no taste, color or odor such as Arsenic, Uranium and Radon. In addition, salt contamination from softener backwash and road salt runoff increases water corrosivity, causing harmful lead and copper leaching from home plumbing fixtures. The only way to detect these contaminants is by testing.

Bow Drinking Water Protection Committee volunteers help private well testing every year. Based on past well testing, over half of Bow's private well samples test above the new 5 ppb standard for Arsenic, and 70% exceed the Radon guideline of 4,000 pCi/L. Stagnant Lead was elevated in 23% of samples, and 17% are above the proposed Manganese state health advisory for formula-fed infants (see chart).



Studies have shown that the drinking water with arsenic or uranium can increase the risk of developing certain types of cancers and other diseases, and that radon exposure via air and water is the second leading cause of lung cancer next to smoking. Formula-fed infants (up to 12 months old) must not drink manganese >0.1 mg/L to prevent potential health risks including impaired motor function and learning, and harm to their nervous system.

After you test your well, you should consider treatment options, if needed. Arsenic and uranium are most effectively removed via a Point of Use (POU) filter at your kitchen sink, only for the water used for drinking and cooking, as there is no harmful exposure from washing or bathing. However, whole-house treatment is required for Radon, Corrosivity, and Manganese. Non-salt treatment technologies are preferred to reduce salt contamination to groundwater and surface water.

To test your well, pick up a sample kit at the Town Clerk's office on Grandview Rd, or directly from the State Public Health Lab in Concord at 603-271-3445, or online by searching for "NHDES Homeowner Sample Bottle Request" and ordering the "Standard + Radon" package. Cost is \$105.00 due upon sample delivery at the State Lab at 29 Hazen Drive, Concord. For questions or additional information once you receive your test results, please contact bowdrinkingwater@bownh.gov, and visit the Committee webpage at <https://bownh.gov/394/Private-Well-Owners>.

Discounts for Students with a "B" or Better Average



**RELIABLE
 INSURANCE
 SOLUTIONS, LLC**

Auto • Home • Life • Commercial • Investments

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

RETIREMENT PREPARATION MISTAKES

by Dominic Lucente

Why are they made again and again?

Much is out there about the classic financial mistakes that plague start-ups, family businesses, corporations, and charities. Aside from these blunders, some classic financial missteps plague retirees.

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

Timing Social Security. As Social Security benefits rise about 8% for every year you delay receiving them, waiting a few years to apply for benefits can position you for higher retirement income. Filing for your monthly benefits before you reach Social Security’s Full Retirement Age (FRA) can mean comparatively smaller monthly payments.¹

Managing medical bills. Medicare will not pay for everything. Unless there’s a change in how the program works, you may have a number of out-of-pocket costs, including dental, and vision.

Underestimating longevity. Actuaries at the Social Security Administration project that around a third of today’s 65-year-olds will live to age 90, with about one in seven living 95 years or longer. The prospect of a 20- or 30-year retirement is not unreasonable, yet there is still a lingering cultural assumption that our retirements might duplicate the relatively brief ones of our parents.²

Withdrawing strategies. You may have heard of the “4% rule,” a guideline stating that you should take out only about 4% of your retirement savings annually. Some retirees try to abide by it.

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

Talking About Taxes. It can be a good idea to have both taxable and tax-advantaged accounts in retirement. Assuming your retirement will be long, you may want to assign this or that investment to its “preferred domain.” What does that mean? It means the taxable or tax-advantaged account that may be most appropriate for it as you pursue a better after-tax return for the whole portfolio.

Retiring with debts. Some find it harder to preserve (or accumulate) wealth when you are handing portions of it to creditors.

Putting college costs before retirement costs. There is no “financial aid” program for retirement. There are no “retirement loans.” Your children have their whole financial lives ahead of them.

Retiring with no investment strategy. Expect that retirement will have a few surprises; the absence of a strategy can leave people without guidance when those surprises happen.

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

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

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 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. 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.

Citations

1. Forbes.com, December 9, 2021
2. SSA.gov, January 24, 2022



YES, WE DO TAKE IT *personally*



Everyone hopes for a happy, secure life and an easy path to retirement. But only **you** know what happiness and retirement personally mean to you. That’s where we come in.

At NPA, we pride ourselves on excellent client relationships and a personal planning approach focused on understanding you, your family and your financial goals. The plan we create together takes all of that into account, but when things change, either in the world or for you, we’ll adjust accordingly.

Now, let’s get personal. Call us 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



21-436 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

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!

A-1 Enterprises

STUMP GRINDING

**Taking Orders for
Seasoned Cord Wood NOW!**

Cell: 603-557-9083 Shop: 603-774-3725
1021 Montalona Rd. Dunbarton, NH. 03046

LOOK AT EXERCISE AS A PRIVILEGE

by Jim Olson

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

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

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

Think of the positive changes that you'll get:

LOSE EXCESS FAT

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

BUILD MUSCLE

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

INCREASE METABOLISM

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

DECREASE STRESS

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



Jim Olson

DECREASE BLOOD PRESSURE

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

HEALTHIER SLEEP HABITS

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

FEEL BETTER ABOUT YOURSELF

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

INCREASED ENERGY

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

A POSITIVE OPPORTUNITY FOR CHANGE

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

Try the IF WAY

Private Personalized Training Where YOU Matter!

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

SEASON SCHEDULE
2022

A Concord Tradition

WALKER

LECTURE SERIES

Since 1896

ALL SHOWS
ARE FREE

Concord City Auditorium
2 Prince Street, Concord
Visit www.walkerlecture.org

Wednesday, February 23, 2022
at 7:30 PM

Buskers' Night In

Wednesday, March 2, 2022
at 7:30 PM

Doo wop with The Rockin' Daddios

Wednesday, March 16, 2022
at 7:30 PM

Artful Noise, String Quartet

Wednesday, March 23, 2022
at 7:30 PM

Central & South America, Travelogue

Wednesday, March 30, 2022
at 7:30 PM

Japan, Land of the Rising Sun, Travelogue

Wednesday, April 6, 2022
at 7:30 PM

Counterfeit Cash, Tribute to Johnny Cash

Wednesday, April 13, 2022
at 7:30 PM

Patrick Anderson
The Art of Silent Film Comedy

Wednesday, April 20, 2022
at 7:30 PM

An Evening of A Cappella

Wednesday, May 11, 2022
at 7:30 PM

Introduction Band, Chicago Tribute

\$3,000,000 TURF FIELD PROPOSED FOR BOW

An artificial turf field proposed by the School Board involving a \$2,000,000 bond issue and use of other funds may be before the voters in March at the School District meeting.

School Board Chairman Bryce Larrabee has presented a Power-Point explanation to the Budget Committee and Selectmen. The plan involves placing bleachers, lights and an artificial turf field between Bow Elementary School and Bow Middle School.

The total cost will be \$2,500,000 to \$3,000,000.

What is Artificial Turf?

Artificial turf like Astro Turf is a surface of synthetic fibers that look like natural grass. Artificial turf is most often used in outdoor recreational arenas because it stands up to heavy use.

Misconceptions About Artificial Turf

At least three points of concern are responded to in Mr. Larabee's presentation:

- Artificial turf is **unsafe for kids and pets**. Top-quality turf products are now manufactured using only non-toxic ingredients.
- Participating in sports on artificial turf greatly **increases the chance for injuries to players**. While older studies on this issue have reached varying conclusions, none support the concept that it greatly increases the chance for injuries.
- The **light pollution** at night will disturb the tranquility of Bow. Technological advancements in lighting have come a long ways and its possible that a person could be within 50 feet of the field and still be in the dark.

How Will This Be Paid For?

A \$2,000,000 bond issue with at least an additional \$200,000 in interest would need to receive a 60% vote at the March school meeting.

Additional funds are said to be \$66,000 in donations, a grant of \$50,000 and use of about \$400,000 Dunbarton is paying Bow for calculation errors involving the cost of special education staff. It is also proposed that Bow High school Sports Activity Fees will double from \$50 to \$100 to raise about \$60,000.

Once installed the turf will need to be replaced in 10-15 years at a cost of \$400,000.

Two years ago the town's Capital Improvement Plan estimated it would take \$10,000,000 to renovate the Bow Elementary School in fiscal year 2021-2022. That spending has been deferred but the turf proposal says it will have only minimal impact on those spending plans.

There will be a bond hearing on February 17, at 6:00 PM at the Bow High School.

Bow
Community Men's Club
91 Bow Corner Road
Bow, NH 03304



Flags Across Bow Enrollment Form 2022

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 2022: 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 can send a check for \$40 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 can enroll on-line and pay \$42 via Square at the following link: <https://bowmensclub.square.site/>

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		

Notes:

Web Site: <http://www.bowmensclub.org>
Email: info@bowmensclub.org



**VISIT US AT OUR
NEW LOCATION!**

1235 Route 3A
Bow, NH 03304

603-753-8488

OPEN Monday-Friday
7:30 AM to 5:30 PM

www.familycarcareandtirecenter.org

COME IN AS A CUSTOMER... LEAVE AS PART OF THE FAMILY!

