

The Bow Times

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THE BOW TIMES

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FREE

DUNBARTON VILLAGE NEWS ON PAGE 17

BOW POLICE DEPT. PROMOTES TWO AND STARTS BODY CAMS

This year Sergeant Phil Lamy became Lieutenant in a promotion by Bow Police Chief Ken Miller. The Chief also promoted Sgt. Matthew Pratte to Lieutenant to replace Lt. Scott Hayes who retired on April 1.

New officer Harry Handy was sworn in as the Department works on filling three open positions. School Resource Officer Tom Oullette retired on March 1. There are 11 sworn officers in Bow.

The Bow Police Department is currently fundraising for a new K-9 as K-9 Roxy is retiring shortly. Thus far it has reached a \$15,000.00 threshold and will be looking for additional funds for any unforeseen expenditures that may come with the K-9. Bow P.D. is also looking into pet insurance to help offset the costs should there be significant injury to the K-9.

BODY CAMERAS IN USE - Chief Miller initiated body worn cameras testing and evaluation and received approval from the Selectmen to purchase body cameras.

Chief Miller related the experience of one officer who had complaints about his conduct. However, "after the cameras were first implemented I received three complaints regarding the same officer that were quickly resolved due to body camera footage. And most notably, I have not received any complaints about this officer in well over a month since wearing the body camera. In addition, we routinely utilize the body camera footage as training opportunities to help the officers identify what they do well and where they could improve upon," said the Chief.

NARCOTIC RESPONSE TEAM - An in-house Narcotic Response Team was formed to work with DEA and State Drug Task Force partners and overseen by a Lieutenant to develop and track Intel and conduct drug interdiction through traffic stops connected with known drug houses. The team will complete search warrants as probable cause exists building cases against known drug traffickers and dealers in Bow.

LIFE-SAVING AWARD CEREMONY

On January 8, 2022, Bow Police, Fire, and Hooksett Ambulance 3 responded for an adult male complaining of chest pain after shoveling snow earlier in the morning. Shortly after the company's arrival, Mr. Wixson went into cardiac arrest and became unresponsive. High-quality CPR was started, and Advanced Life Support Care was initiated. Mr. Wixson was transported to Concord Hospital, where he was discharged three days later. He is expected to make a complete recovery.

First Responders from Bow and Hooksett were presented with a Life-Saving Award on March 24.



Pictured L to R: Bow Police Sgt. Matt Pratte, Bow FF/EMR John Sartorelli, Bow Lt/AEMT Tom Ferguson, Lori Wixson, Patient, Wes Wixson, Hooksett FF/Paramedic Mitchell Dean, Hooksett Lt/Paramedic Seth Miller, Hooksett FF/EMT Gregory Beals, Bow FF/AEMT John Bowler. Missing, Bow Captain Paramedic Greg Aucoin.
Photo | Eric Anderson

HOPKINTON-CONTOOCOOK NEWS ON PAGES 12-13

MERRIMACK STATION USE RENEWED THROUGH 2026



Bow Station has won another year's funding from a program designed to guarantee future electricity supplies, although about three-quarters of previous levels.

The two units at Merrimack Station, the last coal-fired power plant in New England, will receive about \$785,000 per month for being on call in the 2025-2026 period under what is known as the forward capacity market.

Payments are assigned by an auction system run by ISO-New England, which operates the six state power grid. Cheapest results bid to fill what ISO-NE says is the amount of electricity needed each month, three years in the future.

The money comes out of electric bills and will be paid whether or not the units are called on to produce electricity. Power plants also get paid for any power they generate.

Vapor billows out of the Merrimack Station in Bow as seen from River Road in Bow in 2018.

Merrimack Station is owned by Granite Shore Power, an investment group that bought it from Eversource in 2017. It operates as a "peaker plant," providing power occasionally to meet peak demand or when other fuels are unavailable such as during winter when most natural gas is used for heating rather than power.

Also winning in the forward capacity auction were two small kerosene-fired turbine units located in Bow, totaling 33 megawatts, that can turn on and off very quickly. **Courtesy DavidBrooks | Concord Monitor**

DEPUTY CHIEF DONALD EATON RETIRES



Bow Fire Department Call Deputy Chief Donald Eaton retires after 45 years of service to the town of Bow. Deputy Chief Eaton joined the Bow Fire Department on June 9, 1976. Over the years, he served as a Firefighter/EMT-I, Lieutenant, Captain, and Deputy Chief.

During his career, Deputy Chief Eaton has always maintained a high professional standard that has earned him the respect of his peers and firefighters.

On behalf of the Bow Fire Department and the citizens of the town of Bow, we thank you for your service, good luck, and best wishes in your retirement. **Photo | Eric Anderson**

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EDITORIALS

AT LEAST SHE ISN'T TEACHING

by Chuck Douglas

This is the month of April Fools Day, so I dedicate it to former teacher, Randi Weingarten, the president of the American Federation of Teachers.

Over two weeks after the Russian invasion of Ukraine the AFT president proudly posted for her union:



After that misspelling on March 16, they flew the flag on behalf of the AFL-CIO.

Actually, the flag for Ukraine is blue over gold symbolizing the blue sky over a bountiful field of grain.

The good news is that Executive Vice President Evelyn DeJesus (left) and President Weingarten are no longer in a classroom.

Chuck Douglas
For a free press, je suis Charlie



LETTER TO THE EDITOR

COLLEEN HUNTER THANKS TOWN VOLUNTEERS AND EMPLOYEES

Thank you to the residents of Bow for the opportunity to serve as your Selectman for the past twelve years. It has been an honor and a privilege.

To the many volunteers who serve on our Boards and Commissions, thank you for giving so freely of your time and expertise.

To the Town employees, I thank you for your dedication, innovation, and flexibility. Bow is a great place to live, and the services you provide its residents are a huge reason for that.

To the current and previous Boards of Selectmen, it has been such a pleasure to serve with you. You are most generous with your time, energy, and desire to make Bow a very special community.

To Town Manager David Stack, I thank you for always having the door open, being willing to listen, offer a new perspective and educate me.

Tonia Lindquist, you are the glue that holds us all together in such a kind, caring professional manner. Thank you for being our person.

Finally, no project is ever completed by an individual, but rather a group of people who come together to make it happen. Over the past twelve years I have been supported by such a group. I call them the posse. They know who they are as I have relied heavily on them for advice, time and continued financial support. They are always the first to step up and volunteer to help in any way.

Thanks to all of you! Much has been accomplished in the Town of Bow.



Saturday, April 30th 2022
10:00 AM to 2:00 PM

The Bow Police Department and the U.S. Drug Enforcement Administration (DEA) wish to help prevent pill abuse and theft by ridding homes of potentially dangerous expired, unused, and unwanted prescription drugs.

Bring your pills for disposal to the Bow Police Department. BPD cannot accept liquids or needles or sharps, only pills or patches.

The service is free and anonymous, no questions asked.



Protesters march down railroad tracks near Merrimack Station in Bow on September 28, 2019. (Annie Ropeik/NHPR)

JURY FINDS FOUR CLIMATE ACTIVISTS GUILTY OF TRESPASS

by Mara Hoplamazian | NHPR

A jury delivered a mixed set of verdicts at the end of a three-day trial for a group of climate change activists arrested for trying to stop a coal train in 2019.

Four of the five defendants were found guilty on two trespassing charges each - criminal trespassing and criminal trespassing on railroad property. One defendant facing an extra charge of resisting arrest was found not guilty on that charge. The fifth defendant was found not guilty on both trespassing charges.

All took part in a demonstration in December of 2019 at a railroad bridge in Hooksett, where they attempted to stop a train from bringing coal to Merrimack Station in Bow, now the last coal-fired power plant in New England.

During the trial, lawyers for the defendants argued concern about the threat of climate change contributed to the defendants' belief they had license to be on the railroad bridge.

The defendants testified about what compelled them to participate in the demonstration, saying their beliefs in the need to take action on climate change, their understanding of nonviolent direct action, and their goal of stopping the burning of fossil fuels led their actions.

Lawyers for the defendants argued the protestors' convictions about climate change were part of their mental state on the day of their arrest, and they encouraged the jury to find reasonable doubt - the basis for a not guilty verdict - in the state's charges.

State prosecutor Steven Endres accused the defense attorneys of trying to distract the jury with arguments about the climate.

"They want to distract you from how straightforward this case actually is, and say that this is a case about conscience, this is a case about climate change," he said. "It's not. We're not here to resolve climate change."

The power plant is set to run at least through 2026, after it recently won another year of payments in an auction held every year by the region's grid operator to meet projections for consumer demand in the future.

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TOWN COMMITTEE REPORTS ON CHANGE IN THE FORM OF GOVERNMENT

Last year the Selectmen established an ad hoc committee to look at alternatives to our current town meeting form of government and issue a report prior to the 2022 town meeting held last month. The report of the Town Government Committee was dated February 22, 2022.

The committee was open to all who volunteered to serve and were appointed by the Select Board. The Committee was originally comprised of Angela Brennan, Margaret Byrnes, Harry Judd, Jeffrey Levesque, Sue Marcotte-Jenkins, Andrew Mattiace, and Joyce Prowse. Ms. Byrnes resigned due to conflicting obligations and Mr. Levesque resigned because he moved from Bow. The Committee represented a cross section of Bow, with the age of members ranging from millennials to septuagenarians and the range of time living in Bow being from over 30 years to one year. The homes of the members were also geographically diverse.

CURRENT PROBLEMS

To assess current issues with town meeting a survey was sent to a cross section of the town. Responses came from 296 voters. Said the Committee: "The consistent concerns identified are that the meeting is too long, it is challenging due to attend because of work, childcare and travel obligations to attend in person, and a reluctance to attend night meetings. A number of citizens expressed a desire for the unlimited right to vote by absentee."

If a particular issue is up for a vote, 52% say they would come to the meeting. But the committee reported: "One fourth of respondents said there was only a 50% chance of attending even when there is a vote of importance. One fifth (-20%) are very unlikely to attend or "definitely won't" attend no matter if an issue is important to them."

"When there is no vote of importance to respondents, most (60%) will not attend the Wednesday night town meeting. Only about one fifth of respondents would be at least very likely to attend when there is no particular issue of importance being voted on at town meeting, of that fifth, it was only 7% that said they will definitely attend. Another one fifth said there would be a 50/50 chance of attending."

