

# The Bow Times

“Of the People, By the People, For the People”

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THE BOW TIMES VOL 29, NO. 5 May 2022 www.thebowtimes.com FREE

**DUNBARTON VILLAGE NEWS ON PAGE 20**

**HOPKINTON-CONTOOCOOK NEWS ON PAGES 12-13**

## THE MAN WHO CHALLENGED RUSSIA IN THE 1980S SPEAKS IN BOW

Nobel Peace Prize winner and former President of Poland, Lech Walesa, attended a house party in Bow on May 11. At the home of former Congressman Richard Swett and his wife Katrina Lantos Swett, the first publicly elected President of Poland spoke on behalf of humanitarian efforts to support the Ukrainian refugees pouring into Poland.

The event was sponsored by the Lantos Foundation for Human Rights and Justice founded by Dr. Katrina Swett’s father, Congressman Thomas Lantos, a Holocaust survivor.

Walesa rose from humble beginnings as an electrician in a Polish shipyard to become leader of the Solidarity trade union, which pressed for economic reforms and free elections and led to the collapse of Communist Poland. Awarded the Nobel Peace Prize in 1983, Walesa went on to win Poland’s first direct presidential election by a landslide in 1990, and he helped guide the fledgling Polish democracy into a free-market economy.



Former Congressman Chris Shays (R-CT), Debra Douglas, Former Congressmen Chuck Douglas (R-NH) and Dick Swett (D-NH), Lech Walesa and Katrina Swett

## DETECTIVE TYLER COADY NAMED BOW POLICE DEPARTMENT 2021 OFFICER OF THE YEAR

Detective Coady has served the Bow Police Department since 2009, with prior law enforcement experience in Colorado and Concord, NH.

Over the last year, Detective Coady has worked several high profile cases. It’s because of his persistence, dedication, and investigative skills that many victims have an opportunity for closure through the criminal justice system.



Chief Miller presents award to Detective Coady

Photo | Eric Anderson

## HARRY HANDY III SWORN IN AS BOW OFFICER

Officer Handy was born and raised in Auburn, NH . He started his law enforcement career in 2020 with the Raymond Police Department before transferring to the Bow Police Department in February of 2022.

Prior to his Law Enforcement Career, Officer Handy attended the University of New Hampshire where he study behavioral psychology. Officer Handy will be attending police defensive tactics. He will be looked upon to build the program which will be an asset to the department. Welcome, Officer Handy!



Officer Harry Handy with his family on the occasion of his swearing-in ceremony.

### AWARDS WERE GIVEN TO THE FOLLOWING OFFICERS AND MEMBERS OF THE COMMUNITY:

- Officer David Nelson – Department Citation Award
- Sergeant Phil Goodacre and Officer Jake Clark – Chief’s Letter of Commendation
- Administrative Assistant Stephanie Vogel – Department Service Award
- Interim Chief Mike French – Department Service Award
- Eric Anderson – Citizens Award

## BOW POLICE DEPARTMENT CEREMONY

A ceremony took place on April 18th, 2022 at Bow High School honoring the following promotions:



Sergeant Phil Lamy promoted to Lieutenant



Sergeant Matt Pratte promoted to Lieutenant Master



Patrol Officer Phil Goodacre promoted to Sergeant



Master Patrol Officer Robert Buchanan promoted to Sergeant



Officer Matt Leblanc promoted to Master Patrol Officer

**WINNER OF 14 NH PRESS ASSOCIATION AWARDS**

**MONTHLY BOW TIMES IS DELIVERED TO 3,160 RESIDENCES AND BUSINESSES - FREE**

## LOW TAXES ARE THE RESULT OF LOW SPENDING

### The Bow Times

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Printer - Gannett Pub. Services

Mailing address for news or  
notices: 40 Stone Sled Lane, Bow

Email: info@thebowtimes.com

DEADLINES: 1st of the month;  
classifieds must be prepaid - cash or a  
check made payable to The Bow Times.

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# MAY SPORTS

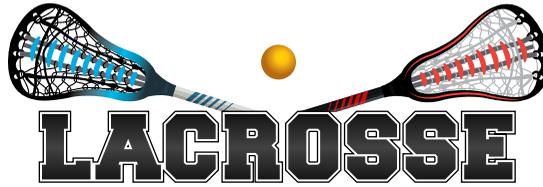


## HOPKINTON ATHLETE MEDALS FOR UNH

Hopkinton's Kevin McGrath, a senior of the University of New Hampshire men's track and field team, cleared 6 feet, 8.75 inches to win the gold medal in the high jump at the American East Conference Outdoor Track and Field Championship.

McGrath set the UNH program record in the high jump by clearing 6-10.75 during the indoor season, and also won the gold medal at the AE indoor championships.

McGrath was a two-time NHIAA Division III champion for Hopkinton in 2017 and 2018.



## GIRLS' LACROSSE Bow 14, Hopkinton 13

On May 9, Bow made up for its early season loss to Hopkinton by a one point win for the Falcons over the Hawks.

"It's fun," Bow coach Chris Raabe said following the 14-13 road win. "It's a fun little rivalry. When they beat us the first time, it kind of lit a fire under my kids, and (Hopkinton) is just right up the road."

Bow started its season off with a home loss to Hopkinton where Raabe said the Hawks were just a faster, better team that day. The Falcons have won eight straight since that April 12 game, and No. 8 evened the regular-season series with Hopkinton.

Both coaches acknowledged that their teams have given each other their best during the regular season. They hope the next time they see each other, it's for a state championship of Division III.

## BOYS' LACROSSE ConVal 9, Bow 4

**Key players:** Bow - Blake Scarinza (12 saves), Owen Guertin, Logan Rain, Joey Place, Andrew Conley, Pat Wachsmuth, Owen Walton and Hollis Jones (defense).

**Highlights:** The Falcons played strong defense, despite the score, and Scarinza took care of the majority of shots that came his way.