GET ACQUAINTED OIL CHANGE *Specials*

Conventional Oil Change \$29.95

Full Synthetic Oil Change \$49.95

FREE Tire Rotation with any oil change!

Includes FREE Check-Up of:

- Brakes • Suspension • Belts & Hoses
- All Fluid Levels • Lights
- Radiator & Coolant • Tire Safety Check

Most cars and light trucks. Oil change includes up to 5 qts. and standard oil filter/5qts. synthetic oil and standard oil filter. Cannot be combined with other offers/discounts. Coupon only valid if presented at the time of service. **Expires March 31, 2022**

BONUS SAVINGS *Specials*

\$25.00 OFF services over \$250.00

\$50.00 OFF services over \$500.00

\$75.00 OFF services over \$1,000.00

FREE BRAKE INSPECTION

Don't wait until your brakes fail! Call today for an appointment

PLUS \$50.00 OFF Complete Brake Job
\$25.00 per axle

Cannot be combined with any other offer or discount. Excludes tires, batteries, engine and transmission replacement. Some restrictions may apply. Coupon only valid if presented at the time of service. **Expires March 31, 2022**

EXCITING INTRODUCTORY *Giveaway*

STOP IN TO MEET US

**Monday – Friday from 7:30 AM to 5:30 PM
AND ENTER TO WIN A**

***Platinum* PACKAGE DETAIL**

a \$400.00 + Value

NO PURCHASE NECESSARY.

PLATINUM DETAIL INCLUDES: Vacuum interior, shampoo carpets and upholstery, clean windows inside and out, dashboard, console, all interior trim, vents, gauges, foot pedals, condition leather seats, clean door jams, hand wash and dry, wheels cleaned, clean and dress tires and trim, apply high quality ceramic coat. **Now through March 31, 2022.**

Winner to be announced on April 1, 2022

***Life is full of tough choices...
Choosing to experience Family Car Care
& Tire Center is not one of them!***

COUNT ON US FOR:

- Quality: ASE Certified Technicians
- Excellent Customer Service – Satisfaction Guaranteed
- Same Day Services – Most Repairs
- Free Loaner Cars – Just ask for a Loaner Car when you book your appointment
- No Surprises – All prices approved by you before any work is preformed
- Complete Auto Repair
- Fleet Pricing Guide
- Detailing
- Tire Services



WE ARE PROUD WINNERS OF THE 2019 BETTER BUSINESS TORCH AWARD FOR ETHICS IN SMALL BUSINESS. We are dedicated to integrity and ethical business practices, we care for our customers and we do the right thing – the very reason we exist.



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



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

GENERATIONS
DENTAL CARE

Advanced Technology, Time-Honored Care

Back by popular demand...
PRE-K ART & PLAY ON FRIDAY MORNINGS



Pre-K Art & Play is for children ages 3-5 with parent/guardian or adult caregiver. Come join us for a fun-filled hour, where you and your child will enjoy working on arts and craft projects together and engaging in a variety of movement activitis, games and more with other children. The result is serious bonding time with you little one and colorful masterpieces to display at home!

- Location:** Bow Recreation Center, 21 Bow Center Road, Bow
When: Friday 18, 25 March 11, 18 and 25
Makeup April 1 if needed.
- When:** Friday, February 18 and 25 March 11, 18 and 25
Makeup April 1 if needed.
- Time:** 10:00 to 11:00 AM
- Cost:** \$55 Bow Residents \$60 Non-Residents



share your *student's* achievements

If your child is a student at college feel free to send us news about them so their friends, family and neighbors can share important milestones in their life.
Feature your childs accademic achievements, artistic endeavors or sports accomplishments in The Bow Times!
Send photos & news to Nadeane at: nmannon1@comcast.net
or Denise at: dehmling@thebowtimes.com



Familiar with the saying...

“You reap what you sow?”

Bow Rotary Club experienced the expression firsthand at our first meeting of the New Year, Friday, January 7th, when our scholarship winners from 2021 were invited to attend the meeting and share how their school year has been. Ten of our recipients attended by Zoom. Some were at home, taking classes remotely, some were at school,

taking classes remotely, some were still on their winter break, and one was taking in-person classes. In attendance were: Brooke Biehl; Michelle Eweka; Victoria Amy Eweka; Matthew Ferland; Riley King; Nicholas Manning; Jonathan Muise; Jack Roberge; Liam Wells and Rachel Wells. Unable to attend due to work or other commitments were Adele Elle-Gelemter and Shannon Luby. Committee chair Mike Griffin read comments sent to us by Shannon Luby.

Each time we hear from these students we are reminded once again why we work so hard to raise funds at our Foundation Auction, Car Show, etc. The student's passion, their excitement about learning and meeting new people and having new experiences reignites our own joy in helping others.

This year, the deadline is April 29th for applying for a scholarship. Students can find the scholarship applications and other details on our website at www.bowrotary.org, under “Scholarships/Grants,” a tab at the top of the home page. Scholarships are awarded for students attending a college or university, or a 2-year community college or a technical school, or certificate program. They are also available to adult learners. Our scholarships are announced and awarded in the spring but are paid after the first semester of learning. This allows the student, not necessarily the educational institution, to benefit from the payment.

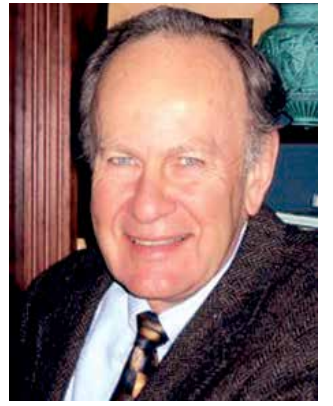
Also in January, Bow Rotary collected and transported warm coats, hats, gloves, socks and other clothing, along with bedding, diapers, children's toys, etc., to the Ludlow Vermont Rotary Club for further distribution to a Rotary club in western Tennessee, where the town of Mayfield was all but destroyed. Because Rotary is a worldwide organization, our Clubs can quickly connect with others in areas where natural disasters have devastated local relief operations. We also recently collected funds to aid in Kentucky relief.

Our next focus is the annual “4-Way Test Speech Contest.” Open to high school students who live in Bow or Dunbarton, this Contest uses the Rotary 4-Way Test as a springboard for a 5 to 7 minute speech. Other Rotary Clubs in our district conduct the same contest, and the winner of the Bow/Dunbarton contest has frequently won the District Contest. This speech contest happens in March, and additional information can be found on our website, as well as through the high schools. There are cash prizes for the First, Second and Third place winners.

Travel with The Bow Times



Ben and Tammy Kiniry, met up with fellow Bow residents, Ed and Michele Perry in Aruba.



THE IMPACT OF SEXUAL ASSAULT

The other day I listened to an interview with Rachael Denhollander, a lawyer and one of the former gymnasts who accused Larry Nassar of sexual assault. The discussion centered around empowering the voice of the victimized. She stated that most survivors are willing to speak up if there is a hope that they will be heard. How do we create systems and cultures where survivors are able to speak up and be heard? When the ‘narrative’ is controlled by the perpetrator, the victim will have very little success in being heard. Out of 300 reported rape cases reported only 5-6 result in conviction and jail time. According to Denhollander, most of the enabling of abuse does not come from a thought-out plan to ignore the victim, but rather the enabling comes from a lack of understanding of trauma dynamics and abuse dynamics.

Sexual violence is too common: (<https://www.rainn.org/statistics/victims-sexual-violence>)

Every 68 seconds an American is sexually assaulted – the majority are under age 30

1 out of every 6 American women has been the victim of attempted or completed rape

1 in 33 American men have experienced attempted or completed rape

When we hear of abuse, frequently the response is: “How could that have happened?” We tend to think of all the reasons that the accused couldn't possibly be an abuser. Not infrequently the abuse will occur near other people. The persona created by the abuser, and the crafted environment in which the abuse takes place, leads us to think that surely abuse could not have taken place. This confusion is even more disorienting for the victim of abuse.

When you ‘remember’ a positive experience you can actually feel, see & hear the event. The same thing happens with an experience of abuse. When something triggers the victim's memory of a traumatic event the survivor doesn't just ‘remember’ the trauma, they actually ‘feel’ it again.