"Question number four asked respondents to select factors that reduce ability or willingness to participate in Town Election Day or the Annual Town Meetings. The most common response was "Town meetings run too late into the night" which was selected by 43% of respondents."

OTHER FORMS OF GOVERNMENT

The Committee examined each of the possible forms of town government in New Hampshire. In summary, those are:

- Open Town Meeting - the Select Board is the Executive, voters are the Legislative body. This is the current form of government in Bow.
- Representative Town Meeting - town is divided into districts, elected representatives for each district attend the town meeting and act as the legislative body. Currently there are no towns in New Hampshire operating with this form of governance.
- "SB2" Ballot Voting - Deliberative session followed by a separate ballot voting day weeks later, to vote on items outlined during deliberative session.
- Customized Governance - Parameters for this form of government are established in a Town Charter to meet the specific needs of the town.
- Town Council - Established by a Town Charter that gives power to an elected body of 15 members to act as both the Executive and Legislative bodies on behalf of the town's citizens. This is essentially a town version of a City Council. The City of Concord governs by City Council.
- Town Council and Ballot Voting - Established by a Town Charter that gives executive power to an elected body (as above) and allows the townspeople to vote on some specific items by ballot.
- Town Council and Budget Town Meeting - Established by a Town Charter that gives power to an elected body (as above) and townspeople vote only on budgetary item in a town meeting format.

CONCLUSION

The Committee leaves to the future consideration of whether Bow will change its form of governance but recommends a new committee charged with:

- Informing the citizens of Bow during 2022 about the pros and cons of the various alternative forms of governance that are available to our Town, and the role of a Charter Commission if approved at the 2023 Town Meeting. The opportunities the ad-hoc committee creates for information sharing during 2022 should include methods for participants to provide feedback and input about their perceptions' of Bow's needs and priorities.
- Preparing a comprehensive presentation for the 2023 Town meeting of the scope of responsibility of a Charter Commission, and that voting on whether to change to a different Charter form of government could not occur before the 2024 Town Meeting and,
- Preparing and presenting a warrant article before the 2023 Town Meeting permitting those in attendance to discuss, debate and vote on whether to form a Charter Commission, following the process for establishing a new charter that is prescribed by RSA 49-B.

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What is the difference between a Construction Loan and other types of Mortgage Loans? Are there different types of Construction Loans?

A Construction Loan is used to finance the cost to build a home, whereas other mortgage loans are used to purchase homes or refinance current loans.

A "1-Step Construction Loan" at Sugar River Bank is our most popular product today. This loan provides for payments of interest only during the construction period and then converts automatically to a permanent loan once construction is complete. The process requires only a single loan application and one closing.

A traditional 12-month, interest only, construction loan is also an option. This option requires a second loan application and closing to obtain a permanent mortgage after construction is complete.

What are the top reasons a consumer would choose to build over purchasing an existing home?

Many borrowers chose new construction as they can build their home exactly to their specifications. However, in a seller's market, such as we are currently experiencing, construction loans become even more popular due to the shortage of existing housing inventory. In these situations, many borrowers determine that building their own home is the best option.

Is a Construction Loan a good option for First-Time buyers?

While new construction is an option for 1st time homebuyers, it may be overwhelming to some. Typically, 1st time homebuyers are looking at purchasing existing houses as they are the most anxious to quickly move into their new home. Regardless, it is important for all home buyers to work closely with their mortgage professional to understand all loan options before making a decision.

What are the top items a borrower needs to do in advance to prepare for a Construction Loan?

Locate a piece of land to build on.

Meet with a local/reputable builder to discuss design, plans, and cost estimates.

Work with a local lender who is experienced in construction lending.

Why should someone choose Sugar River Bank for their Construction Loan?

Sugar River Bank is your local, hometown community bank. We specialize in construction lending and have built strong relationships with most local builders and subcontractors. Our experienced construction loan team is dedicated to working closely with borrowers to educate and assist them throughout the entire loan process.

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ANNOUNCING THE BOW ROTARY 4-WAY TEST SPEECH CONTEST WINNERS

The Bow Rotary held its annual 4-Way Test Speech Contest on Tuesday March 22nd via Zoom this year. We had four contestants, and each spoke on great subjects that they were passionate about. Each speech had to refer to all four parts of the Rotary 4-Way Test, which is the moral code Rotarians live by.

THE ROTARY 4-WAY TEST

- Is it the truth?
- Is it fair to all concerned?
- Will it build goodwill and better friendships?
- Will it be beneficial to all concerned?

Each speaker had no less than five minutes and no more than seven minutes to deliver their speech with minimal use of notes. Anything under five or over seven minutes was an automatic disqualification.

Cash prizes were awarded for 1st - \$500, 2nd - \$300 and 3rd place \$100. Three winners were chosen by a panel of Rotary and non-Rotary judges.

First Place was awarded to **Piper Watford**, a Bow High 11th Grader. Second Place was won by **Louisa Hoffman**, a German exchange student in grade 11 at Bow High. Third Place winner was **Christopher "Cy" Yvars**, also an 11th grader at Bow High. Our fourth contestant was **Abigail Denise** who spoke very passionately about the values of being honest and truthful in all we do. The Rotary Club's committee chair was Dean Cascadden.



Rotary 4-Way Test Speech Contest Winners (L to R) Louisa Hoffmann, Piper Watford, and Chris Yvars.
Photo | Eric Anderson

SCHOLARSHIPS – DEADLINE REMINDER!

Bow Rotary scholarship applications are available in PDF format for download from bowrotary.org under the Scholarships/Grants menu. The PDF forms can be filled in electronically and emailed or may be printed off and mailed. Forms are also available in the Bow High School Guidance Office. \$26,000 has been committed to funding scholarships in 2022! Applications must be received at the Bow School District Superintendent's Office or emailed to bowrotary@gmail.com **no later than 3:00 p.m. on April 29th**. Applications may also be mailed to the Bow Rotary Club, PO Box 1935, Bow NH 03304.

BOW'S POLICE CHIEF, KEN MILLER SPOKE AT BOW ROTARY

Chief Miller updated the club on the current status of the department. There are presently 11 officers on staff with a budget for 13. Currently there are five people going through the hiring process and two officers schedule to retire. Recruitment and hiring, as well as scheduling has been difficult. The Chief spoke of specific promotions and needs in the department. When he started, he had to jump right into the budget process and is looking to move things forward.

K9 officer Roxie is retiring, and they have a fundraiser that has already hit \$15,000 to replace her. The SRO (school resource officer) has been named and will be spending more time in schools. They are testing body cameras as part of a grant- \$72,000 total with \$36,000 grant funded. These are good tools. Thus far it has helped settle some complaints.

Dave Stack stated that the chief has done a great job over the last four months. A computer use audit has shown some improvements that need to be made and that is being worked on. Chief Miller stated that our police officers also respond to medical calls and are often the first on the scene. If they had AEDs in the patrol cars, they could save lives. The Chief is asking Rotary to consider helping to fund one or more AEDs at the cost of \$1,000 each. They would like to acquire 4-6 units. He is also working on getting officers EMT certified as first responders.



New Hampshire FEDERAL CREDIT UNION

NEW HAMPSHIRE FEDERAL CREDIT UNION WELCOMES ROD DAUTEUIL, ASSISTANT VICE PRESIDENT & COMPLIANCE OFFICER



NH Federal Credit Union welcomes Rod Dauteuil, CIA, CFSA, NCRM, CUCE as Assistant Vice President and Compliance Officer. Rod is a 35-year banking veteran, holding positions in both credit unions and banks. His experience includes regulatory compliance, internal audit, risk management, residential lending and consumer lending. In this role, Rod will lead and oversee all credit union compliance management and related areas.

Rod earned his Bachelor of Science in Financial Management from Franklin Pierce University, and holds several industry certifications, including Certified Internal Auditor (CIA), Certified Financial Services Auditor (CFSA), NAFCU Certified Risk Manager (NCRM), and Credit Union Compliance Expert (CUCE). Rod and his family reside in southern New Hampshire.



The Bow Drinking Water Protection Committee

On 4 May, from 5:30 to 7:30 PM the Bow Drinking Water Protection Committee will host an open house for people interested in learning more about the safety of drinking their well water. Technical experts will be available to discuss testing results, treatment approaches, common problems and solutions and any other aspects of making sure children and adults are protected from arsenic, radon and other contaminants often found in well water in Bow. The open house will be part of National Drinking Water Week sponsored by the American Water Works Association, and will be held at the Baker Free Library, 509 South St, Bow. For any questions contact the Committee at bowdrinkingwater@bownh.gov.

Attendance is free of charge.

BOW FIRE DEPT.

RESPONSE ACTIVITY February 2022

Basic Life Support Transports	18
Advanced Life Support Transports	24
Non-Transport/Care Refusal	16
Paramedic Intercepts	1
Fires/Hazardous Conditions/Alarms	34
Service Call Incidents/Good Intent	17
Overlapping Incidents	12
Average Responders per call	18

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The Bow Young at Heart Club

Young At Heart Club

“The Bow Young at Heart” is a community group in Bow that meets the second and fourth Wednesdays of each month, excluding November and December, when there is only one meeting each month.

Membership is open to those 55 years of age and older and the public is always welcome.

The first hour of each meeting is socializing with your own bag lunch and beverage and the group provides dessert. Speakers begin their presentations at 12:30 p.m.

Meetings are held at Bow Town Hall, 91 Bow Center Road, in Bow, from 11:30a.m. to 2:30 p.m.

UPCOMING EVENTS – April 27, 2022
Tina Duhamel presents “Busy Beezzz” Bee Keeping

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A FRESH START TO SPRING!

by Jim Olson

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

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

Unfortunately, too often we don't realize just how out of shape we are, until we're tested. You may be in shape for watching movies, snuggling on the couch, a day at the office, or even a quick walk around the neighborhood – you may feel perfectly fit... until spring.

Then, when the weather is nice and it's time to hit the tennis courts, dust off your running shoes or head up your favorite hiking trail...it hits you. You're out of breath, your muscles are failing and you're cursing all those weekends you spent indoors all winter.

DON'T LET THIS BE YOUR FIRST TASTE OF SPRING!

You can truly savor the new season - which starts this month, by the way - by starting to focus on your health and fitness now. It's not too late to improve your stamina, get your nutrition in check and start feeling better.