## Conant 9, Hopkinton 6

**Key players:** Hopkinton - Lizz Holmes (2-for-3, double, 3 RBI, defense), Kyanna Landry (threw a runner out at the plate).

**Highlights:** The Hawks battled back from a 5-0 deficit to take a 6-5 lead after three, but Conant scored two in the fourth to retake the lead.



## Hopkinton 10, Conant 0

**Key players:** Hopkinton - Peyton Marshall (5 IP, 4 H, 6 K, 0 BB; hit, 2 runs), Armen Laylagian (3 hits, 3 RBI), Owen O'Brien (2 hits, triple), Joe Yanzo (hit, 2 RBI).

**Highlights:** Yanzo laced a two-run single in the bottom of the first to get the Hawks rolling. Hopkinton added to the lead with three more runs before Conant was able to get the third out. O'Brien tripled to center to plate two more after a sac fly in the third inning.

**Coach's quote:** "The weather got warmer and the bats got hot as well. A season-high 11 hits helped us to the five inning win." - Hopkinton's David Chase.

## Bow 5, Oyster River 2

**Key players:** Bow - Ethan Clark (2.1 IP, 2 R, 2 H, 1 BB, 1 K, 1 HBP), Zach Cross (win in relief, 3.2 IP, 0 R, 2 H, 1 BB, 4 K), Mark Folsom (save, IP, 0 R, 1 H, 1 K), Owen Petretta (3-for-3, walk, 2 HR, 4 RBI, 2 runs), Alex Boisvert (1-for-3, RBI), Owen Webber (1-for-1, 2 HBP).

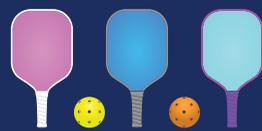
**Coach's quote:** "Today was a gutsy win over a talented Oyster River team. A stellar day for Petretta to take the team on his back with two home runs, a single for four RBI and scored after his walk off on a Boisvert single."



## GIRLS' TENNIS Bow 6, Windham 3

**Key players:** Bow - Amy Gray (8-2 win at No. 1), Josefine Jaques (8-0 win at No. 2), Jaden Glace (8-5 win at No. 5), Grace Modzeleski (9-7 win at No. 6).

**Coach's quote:** "It was an important win as we try to improve our seeding for the upcoming tournament. Grace showed great composure in pulling out her win and making life easier for us in doubles." - Bow's Steve Langevin.



# PICKLEBALL

**INDOOR PICKLEBALL** Bow Parks and Recreation gym will open for drop-in Pickleball games. We will have nets setup. Please bring your own paddle and balls.

Please fill out a participation waiver to keep on file and sign in each time you play.

**BOW COMMUNITY CENTER**  
Mondays & Wednesdays 7:00 - 9:15 PM  
Friday 10:00 AM - 12:30 PM

FREE program for Bow Residents  
Non-resident \$5 per player.

## OUTDOOR PICKLEBALL

We ask that you bring a water bottle, your own paddle, court shoes and we suggest a folding chair. Weather permitting.

**BOW HS**  
LOWER TENNIS COURTS

June 20 - August 26  
Monday - Friday 8:30 - 11:30 AM

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## BOW PRIDE WEEK 2022 JUNE 19-25

All Bow residents, organizations, clubs, and groups are invited to volunteer to perform a variety of projects in order to help spruce up the Town and Town buildings. Examples include cleaning the equipment at the Al



St. Cyr Playground, raking and cleaning the entrance to the Public Works building, raking and cleanup around the Town Pond, trimming, sweeping and litter pickup on South Street/Logging Hill area, and more.

The Town will provide the necessary paint, materials and tools for the projects. To volunteer, please review the list of projects at [www.bownh.gov](http://www.bownh.gov) and contact the Town Manager's Office at [tindquist@bownh.gov](mailto:tindquist@bownh.gov) or 223-3910 to sign up. All volunteers will receive a Bow Pride Week 2022 t-shirt.

## HEATHER LANE NOT SITE OF NEW WATER TOWER

The unanimous outpouring of opposition from the 13 homeowners on Heather Lane has led the town to select an alternative site for a new water tower. The town will place the planned Bow Junction water supply on the western side of Route 3-A rather than in the woods off of Heather Lane.

## WINTER STORMS COST \$130,000

The Director of Public Works, Tim Sweeney, told the Board of Selectmen last month that the winter season was comprised of 23 weather events.

DPW applied 4,700 cubic yards of sand and salt mixture and 1,700 tons of salt at a cost of \$130,000.

Please join us for a  
**Retirement Reception**  
Honoring  
**Cindy Greenwood-Young**  
Who directed the Town of Bow's  
Celebrating Children Preschool program  
for 24 fun-filled years

Thursday, May 26th  
3:00-4:00 pm  
at the Town of Bow Municipal Building  
10 Grandview Rd., Bow, NH 03304  
603-223-3984

Light refreshments served

### BHS STUDENTS RECOGNIZED FOR CREATIVE WORK

Five Bow High School students were recognized in March for their outstanding creative work through the 2022 Scholastic Art Awards of New Hampshire.

Honors were given to senior, Rylee Constant—Honorable Mention award in Ceramics & Glass, *“Broken Faces of Society”*; junior Rae-Lynn Shi—Best in Show and Gold Key awards in Film & Animation, *“A Child’s Dream”*; junior Ava Maurer—Silver Key and Honorable Mention awards in Photography for *“Jellyfish No.2”* and *“Tranquility”*; junior Anna Ros—Silver Key and Honorable Mention awards in Digital Art for *“Kelpie: Beneath the Surface”* and *“Golden Valley”*; and sophomore Eve Libby—Gold and Silver Key awards in Photography for *“The ‘Pear’ody”* and *“Looking Out”*. Submissions were selected by BHS art educators Sarah Bragg and Jennifer Markmanrud.

In recognition, students also received scholarships to attend the 2022 Pre-College Summer Program at the Institute of Art and Design of New England College. NEC welcomes U.S. and international high school students to a two-week, college-level, intensive art program focused in areas of visual arts, creative writing and portfolio development.