Let's admit that we often don't want to see the evil around us, so it is a lack of intentionality that we don't address it. How then do we become aware of what might be happening right around us? First, we need to be willing to see the darkness, to understand how abusers think and how they operate, and manipulate the environment. We need to see how abuse can take place, even in a public space or in an organization. Secondly, we need to understand the victim's response to trauma which can include memory gaps, fight/fright/freeze response, and delayed disclosure. According to Denhollander it is common for survivors of sexual abuse to act out sexually because they think ‘this all I am worth’ and they are struggling to gain control of their sexuality. Unfortunately, when we look at the response to trauma, we are tempted to say that what we see is an indication that the trauma did not really happen, when, in actuality, the response we see is the evidence that the trauma did indeed happen.

How do we safeguard those around us? ‘Policies’ are important but the most important thing a community can do is “message well.”

1. Survivors need to know that you understand the issues of power dynamics
2. It signals to potential abusers that this is not going to be a safe place for them
3. Remember that ideas lead to actions. Pornography divorces sex from personhood. Pornographic ideas lead men to treat women as an object.

For help and more information:

RAINN (Rape, Abuse, Incest, National Network) has a National Sexual Assault Hotline: 800-656-4673 (HOPE)
<https://hotline.rainn.org/online>

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel van der Kolk, MD

NOW IS THE RIGHT TIME FOR A CELL TOWER IN BOW!

Over the past 20 years, the idea of adequate cell service in Bow has come and gone. Here we are in 2022, having similar conversations. Over these years, some things have changed, and some things have not.

What has not changed? We are still a town that values open spaces and uncluttered horizons. We are still a town that listens to our neighbors who are concerned about the potential impact a cell tower may have on them and their experience of living in this town. We are still a town that values our kids, schools, and safety. Additionally, we are still a town that uses a town meeting form of government where every registered voter gets a say in how the town business is transacted.

It is also important to recognize that some things have, indeed, changed. Expectations have changed; more people looking to settle in our community expect that they will have solid cell coverage. The need for school safety has changed; reliable communication on school grounds is essential to safety. Our jobs and responsibilities have changed; specifically, there has been a significant increase in the number of people having job responsibilities that now carry expectations of remote access and availability. Even our family connectivity needs have increased as people care for their children and their aging parents.

Previously, landlines were in almost every home. Today, many families no longer have a landline. If you do have a landline, there is a chance of having no service during a power outage as some companies utilize the internet for the landline to work. This leaves families with one option to call 911 or family in an emergency, cellular.

And, these changes have transformed the conversation.

At our Town Meeting on March 9, a warrant article will be presented and voted on regarding the erection of a cell tower. If passed, the warrant will provide the Board of Selectmen permission to negotiate and enter into a long-term lease agreement with Wireless Partners, the company that will be responsible for overseeing construction and operation of the cell tower.

WHAT WILL WIRELESS PARTNERS DO?

Wireless Partners is a company that builds and operates cell towers. They specialize in rural New England communities and have had great success in providing cell service in much of northern New Hampshire. After exploring how the cell tower/cell carrier relationship works and who the vendors for this area are, a small group of Bow citizens chose to collaborate with Wireless Partners to map out the best options for our town.

If Wireless Partners gets a contract with the Town of Bow, they will conduct a final site survey, obtain required federal and local permits, construct, and operate the cell tower. They have relationships with multiple carriers, who will lease space on the cell tower. Several major carriers have already signaled a desire to operate in the proposed location.

WHERE IS THE PROPOSED CELL TOWER GOING?

Various sites around town were explored over the past couple of years. The criteria include coverage for schools and as much of the town as possible, utilizing town-owned land, minimizing visual impact, maximizing attractiveness to potential carriers, and easy access by tower builders and operators. The site being proposed is on Branch Londonderry Turnpike, behind the Old Town Hall on town owned land.

This particular site passes all the criteria. It borders three neighbors on Branch Londonderry Turnpike on the south side and Crockett Drive residents on the northeast side. The tower will not likely be visible as people travel on Bow Center Road.

WHAT CARRIERS WILL BE ON THE TOWER?

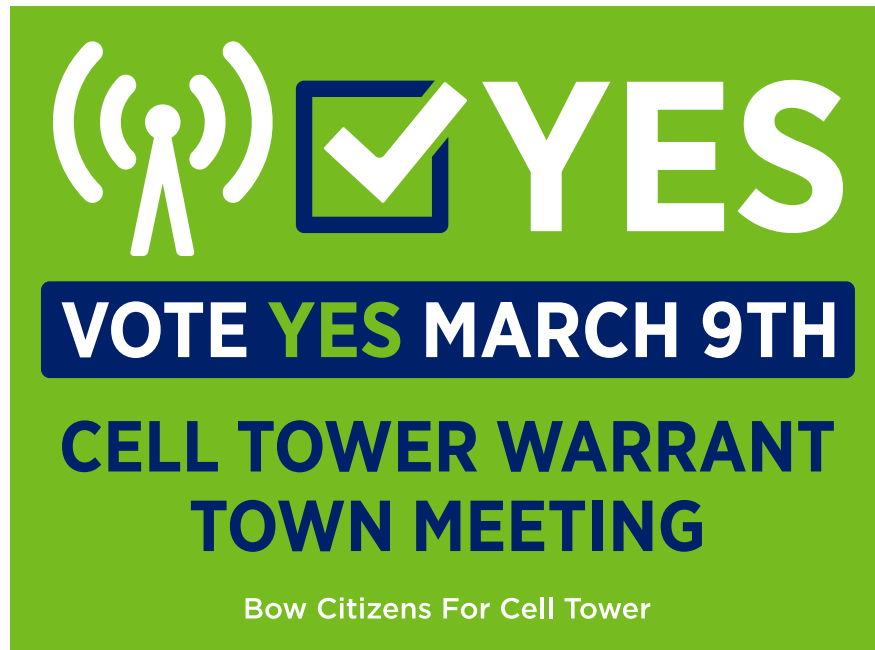
Though Wireless Partners has good relationships with multiple carriers, nothing has been guaranteed at this point, however, the projections seem positive.

The town has approached carriers directly as a part of this process. Carriers are not interested in working directly with the town and prefer to collaborate with companies like Wireless Partners who know the industry well.

WHAT WILL COVERAGE BE WITH THE NEW CELL TOWER?

Coverage is dependent on the individual carriers and their projections of coverage are confidential trade information for these companies. That being said, the coverage offered on this particular site offers the best coverage for Bow and will solidify coverage for our schools, which is of primary concern. It is unlikely that this will solve all coverage problems for the entire town as topography plays a significant role in actual coverage.

Some things do not change. Some things do.



It is time to VOTE YES ON THE CELL TOWER WARRANT.

Please lend your voice to the conversation at Town Meeting on Wednesday, March 9, at 6:30pm, at the Bow High School.

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*

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



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

JANUARY 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
26 Quimby Road	2 Bedrooms 1 Baths	1258 Square Feet	1.2 Acres	\$245,000
56 Bow Center Road	3 Bedrooms 1 Baths	1368 Square Feet	2.65 Acres	\$300,000
271 Page Road	3 Bedrooms 2 Baths	1493 Square Feet	.83 Acres	\$315,500
7 Lincoln Drive	3 Bedrooms 2 Baths	1768 Square Feet	2.43 Acres	\$399,900
44 White Rock Hill Road	5 Bedrooms 2 Baths	2224 Square Feet	3.50 Acres	\$445,000
38 Dunbarton Center Road	3 Bedrooms 2 Baths	2072 Square Feet	2.01 Acres	\$448,000
14 Hunter Drive	3 Bedrooms 3 Baths	3011 Square Feet	2.0 Acres	\$500,000
Lot 4 Hamilton Court	3 Bedrooms 3 Baths	2974 Square Feet	.99 Acres	\$681,292

JANUARY 2022 REAL ESTATE SALES IN DUNBARTON



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
191 Stark Highway North	3 Bedrooms 1 Baths	1898 Square Feet	3.40 Acres	\$230,000

Sales Data for DECEMBER 2021 provided by the NHMLS.



If you're thinking of selling, or just curious about your home value, give us a call for a **FREE PRICING ANALYSIS.**



603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE
ericcooke137@gmail.com

54 Woodhill Road
Bow NH 03304



www.facebook.com/E.CookePlumbingandheating.com



Nellie Doughty
NMLS ID: 170344



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.



MERRIMACK COUNTY SAVINGS BANK PURCHASES \$25,000 IN TAX CREDITS FROM KIMBALL JENKINS

Merrimack County Savings Bank has purchased \$25,000 in tax credits through the New Hampshire Community Development Finance Authority (CDFA) in support of Kimball Jenkins in Concord. Funds will help improve the accessibility and efficiency of their historic property, which serves as a cultural and economic hub for local artists and events.