But here's the thing: you don't need another diet. You don't need extreme calorie cutting or to cut out an entire food group. You don't need to work out seven days a week. You don't need to blame and shame yourself for taking it easy over the winter or letting holiday treats become daily treats. Most importantly, you don't need to look back on all the things you could have done differently these last few months.



Jim Olson

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

Think about it like this—you are going to do a spring clean on your lifestyle.

You want to spiff everything up. Throw open the windows, let in some sun. Shake out your old winter habits and tidy up your routines to make them healthier so that you feel better and can do all of the fun warmer weather activities that you are going to want to do. You want to enjoy that freshly cleaned new spring feeling—in your body!

And this is going to look and feel different for everyone. That's why we don't teach you to follow a specific diet plan or exercise regimen: because we know everyone is an individual. Everyone has their own vision for their health and fitness, and everyone can fit different strategies into their everyday life. And we believe that everyone can reach their health and fitness goals—with the right help, support, and resources like we provide for you at Individual Fitness.

One of the resources that we provide that will really help you spring into Spring with some extra spring (see what I did there) in your step to boost your energy with our 30-day jumpstart. Our 30-day jumpstart will let you get a head start on setting an exercise and nutrition plan to help you meet your goals, you will receive individualized attention and our professional focus on you—your goals, your needs.

INDIVIDUAL FITNESS | Continued to page 20

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MARCH 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
60 White Rock Hill Road	3 Bedrooms 2 Baths	1612 Square Feet	1.40 Acres	\$310,300
25 Logging Hill Road	3 Bedrooms 2 Baths	1700 Square Feet	2.68 Acres	\$365,000
12 Rosewood Drive	5 Bedrooms 2 Baths	2830 Square Feet	2.34 Acres	\$380,000
8 Lincoln Drive	3 Bedrooms 2 Baths	2200 Square Feet	1.36 Acres	\$410,000
85 Allen Road	4 Bedrooms 3 Baths	2352 Square Feet	3 Acres	\$440,000
535 Clinton Street	3 Bedrooms 3 Baths	1500 Square Feet	1.71 Acres	\$440,000
54 Ridgewood Drive	3 Bedrooms 3 Baths	222 Square Feet	1.1 Acres	\$475,000
36 Knox Road	3 Bedrooms 3 Baths	2344 Square Feet	2.42 Acres	\$480,500
36 Lewis Lane	2 Bedrooms 3 Baths	2418 Square Feet	CONDO	\$500,000
16 Merrill Crossing	4 Bedrooms 3 Baths	3902 Square Feet	2.05 Acres	\$925,000
40 Dunbarton Center Road	4 Bedrooms 5 Baths	6016 Square Feet	26.9 Acres	\$1,000,000

MARCH 2022 REAL ESTATE SALES IN DUNBARTON

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
2 Karen Road	3 Bedrooms 2 Baths	1275 Square Feet	.34 Acres	\$325,000
4 Birchview Drive	5 Bedrooms 4 Baths	5464 Square Feet	7.88 Acres	\$929,500

Sales Data for March 2021 provided by the NHMLS.

Talking Trash

FOOD WASTE & COMPOSTING

Summer is coming. For brave winter composters, this means that it is no longer necessary to trudge through the snow and ice to get to your compost pile. For those who only compost in the warm weather seasons, this means that you can start putting your food scraps into the compost pile instead of the trash.

Economic Benefits: Composting has many economic benefits. Last September, a Trash on the Lawn Day was conducted by Bow High School senior Jessica Chamberlin. The project involved conducting a waste audit of one day’s worth of trash collected at Bow Memorial School by sorting into various categories such as trash, recyclables and food waste. Over 34% of the trash sorted was food waste. Similarly, according to the U.S. Environmental Protection Agency, food waste is estimated to make up approximately 30% of municipal waste. For Bow, this translates to 694 tons per year. Based on the current cost for solid waste disposal, this means that the town pays approximately \$50,000 each year for the disposal of food waste that could have been turned into compost.

Environmental Benefits: There are also many environmental benefits to composting. Composting contains valuable nutrients and enriches soil, reduces the need for chemical fertilizers, and helps retain moisture and repel certain plant diseases. It also helps eliminate the need to purchase bags of soil and other yard and garden additives.

If you are new to composting, here are some basic “how to” tips:

The Tools: There are many methods to compost food and yard waste, which range from using a special compost bin to simply creating a pile in your backyard. I have personally found the “pile method” to be the easiest and most successful method. In order to keep my pile somewhat orderly, I use a cedar wooden bin which keeps everything contained and makes it easy to throw food scraps into the bin throughout the year (even in winter). It is recommended to invest in a pitchfork, since regular mixing or turning of the compost speeds up the process.

Probably the most important decision when it comes to composting is the collection bin used in the kitchen to collect food scraps. There are many fancy kitchen compost containers on the market, however some will attract fruit flies in the summer. I personally use a one-gallon Sterilite drink pitcher with a handle and lid.

BOW MEMORIAL SCHOOL HONOR ROLL First Semester 2021-2022



GRADE 7 ~ HIGH HONORS

Morgan Aubrey, Grace Ayers, Dale Berg, Isabella Blomgren, Madelynn Bouch, Brayden Brown, Zachary Cannon, Trey Catenza, Laura Ciminiesi, Chandler Curtis, Luke Darling, Madelyn Fish, Nikolai Fuchs, Jacob Gancarz, Brylie Gelinis, Bryce Gervais, Nicholas Greene, Jacob Hammond, Madelyn Hebert, Mathias Jacobsen, Andrew Jewell, Samuel Kelso, Troy Konstantakos, Garrison Landers, Charolette Lewis, Cassidy Madigan, Kaylee McGill, Nathaniel McKee, Meghan McKeen, Madison Oppold, Melek Ozbey, Madison Pfister, May Schleifer, Emma Stocks, William Thomas, Oliver Weiss, Charlotte Weiss, Owen Wright, Camille Wuellenweber, Anna Zerba, Sophia Zink.

GRADE 7 ~ HONORS

Gabriel Abberton, Sean Atwell, Gwendolyn Barrieau, Arya Chakraborty, Kyle Cimis, Chase Crowell, Noah Davis, Charles Garland, Bryce Goodreau, Ethan Herrick, Kaylee Jacques, Landen Krause, Adam Lafferty, Griffin Lange, Benjamin Lewis, Cadence Malone, Colin Mullaney, Emina Muminovic, Clayton Nadzan, Lea Parente, Estelle Piar, Wyatt Premo, Shane Rabalais, Callum Richardson, Ryleigh Riggs, Addison Rodger, Charlie Sarette, Rowan Schlosser, Lucas Slayton, Trevor St. Cyr, Connor Stephens, Samuel Stonecipher, Jordin Testa, Gianna Trott, Cara Van Dyke, Vera Virta, Mason Vose, Sean Walton, Stella Wantuck, Hailey White, Claire Wilke, Camden Wilson.

GRADE 8 ~ HIGH HONORS

Phoebe Abdulah, Sydney Adams, William Albushies, Luke Antonia, Derek Baier, Madison Barrett, Samuel Bennett, William Bennett, Belladonna Chang, Nora Cook, Elora Cordier, Colton Currier, Alanah David, Ryan Dolder, William Drew, Ciaran Duffy, Christina Fossum, Leah Gallier, Cale Goodnow, Bethann Hartford, Emily Hou, Julia Hou, Caylee Jobin, Sabine Karanough, Parker Kazanowski, Brigid Kelly, Yousef Khudair, Matthew Kropp, Molly LaFlamme, Lauren Longley, Molly McCarthy, Gwyneth McLaughlin, Hannah McLeod, Eliana Mears, Miles Miller, Elijah Modzeleski, Carter Monroe, Ella Murphy, Riley Pond, Sarah Radomski, John Reardon, Eisley Siegler, Audrey Starr, Zachary Thornton, Ella Trefethen, Thomas Tsouros, Dirk van der Merwe, Ashley Wallen, Gabriella Wood, Wyatt Worcester.

GRADE 8 ~ HONORS

Vivian Altman, Kaitlyn Antrim, Meldina Becirovic, Lochlann Brady, Dominic Catalfimo, Andrew Clough, Jacob Couture, Kathryn Curtis, Cameron Czamosz, Isabella Densmore, Connor Eno, Chase Flagg, Audrey Glennon, Kailyn Gosselin, Josephine Johnson, Cameron Leonard, Herbert Madden, Justin Mauro, Holton Morin, Brendan O'Keeffe, Maddux Oosterveen, Joseph York, Julia Preston, Jasmine Ramirez, Olivia Rapp, Elliot Rheau, Caleb Sandahl, Addison Sarette, Annalise Schlupf, Caleb Schumacher, Emma Semeraro, Sophia Smith, Zachary Tassias, Casey Totten, Jack Wheeler, Noah Zanella.

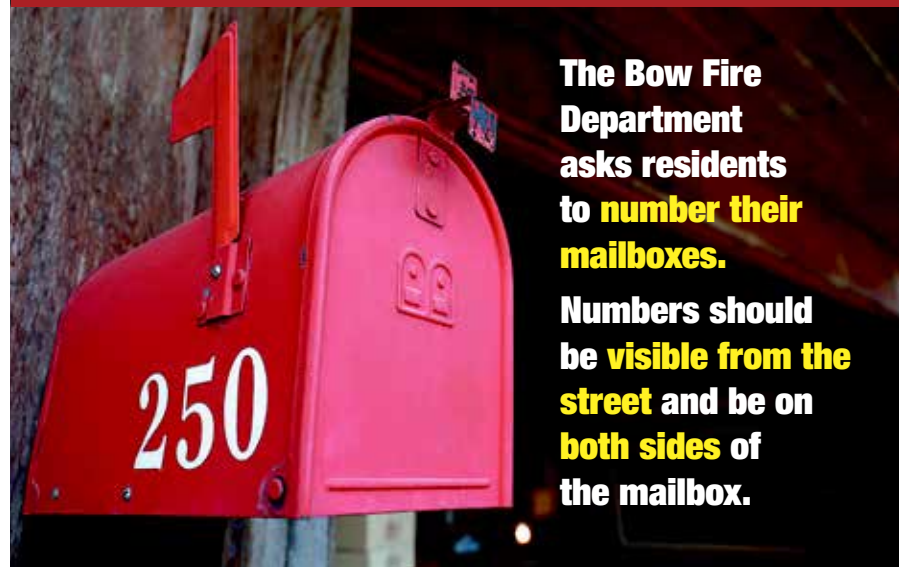
FALL
2021

Congratulations to
Merideth Krause for Achieving
Academic Excellence!