The Scholastic Art Awards of New Hampshire (SAANH) is a regional visual arts affiliate of the national Scholastic Art & Writing Awards. Each year in September, the call goes out from SAANH to all New Hampshire’s Art Educators, grades 7-12, to register and submit their outstanding student artwork.

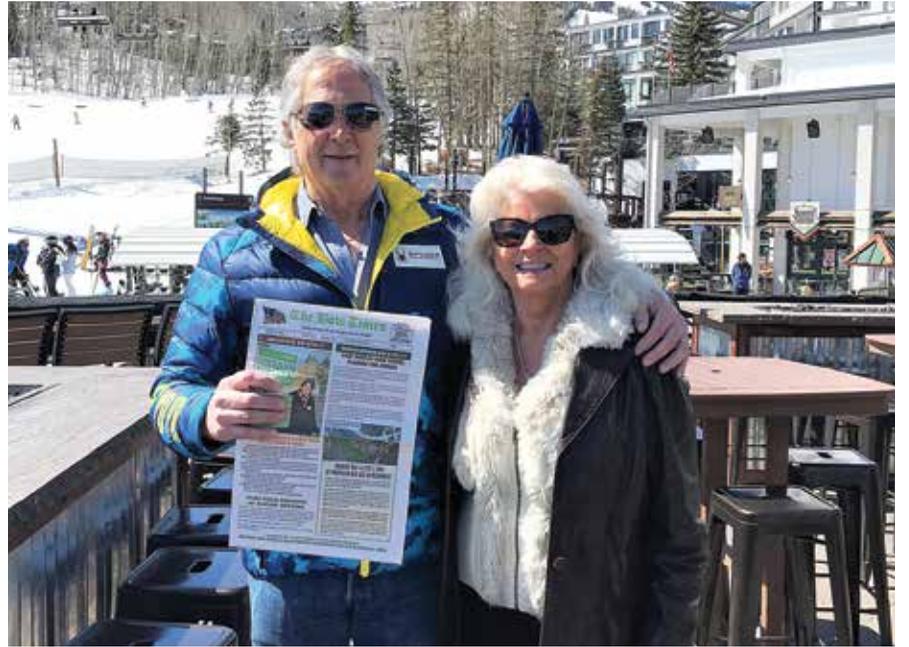


The 2022 virtual award exhibition can be viewed on the SAANH website, [www.artawardsnh.com](http://www.artawardsnh.com).

Congratulations to our Bow students!

Top row:  
Anna Ros, Rylee Constant,  
Rae-Lynn Shi  
Bottom row:  
Ava Maurer, Eve Libby

### BOW’S BOB ARNOLD IN NATIONAL SKI RACE



Bobby and Heidi Arnold of Bow traveled to the NASTAR National Championships in Snowmass Colorado in April. Bob raced in the 70-74 Gold age division and placed 4th, missing placing third and the podium by 3/10ths of a second. US ski team members Paula Moltzan and Bridger Gile were the pacesetters for the races.

### THREE BOW SIBLINGS GRADUATE SOUTHERN NEW HAMPSHIRE UNIVERSITY (SNHU) TOGETHER



On Sunday morning, May 1, brothers Andrew, 29, and John Colquitt, 23, along with their sister, Amy Cotter, 31, had their shining moment in their caps and gowns and all three walked across the stage together at Commencement. Following in each other’s footsteps, Andrew and John both earned their bachelor’s degrees in business administration, while Amy completed her general studies program online with SNHU. All three say the competitive nature of siblings helped them push through, but it was the support of their entire family that truly got them across the finish line.

**Bow Garden Club**

# Plant Sale

Saturday, May 28th  
8:00a.m. to Noon  
Bow Community Building

For more information please contact:  
Joyce Kimball  
Fundraising Chair, BGC  
Phone: (603) 496-8123

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Home equity loans and home equity lines of credit (HELOCs) both let you borrow money using the value of your home as collateral, but they have a few key differences.

**What Is Home Equity?**

Both home equity loans and HELOCs use the equity in your house as collateral—that is, the portion of your home’s appraised value that belongs to you outright. To determine your equity if you’re currently paying a mortgage on the house, you must find out from your lender how much you still owe on your mortgage, and deduct that amount from the appraised value of the home.

You typically cannot get a home equity loan or HELOC for the full amount of your equity in the house.

**What Is a Home Equity Loan?**

A home equity loan is a lump sum of money you borrow against the equity in your home. Home equity loans are often called second mortgages. Like your primary mortgage, a home equity loan is secured by your home—meaning the lender can seize the property if you fail to repay the loan as agreed.

**What Is a Home Equity Line of Credit (HELOC)?**

A home equity line of credit gives you access to a pool of money—the credit line, or borrowing limit—that you can draw from as needed by writing checks or making charges or cash withdrawals with a dedicated card. You don’t pay interest or have to make payments until you use your credit, and then, as with a credit card, you can make payments of any amount (as long as you meet a monthly minimum) to pay down the balance as quickly or as gradually as you are able. The longer you take to pay the balance, the more you’ll pay in interest charges.

Unlike, a HELOC has a fixed lifespan that gets divided into two phases:

- The draw period: You can use the account to borrow and repay money freely. This period typically lasts 10 years, at which point the loan moves into the repayment period.
- The repayment period: You can no longer borrow against the credit line during this time, and must repay the outstanding balance. The repayment period typically lasts 20 years.

The lengths of your draw period and repayment period will be specified in the HELOC loan agreement.

Interest rates on HELOCs are often variable, tied to published market rates and depend on your credit scores, income, and the lender’s policies.

No matter how you decide to cover your costs, check your credit three to six months before submitting your application. That’ll give you time to address any issues you might find and potentially improve your scores before you borrow.