Located on a historic estate, Kimball Jenkins serves thousands of students and visitors each year through educational and cultural programming. They are a regional hub of economic activity and a home for many community organizations to gather. Each year, more than \$20,000 is awarded in scholarships and free afterschool programming to middle and high school youth. Kimball Jenkins is also home to a popular summer camp in the arts and history. For more information about educational opportunities, visit kimball-jenkins.com. Visit nhcdfa.org/kimball-jenkins for more information about purchasing CDFA tax credits from Kimball Jenkins.



The Kimball Jenkins Estate on 266 North Main Street in Concord, pre-dates the American Revolution.

2022 CAPITAL CUP CHAMPIONS

Coach Alex Gadbois on the Right The Bow High School Girls and Boys Alpine Ski Team combined to win the Capital Cup SL for the 3rd consecutive year.

The 14th annual Capital Cup SL held at Proctor Academy on 2/2 includes 8 Concord area Teams. The Boys and Girls scores are combined to determine the winner.

Bow finished 1st, Concord 2nd and Hopkinton 3rd.

Key players for the Girls include, Savannah Shannon 1st, Hannah Golden 4th, Charlotte Summerelin 6th all from Concord. Clara Locke from Hopkinton finished 2nd. Maddie Rosato from St Paul's School finished 3rd. Merrimack Valley's Violet Webb finished 4th and Bow's Sophie Coombs finished 7th.

Key players for the Boys include Bow's Patrick Wachsmuth 1st and Bow's Eli Gadbois 2nd. Hopkinton's Harrison Wilson 3rd and teammate Merrick Chapin finished 4th. Read Merrill from Concord placed 5th and Nathan Innerfield from John Stark finished 6th.



2022 Bow High School Girls and Boys Alpine Ski Team
Coach Mike Sampo on the left, Coach Alex Gadbois on the Right.

BOW PARKS & REC SAFESITTER CLASSES

Safe@Home

Monday, March 21 • 5:30 - 7:00 PM • Bow Municipal Building
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

Monday, March 21 • 5:30 - 7:00 PM • Bow Municipal Building
Designed for students entering grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting. The students will 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. Student even get to use CPR manikins to practice choking rescue!

\$75 Bow Resident | \$80 Non-resident

Register at Bow Parks and Recreation.

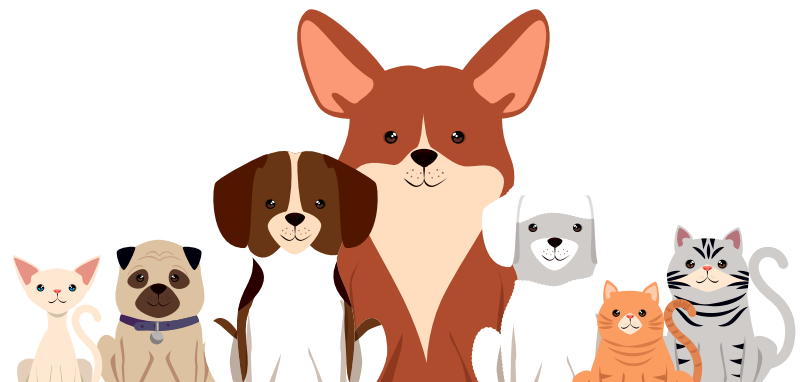
**For information more call
223-3920 or email
parksandrec@bownh.gov**



Did You Ever Wonder?

If the temperature is zero outside today and it's going to be twice as cold tomorrow, how cold will it be?

We're Still Here To Help Pets!



For the health and safety of our employees and visitors, we are open by appointment only.

We are determined to help all animals in need that come through our doors during this challenging time.

A gift of any amount, at any time you are able to donate, will fund our basic programs to provide care for the most vulnerable pets in our community. **Be safe, be kind and stay healthy!**



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



BE FULL OF THE JOYS OF SPRING LIBATIONS

Although the snow is here with the winter chill still in the air, the days are getting longer, the nights shorter, and except for those crazy skiers like myself, you're ready for winter to be over. Bring on the sunshine and warmth! It's that time of year we look ahead to celebrate St. Patrick's Day & Easter, take vacation trips to warm destinations, dreaming of firepits outside, dusting off the golf clubs, grilling and sipping on the patio as the sun goes down watching the sunset. Here are a few of my favorite spring libations to get you in the mood for brighter days and good cheer.

Zardetto, Prosecco Rose, Extra Dry, Italy NH Code # 35100 Suggested Retail \$10.99

Time and time again, pink, tiny bubbles always make me happy! I am sure these will please most palates. Fresh and lively, with hints of cherry and a lovely raspberry color. Pairs well with any charcuterie plate on a weekend night together with friends. Every day is a celebration!

Rioja Bordon, Crianza Rioja, Spain NH Code #22343 Suggested Retail \$14.99

Rioja the most well-known region from Spain, this winery was founded in 1890 known as historic Bodegas Franco Espanola winery. The rule with Crianza is it's held for one year in barrel and one year in bottle before it is released. A perfect wine for grilling all types of meats, with flavors of red fruits, hints of licorice, smokiness and a spicy finish. Grape varietals are 80% Tempranillo and 20% Garnacha, aged 14 months in French and American oak. A great value for the money and perfect for a juicy burger night.

Francis Ford Coppola, Claret, Sonoma, C NH Code #27854 Suggested Retail \$19.99

The man, the myth, the legendary filmmaker – get ready for the Oscars March 27th. If you go to wine country be sure to visit this destination. Movie memorabilia everywhere, the tour, wine tastings and food pairings oh my... don't miss it! Claret is a British reference to red Bordeaux or Cabernet Sauvignon based wines. Sit down with this smooth sipper for the Oscars or break out the Godfather series, with some hearty pasta dishes and some cannoli for a movie night at home with friends and family.

Garnish Island Gin, Ireland NH Code#4435 \$24.99

Think green and think Irish. I know we all think of whiskey around St. Patrick's Day, but I think Irish Gin where botanicals originate from the Garnish Island Botanical Gardens, a magical place of wonder. Thinking Spring, nothing beats a Gin and Tonic and warm sunshine. Upgrade your tonic game to Fever Tree and you will be pleasantly surprised as they come in a variety of flavors. I like the light tonic, grapefruit or elderflower and of course don't forget the limes. The citrus in this Gin and botanicals makes a perfect spring concoction.

I hope you all find some new libations to enjoy as we spring ahead. Most of these fine selections can be found at your local New Hampshire State Liquor Store.

I look forward to bringing you tasty new treats in a few months this summer. As always make the most of your "you time", kick back, relax and unwind or share something new with loved ones or friends, take a trip around the world, exploring fine wines & spirits.

Slainte ~ Annie



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

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

DUNBARTON NEWS

By Nora LeDuc



CRIMES AGAINST CHILDREN The Internet Crimes Against Children ("ICAC") Task Force and the Dunbarton Police Department have partnered together to present "Social Media: A Predator's Playground." This event is free and open to the general public, Tues. Feb 22 at 6:30pm at the Elementary School. Learn about the dangers that teens face every day. In doing so, we'll discuss how computers, cell phones, iPads, digital cameras, gaming systems, social networking applications, and internet blogs all play a role in placing students and families at risk. This 1.5 hour presentation is specifically geared towards parents, educators and community leaders who are looking to better understand the technology available to teens today and the way in which child predators use it to exploit them. RSVP to Chief Christopher Remillard at chrisremillard@gsinet.net.

VIRTUAL LIBRARY PROGRAMS The British Invasion and American Answer Program will be presented by Marty Gitlin on Tues, Feb 22 at 6:30pm. Virtual Chair Yoga with Sherry Gamble is back on Thurs, Feb 24 at 11am. Email dun-lib@gsinet.net for links for each program.

READ TO DOGS will be at the town library for grades 1 to 4 on Thursdays, Feb 24 & March 10. There will be three 1:1 socially distant sessions each meeting. Call to set up your time!

DCC BOOKCLUB This month the DCC Book Club is reading the book *The Jigs & Juleps Girl: Her Life and Writings* by Beverly Mayne Kiezele. Discussion will be on Zoom, Thurs Mar. 3 7:00 pm to 8:30 pm.

SCHOOL BREAK School Vacation week will begin Monday, February 28 through Friday, March 4. There will be no school on March 8-Teacher Workshop.

DREW GROVES EXHIBIT During the month of February the town library's monthly Art Wall series will feature talented nature photographer and Dunbarton Conservation Commission member Drew Groves. He'll be exhibiting a collection of photographs that highlight the wildlife and naturoscapes of Dunbarton's conservation areas, most notably Kimball Pond Conservation Area. Drew's photographs are outstanding. You'll be impressed by the beauty within our own backyard. Come view them.

TOWN MEETING will be held on Tuesday, March 8 at 7pm in the school gym.

"How wonderful it is that
nobody need wait a single moment
before starting to improve the world."