Meridith Krause, of Bow, was recently named to the UMass Amherst, Fall, 2021 Dean's List. (majoring in Business)

Meridith is a 2020 graduate of Bow High School. She is the daughter Karen and Dave Krause of Bow, NH.

THE HOME YOU SAVE COULD BE YOUR OWN!



The Bow Fire Department asks residents to **number their mailboxes**. Numbers should be **visible from the street** and be on **both sides of the mailbox**.

Did You Ever Wonder?

If lawyers are disbarred and clergymen defrocked, doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked and dry cleaners depressed?

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Saturday
9:00 AM – 3:00 PM
Closed Sunday

EARLYACT CLUB MAKES DONATIONS

The EarlyAct Club at the Bow Memorial School recently donated over \$1,800 to the following three charitable entities: Live and Let Live Farm, Make a Wish Foundation, and Pure Water for the World. The EarlyAct Club is a student service club sponsored by the Bow Rotary Club. Members of the EarlyAct Club develop leadership skills and learn the value of community, National and International service. The funds for the donation checks were raised through various EarlyAct fundraising activities, including its very successful birdseed wreath sales and its popular bake sales.

In addition to its fundraising projects, the EarlyAct Club also engages in numerous hands-on service activities, such as annual trash pick-up on the Memorial School and Elementary School grounds, and sock and mitten drives for the homeless.



Photo shows the Board members of the EarlyAct Club presenting the Club's donation check to Michelle Clark of Live and Let Live Farm. The Board members are (from left to right): Vice President Casey Totten, President Madison Barrett, Secretary Molly LaFlamme and Junior Secretary Ashlyn Blethen.



NH BEEKEEPERS 2021-22 WINTER HIVE SURVEY

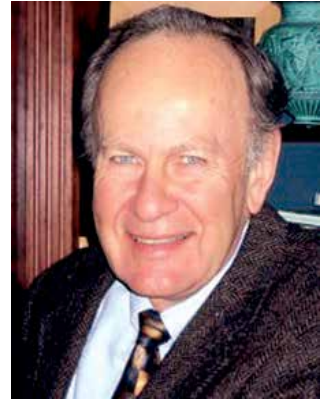
The NH Beekeepers Association (NHBA) is collecting data on 2021-2022 winter beehive survival. This data, along with that collected 5 previous surveys is being used to understand why our NH winter hive loss has been higher than the national average, and what management practices have been helping improve survival.

Let us know how your colonies did this winter. The survey, which takes only 5-10 minutes to complete, is available online until 4/30/2022 at: <https://www.surveymonkey.com/r/NH2022HiveSurvey>.

The survey is open to all NH beekeepers. You do not have to be an NHBA member.

NHBA will be giving away a 1-year membership to one lucky survey participant. In addition, NH beekeeping clubs will compete for membership participation prizes.

Survey analysis and results will be available in mid-June. Results from previous surveys can be found at: <https://www.nh-honeybee-health.com/winter-loss-survey-results>.



STRESS AND HEMATOHIDROSIS

Hematohidrosis is a rare condition characterized by blood oozing from intact skin and mucosa. Signs and symptoms include sweating blood, crying bloody tears, bleeding from the nose, bleeding from the ears, or oozing blood from other skin surfaces. (1). The most common sites are the forehead, scalp, face, eyes and ears. Although this rare phenomenon can occur with excessive exertion, high blood pressure, vicarious menstruation and some bleeding disorders, fear and intense mental contemplation are the most frequent causes. (2). Severe mental anxiety activates the sympathetic nervous system bringing about a fight or flight response to such an extent causing the blood vessels around the sweat glands to dilate to the point of rupture. Blood from the ruptured vessels gets into the sweat gland and is pushed, along with sweat, to the surface. According to the Canadian Medical Association Journal between 2004 and 2017 there were 28 new cases that appeared in peer-reviewed literature. (3)

I thought that it was appropriate and timely to discuss this rare condition for two reasons. The first is that stress, being one of the underlying causes of hematohidrosis, is on the rise in America. The American Psychological Association partnered with The Harris Poll to conduct a survey from 7-14 February 2022, and again from 1-3 March 2022. The top stressors are the rise in prices in gas, energy bills & groceries (87%), followed by supply chain issues (81%) and global uncertainty (81%). 87% of respondents said that it feels like there has been no break in the constant stream of crises for the past two years. 84% say that the Russian invasion of Ukraine is terrifying to watch. For details, charts and graphs on this survey take a look at: www.apa.org/news/press/releases/stress/2022/march-2022-survival-mode. One in six persons is not speaking to family members because of our current political divide. All this stress is leading to unhealthy behavior and health consequences such as weight changes and increased alcohol consumption. Could we see an increase in the number of hematohidrosis cases?

The second reason I choose this topic was the time of year. Virtually all branches of Christianity celebrate the death and resurrection of Jesus. Yes, Jesus was under immense stress in the week before his death. Let's look at what an ancient physician, the apostle Luke, wrote in his book about the stress that Jesus was experiencing as he prayed (Luke 22:24) "and being in anguish he prayed more earnestly, and his sweat was like drops of blood falling to the ground." Jesus' own words give us a clue as to the weight of stress he was feeling as he contemplated his impending crucifixion: "My soul is overwhelmed with sorrow to the point of death" (MT 26:38). That of course is not the 'end of the story.' God sent an angel to strengthen him. Within a short time, Jesus was brutally killed by crucifixion; he returned to life on the third day giving hope and strength to all who put their trust in him.

1. <https://rarediseases.info.nih.gov/diseases/13131/hematohidrosis>
2. Indian J Dermatol. 2013 Nov-Dec; 58(6): 478-480.
3. <https://www.cmaj.ca/content/189/42/E1315>



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Hopkinton Real Estate Sales – MARCH

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
120 Tucker Dr.	3 Bedrooms 2 Bathrooms	1,640 Square Feet	0.56 Acres	\$224,500
29 Eagle Ln.	2 Bedrooms 1 Bathrooms	958 Square Feet	0.94 Acres	\$230,000
1855 Hopkinton Rd.	2 Bedrooms 1 Bathrooms	740 Square Feet	1.14 Acres	\$265,000
44 Cedar St.	N/A	N/A	0.15 Acres	\$275,000
48 Pine St.	6 Bedrooms 5 Bathrooms	4,621 Square Feet	0.46 Acres	\$462,000
113 Watchtower Rd.	3 Bedrooms 3 Bathrooms	1,920 Square Feet	1 acre Acres	\$465,000
436 Gould Hill Rd.	4 Bedrooms 2 Bathrooms	2,456 Square Feet	1.9 Acres	\$500,000
109 W. Ridge Circle	3 Bedrooms 3 Bathrooms	2,076 Square Feet	2.74 Acres	\$540,000
86 Chase Farm Rd.	4 Bedrooms 3 Bathrooms	4,088 Square Feet	9.61 Acres	\$630,000
284 Briar Hill Rd.	4 Bedrooms 3 Bathrooms	2,608 Square Feet	2.95 Acres	\$780,000


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“It's spring fever. That is what the name of it is. And when you've got it, you want – oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!”

Mark Twain

HOPKINTON POLICE DEPT.

5 Arrests 8 Accidents 183 Traffic Stops
MARCH 2022 ARREST LOG

03/02 Christopher Parker, 39, of 37 Carriage Lane, Hopkinton, was arrested on a Warrant.

03/10 Jason Sisk, 50, of 39 Noyes Street, Concord, was charged with Criminal Trespass.

03/17 Sue Ellen Herrick, 34, of 384 Burnham Intervale Road, Hopkinton, was arrested for Breach of Bail Conditions.

03/23 Richard Newcomb, 26, of 221 Gould Hill Road, Hopkinton, was arrested for Breach of Bail Conditions.

03/25 Serenity Ivery, 27, of 896 Rivers Hill Road, Pineland, SC was arrested for Control Drug: Forge Prescription/Order.



HOPKINTON - CONTOOCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART



► **VINTAGE RECIPE CARDS** *Does anyone still use a recipe box? The Society would love to include some of the old blank cards in our upcoming exhibit. We would be happy to receive these as a donation or scan them and return the cards to you. The Historical Society is located at 300 Main Street in Hopkinton and open Thursdays and Fridays from 9:00-4:00. Call 746-3825.*

► **THE TALON** Check out the latest issue of *The Talon* and enjoy the work of Hopkinton School District students. <https://sites.google.com/sau66.org/talontemplate/home>.

► **WRITING CAMP** Does your child love to write? Writing Camp is a time for students entering grade 3 up to high school to spend a week reading, writing and sharing their literacy experiences with others. Led by two experienced writing teachers, students will be given many opportunities to write, read and share in a supportive environment. Camp is run at Maple Street School in Contoocook. We use the library, the classroom, and the computer lab. Afternoons are spent on walking field trips and/or listening to advice from writers in the field. This year we are running two sessions of camp: the weeks of June 27 and August 15. We have full day and half day options. Please contact Trish Walton trishwalton65@gmail.com or Joan Follansbee joanfollansbee1970@gmail.com for more information and registration materials.

► **SUMMER CAMP** One week of Hopkinton Recreation Summer Camp costs \$200.00 this year which is out of reach for many Hopkinton families. With your support, youth in our community can access all of the summer experiences available to our children, including swim lessons, art and sports camps. If you are able to help a family afford these programs, please send a check payable to Town of Hopkinton Human Services with "camp scholarship" on the memo line. Please mail donations to Hopkinton Human Services, 330 Main Street Hopkinton, NH. 03229.

► **DAY CAMP** Day camp at BITs for ages 5-12yrs. \$300/wk Tuesday through Fridays - 9am-3pm. Bring your own lunch. Next camp April 26-29. Back in the Saddle Equine Therapy Center, 334 College Hill Rd, Hopkinton. 746-5681. info@bitsetc.org. www.bitsetc.org.