Source: Experian



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**BRUCE MARSHALL NEW CHAIR OF THE BOARD OF SELECTMEN**

After the results of the town election in March the Board of Selectmen voted to have Bruce Marshall succeed Chris Nicolopoulos as Chairman of the board.

Marshall was first elected to the board in 2020 and is an attorney who practices in Bow on Grandview Road. He is a former Assistant Attorney General for New Hampshire and for years was Legal Counsel for the New Hampshire Department of Transportation.

Mike Wayne was elected as the new Vice Chairman.

**PLANS HEARD FOR INDUSTRIAL ADDITION**

A conceptual consultation for a proposed industrial development that would bring six 35,000 square-foot buildings to 75 Dow Road in Bow was conducted last month.

The plan was presented to the Planning Board by Timothy Bernier, the president of T.F. Bernier Incorporated, a land use planning and development consulting firm.

The new space would provide approximately 206,700 square feet of usable industrial space for organizations to rent out. They would contain high bay space, as well as office space.

“What we’ve talked back and forth about is how the waterway extension is moving forward and most likely there’ll be some sort of development agreement if this project moves forward,” Director of Community Development Matt Taylor said. “There will be a development agreement related to the water and who has what responsibilities and that will get voted on with the town.”

**BOW ENERGY COMMITTEE UPDATE ON MUNICIPAL ENERGY EFFICIENCY IMPROVEMENTS**

The thermal imaging camera is a simple, but powerful, tool that can “see” the temperature of the walls and show where heat is escaping. In this image from the Old Town Hall, the dark areas reveal cold temperatures along a poorly insulated portion of the wall. As the Town has identified many other such leaks in municipal buildings, it has pursued better insulation and other upgrades to plug the gaps and improve overall energy efficiency. This has included:

- Better insulation in the Old Town Hall and Municipal Building
- LED lighting in the Department of Public Works, Community Building, and on all street lights
- Heat pumps for high efficiency heating (and cooling!) in the Old Town Hall and north end of the Municipal Building
- Solar panels on the Safety Center

This work continues. In the Municipal Building, a 2022 energy audit will more fully assess energy needs, and heat pumps will be added to the south end and clerk’s office. The Town will also propose LED lighting for more locations.

With energy prices rising and alternative technologies becoming more cost-effective, Bow’s energy efficiency improvements will save money, make our buildings more comfortable, and pave the way to a more resilient future.

Stay up to date on Bow’s progress in energy efficiency and learn more about how the Bow Energy Committee can help you save energy at home by following us on Facebook or emailing us at: energycommittee@bownh.gov.



**READ THE BOW TIMES ONLINE!**

Read all editions of The Bow Times online at [www.thebowtimes.com](http://www.thebowtimes.com)

You may also read or print individual articles under the following icons:  
Travel Talk • Elder Law • Aging  
Dental Care • Financial Planning





# Congratulations Bow Graduates!

Mikaela Rose Ackerman  
 Abby Frances Alexakos  
 Hayden Nicholas Amsden  
 Alexander Russell Anderson  
 Alisha Lyn Anderson  
 Karl Joseph Anderson  
 Rose Elizabeth Anderson  
 Zachary William Anderson  
 Adem Yang Aricanli  
 Vincent Robert Bailey  
 Christopher Thomas Beddington  
 Victoria Kathleen Bennett  
 Cailyn Elizabeth Benson  
 Connor Douglas Bernard  
 Savannah Rose Betterley  
 Cole Thomas Billow  
 Kate Christine Billow  
 Isabelle Anne Blackburn  
 Alexander Steven Boisvert  
 Leah Marie Boisvert  
 Alexandra Chase Boone  
 Nicole Piper Bullis  
 Katerina Lynne Burke  
 Kayla Claire Buxton  
 Cameron Wesley Cafasso  
 Jessica Regan Chamberlin  
 Victoria J. Clancy  
 Ethan Oliver Clark  
 Rorie Mae Cochrane  
 Serenity Mesias Comer  
 Andrew Michael Conley  
 Rylee Mae Constant  
 Mia Elizabeth Contreras  
 Henook Lawlor Cooper  
 Riley Cushman  
 Mason Abram Davenport  
 Abigail Jordan Denise  
 Nicholas Lee Detrio  
 Madison Lee Dimond  
 Isabella Kathleen Diphilippo  
 Oliver Nino Dolcino  
 Nathaniel Robert Dolder  
 Andrew Purinton Driscoll  
 Jonathan Samuel Erickson  
 Madeleine Claire Ess  
 Sydney Grace Ferland  
 Riley Richard Fortier  
 Briana L. Fournier  
 Michael Branson Franklin  
 Connor David Fredrickson  
 Alexandra Caitin Fuller  
 Hannah Ross Funches  
 Liberty Kathryn Furr

Thomas Steven Gallaher  
 Dylan Davis Gazaway  
 Joseph B. Gialluca  
 Jack Ryan Gorton  
 Stephanie Nicole Gosselin  
 Amy Mara Gray  
 Sarah Elizabeth Guerrette  
 Bradford Edwin Hall  
 Elliott E Hancarik  
 Kelly Marie Harris  
 Autumn Nicole Hopley  
 William M. Hutcheson  
 Graham Patrick Jacques  
 Jenin Muhammad Jarrar  
 Elena Maria Jay  
 Kyra Eve Johnson  
 Aurelia Georgia Kaufman  
 Ava Rosina Kehas  
 Keagen Deblin Kelly  
 Sophie Madelyn Key  
 Delaney Jewell King  
 Dylan Curtis Kiniry  
 Grace Ellen Kirkpatrick  
 Mallory Rae Knight  
 Molly Arlene Knight  
 Kylie Kobzik  
 Julia Louise Krause  
 Madeleine Bailey Kropp  
 Honor Regina Kula  
 Annmarie Vivian Labbe  
 Kylie Christine Laflamme  
 Sage Sydney Landers  
 Tatum Reed Laws  
 Rebecca Leininger  
 Katherine L. Lessard  
 Noah Martin Leuchtenberger  
 Quinn Jason Lewis  
 Lucy Virginia Little  
 Craig J. Longfellow  
 Shauna E. Longfellow  
 Ryan Michael Luczko  
 Dylan Thomas MacArthur  
 Hope Olivia Marcou  
 Kyle Chandler Martin  
 Sierra Leslie Mason  
 Sydney Margaret Mason  
 Mary Paige McCarthy  
 Madelyn Grace McLeod  
 Ryan Patrick McSweeney  
 Olivia Frances Mielcarz  
 Shawn Patrick Millerick  
 Paris Olivia Mills  
 Delana C. Mooney