Anne Frank



FEBRUARY FEATURED PROGRAMS

Book Battle Winter Reading Challenge | January 31st – February 27th
Looking for a special challenge this winter? Jump start your reading and compete against your county neighbors in Northfield-Tilton with Book Battle, the library’s new Winter Reading Program! To participate, simply read as much as you can throughout the 4-week challenge and report your time spent reading to the library. All formats count, including books, magazines, newspapers, graphic novels and audiobooks. This program is open to readers of all ages. Children can even count time spent listening to an older reader! There will be weekly prizes for the most minutes read and a special, surprise event to celebrate the winning library! It’s not too late to track your minutes! Visit our website to learn how to participate in Book Battle.

Meet the Candidates Night | Wednesday, Feb. 23rd | 6:30pm
Join us on Wednesday, February 23rd to meet the candidates running for elected town and school positions. Each candidate running for elected positions will have 5 minutes to speak about themselves and why they are running, after which the public will have time to ask questions. Candidate Information Packets will be available on our website and in the library after the event.

A Visit with Abraham Lincoln | Thursday, Feb. 24th | 6:00pm
Steve Wood, Claremont, will present “A Visit with Abraham Lincoln,” at the Baker Free Library. The program will feature the story of Lincoln’s 1860 visit to New Hampshire following his Cooper Union Address in New York City, and his subsequent nomination and election to the Presidency. It will include anecdotes from stops he made in Concord, Manchester, Dover, and Exeter. After the program, Wood will step out of character and take questions from the audience. This program is open to the public. For more information, visit our website or contact us at (603) 224-7113.

CHILDREN’S PROGRAMS

Shimmy and Shake Storytime | Every Tuesday at 10:30am
A special Storytime for movers and shakers! This 45-minute program includes music and songs, yoga and movement activities, and ends with a family dance party. Recommended for ages 3-6, but all ages are welcome.

Family Storytime | Every Thursday at 10:30am
Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child’s imagination. Each session ends with plenty of open play time, allowing children and their caregivers to meet and socialize together. All ages welcome. To register your child for the next session of Storytimes, please visit our online calendar on our website.

Krafts 4 Kids | Wednesday, March 9th | 3:30pm
A monthly program for artists and makers in Grades K-4 along with a parent or guardian. Create a new craft each month with materials supplied by the

library! Registration is required. Please visit our website and register using our online calendar.

Tinker Tuesday | Tuesday, March 15th | 3:30pm
A STEM-inspired group that explores scientific concepts through hands-on activities. Recommended for Grades 2-6, in the company of a parent or guardian. Registration is required. Please visit our website and register using our online calendar.

Magic Treehouse Book Club | Monday, March 28th | 4:00pm
Join the library’s newest book club for young readers! Each month, travel the world and explore new subjects with books from The Magic Tree House series, written by Mary Pope Osborne. A new book will be selected each month, with copies provided by the library. Chat, craft and play at every meeting! This program is recommended for readers in Grades 1-3, or any interested child reading at those grade levels. Registration is required. Please visit our website and register using our online calendar.

ADULT PROGRAMS

Adult Craft Night | Monday, March 14th | 6:00pm
Join us every month for an after-hours craft night and learn how to make simple DIY crafts. This craft is also available as a take-home kit which will be available to pick up on Tuesday, March 15th. Registration is required for both options. Please notify us which you would like to sign up for during registration. Please visit our website and register using our online calendar.

Adult Book Talk | Tuesday, March 8th | 12:30 pm & 6:30pm
The Adult Book Talk Group will be discussing *The Underground Girls of Kabul: in Search of a Hidden Resistance in Afghanistan* by Jenny Norberg. Copies of the book are now available at the Circulation Desk to check out.

The White Rock Book Group will be meeting at White Rock Senior Center on Tues. 15th at 1pm. They will be discussing *The Underground Girls of Kabul: in Search of a Hidden Resistance in Afghanistan* by Jenny Norberg. The Whodunits are meeting at White Rock Senior Center on Feb. 1st at 1pm and will be discussing *In the Woods* by Tana French.

IN THE GALLERY

Lincoln: From Postmaster to President | Feb. 7th – Mar. 4th
Local Artist, Susan Rock is back in the Gallery showcasing her exhibit Lincoln: From Postmaster to President. Pieces will be divided into subject matter groups such as: The Constitution, Slavery, War and more. To learn more, visit our website www.bowbakerfreelibrary.org. Artist Meet and Greet will be held Thursday, Feb. 24th from 4-6pm.

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

DRY IN 1 HOUR

(603) 707-1313

Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing

(603) 496-2893

Matthew Cleveland

Bow

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

GETTING OLD(ER)

By Donna Deos



NEED SOMEONE TO LISTEN?

If you need someone to truly listen and to help call Donna!

Donna Deos, LLC ∞ Counseling, Coaching & Education

603-224-4178 www.donnadeos.com 1-855-772-2622

Happy February, friends! Typically, in February I tend to talk about love – for obvious reasons like Valentine’s Day and such. This year, I am not doing that. Instead I would like to talk about aging. I know, “On Aging” and we are going to talk about aging?!

Well, some of us age well, some of us do not. Some of us don’t seem to age or grow up at all and some of us were born adults – or so it seems. There are all variations in the middle as well. As time goes by we all are reminded that time is going by. It gets faster every year too. I know you know what I mean.

Aging gracefully is something that happens sometimes and at other times life and reality catch up with us and we are not always so graceful. Sometimes we downright lose our ability to cope with and face the reality that we are all getting older each and every day.

Getting older doesn’t have to be depressing or sad or even painful. Oh, here it comes – that positive side to things... Well, yes, as with everything attitude helps and it matters. In my line of work, I have spent time with people of all ages. The oldest was 107! Boy was he magnificent. He couldn’t hear well, or even see well, but he was still kind, and smart and interesting and up and moving around! Yes, he walked with only a cane at 107!

I have seen people my own age who don’t really fit any of those virtues that he had. See, age really isn’t the culprit here. It is how we look at life and aging that matters. If you believe that getting old is horrible then it likely will be for you. If you believe that if you use it, you won’t lose it, you likely won’t lose it.

“Use it or lose it” is frequently said in elder communities. It refers to using your body, your mind and your spirit. If you use them, you keep them strong. Now, using them too harshly could be a deterrent. Especially in the realm of the body. The people who work or play or exercise too hard tend to end up with negative consequences to those actions.

When I asked my 107-year-old friend what was the secret to life, he said “everything in moderation!” This was at a cocktail social where he had a small cocktail in hand and was heading with his cigar to the veranda to enjoy it. Now, I am not advocating drinking or smoking here, but I am advocating that to make the most of however long you have here – do things that bring you joy! Do them in moderation versus excess – but make a point to do them. If going to the art gallery makes you happy and your friends or family don’t enjoy it to the same extent you do – go anyway! You will meet other people there who share your passion.

I think you get my point.

One more thing, if we look at aging as a success and a thing to be proud of, it becomes that. If you dread it, you lose the joy you could be having. Please do not dread aging. Please embrace it and celebrate. The older we get, the more we know, the more we have seen, and the more we have experienced. We just keep getting better and better – like a fine wine. The older we get, the more there is to enjoy about us.

All my best, Donna



BOW HIGH SCHOOL GOES INTERNATIONAL

The Atlantic island country of Cape Verde is 10 islands with a population of a half million people. Also known as the Republic of Cabo Verde, the Portuguese speaking islands were visited by Governor Chris Sununu in early February as part of a State Partnership Program.

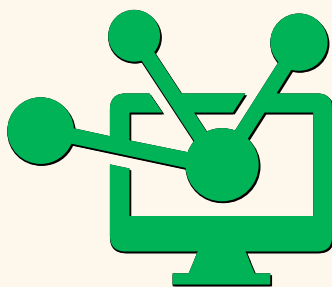
In a Zoom call on February 4 about 20 Bow High students joined students from the Pedro Gomes High School as they discussed the radically different weather in the two countries.

On the Zoom call, the New Hampshire students had many questions for the Cabo Verdean students, about their favorite classes, what they do for fun and the about geography of the island country. One Pedro Gomes student representative stepped up to the microphone and answered most of the questions, though others called out answers from the audience.

The partnership between Pedro Gomes and Bow High is being coordinated by teachers Derek DeAngelis, Colony Barrett and Heather Rosenbleeth, of Bow. DeAngelis said his goal is to open students’ eyes to what teenagers’ lives and education are like around the world.

At the event’s end, Governor Sununu presented a gift of Bow High School soccer jerseys to the Pedro Gomes students.

**READ
THE BOW TIMES
ONLINE!**



Read all editions of The Bow Times online at www.thebowtimes.com

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

**Travel Talk • Elder Law
Aging • Dental Care
Financial Planning**



Allied Insurance Agency Inc.

Your protection is our profession.