► **OZ-RAM** From January through February Oz-Ram, the Varsity Robotics team for Hopkinton High School and John Stark High School, designed, assembled, and programmed an industrial sized robot to accomplish the tasks for the 2022 game Rapid React. Tasks include collecting balls, shooting them into the goal, and climbing rungs.

Congratulations to the team for an excellent showing this past weekend at the New England District Greater Boston competition. Oz-Ram played 14 matches total amongst 37 teams and made it to the quarter-finals. The team's robot received the Quality Award, which celebrates machine robustness in concept and fabrication.

► **SMITHSONIAN CRAFT SHOW** Kathleen Dustin will be one of 120 craftsmen to exhibit and sell at the Smithsonian Craft Show in April. For the show's 40th year, the Smithsonian is planning a five-day celebration featuring the major contemporary artists and innovators now shaping new futures for craft. The theme is New Directions: new directions in design and production, ways to embrace sustainability, use of new materials and technologies. The show will run April 20-24, 2022, at the National Building Museum in Washington. To learn more about Kathleen Dustin's work - www.kathleendustin.com.

► **BASEBALL CAMP** Baseball camp for players age 7 to 15, will run June 27-30 at Hopkinton High School. For a registration form email Coach Chase - 4chaseteam@comcast.net.

► **TWO VILLAGES ART SOCIETY** is proud to present our newest show, *Reawakening: Work by the Women's Caucus for the Arts NH*. The is a mixed media exhibit featuring 30 members of WCA/NH, a chapter of the National Women's Council on the Arts. "As sunshine and warmth return to the earth in spring, so we reawaken to our lives," says WCA/NH Exhibitions Committee Chair, Linda Greenwood. "The theme not only illustrates our reawakening of Spring, but it also represents an illustration of memories that remind us again of passions lying deep." *Reawakening* is on display through April 9 at the Bates Building, 846 Main Street, in Contoocook. The gallery is open to the public Thursday through Sunday from 12:00 to 4:00.

► **TAX PREPARATION** at the Hopkinton Town Library by appointment only. Go to nhtaxhelp.org or call 211 to schedule your appointment. Free tax preparation is available to all ages and occupations. Only one federal return per appointment please.

► **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.

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

► **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.

► **CHILDREN'S CLOTHING SALE** Neighbor-to-Neighbor Children's Clothing Sale is back on May 21st from 830-1130am at the Countryside Community Church on 815 Main St, Contoocook. This is a great way to donate kid's clothing and shoes locally. The drop off date is April 16th. The sale is fantastic (typically \$5 to fill a bag). Clothing donations and sale proceeds support the Pass Along Project for foster children. Information - 746-4043 or countrysidenh.org.

► **HOPKINTON FIELD AND TRACK** for K-6th grade is now open. Sundays and Thursdays at 6pm from May 12th to June 12th. Please register at www.hopkintonre.com.

► **ADULT TRAIL WALKERS**. All active adults, ages 50+ are invited to join us for bi-weekly walks. Please leave your pets at home. Come join us on a town path, trail, or road less taken for an easy to moderate walk. We are looking at Mondays, starting in April, specifically April 11th and 25th, meeting at 10:00 am at the Slusser Center and leaving promptly (walking/carpooling/caravaning) from there. Each walk will be approximately 2 miles in length and we should be back at the Slusser Center before noon (actual walk is approximately 1-1.5 hrs). Each person will need to take responsibility for protection from weather, sun, ground conditions, bugs, and dehydration. Destinations will be announced ahead of time. For April: **April 11: Elm Brook, April 25: Little Tooky Road and/or Little Tooky Trail**. Let the Recreation Department know if you are interested at Recreation@Hopkinton-NH.gov. Advance sign-ups are appreciated.

► **COACHES NEEDED** For the 2022 season, H-D/Hopkinton Redhawks Football team is looking for a Varsity Assistant Football Coach and two Junior Varsity Football Coaches. Previous high school and college playing experience is preferred. Applicants must be able to commit to the entire season. To request an application email H/D Athletic Director Jay Wood at jwood@hdsd.org.

Are You Retiring Within the Next 5 Years?

by Dominic Lucente

Are You Retiring Within the Next 5 Years?

What to focus on as the transition approaches

YOU CAN PREPARE FOR THE TRANSITION YEARS IN ADVANCE.

In doing so, you may be better equipped to manage anything unexpected that may come your way.

HOW MUCH MONTHLY INCOME WILL YOU NEED?

Unfortunately, there is no “magic” number for everyone to strive for. Instead, examine your monthly expenses, considering any trips, adventures, or pursuits you have in mind for the near term. As a test, you can even try living on your projected monthly income for 2-3 months prior to retiring.

Should you downsize or relocate? Your home is not only a significant asset, it also represents a significant part of your lifestyle. After all, our homes are often a reflection of who we are. It follows that the decision of how much home we want—or need—may vary with each situation; it is not strictly a financial decision. However, if you are considering downsizing or relocating, the financial component of the decision should be considered thoughtfully.

HOW SHOULD YOUR PORTFOLIO BE CONSTRUCTED?

For many retirees, the top priority is generating consistent income. With that in mind, your financial professional can adjust your portfolio with respect to your time horizon, risk tolerance, and goals. For example, some retirees prefer to maintain an amount of risk-averse investments that can provide income during retirement. However, even the most risk-averse investments aren't immune to risk entirely.

HOW WILL YOU LIVE? Whether you dream of endless Saturdays or dedicating your time to volunteering, remember that retirement is a beginning. Ask yourself what you would like to begin doing now. Think about how to structure your days to pursue that goal, and give it a shot! There's no better way to prepare for what may come, than to practice in the present.

HOW WILL YOU TAKE CARE OF YOURSELF? If you retire before age 65, Medicare may not be an option. If you're considering early retirement, check if your group health plan extends certain benefits into retirement.

Even if you retire at 65 or later, Medicare may not be your ideal solution. Consider items Medicare doesn't traditionally cover, such as extended care or other specialized medical services.

REVIEW YOUR RETIREMENT STRATEGY AS THE TRANSITION APPROACHES.

Give your financial professional a call today. An adjustment or two before retirement may be all you need for a successful next chapter.

Dominic may be reached at 603.645.8131

or Dominic.lucente@LPL.com

Dlucente.com

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For only \$40, Scouts (and/or their parents) will place a U.S. Flag on your property in Dunbarton near the street end of your driveway at least three days prior to each of the following holidays:

**Memorial Day, Flag Day, Independence Day,
Labor Day through 9/11 & Veterans Day**

The flag and pole will be removed approximately 3 or more days after each holiday and reinstalled prior to the next holiday. The ground stake for mounting the flag and pole will remain in place for the duration of the season. Weather may sometimes alter the schedule.

Proceeds will benefit Scouts BSA Troops 75 (Boys & Girls) and Pack 75 (Cub Scouts).

Be sure to select "Right side" or "Left side" when ordering. This refers to the side of the driveway the flag will be placed on when facing the house/property from the street. Also include any information about underground utilities, sprinklers or other information in the area in the space below.

Order your flag today online via the link below or mail this form along with payment (made out to "TROOP 75") to:

Troop 75 - Flags Across Dunbarton
21 Surrey Coach Ln
Bow, NH 03304

Name: _____

Street Address: _____

Town: _____

Phone: _____

Email: _____

How did you hear about us: _____

Side of Driveway (Circle 1) Left Right
(This refers to the side of the driveway the flag will be placed on when facing the house/property from the street.)

Additional Placement Information:
(underground utilities, sprinklers or other info)

Proceeds to benefit:



of Dunbarton & Bow



Picture above is an approximate representation of the 3' x 5' flag, pole, and ground stake.

Sign Up Today

<https://bowscouts.square.site>





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603-753-8488

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STOP IN TO MEET US

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

A ROAD TRIP READY **Giveaway**

- **Free Beam Blade Wiper Replacement**
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No Purchase Necessary! Now through May 31, 2022
Winner to be announced June 1, 2022

POTHOLE *Special* \$99.95

Includes: • Tire Rotation

- **Wheel Alignment • Brake Inspection**
- **Steering and Suspension Check**

Expires May 31, 2022 - Cannot be combined with other special offers or discounts.

HEADLIGHT *RESTORATION*

\$29.95 per headlight

Ask about our detailing services

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Most Vehicles \$99.95

**Includes: RECHARGE A/C System
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INSPECTION of ALL HOSES & FILTERS

Up to 2 pounds of R134a refrigerant only.

**AC Special Prices vary based on
Make, Model and Year.**

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Expires May 31, 2022 - Cannot be combined with other special offers or discounts.

Life is full of tough choices...

*Choosing to experience Family Car Care
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- Free Loaner Cars – Just ask for a Loaner Car when you book your appointment
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24TH ANNUAL FALCONS BOOSTER CLUB GOLF TOURNAMENT

**Thursday, June 23, 2022 at 9:00 AM
BEAVER MEADOW**

1 Beaver Meadow Drive, Concord

Registration: 8:30 - 9:00 AM



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

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

PRIVATE ROAD RESIDENTS CALL TO ACTION

by John Goglia

SB 246 as amended Relative to Qualified Private Communities is legislation that has been passed by the New Hampshire Senate and will be heard by the New Hampshire House of Representatives Municipal and County Government Committee sometime in April. This legislation does not impact current residents living on private roads but through passage the Senate has acknowledged that there is a tax unfairness issue pertaining to many private road property taxpayers.

SB 246 would require municipalities to only approve new private roads and related infrastructure which meet public road standards or require developers to fund a capital reserve type of account of at least a 50% estimate of projected cost to replace those private roads and related infrastructure at the time of transition to the ultimate residents based on certain factors.

The New Hampshire Private Road Taxpayers Alliance www.nhprta.com is asking neighborhoods, communities and organizations who pay the same or more property taxes than public road residents without getting any of the same services to write to all the members of the House Municipal and County Government Committee and all their other State Representatives requesting them to support SB 246. The necessary State contact information can be found by Googling "gencourt.state.nh.us."



THE COMMUNITY PLAYERS OF CONCORD TO PRESENT

JOHN CARIANI'S LAST GAS

John Cariani hails from way-northern Maine, and his plays are set in that sparsely-populated region on the edge of what's wild and what's not.

Last Gas is set in a very small, unincorporated town near the Canadian border. Paradis' Last Convenient Store is the final stop for fuel and supplies before leaving the U.S. It may also prove to be the last stop for some of life's most universal events: love, loss, connection, and joy.