Alyssa Ellen Mulholland  
 Cassie Lynn Murphy  
 Thomas Andrew Nelson  
 Ava Elizabeth Noce  
 William Charles Oglebay  
 Ashley Lynn Panzino  
 Madeleine Rose Paul  
 Michael David Pelletier  
 Owen Davide Petretta  
 Theodore Pfeifle  
 Isabella Ruth Pontacoloni  
 Evan Jon Provost  
 John Parker Resling  
 Myles Addison Rheinhardt  
 Madison Ann Roberge  
 Cole Eugene Robinson  
 Catherine Bea Rolla  
 Eva Victoria Rook  
 Lincoln Alan Routhier  
 John J. Salerno  
 Raife Griffon Samsel  
 Rae-Lynn Shi  
 Noah Edgerton Sloat  
 Evan C. Smith  
 Lillian P. Smith  
 Amelia Rose Soucy  
 Madison Rose Speckman  
 Skylar Sophia Oberon Star  
 Jurgen Carl Stich  
 Anne Elizabeth Stirewalt  
 Caleb Daniel Stonecipher  
 Madeline Terrell  
 Mya Lauryn Testa  
 Ryan Bruce Thompson  
 Stephen William Thorne  
 Rachel Elizabeth Towne  
 Addison Grace Trefethen  
 Taylor Rose Trisciani  
 Brady Alan  
 Anna Sue Tsouros  
 Clara Hope Udelson  
 Emma Lee Valas  
 Garrett Michael Van Dyke  
 Sidney Claire Virta  
 Trista Nicole Voisine  
 Carter Michael Walsh  
 Hannah Melissa Waltz  
 Jocelyn Rae Webber  
 Brayden S. Wesler  
 Ashley Elizabeth White  
 Nicholas Ryan White  
 Samara Willis  
 Ashlyn Elizabeth Wright

## HOW TO STICK TO YOUR HEALTH AND FITNESS ROUTINE THIS SUMMER

by Jim Olson

The weather is getting warmer and the days are getting longer – it's summertime! For many people, this is the time of year when they let their health and fitness routines slide. After all, who wants to go to the gym when it's hot outside? Or eat healthy when there are so many delicious summer foods to enjoy? But if you want to stay healthy and fit this summer, you don't have to sacrifice your enjoyment of the season. Here are a few tips for sticking to your routine despite the heat!

### TIPS FOR BEATING THE SUMMER HEAT AND STAYING ON TRACK

- Try to exercise early in the morning or later in the evening when it's not as hot outside. If you do have to exercise during the daytime, find a shady spot to help you stay cool.
- If you can't take the heat, find a way to exercise indoors. There are plenty of exercises you can do indoors, no matter what the weather is like outside. If you're not a fan of gyms, try checking out some online fitness classes or finding an exercise video you can do at home.
- Take a cold shower or bath before your workout, or jump in a pool or lake to cool off afterwards.
- Try a new water sport. Go kayaking or take a surfing or paddleboarding lesson.
- Turn your backyard into a water park. Buy a slip n' slide and hold a contest for speed, style, and splash factor. You can also buy water balloons, water guns, or a plastic kiddie pool to help you stay cool.



Jim Olson

- Wearing light, breathable clothing will also help keep you cool and comfortable in the summer heat.

- Stay hydrated! This is important no matter what time of year it is, but it's especially crucial in summer when the weather is hot. Make sure you're drinking plenty of water throughout the day, and carry a water bottle with you wherever you go. In addition to water, try incorporating some healthy fruit juices and smoothies into your diet. Not only are they a great way to rehydrate, but they'll also give you a boost of energy and nutrients.

- Make healthy summer foods. There are plenty of delicious and nutritious summer recipes to try. Fire up the grill for some healthy, grilled chicken or vegetables. Or make a fruit salad with fresh, seasonal fruits like watermelon, strawberries, and blueberries.

- Eat light. During summer, our bodies require less energy to maintain their temperature, so we don't need to eat as much. Stick to salads and fruits as snacks instead of heavier options like chips or candy. Make sure your meals are balanced with plenty of lean protein, healthy fats, and complex carbs. Avoid sugary drinks and cocktails, and opt for water or unsweetened iced tea instead.

With a little bit of effort, you can stay on track with your health and fitness goals this summer – and have a lot of fun in the process! So get out there and enjoy the warm weather while still keeping your body healthy and strong. Don't let the heat stop you from reaching your goals.

Until next time, stay happy and healthy!

## Boost your energy and strength with a 30-day jumpstart

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

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- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
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## CCEH HOSTS 3RD ANNUAL TALENT SHOW FUNDRAISER

**Concord Coalition to End  
Homelessness Searches  
for Contestants for Fall  
Talent Show**



**WHAT:** CCEH Talent Show featuring healthcare professionals

**WHEN:** October 1, 2022

**WHERE:** Bank of America Stage, Concord, NH



The Concord Coalition for Ending Homelessness is searching for contestants for its October 1st, 2022 show in Concord, NH.

This year's show will feature talent from all areas of the healthcare profession. Throughout the Covid pandemic, healthcare workers took to the stage and performed admirably. CCEH is inviting them to take the stage once again, but this time to showcase their special entertainment talent.

entertainment talent.

This will be the 3rd annual Talent Show. Each year the performances have been unique, making it a great reason to attend year after year. Last year's event featured eight acts and raised \$30,000 for the Concord Coalition to End Homelessness!