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

500 South St Bow, NH
603-224-5394
alliedia.com

Visit us on **Facebook**



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 – NOVEMBER

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
55 Meadows Drive	2 Bedrooms 1 Bathroom	1,125 Square Feet		\$105,000
403 Maple Street	7 Bedrooms 3 Bathrooms	3,730 Square Feet	12.1 Acres	\$245,000
258 Clement Hill Road	3 Bedrooms 1 Bathroom	900 Square Feet	0.49 Acres	\$312,000
402 Smithfield Road	3 Bedrooms 3 Bathrooms	1,890 Square Feet	1.3 Acres	\$349,000
1001 Clement Hill Road	3 Bedrooms 2 Bathrooms	1,930 Square Feet	4.26 Acres	\$385,000
745 E Penacook Road	4 Bedrooms 3 Bathrooms	1,818 Square Feet	7.16 Acres	\$423,000
50 Hutchins Hill Road	3 Bedrooms 2 Bathrooms	2,556 Square Feet	4.6 Acres	\$525,000
743 Hopkinton Road	4 Bedrooms 3 Bathrooms	4,15 Square Feet	75.2 Acres	\$933,250

LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!



Calvin Herst



Rolf Gesen



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh

THE AREA’S #1 INDEPENDENT REAL ESTATE COMPANY

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



for the clothes you live in



2 Capital Plaza, Concord
902 Main St., Contoocook



KEVIN MCGRATH BREAKS UNH HIGH JUMP RECORD



Former Hopkinton High School student-athlete, Kevin McGrath broke the UNH high jump record on February 5 at the New England Championships. McGrath, a senior at UNH won the New England Championship and set a school record in the high jump with a height of 6'9.75". The previous record was set 6'9" by Pat Casey.

Kevin was also named America East Field Performer of the Week for the second time this season.

Seth Poplaski | Photo

HOPKINTON POLICE DEPT.

3 Arrests 16 Accidents 123 Traffic Stops

JANUARY 2022 ARREST LOG

01/02 James Curran, 34, of 53 Old Sutton Road, Bradford, was arrested for Violation of Protective Order.

01/22 Michael Halliday, 43, of 8 Memory Lane, Hancock, was charged with Deal/Possess Prescription Drugs.

01/28 Victoria Petricca, 22, of 59 Blaze Hill Road, Hopkinton, was charged with Disobeying an Officer and Resist Arrest/Detention.



HOPKINTON - CONTOOCCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

► **JOIN BLACKWATER NORDIC SKI CLUB** You can join the Blackwater Nordic Ski Club and access groomed trails for cross-country classic and skate skiing at the Hopkinton Fairgrounds! An adult membership is \$35 for the season. Blackwater Nordic Ski Club is a non-profit, all-volunteer organization that offers youth programs and clinics for adults. Find out more at <https://www.blackwaternordic.org/index.cfm> or email blackwaternordic@gmail.com.

► **HOPKINTON TRAILS** The winter season is here and prints in the snow indicate the Hopkinton Trails are getting great use! Both public and private trailheads are managed with winter plowing as storm schedules and priorities permit. Trailheads at the Kimball Cabins, Houston Fields, the Rollins Lot on Little Tooky Road, and Hawthorne Forest are plowed by the Town of Hopkinton. Use on-road parking for the Sweat Preserve on Old Stagecoach Road. The trailhead for Bohanan Farm is plowed by the Robertson family. The Putney Hill-Cross Road Trail can be accessed from Cross Road at the Dearborn Tree Farm lot, plowed by the Dearborn family. Trailhead.

► **WINTER WONDERLAND WALKS** sponsored by the Hopkinton Recreation Department for ages 18 years and older. 730-830am Mondays Feb 14 to March 7. Information at: www.hopkintonrec.com.

► **CONTOOCCOOK FARMERS' MARKET** is open every Saturday 9-noon *inside* at Maple Street School. Masks are required. Stay up to date by visiting the Facebook page Contoocook Farmers' Market.

► **BABYSITTER TRAINING** Join the Red Cross Babysitters Training classes on March 25 (no school on this day). This class is geared for 5th and 6th graders; it fills up fast, so sign up now to secure a spot! www.HopkintonRec.com.

► **HOPKINTON HUNDRED** Help select The Hopkinton Hundred. Let us know your family's top 10 picture books by February 28, 2022. Stop by the library to pick up a nomination form. One per family, please. For more information email lmaynard@hopkintontownlibrary.org or call 746-3663.

► **CHAMBER WELCOMES NEW MEMBER** The Contoocook Chamber of Commerce would like to extend a very warm welcome to the American Legion Post 81, the Chamber's second newest member in 2022. The Legion, located at 169 Bound Tree Road in Contoocook, invites current and new members, and their guests, to check out their new facility! To learn about becoming a member of the American Legion, give them a call at 746-4495.

► **BUY NOTHING PROJECT** The Buy Nothing Project was founded in 2013 with the mission to build community by connecting people through hyperlocal gifting, and reducing our impact on the environment. A Buy Nothing group for Hopkinton, Boscawen, Webster, and Salisbury has recently been formed. Your items in storage, might be exactly what another person needs. You can check out this group on Facebook. <https://www.facebook.com/groups/456388079310260>.

► **THE TALON** The most recent issue of The Talon from Hopkinton Middle High School is published online and ready to read. Check out what our talented student journalists have to say -<https://sites.google.com/sau66.org/talontemplate/home>. parking at Ransmeier Woods is not plowed in the winter due to drainage issues and trailhead parking is not allowed at the Police Station. For maps and more information about Hopkinton Trails visit - <https://hopkintonconservationland.org>.

► **HOPKINTON TOWN LIBRARY** Make your own gnome at the Hopkinton Town Library today at 4pm. Register at Hopkinton Town Library website or call 746-3663. All supplies will be provided. This program is for children ages 7-10 with an adult and is part of the Friends Of Hopkinton Town Library Winter Family Series.

► **READING WITH ZEKE** Come practice reading with Zeke. He loves sitting and listening to a good story. Bring your own book or let us choose one for you. Register on the Hopkinton Town Library website or call 746-3663 to sign up for Tuesday Feb 8th or March 8th.

► **THE TWO VILLAGES ART SOCIETY** welcomed over 150 members in 2021 and created opportunities for over 70 artists to show their work. The public can look forward to more amazing shows and artists in 2022, beginning in February with For the Love of Impression, works by New Hampshire printmakers. The Two Villages Art Society showcases local artists and is open to the public. Become a member today. Visit <https://www.twovillagesart.org>.

► **DIAL-A-RIDE** is open for rides to medical appointments, dental, physical therapy, radiation and chemotherapy and any other errands such as shopping, banking and barber or hairdresser appointments. The office hours at the Slusser center are Monday, Wednesday and Friday 10 AM to noon. Call 603-746-4357 to schedule an appointment or to volunteer.



DEAN OWENS RUNS FOR HOPKINTON SCHOOL BOARD

Dean Owens is running for the upcoming 3-year Hopkinton School Board seat against incumbent Norman Goupil who has held the seat for 1 term.

Dean has over 35 years in the Commercial insurance business working at global insurance entity AIG, including financial consulting within the industry and founding his own insurance services company. His experience includes both Commercial claims and financial accounting positions for various insurance entities. These roles include:

- Regional Manager of Internal Audit,
- Comptroller of an Agency Risk group,
- Vice President of Operations including finance, administration and Operations,
- Vice President of Property claims for an E & S carrier
- Senior Vice president and Head of Commercial Property Claims for North America (current)

He has managed groups from 75 to 150 people and overseen budgets of \$25M +. As a consultant he was engaged on financial reviews of various aspects including claims and profit and loss reviews. Dean holds a Bachelor of Science degree in accounting, a Master's degree in Finance as well as a graduate certificate in Forensic Accounting.

DEAN'S SCHOOL BOARD PLATFORM:

- I believe in fiscal sustainability. While we are obligated and mandated to provide our Hopkinton students with the best quality education possible, we must provide a funding that is sustainable for the taxpayer base of the community. Fiscal responsibility is not fiscal sustainability.
- I believe we should teach financial literacy to our students, at all levels. Financial literacy skills will provide lifelong opportunities to our students as they make their mark on our community, country and world.
- I believe my work experience demonstrates proven leadership. I believe I can add additional value to the school board position.
- I will be an independent thinker. As a community we will discuss topics of concern and I believe everyone's voice should be heard. We Are Better Together.
- Lastly, I have a vested interest in our school's success as I have children in the school community, and I appreciate all that our teachers and administrators have done to advance their learning. Learning is a lifelong journey. It doesn't end when you graduate high school, and our children should be fully prepared, every single one of them.

Email: DeanOwensforschoolboard@gmail.com

Paid for by Dean Owens | Candidate Hopkinton School Board

Get Ready for Your Vacation!