Wayland Bunnell (from way-northern New Hampshire) directs, and says "There are other things besides moose that can wander onto our paths making big changes. **Last Gas** is a sweet, funny, moving and thought-provoking look at love, and what it means to "get back to happy."

PERFORMANCE DETAILS:

Friday and Saturday, May 6 & 7 at 7:30 p.m.

Sunday, May 8 at 2 p.m.

**Performance at Concord City Auditorium
2 Prince Street, Concord**

**Tickets for reserved seating are available at:
www.communityplayersofconcord.org
or by contacting Box Office chair David Murdo at
nhdm40@comcast.net or call (603) 344-4747.**

\$2 per-ticket discount if purchased by May 4.

The City Auditorium is fully open. Check our website for current COVID protocols.



Cast members from L to R: Ryan Flaherty, Eric Stanley, Suzanne Watts, Heather Carmichael, Jerry Smith, Patrick McGranaghan.



Pope Memorial SPCA 5K **dirty paws** Fun Run

SATURDAY, APRIL 30TH

Run or or walk the course which begins at the shelter and takes you to the grounds of St. Pauls School - and back to the SPCA.

For information and to register go to
popememorialsPCA.org/dirtypaws5krun

DUNBARTON NEWS



DUNBARTON PTO SWEETHEART DANCE will be Saturday, May 14, 6:00 to 8:00 PM at the elementary school. Student and their adult guest are invited to a fun night Under the Stars. Activities: DJ and dancing, desserts and refreshments, Photos and Raffle Prizes(cash only). Tickets are \$10 per person. Purchase at dunbartonpto.com by Fri Ap. 29.

NATIONAL PRESCRIPTION DRUG TAKEBACK DAY

The Dunbarton Police Department will once again be participating in the Drug Enforcement Administration's National Prescription Drug Takeback Day. The event will take place on Sat, April 30, 10am to 2pm at the Dunbarton Police Department (18 Robert Rogers Road). Residents can turn in their unused, unwanted, or expired medications, no questions asked. They are unable to accept needles or liquids.

The proper disposal of medication helps reduce unauthorized access, theft, abuse, and damage to the environment. Questions about the event may be directed to Chief Chris Remillard at chrisremillard@gsinet.net or (603) 774-5500 or https://www.deadiversion.usdoj.gov/drug_disposal/takeback/

DCC BOOK CLUB This month the DCC Book Club is reading the book *Beyond Religion: Ethics for a Changing World* by Dalai Lama. Discussion Thursday, May 5, 7:00 pm to 8:00 pm. To join or get the link call Barbara 496-3253.

READING TO DOGS for kids in grade 1 to grade 4 will be on Thurs May 5 and May 19. There will be three 1:1 sessions each day for 20 mins, starting at 2:45 pm. Contact the library to register. No walk-ins. Thanks.

LIBRARY BOOK GROUP This month the library book group will read *End of Your Life* Book Club by Will Schwalbe. Discussion is scheduled for Wed May 18 at noon. Bring a lunch if you'd like. Limited number of books available. Check with the library.

LIBRARY CONSTRUCTION NEWS The Town Hall build-out will be discussed at a pre-construction meeting taking place shortly. Once the construction begins, the library's existing front door, entrance and parking will be removed immediately, and the area will become an active construction site.

At that time, the library will only be able to operate in a curbside pick-up mode from the Route 13 side of the building. There will be no inside library access during the estimated 20 weeks of construction. Our exterior book drop will be moved over to the Town Office area. All programs, including Summer Reading events, will be held outside around the band stand, or virtual. The Library Board of Trustees will be at the pre-construction meeting with the Selectmen and General Contractor, and will know more soon.

TALKING TRASH |Continued from page 8

This type of container is inexpensive and is easy to carry to the compost bin, can handle liquids that are added, and most importantly the tightly sealed lid eliminates fruit flies. It is important to rinse out the container after each use. If for any reason the bucket starts to have an odor, an occasional soaking with OxiClean keeps the container fresh and clean.

What to compost: If you believe the internet, almost all food scraps and yard waste can be composted. While this may be true for industrial-sized compost piles with a lot of heat, for backyard composters it can create a major headache if you have skunks and other wild animals who become interested in the meat and dairy items thrown into your compost pile. It is recommended to compost fruits and vegetables, eggshells, coffee grounds and filters, tea bags, bread, leftover rice and grains, shredded newspaper, cardboard (including ripped up pizza boxes), paper towels and napkins, yard trimmings, grass clippings, leaves (chopped will breakdown much faster), wood chips, vacuum cleaner debris and fireplace ashes. Adding liquid from beverages such as stale coffee, tea, beer and juice is also beneficial for the pile.



The Ratio of Materials to Add: There are many internet articles discussing the proper ratios of brown and green materials to add to the pile. Brown materials provide carbon, and consist of "brown" materials such as dry leaves, newspaper, straw and wood chips. These materials help add bulk and also allow air to circulate through the compost pile. Green materials provide nitrogen, and consist of materials that are often but not always "green" such as food scraps, fresh grass clippings, coffee grounds, manure and recently pulled weeds. Some experts suggest a ratio of 4:1 brown to green materials, whereas other experts suggest a ratio of 1:1. I find that following these ratios is too much work and instead simply mix in and cover up any new food scraps with brown materials or old compost, which helps break down the materials and eliminates any smell, flies and pests.

If for any reason your compost pile becomes slimy and stinky, simply add more brown materials. If the pile become dry and very slow to decompose, you will need to add more green materials. It helps to turn the pile every two to four weeks to speed up the composting process, but even if you choose to skip this step, the pile will eventually produce compost that can be spread on your yard or garden. When the material at the bottom is dark and rich in color, your compost is ready to use. This usually takes anywhere between two months to a year depending on the size of the materials put into the compost. Do not worry if your compost is not fine and crumbly. Even if there are pieces of twig or other materials, it is still usable and any large items can also be added back into your new compost heap.

"If we had no winter, the spring would not be so pleasant. If we did not sometimes taste adversity, prosperity would not be so welcome."

Anne Bradstreet

FINDING BALANCE - TAKE TWO!

by Donna Deos

On May the 4th I will be speaking at the Baker Free Library! The topic will be Caring for the Care Giver and Finding Balance. These are two tricky things to do at the same time. Yet, they are so very important.

In getting ready for this talk I decided to see when was the last time I wrote to you about balance - October 2016! Holy cow that was so long ago. Such an important topic and I haven't touched it in over 5 years. What is wrong with me?! I have been too busy focusing on helping you cope with all of the care giving you have been doing. And, really, the two go hand in hand.

As you know, I frequently remind you that you can't pour from an empty vessel. You have to refill the pitcher if you expect to have anything come out when you tip it toward the glass you want to fill. The same thing goes for each of us. The secret to that is BALANCE. Far too often we keep pouring and pouring and pouring. We are too busy trying to give and give and provide and take care that we forget to look and see if we are actually turning out anything valuable on the other end.

The more we give and don't take time to evaluate, the crabbiest we become and the less caring what we think we are doing ends up coming across. Let me give you an example. When you are so busy going in all directions with work and family and helping others what happens? Do your family dinners slip by the wayside? Do you end up late to work or short with people there? Do run in and grab the shopping list from your aging mother, running out the door,



only to come by later with the bounty and quickly put it away because you have to rush off to something else? Is anyone in this scenario actually receiving quality interactions here? No. The quality in life suffers as the quantity of things we try to do increases.

When was the last time you did something you enjoy? If you can say "just today!!" I want you to come to the presentation as well because we can all use good examples of a life well lived!

If you can't remember or had the feeling of "no kidding, I never get to do anything for me!" then we have work to do! I know, that puts you in stress mode as well. It was not my intention. I want you ending up on the other side of the stress ride you have been on for far too long. Another quote I have learned to be true (and I am sorry, I don't know who said it to give them credit) is "the only way out is through." You have to walk through the storm to get to the other side, only then does it end and the sun comes back out. The deepest, darkest storms take the going inside (of ourselves to work through the issues) so that we can muster up the courage to step outside again with comfort and confidence.

So, if you are interested in attending the event, please reach out to the Baker Free Library. It is at 6:30pm on May the 4th (and yes, "may the fourth (force) be with you" is not lost on me!). You can also find it on the calendar section of the library website. I have a posting on my site as well that should link you to their calendar. So, no excuses!

I look forward to seeing you soon! Donna



BOW GARDEN CLUB NEWS

APRIL - "Spring has sprung" at the Bow Garden Club with our first Members' Meeting taking place on April 11th featuring Don Allen, a Fish and Wildlife Steward for NH Fish and Game. Mr. Allen gave our members and guests an excellent presentation on "Bobcats and Other Wildlife in NH" via ZOOM. And on April 17th we held our annual Spring Clean-Up at the community garden, Rotary Park.

MAY - Our May meeting will consist of a ZOOM presentation entitled *Growing Orchids at Home*, by Cynthia Brown, Manager of Collection, Education and Access from the Smithsonian Gardens. Ms. Brown, an orchid expert, will share her knowledge of the Smithsonian Gardens' orchid collection, the third largest in the world, with all of us. Monday, May 9th at 6:30 p.m. Non-members, please send an email to membership@bowgardenclub.org to request a ZOOM invitation to this presentation.

JUNE - The garden club will hold their annual Progressive Dinner where our members and significant others will enjoy Appetizer, Main Course and Dessert offerings at three different members' homes as the evening "progresses." They will also be using this time to enjoy each others' company as well as to take in the plantings and/or gardens found at each location.

JULY - Members will take a field trip to a lavender farm where they will tour the gardens, pick fresh lavender and craft "Lavender Wands" to display and perfume their homes.

AUGUST - No meeting. (Gardening and vacation time).

SEPTEMBER - Another field trip - this time to a vegetable farm in Bow where we will learn more about growing vegetables, with a focus on heirloom tomatoes, a specialty of our host who will also share some of her favorite veggie recipes with us.

OCTOBER - A presentation *The Secret Lives of Garden Herbs* will be held at the Old Town Hall on Monday, October 3rd, beginning at 6:00 p.m. where Clinical Herbalist Maria Noel Grove will share her knowledge of the medicinal aspects of common culinary herbs with attendees. (For instance, we all know that rosemary is wonderful with chicken dishes, but did you know that it might also stave off Alzheimer's Disease?) Come learn more. Guests are welcome and new members are encouraged.