The deadline for applying to be in the show is July 4th, 2022. To submit an application and video performance, contestants can go to <https://concordhomeless.org/talent-show-app/>. Applicants' entries will be screened in July, with the selected contestants invited to perform at the live show on October 1, 2022. Or more information go to: [www.concordhomeless.org](http://www.concordhomeless.org) or call Greg Lessard at (603) 856-5730.



## BOW GARDEN CLUB NEWS

Over a "Baker's Dozen" of volunteers helped out with the Spring Clean-Up at the Community Garden/RotaryPark on Saturday, April 16th. Ten (10) Bow Garden Club members and five (5) Bow Rotarians all pitched in to rake, weed, pick up winter debris and then haul it away. Within just a few hours the park was looking pristine and ready to burst open, first with hundreds of daffodils already out of the ground and getting ready to bloom and soon thereafter with perennials of all shapes, sizes and colors now ready to slowly make their way up and out of the soil, pushing toward the sun, ensuring months of changing colors and texture for Bow residents and our visitors to enjoy throughout the season.



## SPRING PLANT SALE

The garden club's annual Spring Plant Sale, our main fundraiser, will take place on Saturday, May 28th at the Bow Community Center from 8:00 a.m. to 12 Noon. Come early for the best selection! LaValley Farms will again be supplying the bedding plants for our sale, which will include colorful annuals and hanging baskets, perennials, herbs, vegetable starters and lots of geraniums for Memorial Day plantings! Members will be donating some of their own "tried and true" perennials for sale at very low prices as well.

## Never Forget, Forever Honor

The Bow Community Men's Club Invites You to The  
Annual Memorial Day  
Ceremony and Community Picnic

May 30, 2022

Memorial Day Ceremony at the Gazebo  
11:00—11:45

Community Picnic  
12:00—1:30

Sausage & Peppers, Cheeseburgers & Hotdogs. Potato  
Salad, Beans and Bottled Water, Donations Welcome

Shuttle Bus service provided from Memorial  
School starting at 10:30  
Bring your chairs and blankets.



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# POOL SAFETY

TIPS FROM THE BOW FIRE DEPARTMENT



## 1. Always Have Adult Supervision of Children In and Around the Pool

An adult should be always dedicated to supervising children when they are playing in and around the pool. The designated supervisor should remain close to the pool and attentive to everything going on. The adult supervisor should only leave if another adult is present to take his or her place.

## 2. No One Should Swim Alone

Regardless of whether you're a great swimmer or not, and no matter how old or young you are, no one should ever swim alone. Accidents can happen to anyone at any time. But when they happen in the pool, the result can be tragic.

## 3. Always Have Safety Equipment Nearby and Easily Accessible

Hopefully you never have to use it, but when you do, every second counts. Safety equipment that isn't used for a long time can become buried behind pool toys, equipment or furniture. Make sure it is always visible and nothing is in the way to stop or slow you from getting it.

## 4. Plan & Practice Emergency Procedures

It will help improve your response to an emergency if you plan your procedures and practice them before an emergency happens.

## 5. Establish Rules & Safe Behaviors

Whether it's 'no running on the deck' or 'stay away from the drain covers in the pool', you should write down rules and safe behaviors and make sure everyone understands them. Remember to think about every circumstance, including get out of the pool if you hear thunder and/or see lightning and stay out for at least 30 minutes after the last thunder and lightning you see or hear. No running on the pool deck or near the pool. Safe diving rules.

## 6. Regularly Check the Fence Around the Pool

Children can get through surprisingly small openings when they are motivated. And small openings can open in many types of pool fencing. When you're inspecting the fence, don't just look for a gap, but think like a child and look for a way to get in the pool.

## 7. Put Away Pool Toys When They Are Not in Use

There's nothing more inviting for a child than a colorful toy bobbing invitingly in the pool. Even toys left on the deck can draw children closer to the pool when no one's around.

## 8. Consider CPR & First Aid Courses

This might not be a rule, but it will improve the safety of the pool. We encourage everyone to learn CPR & First aid. At a minimum the pool owner or the adult who is most often the dedicated pool supervisor should take at least basic first aid and CPR courses and refresh them regularly.

<b>BOW FIRE DEPARTMENT RESPONSE ACTIVITY APRIL 2022</b>	
Basic Life Support Transports	<b>18</b>
Advanced Life Support Transports	<b>19</b>
Non-Transport/Care Refusal	<b>20</b>
Paramedic Intercepts	<b>1</b>
Fires/Hazardous Conditions/Alarms	<b>33</b>
Service Call Incidents/Good Intent	<b>21</b>
Overlapping Incidents	<b>13</b>
Total Calls for the Month	<b>113</b>

## BOW GETS A FOOD TRUCK

In April the Selectmen issued a permit to a company named Plan it Fresh to have a food truck at the Grappone Hyundai dealership on Route 3-A.



# A-1 Enterprises

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## PLEASE JOIN ME IN WELCOMING THE PARKS FAMILY TO BOW.

I want to introduce you to a family that recently moved into our town and to the positive impact **Nate Parks** (with the help of his family) makes on our society. My family has been attending **CenterPoint Church** (over 200 years old) in Concord for approximately seven years. Though I have made many friends in my time there, the person I respect, as much, if not more than others, is Nate Parks. When he told me his family found a home in Bow, one of my first thoughts was that Bow needs to get to know Nate and about his leadership of **Berea Ministries**. Let me tell you a little about both.

Nate Parks is a fascinating combo of many things. He is a clergyman with an MBA degree. His accent is an intriguing combination of his childhood days in Spain and Minnesota. He loves biking, climbing mountains, and eating ice cream. He has travelled to over forty countries and all fifty states, yet his favorite place to live is New England. A New Hampshire resident for over 20 years, Nate and his family just moved from Hebron to Bow in the past year.