Where you see the difference



133 Louden Road, Concord
603.223.6665 www.TurboTan.org

Buy 10
Visits
Get 2 Visits
FREE

May not be combined
with any other offers.
With this coupon only.
1 Coupon per package.
Expires 4/30/2022.

Buy 20
Visits
Get 4 Visits
FREE

May not be combined
with any other offers.
With this coupon only.
1 Coupon per package.
Expires 4/30/2022.

Buy 3
Months
Get 4th for
FREE

May not be combined
with any other offers.
With this coupon only.
1 Coupon per package.
Expires 4/30/2022.

First time
SRAY Tan
\$20
First time
TAN **\$10**

May not be combined
with any other offers.
With this coupon only.
1 Coupon per package.
Expires 4/30/2022.

\$10 OFF
Any
LOTION
Over \$50

May not be combined
with any other offers.
With this coupon only.
1 Coupon per package.
Expires 4/30/2022.



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





OBITUARIES

JOSEPH AMEDEE COUTURE

Joseph Amedee Couture, 65, of Bow died on January 8, 2022, due to complications following a brief battle with cancer.

Joe was born and raised in Manchester. He later lived in Bow for 25 years, where his family enjoyed the home they built together. Joe graduated from Trinity High School in 1975 and Plymouth State College in 1979 and was a proud member of Kappa Delta Phi brotherhood.

He was a long time employee of Motorola and was currently employed by Northeastern Communications of CT.

Joe was happiest outdoors or at the game with family and friends. He loved to participate and support others. At age 19, he sunk a hole-in-one on a par 3 at the Portland Country Club of Maine.

Joe was predeceased by his parents, Amedee & Helen Whitney Couture of Manchester and his cousins, Jimmy Couture of Goffstown, NH and Tommy Johnson of Ohio.

He is survived by his wife of 38 years, Roxanne (Pieroni) Couture; son Philip of Manchester; granddaughter Delyla Couture of Bow; son David & wife Alyssa (Buckley) Couture & granddaughter Hattie Couture of VT.

In memory of his passion for hiking, the family requests that, in lieu of flowers, donations be made in his name to the Appalachian Mountain Club, or Granite VNA who helped relieve his pain.

DOUGLAS HODGMAN

On January 10th Douglas Hodgman of Bow, age 62, packed his saddle bags, kicked over his beloved Panhead Chopper and tore off full throttle to meet up with his 3 brothers and some long missed friends.

He attended Concord High School and Doug was a mechanic for many years, owning his own shop.

He loved to party, spending time with his friends and family, working on and riding his motorcycles, spending summers at his camp, and was known by many as a practical joker.

He was predeceased by his parents, three brothers; David Hodgman, Frank aka: Yogi Hodgman, and James aka: Dexter Hodgman.

EDITH L. HOUSTON

Edith L. Houston of Contoocook, the matriarch of Pine Lane Farm in Contoocook, passed away on January 23, 2022, after a brief illness. She was 89 years old, and has now joined her dearest husband of 62 years, Robert Houston.

Edie was born on December 28, 1932, in St. Albans Bay, VT to Henry and Violet Jones. She lived her teenage years in Hopkinton, where she met her high school sweetheart, Rob. Edie was a proud alumna of Hopkinton High School's class of 1951, and would later work at the school for a decade.

Edie and Robert raised four children while building a successful dairy farm together. She lived a full and happy life and had a glass of milk every day.

Before the Emergency 9-1-1 system was available, Edie was the voice of response for town emergencies in Hopkinton. She volunteered countless hours to answer the Fire Department red phone from her home. Edie believed in giving and contributing to her community and was a member of Crimeline for a number of years.

Edie leaves her children Virginia Haines and her sons Dan Haines, Jon Haines and his wife Georgia, Will Haines and his wife Lauren, Catherine Tuttle and her husband Peter.

In lieu of flowers, donations can be made to recognize the staff at the cardiac PCU unit in her memory at Concord Hospital Trust, 250 Pleasant St., Concord, NH, 03301.



ROLAND ULRIC LOZEAU

Roland Ulric Lozeau, Jr., 80, of Bow passed away suddenly at his home on December 23, 2021.

A native of Nashua, Roland was born on September 23, 1941 the son of Roland Lozeau, Sr. and Mary (Ermalavich) Lozeau.

He was an alumnus of Bentley College, after attending Nashua schools.

During his career, he was a senior finance executive with VELCRO USA in Manchester, NH, and then an administrator with the MES Foundation (Maine Educational Services). He was a finance and tax expert practicing at the time of his passing with Houde & Company of Nashua.

Roland enjoyed time with family and friends which included regular late summer vacations at Salisbury Beach, replete with lobster and other seafood of the season, as well as hunting and fishing in New Hampshire's Great North Woods.

He was predeceased by his parents. He is survived by Marie Lozeau of Bow, his spouse and partner of 54 years; his children, Anne-Marie Lozeau, M.D. (Noelle Dowling, M.D.) of Middleton, WI, James Lozeau of West Hollywood, CA, and Mark Lozeau of Bow, four grandchildren, a brother and two nieces and their families.

DR. CHARLES MACOMBER

Charles W. Macomber, 89, of Bow, died peacefully at home on January 19, 2022, with his family by his side.

He was the son of William A. and Marguerite Chase Macomber and was born in Augusta, ME. After a year of post-graduate schooling at Mt. Hermon School in Northfield, MA, he enrolled at Colby College in Waterville, ME, graduating in 1955. He attended Tufts University School of Medicine, graduating in 1959. After a rotating internship at the Delaware Hospital in Wilmington, DE, he obtained an Ob-Gyn Residency in New York City, at Woman's Hospital Division of St. Luke's Hospital.

In 1964, he joined an Ob-Gyn practice at the Oklahoma City Clinic and also had a teaching appointment at the University of Oklahoma School of Medicine. He moved to Hopkinton, NH in 1968 to join Dr. Douglas Black at what is now Concord Ob-Gyn P.A., retiring from that practice in 1993. During his practice years, his progressive thinking helped to bring about many changes, including the allowing of children to visit the maternity unit, and the evolution of the birthing experience at Concord Hospital into the family-centered program of today. Seeing a need in the Concord area, he was instrumental in establishing Concord's first Family Planning Clinic.

He is survived by his loving wife of 30 years, Patricia H. Macomber, his children Amy Bryant, Sarah Leftwich, Jay Colbath, Amy Colbath, and Sarah Prescott, his grandchildren John and Emily Bryant, Stone Leftwich, and Kadin, Finn, and Trey Mason, all of whom he cherished above all else.

In lieu of flowers, please consider a gift in memory of Dr. Charles Macomber at: St. Joseph's Indian School, P.O. Box 100, Chamberlain, SD, 57325-0100, (855) 777-3433, stjo.org/flowers.

JUSTICE O'DONNELL

Justice O'Donnell, 24 of Hopkinton, passed away unexpectedly on December 7, 2021.

Born on June 30, 1997, in Concord he was the son of Stacey Richard of Franklin and Brian O'Donnell of Concord.

Justice was a graduate of Franklin High School and was currently employed as the Head Car Detailer at Uno's Car Wash on Loudon Road in Concord. Justice loved to help others and left a lasting impression with everyone he met. He enjoyed watching movies, playing video games, his baseball hat collection and swimming.

Besides his parents, he is survived by his brother, Joseph O'Donnell, sister, Destiny O'Donnell, special cousin, Brittani Richard of Concord, maternal grandparents, Marcia and Robert Richard of Hopkinton and paternal grandmother, Elizabeth Mead of Manchester.

To share a memory, offer a condolence or watch his memorial video please visit www.petitron.com.



OBITUARIES continued

MATTHEW JAMES PINGREE

Matthew J. Pingree, 18, of Bow passed away on December 20, 2021.

Matthew was born on August 8, 2003, in Concord to Katie and Seth Pingree. He was a 2021 graduate of Bow High School where he had been involved in cross country, wrestling, and Best Buddies. He had also participated for many years in Boy Scouts of America with Troop 75 reaching the rank of Life Scout.

Matthew was a curious and kind soul with a quick mind, and always ready for a joke.

He will be dearly missed by all who knew him.

Matthew is survived by his parents, Kathleen "Katie" (Lyon) and Set Pingree, his sister, Julia, his brother, Samuel, all of Bow; maternal grandmother, Thelma Lyon of Naples, FL; paternal grandmother, Brenda Hughes of Concord; paternal grandfather Robert Pingree and his wife Kathryn Ford of Concord.

In lieu of flowers, memorial donations can be made to the National Alliance on Mental Illness (www.nami.org).

SANDRA RHODES

Sandra Rae (Palmer) Rhodes, of Bow, passed away on January 29, 2022, after a year's long struggle with Alzheimer's disease. She was raised in Concord and Manchester and after marriage spent the majority of her life in Bow.