NOVEMBER - Author Neal Sanders, a prolific writer of mysteries (14 to date) involving garden clubs and horticultural settings will present a comical presentation entitled *Gardening is Murder* on Monday, November 7th at 6:00 p.m. at the Old Town Hall. Married to a former President of the Federated Garden Clubs of MA, Sanders enjoys weaving his acquired gardening knowledge into entertaining presentations as well as writing his books. Guests are welcome and new members are encouraged.

DECEMBER - We will close out of yet another year (our 58th as an organization) on the 17th when we meet for the last time in 2022 to hold our annual holiday brunch and business meeting. Good food and good friendships will abound.

All regular Bow Garden Club meetings and presentations are open to the general public and are free of charge, unless otherwise noted. And you need not reside in Bow to become a member. Please visit our website to learn more about us and/or to download a membership application form. All are welcome to join! No experience necessary!

www.bowgardenclub.org



CHILDREN'S PROGRAMS

Shimmy & 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.

Krafts 4 Kids | Wednesday, May 11th | 3:30pm

A monthly program for artists and makers in Grades K-5 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, May 17th | 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, May 23rd | 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, May 9th | 6:00pm

Join us every month for craft night and learn how to make simple DIY crafts. Supplies provided by the library. Registration is required. Please visit our website and register using our online calendar.

Adult Book Talk | Tuesday, May 10th | 12:30pm & 6:30pm

The Adult Book Talk Group will be discussing *A Good Neighborhood* by Therese Anne Fowler. Copies of the book are now available at the Circulation Desk to check out.

The White Rock Book Group will meet at White Rock Senior Center on Tuesday, May 17th at 1pm.

The Whodunits will meet at White Rock Senior Center on May 3rd at 1pm.

Caring for the Caregiver & Finding Balance

Wednesday, May 4th | 6:30pm

Care giving is hard work. It is a gift of love and one you do without concern for yourself. This can often leave you feeling overwhelmed, exhausted and off balance. We will talk with Donna Deos about ways to still care for your loved ones, while caring for yourself at the same time.

Please visit the Online Calendar on the Library website or call us at (603) 224-7113 to register for this event.

Estate Planning, Trusts, and Long-Term Care

Wednesday, May 11th | 6:30pm

Over 50? Preparation equals peace of mind. Attorney Ben Kiniry covers important aspects of elder law and estate planning you'll need to know for smooth sailing into your senior years. Discussion followed by Q & A.

Please visit the Online Calendar on the Library website or call us at (603) 224-7113 to register for this event.

IN THE GALLERY

APRIL EXHIBIT | April 4th – April 29th

Douglas Richards – The Moon, Rocks, Trees and Me

Douglas Richards is a self-taught artist rather than having pursued art through formal education. For the past 70 years, he has studied painting by observing art in books, private homes, and museums and wherever art is displayed. Douglas has led several workshops on the Joy of Watercolors, Painting on the Right-side of the Brain, and Framing for Next to Nothing. He wrote an article entitled Taking Pictures from Within and gave several talks on the subject when he became obsessed for twenty years with fine art photography.

Douglas will be painting at the library on Saturdays during the month of April. Visitors are encouraged to stop by and meet him! Visit the library between 10am-2pm on the 9th, 16th and 23rd to walk-through the exhibit and chat with the artist.

MAY EXHIBIT | May 2nd – June 3rd

Kristin Selesnick

Kristin's paintings explore personal interaction within the constructed landscape. From passive observation through a car window, to active engagement on an endurance run, she paints, from photographs, to capture the light, color, and essence of places she has visited or call home. Her paintings serve as both a travel log of personal experiences and as a broader commentary on the way we as humans interact with the natural world.

Kristin Selesnick holds an MFA in Visual Art from Lesley University College of Art and Design and a BA in Studio Art from Wheaton College (MA). Kristin has studied art internationally at Studio Art Centers International (S.A.C.I.) in Florence, Italy and at the Burren College of Art in County Clare, Ireland. Kristin's work has been exhibited widely throughout New England and overseas in Italy and Ireland. Kristin grew up in Camden, Maine, and now resides in Bow, New Hampshire with her husband, Jeff, their two children, Jonah and Clara, and a cat, Linus.

Kristin will hold an Artist Meet & Greet at the Library on Thursday, May 12th from 4pm-6pm.

The Merrimack County Stamp Collectors

Merrimack County Stamp Collectors monthly meetings will be held the 2nd Tuesday of each month at the Bow Mills United Methodist Church, 505 South Street, in Bow beginning with the April 12th meeting at 1 pm.

We invite all who are interested in stamp collecting to attend, share their interest, buy, sell and trade. Meet other collectors and learn more about their hobby and enjoy the fellowship of others with varied interests in Philatelic resources and issues. Gain new insight and knowledge, sharing news articles and stories about stamp collecting. Learn of the latest cutting edge information on stamp collecting.

For more information call Dan Day at 603-228-1154

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The Bow Town Charter 1727

Granted by
Lieut. Governor
John Wentworth
on Behalf of
the Crown,
May 10, 1727.
Excerpt from
the original
charter provided
by The Town
of Bow.

L. S. Bow

*GEORGE By the G
france & Ireland Kin
TO ALL PROPLE
Come Greeting Know ye, that we of our Special
Knowledge & mere motion, for the Due Encourage-
m^t of Settling a New Plantation, By & with the
Advise & Consent of Our Council have given &
Granted And by these Presents as far as in us lyes do give & Grant
in Equal Shares unto Sundry of our beloved Subjects whose names
Are Entred in a Schedule here unto Annexed that Inhabit or Shall
Inhabit within the s^d Grant, within our Province of New Hamp-
shire all that Tract of Land within the following Bounds Viz—
Beginning on the South East Side of the Town of Chichester &
runing nine miles by Chichester, And Canterbury And Carrying
that Breadth of Nine Miles from Each of the afores^d Towns South-
west untill the ful Compliment of Eighty one Square Miles Are
fully made up & that the Same be A Town Corporate by the
Name of Bow to the Persons afores^d and their Associates for-
ever—TO HAVE & TO HOLD the s^d Land to the S^d Grantees and to
Such Associates as they shall admit for ever—upon the Conditions
following—
1) That the Proprietors build or Cause to be built Seventy five
Dwelling houses on S^d Land & Settle a family in Each House &
Clear Three Acres of Land fitt for Mowing or Plowing within
Three years And that Each Proprietor pay his Proportion of the
Town Charge When & So often as Occasion Shall Require the
Same
2) That A meeting House bee
God within the Term of four year
3 That upon Default of any Perticular Proprietor in Complying
with the Conditions of the Charter upon his part Such Dillinquent
Proprietor Shall forfeit his Shear to the other Proprietors
*1-8 which Shall be *Disposed of According to the Maj^r Vote
of the S^d Proprietors at a Legal Town meeting—
4) That a Proprietors Shear be reserved for a Parsonage
another for the first minister of the Gospell: which Shall be
Settled and ordained in S^d Town Another Such Share for the
benefit of the School in S^d Town PROVIDED nevertheless
Peace with the Indians—Continue Duering the Space o
Years but if it Should So happen that A War with the
Shall Com'ence before the Expiration of the three years
the Term of three years Shall be Allowed the rietors afte
Expiration of the War for the Performance e afores^d

INDIVIDUAL FITNESS Continued from page 7



It is a great program to use to set a specific goal and enjoy working towards and realizing the achievement of it.

Try it and follow The Individual Fitness Way to get the boost of energy you need!

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

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



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OBITUARIES

SARA BLUE

Sara J. Blue of Hopkinton passed away peacefully while surrounded by her family on March 17, 2022, at the Granite VA Hospice House in Concord, at the golden age of 104.

Sara was born in New Brunswick, NJ, on January 17, 1918, and married Ross Blue on July 17, 1937. They lived in the New Brunswick, NJ, area before settling into the family home in Miltown, NJ, where they raised five children.

Sara was a wonderful mother and hard worker with a giving heart. She touched so many lives with her caring and fun loving nature. Sara is predeceased by her parents, James and Grace McCloskey, her husband, Ross Blue, Sr., her siblings, Grace Hackett, James McCloskey, Jr. and Muriel Fiermonti, her daughter and son-in-law, Gail and Fredy Fruhbeis, and daughter-in-law, Nancy Blue. Surviving family members include her children, Jane Blue of Rehoboth Beach, DE, Ross Blue, Jr. of Valley View, TX, Jill Chadwick (Gregg) of Hopkinton, and Gery Blue of Davisville. She is also survived by 11 grandchildren and 17 great grandchildren.

In lieu of flowers, please consider donating to a charity of your choice or the Granite VNA Hospice House, 30 Pillsbury Street, Concord, NH 03301 or online at www.granitevna.org/donate.

SHELBY DIANE EVANS

Shelby Diane (Copeland) Evans, 59, of Bow, passed away peacefully on March 10, 2022, after a brief illness.

Born in New Haven, CT, on March 5, 1963, she was the daughter of David Read Copeland and the late Karen Nancy Copeland.

Shelby was raised in Hampstead, graduated from Pinkerton Academy, Derry, in 1981, and was employed as a nurse for many years.

Shelby was a kind and gentle soul. She loved nature, country music, elephants, Harry Potter, and the color green. But most of all, she loved her family, especially her three children, who brought her endless pride and joy. She will be remembered for her warmth, selflessness, strength, resilience, and her beautiful smile.

She is survived by her many friends and family members, to include her father, David Copeland and his wife, Diane, of Hampstead; a daughter, Mackenzie Evans, 24, of Tampa, FL; two sons, Chandler Evans, 22, and Samuel Evans, 20, of Bow; sisters Kelly Renaud and her husband, Scott, and Tracy Copeland; and her niece and nephew Taylor and Jacob Renaud.

RICHARD FLOYD HART

Richard Floyd Hart passed away peacefully on March 16, 2022, at his home in Bow NH, surrounded by his family.

Born in Buffalo, New York, August 24, 1947, Dick grew up in White Plains, New York, and earned a Bachelor of Arts degree in history from Long Island University. He pursued a sales career in the financial industry and served in the United States Marine Corp Reserves.