Nate and his family moved to be closer to school and work for his wife and kids. His wife, Heidi, went back to school and just got her nursing license and now works at Concord Hospital. Nate's oldest daughter Grace attends NHTI, Bella goes to Concord Christian, and Isaac is loving school with the resources provided for kids with autism through the Bow education system. Nate is grateful to have found a house and town that are great fit for his family (and their corgi Lexi and cat Apollo). Living in Bow also allows Nate to be an hour closer to Camp Monadnock, the latest development of **Berea Ministries**, of which Nate is the **President/CEO**.

**Berea Ministries exists to share a message of hope.** Nate explains, "We are trying to change the world one life at a time." Nate recognizes that the world is broken but that there is so much goodness and hope amid the brokenness. Those who spend time at Berea Ministries leave rejuvenated and empowered to return to their communities filled with love, joy, and peace. In a time full of hate and disunity, camp provides a place for people to find connection; to rest, heal, and flourish; and to grow so they can lead and help others to do the same when they return to their own communities.

Berea Ministries is the parent organization of **Camp Berea** (Hebron, NH), **Camp Monadnock** (Jaffrey, NH), **Camp Kerith** (Lyman, ME), and **Greenhouse** (one-day trainings hosted all around New England). From those who like go-go-go, to those who want to relax in a rocking chair on an 1800s porch, to those who want to survive in the wilderness, there is a place for everyone.



Camp Berea is located on Newfound Lake and runs youth overnight summer camps, winter snow camps, adult retreats, family weeks, and more. The location is known not only for its lakefront but also for its delicious frappes! Camp Monadnock rests at the foot of the highly trafficked Mount Monadnock. Guests stay in the Ark, built in 1808, and Carlson Manor, another historical building with a porch perfect for sitting.

Each offshoot of Berea Ministries allows the organization to effectively provide a space for people from all over New England and beyond. The organization reaches thousands of people annually. Nate would tell you that Berea Ministries operates successfully due its dedicated staff, selfless volunteers, and invaluable partners. No doubt this is true, but I would argue his leadership is the key.

I hope you will take a little of your precious time to learn more about Berea Ministries or how you can get involved! If so, you can check out the just-updated Berea.org for info about the camps, conferences, volunteer possibilities, and giving opportunities.

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

Dunbarton, N.H. 03046

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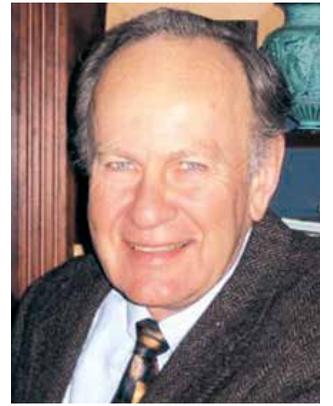
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# JAKE MORRILL NEW ASSISTANT PRINCIPAL FOR HOPKINTON

The Hopkinton School Board has confirmed Jake Morrill as the new assistant principal at Hopkinton Middle High School.

Morrill, who has been an educator for 17 years, is coming to the Hopkinton School District after two years as the dean of teaching and learning at Weare Middle School. Before that, he was the academic coordinator for science, health, physical education, and competency-based education at John Stark Regional High School, where he first started his career as a math and physics teacher.

Morrill lives in Sutton with his wife and two sons. He holds a degree in electrical engineering from Virginia Tech, a master's degree in education from Plymouth State University, and a certificate of advanced graduate study from Southern New Hampshire University.



## SHOULD WE CARE ABOUT LITTER?

Litter is any waste product that is disposed of improperly, without consent and at an inappropriate location. As you drive along our NH highways and smaller town roads what do you notice? Litter. Although not visible as you are driving, cigarette butts are the most littered item in the world.

What we usually see are plastic bags and bottles, aluminum beer and soda cans, paper and Styrofoam cups, lids & straws, plates, food containers (for fries, hamburgers, and take-out dinners), snack wrappers, and of course, glass alcohol bottles. These are the common ones, but you can also find all manner of plastic and rubber devices, a rare tool or toy, and now there are always COVID masks, tissues, and paper towels.

Every 2-3 days when I walk a 1.5 mile stretch of road, I pick up enough litter to fill up a 13-gal trash bag.

Why is litter a problem? By some estimates 0.1% - 0.5% of all crashes involving cars or bikes are related to litter. Discarded food attracts animals and increases the risk of wildlife-vehicle collisions. When there is an effort to clean up the litter, those workers are exposed to injury. The toxic components of cigarette butts contaminate the soil and groundwater.<sup>1</sup> It is estimated that 8.3 billion tons of plastic have been created over the past 50 years. Plastics decompose into microplastics polluting the water and ending up in our food chain.<sup>2</sup>

Governments, business, volunteer organizations and individuals in the U.S. spend \$11.5 billion each year removing all sorts of litter.<sup>3</sup> Do microplastics cause health problems? According to National Geographic, we don't really know. Most of the plastic in our bodies comes from inhaling invisible plastic fibers that have been shed by our own clothes, carpets, and upholstery and ends up in our lungs and blood! Since plastics contain more than 10,000 different chemicals, sorting out which ones are potentially harmful is a very difficult task.<sup>4</sup>



I think there are three areas that need to be addressed as we strategize on how to reduce litter. One area would be converting to more easily recyclable materials thus reducing the amount of plastic.

Second, enforcing laws prohibiting littering is difficult. However, my wife and I were most impressed with how very clean all the streets and roadways were in Singapore where there are strict laws against littering.

Third, we could ramp up the "clean up" crews, but that is simply too expensive and does not really solve the problem. The least onerous, least costly, and in the long run best solution, is to encourage people to change their behavior. Keep a 'trash bag' in your car. Eat your take-out meal, drink your beverage that comes in an aluminum can or plastic cup, and then put it in your trash bag, take it home and recycle it. It is not hard to do.