Sandra was born on October 15, 1939 in Concord, to Wendell K. Palmer, Sr. and Dorothy (Emerson) Palmer. She attended Walker School until her father's work at B&M Railroad sent her family to Manchester.

Sandra worked as a pediatric nurse at Concord Hospital then worked at NH State Hospital where she met and married Norman Rhodes, Sr. During a break from nursing to raise her sons, she worked periodically as a school nurse, a private nurse and visiting nurse. When her youngest entered school, she returned to full-time nursing at Concord Urology until her retirement.

Sandra belonged to many organizations including the Bow Women's Club, Bow Pioneers Snowmobile Club, Bow Young-at-Heart Club, and Bow Mills UMC Women's group.

Sandra is survived by her sister, Donna Morse and her husband, Don of Hooksett, and her brother Wendell K. Palmer, Jr and his wife, Carol of Cocoa Beach, FL, by her step-daughters, Frani Sinder of Wasilla, AK, Donna Delgado and her husband, Paul of Laconia, Lori Roy and her husband, Leo of Goffstown, and by her five sons, Matthew, Steven, Norman, Peter and Paul Rhodes.

In lieu of flowers, donations may be made in Sandra's name to the NH Chapter of the Alzheimer's Association, 166 S River Rd, Bedford, NH 03110, or to Granite VNA, 30 Pillsbury St, Concord, NH 03301.

MARGARET D. SELLAR

Margaret Skarp Sellar, 91, longtime Bow resident, passed away peacefully on December 2, 2021, at Havenwood in Concord, following a brief illness.

Born January 16, 1930, Margaret was the youngest of nine children born to Hulda Maria Elizabeth and Frans Oskar Skarp, immigrants from Finland and Sweden. The family lived in a small home on Lake Street in Concord. Margaret graduated National Honor Society at Concord High School.

Margaret was beautiful inside and out with a zest for life and boundless energy to accomplish all she desired, including employment with Family Services, Concord Housing Authority, and the Federal Government Action Program from which she retired.

Early on, Margaret met the love of her life, the handsome Waldo F. Sellar. She and Waldo were married for 65 years before his passing in 2016. Margaret and Wally raised and were very proud of their three loving sons: Dr. John Sellar of Bow, Bruce Sellar and his wife Lynda of Hampton and Wayne Sellar of Sacramento, CA. She is also survived by six grandchildren and five great-grandchildren.

Margaret was an active member of the Concord community through church organizations and social events. She attended the First Congregational Church and was an honored recipient of the Eastern Star Sixty Years Gold Star Certificate.

Margaret maintained long, faithful friendships with her childhood friends and relatives with whom she traveled throughout the United States, Europe, Scandinavia, and various islands.

Through the years, Margaret delighted in her husband, sons, grandchildren, great-grandchildren, and friends as they gathered together during the Thanksgiving and Christmas holidays.

MARY WOODBURY



Mary Woodbury, lifetime resident of Bow, passed away peacefully on Friday, February 4, 2022 surrounded by her loving family. She was married to her beloved husband Frank Woodbury for 62 wonderful years.

Mary was born on July 2, 1938 to Joseph and Cora Audet of Bow where she lived all her life.

Along with her husband, Mary is survived by her brother Peter Audet of Bow, two children, Alan Woodbury and Diane Lowe, Alan's wife Nancy and Diane's husband Donald, all of Bow, 5 grandchildren, 2 step-grandchildren, 11 great-grandchildren and numerous nieces and nephews.

Mary deeply loved her family and worked tirelessly with her husband Frank on the family farm raising livestock, haying and selling Christmas trees. A devoted wife, mother, grandmother and great-grandmother, Mary delighted in seeing all the children and was especially known for her homemade ice cream.

There will be a private family service followed by burial at a later date.

THE BOW GARDEN CLUB

JOIN THE BOW GARDEN CLUB!

Why? Because garden clubs are great places to nurture:

FRIENDSHIPS - Get to meet others in the community who share your interest in gardening and the environment. The Bow Garden Club welcomes members at every skill level, from novice to expert and we all continue to learn from each other. Everyone has something to contribute and always more to learn. At our meetings, we have a great time learning, sharing gardening tips and laughing about our gardening mistakes!

SKILLS - Take advantage of our club's great programs on gardening techniques, horticulture, landscaping, bees and butterflies, flower arranging and more. The various speakers and presenters we host at our meetings are individuals with considerable knowledge in many areas that they enjoy sharing with us via Power Point presentations, in-person demonstrations or hands-on instruction; Meeting attendees also have the opportunity to ask questions during and/or following their presentations. These programs are a great way to learn and are generally provided at no cost to our members.

YOUR HOME - Apply what you learn to create a beautiful exterior landscape or interior plantings that will enhance your enjoyment and the value of your home. Little or no room for a garden? Try container plantings—they are easy and totally beautify your exterior spaces. We can show you how!

YOUR COMMUNITY - By becoming a member of the Bow Garden Club, you will have the opportunity to participate in any of the several different civic beautification areas we plant and maintain around Bow year to year. And during the holidays our members gather greens, make swags and bows and decorate wreaths to place on the gazebo, town buildings and sign posts for the community to enjoy.

We further support our community by donating grocery gift cards to the Bow Human Service Department at Thanksgiving to give to Bow families temporarily receiving assistance. We also provide the children of these families with multiple pairs of new pajamas and bedtime books collected via our annual Pajama Project. The bulk of the pajamas and books we collect are divided between two Concord Area charities.

OUR FUTURE - We invite you to take part in our ongoing civic beautification projects supporting conservation efforts that enhance our community and will help protect the environment for generations to come.

So, do you want to be a part of a great little organization that enjoys learning about everything garden-related about everything garden-related and having great fun in the process? The Bow Garden Club may be "hibernating" right now (until April to be exact) but we welcome new members from within the Bow area now and throughout the year. We have some great programs lined up for our members—or come to one as our guest. Look for upcoming announcements of our meeting dates and educational programs!

Please feel free to contact Club President/Membership Chairman Keryn Anderson at (603) 731-6425 to learn even more about us or to sign up! Dues are \$20 per year. Or visit the BGC website www.bowgardenclub.org. Hope to see you in the spring!



**BOW’S PAST IS
WAITING TO BE DISCOVERED!**

It’s a great time to visit
The Bow Heritage Commission website at
www.bownh.gov/396/Heritage-Commission.
You will be amazed at the myriad of topics
listed on the menu that include
historical facts, historical documents,
and compelling photos from the past.

Visit today and
find a
tangible link to
the past, and
a sense of the
continuity of
time and place.



www.bownh.gov/396/Heritage-Commission

Pick up a copy of
The Bow Times
at one these 29 locations!

- | | |
|------------------------------|----------------------------------|
| Baker Free Library | 7 Eleven on 3A |
| Blue Seal Feeds | Hampton Inn |
| Bow Mobil | Individual Fitness |
| Bow Recreation Building | Irvings Circle K |
| 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 |
| Flanagan's South Ender Deli | |

FLANAGAN'S
SOUTH ENDER
DELI MARKET

Always Hand-Crafted & Delicious



Made to Order Hot and Cold Sandwiches



Salads



Homemade Soups



Grab & Go Dinners

250 South Street, Concord **603.856.8020**

**TAKEOUT
BREAKFAST
ITEMS**

6:30 – 11:00 AM



Breakfast Sandwiches,
Donuts, & Muffins



Dessert Items

**Deli Open Mon - Fri
6:30 AM – 3:00 PM
Store Open Mon - Fri
6:30 AM – 6:00 PM
Saturday
9:00 AM – 3:00 PM
Closed Sunday**



Arriving This Spring

The ALL New Rugged
MAZDA CX-50

With standard AWD, towing, & off-road mode, you're ready for a trip to the city, Winnepesaukee, or the White Mountains.

Learn More at grapponemazda.com/CX-50



GrapponeMazda.com
603.210.4387
530 NH3-A | Bow, NH

She was buried and “in the red”



Laina, with her furry friend at The Farm at Sakari's Place, where she serves on a volunteer board to help rescue wolf dogs and other animals who need a safe place to live.

“I missed so much of my life because of my addiction... NHFCU changed all that! The freedom to explore...and travel to visit my family out-of-state feels incredible...Anyone who went through what I did, please reach out to NHFCU's Centers for Finance & Education. They talked options, free classes, free help with my financial wellness...and it changed my life. Not a lot of banks do that. NHFCU doesn't just want money, they want to give members education and freedom. They're an organization who wants to better the community.”

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



Celebrating 80 years of NHFCU - 1941 - 2021



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

Federally insured by NCUA



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
- Wisdom Teeth
- Implants
- TMJ

ORTHODONTICS

John Walsh, DMD

- Braces
-  Invisalign®
- Free Consultation

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.