As a youth, Dick was a Star scout. He was dedicated to Boy Scout leadership throughout his life. An avid golfer, Dick also lent his time to coaching little league baseball and soccer, sang in the choir of his church, Wesley United Methodist of Concord, NH and served on several church committees.

Dick was predeceased by his parents, Thomas and Ruth Hart, and survived by his wife, Elizabeth, children Matthew and his wife Rachel, and Carolyn Winters and her husband Brian, as well as his brothers Douglas and his wife Rae, William, and Henry and his wife Mary, and many wonderful cousins, nieces and nephews.

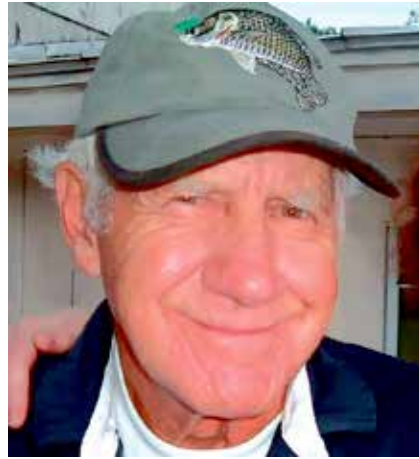
Dick was a kind and loving man and will be deeply missed by those who knew and loved him.

The family would like to thank the Bow Fire Department and the Granite VNA for help and care for Dick.

A memorial service was held on March 20, 2022 at the Wesley United Methodist Church in Concord.

In lieu of flowers, friends may wish to provide a donation to the Wesley United Methodist Church, or the Granite Visiting Nurses Association, both in Concord.

RICHARD E. LAFRANCE



Richard E. LaFrance, 92 of Bow, NH, passed away peacefully on March 21, 2022 with Jacqueline (Adams) his wife of 64 years by his side.

Richard was born January 26, 1930 in Lowell, MA to Fabian and Mary (Madden) LaFrance. He graduated Keith Academy and joined the Army Reserves in 1948. He served in the Korean War as an Artillery Specialist and sharp shooter. He fought with his

battalion to keep the North Koreans at bay and traded all of his cigarette rations for chocolate, a passion he would enjoy for a lifetime.

Richard graduated Lowell Technological Institute (University of Massachusetts) with a Bachelor of Science and worked his entire career as a leather chemist. He and Jackie settled in New Hampshire to raise their family of five.

Richard loved and lived for his wife, children and grandchildren, and recently held his first great-grandchild. He was known for his character, his strength, his humor, his kindness and his willingness to help anyone with anything. He walked the neighborhood every day making frequent stops to check on, and lightheartedly harass, his friends.

His wife and children will miss him dearly. He leaves behind his children Stephen (Kathy) LaFrance of Stratford; Lisa (Jeffrey) Woodruff of Chester; Marybeth Salgueiro of Round Rock, TX; Laurie (Mark) Marshall of Chichester; James (Cynthia) LaFrance of Goffstown; his grandchildren Cooper, Layne, Lauren, Marisa and Devin and his great grandchild, Mila. He is predeceased by a son, Ricky.

A prayer service and celebration of his life is planned for May 7, 2022 at 11 am at Bennett Funeral Home, 209 N Main St, Concord NH 03301. In lieu of flowers, the family requests you offer assistance to someone in need, and when the opportunity presents itself, perform an act of kindness in his honor. Remember his smile, as we always will.

DEBORAH L. YOUNG

Deborah L. Young 62, of Hopkinton passed away unexpectedly on March 6, 2022. Deb was born on April 28, 1959, to George Gilbert and Dorothy (Young) Carruthers. She graduated from Hopkinton High School, class of 1977 and went on to New England College to study Art as well as Business at ThomasEdison State University. Deb later started her own business in her home writing resumés for people around the country. She lived in and loved her hometown of Hopkinton.

Deb loved life. She loved to spend time with friends and family, especially her two daughters and

grandchildren, who brought her endless pride and joy. Deb enjoyed traveling and loved the ocean. She was a very talented singer and enjoyed going to the local restaurant where she would often grace the audience with her voice during open mic nights.

Deb is predeceased by her parents, George and Dorothy Carruthers. Deb is survived by her many friends and family members including her husband, Scot; daughters, Melissa Buchanan Hughes and Ryan of Hopkinton, Kaylee Raney Henriksen and Joshua of Hopkinton; grandchildren whom she loved to the moon and back,

Jaela, Gabriel, Madeline, Sylus, Lillian, and Madelyn; and her beloved animals.

A celebration of life will be held on June 4, 2022 from 1:00pm-4:00pm at the Contoocook American Legion.



BOW POLICE LOG

MARCH 2022 ARREST LOG

- 3/1** Brandon Demers, 32, Hooksett, received a summons for driving after revocation/suspension- subsequent and driving on suspended vehicle registrations; Jonathan Ricciardi, 35, Manchester, was arrested for receiving stolen property.
- 3/2** Kaesa Fortier, 33, Concord, received a summons for driving after revocation/suspension; Eric James Kelly, 36, Manchester, was arrested for willful concealment.
- 3/3** Madeline Elizabeth Smith, 32, Concord, was arrested on a civil warrant; Dustin Cheney, 40, Weare, was arrested for driving under the influence.
- 3/4** Juan Negron, 51, Manchester, was arrested on three electronic bench warrants for failure to appear.
- 3/9** Sammy Hernandez, 39, Manchester, was arrested on two counts of possession of a controlled drug, driving after revocation/suspension- subsequent, and on an in-state warrant for possession of controlled drugs.
- 3/10** Brandon Demers, 32, Hooksett, received a summons for driving after revocation or suspension subsequent, and driving on suspended vehicle registrations.
- 3/12** Brittany Sprague, 33, Nashua, was arrested on three counts of possession of a controlled drug.
- 3/13** Kaitlin Hoffman, 39, Bow, was arrested for driving under the influence.
- 3/14** Alyson Tuttle, 18, Hooksett, received a summons for driving after revocation/ suspension, driving on suspended vehicle registrations, and expired license.
- 3/15** Jesse Ehrlich-Mitchell, 24, Concord, was arrested for driving under the influence.
- 3/16** Madison Howland, 19, Bow, was arrested for possession of prescription drugs, breach of bail, and an in-state warrant for bail jumping.
- 3/18** Keith Richard, 38, Henniker, was arrested for driving under the Influence, driving after revocation/suspension, and on an in-state warrant for driving after suspension.
- 3/19** Keneth Fernandes, 24, Loudon, was arrested on a warrant for failure to appear.
- 3/21** Michell Harris, 35, Bow, was arrested for driving after revocation/suspension subsequent.
- 3/22** Christine Labranche, 47, Manchester, was arrested on two electronic bench warrants for failure to appear.
- 3/24** Julia Petrillo, 22, Allentown, was arrested on two counts of possession of a controlled drug; Shane Vannest, 32, Concord, was arrested for driving after revocation/suspension.
- 3/25** Kienda Paris, 36, Manchester, was arrested for transporting drugs in a motor vehicle, driving after revocation/suspension, and operating without a valid license; Michael Robinson, 21, Hillsborough, was arrested for possession of a controlled drug, and two counts of felon in possession of a dangerous weapon.
- 3/28** Joshua Marston, 21, Manchester, was arrested for driving under the Influence; Desiree Janczak, 43, Bethel, VT, received a summons for driving after revocation/suspension subsequent.
- 3/31** Sophia Bicknell, 24, Hooksett, was arrested for driving under the influence and open container.

Five individuals were summonsed for violations
One individual was arrested for a domestic violence-related offense
One individual was an Involuntary emergency admission
One individual was placed in protective custody

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GRILLING SAFETY TIPS

from the Bow Fire Department

Grilling is a popular way to enjoy the nice weather, but grill fires can start easily and spread quickly when the gas or charcoal grill is placed too close to any fire hazards. Learn how you can help keep your home and family safe by following our grill safety tips.

Here are 9 BBQ safety tips that will keep you and your home safe for barbecuing season:

1. ONLY USE GRILLS OUTSIDE

Propane and gas, charcoal grills are strictly designed for outdoor use where there is plenty of ventilation. Any combustible materials that surround or hang over the grill when it's in use can catch fire easily and quickly. Make sure that the area over top and around your grill is clear and unobstructed.

2. PLACE YOUR GRILL AWAY FROM YOUR HOME

Grills that are placed too close to the house or other wood structures can heat up adjacent materials and cause a fire. Be sure to keep your grill at least 10 feet from your home or other structures.

3. MAKE SURE GRILL IS LOCATED ON A FLAT, LEVEL SURFACE

Grills placed on slopes or uneven surfaces can tip over easily and cause a fire. Make sure that your grill is set up on a stable surface such as a concrete pad so that it remains level while cooking food.

4. CHECK YOUR GRILL FOR LEAKS

If you store your grill inside during the winter months, it's important to check it thoroughly when grilling season begins. A leak in the gas lines can cause propane or natural gas to build up inside the BBQ when the lid is closed. Check the gas lines to make sure that they are free of leaks before using your grill, and always open the lid of your barbecue before lighting.

5. ALWAYS CLEAN YOUR GRILL AFTER USE

Barbecuing regularly causes grease to build-up on the grill plates and collect inside the grease tray. If not cleaned, the build-up can then act as fuel and catch fire while the grill is in use. Clean your charcoal or gas grill after each use with a grill brush and empty the grease tray when it begins to fill up.

6. NEVER LEAVE BARBECUE GRILL UNATTENDED WHILE IN USE

Barbecues use high heat and open flames to cook food, and when left unattended can become a safety and fire hazard. If you must leave the grill, ask another adult to watch the grill for you.

7. WEAR APPROPRIATE CLOTHING

When grilling, wear clothing that won't interfere with the cooking process and make sure that any apron strings are tied back away from your front. If a piece of clothing does catch fire, remember to stop, drop, and roll to extinguish the flames quickly.

8. KEEP A SPRAY BOTTLE ON HAND

Keep a spray bottle filled with water beside your grill so that you can quickly extinguish smaller flames before they spread.

9. ALWAYS HAVE A FIRE EXTINGUISHER CLOSE BY

If a fire does break out, it is simple to use, just point and spray to extinguish the fire.

Following these charcoal and gas grill safety tips and having the right protection will help you and your family enjoy a safe grilling season all summer long.

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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	

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