Think of the wonderful NH roadways as you would your living room. You would not want your guests to throw their beer cans and unfinished food onto the floor as they left thanking you for a nice social evening. Our state will only stay beautiful if each one of us commit to not throwing things out of our cars and trucks.

1 Novotny, Lum, Smith, Wang & Barnes (2009) Cigarette Butts and the Case for an Environmental Policy on Hazardous Cigarette Waste. International Journal of Environmental Research & Public Health, 6, 1691-1705

2 Gregory (2009) Environmental Implications of Plastic Debris in Marine Settings. Philosophical Transactions of the Royal Society Biological Sciences, 364, 2013-2025

3 Stein (2009) 2008 National Visible Litter Survey and Litter Cost Research Study, (No. 20878)

4 Laura Parker, Microplastics Are in Our Bodies. How Much Do They Harm Us, National Geographic (April 2022), https://www.nationalgeographic.com/environment/article/microplastics-are-in-our-bodies-how-much-do-they-harm-us?

# Talking Trash

CLOTHING AND TEXTILE RECYCLING JUST GOT EASIER!

## Bow Partners with Helpsy to Offer Textile Home Pick-Up

The Town of Bow is now partnering with HELPSY to offer free home pick-up of clothing and household textiles to residents. Beginning Sunday, May 15th, pickups will happen weekly. Residents can schedule a pickup online at [www.helpsy.co/bownh](http://www.helpsy.co/bownh). All Bow pickups will be scheduled on Sundays to prevent confusion with our normal curbside trash pickup. Once a timeslot is booked a driver will be scheduled to pick-up on the selected date. Clothing and textiles should be clean, dry, bagged and left outside close to the street prior to 7 am the morning of pickup.

According to the EPA, textile waste is one of the fastest growing waste streams in the United States, occupying nearly 5% of all landfill space. The U.S. throws away 36 billion pounds of textiles each year, which is nearly 100 pounds per person. Of those discarded textiles, currently only 15% is recycled, but 95% could be.

HELPSY accepts clean, dry, and bagged textiles regardless of condition, and will accept used, stained, worn, or torn items such as clothing and accessories (including gloves, hats, belts, wallets, purses), suitcases and backpacks, shoes, towels, bedding, costumes, curtains, tablecloths, and throw rugs. Even if you have one shoe or sock, these items are accepted by HELPSY for reuse or recycling. Items that will not be accepted include breakable houseware or glass, electronics, furniture, building material, scrap metal, appliances, mattresses, encyclopedia sets, phone books or magazines. Although used, stained and worn items are accepted, HELPSY does require the items to be clean, dry and bagged for pick up.

This new Bow textile recycling program will be in addition to the drop-off containers at the Bow Community Building (the Bow PTO container) and the container at the Bow Mills Methodist Church. Please continue to use these drop-off containers as well. We are hoping, however, that the convenience of the curbside pickup will encourage even more people to recycle their clothing, textiles as well as the other items described above.

For more information contact the Town of Bow Recycling and Solid Waste Committee at [bowrecycles@gmail.com](mailto:bowrecycles@gmail.com). For a list of acceptable items please visit: [www.helpsy.co/bownh](http://www.helpsy.co/bownh).




### Guide to Textile Home Pickup

Easy as 1, 2, 3

1. Go to [www.helpsy.co/bownh](http://www.helpsy.co/bownh), fill out the pickup request form & choose from available dates.
2. Clean out your closets and bag your unwanted clothing, accessories and other household textiles.
3. Place bagged clothing outside by 7 am on the day you select for pickup.

*You will get a confirmation email or text & a reminder alert on the day of pickup.*

Clothing, Accessories, Shoes, Sneakers, Linens, Blankets, Quilts, Pillows, Towels, Table Linens, Stuffed Animals, Curtains, Throw Rugs & Halloween Costumes

Only Clean, Dry, Odor Free & Bagged. Gently used or worn.



## HOPKINTON - CONTOOCOOK TOWN CRIER

by Kathleen Butcher  
kathb123@comcast.net or 603-724-3452

### TWO VILLAGES ♥ ONE HEART

► **HAVE QUESTIONS OR WANT TO LEARN MORE About Our 50+ Active Living Programs?** Call the Hopkinton Rec Department at (603) 746-8263 or visit us online at <https://hopkintonnh.myrec.com/>. Feel free to stop in the Slusser Center Monday-Friday from 9:00- 4:00 for a tour and to pick up a full list of programs.

► **HAROLD MARTIN SCHOOL** invites all incoming Kindergarten students to a screening on May 24 and May 25, 2022. The screening is not designed to determine eligibility for Kindergarten, but rather help us evenly distribute students within classroom communities. To sign up for a screening, please go to [hms.sau66.org](https://hms.sau66.org) and click on the Sign-Up Genius link located in the Kindergarten Screening message block. Registration forms must be completed prior to Screening. You can find the forms on our website. Parents will enter the building (look for signage) through Door #1 where you will be greeted by the Kindergarten staff. Please be aware during our dismissal hours (2:00-3:00pm) parking can be challenging. If you cannot find parking in our lot, parking is available on Main St. Any questions you may have please contact Jean Eaton, Office Manager at HMS at [jeaton@sau66.org](mailto:jeaton@sau66.org) or 746-3473.

► **DOG LICENSES** were due by 4/30 but may still be purchased in person during the Town Clerk/Tax Collector's office hours, via the drop box in front of Town Hall, or through the mail. Also, please let the Clerk's office know if you no longer have a dog. For complete information including hours and fees: <https://www.hhtpsopkwwwwon-nh.gov>

► **THE HOPKINTON HISTORICAL SOCIETY** is holding its 6th Vintage Yard Sale on Saturday, May 21 from 8-1 (rain date Sunday, May 22) and is currently accepting donations for the event. If you have old tools, silver, furniture, or household items that you would like to donate, the Society can pick them up, or you can drop them off at the Society. Please email [administrator@hopkintonhistory.org](mailto:administrator@hopkintonhistory.org) or call 603-746-3825 with any questions or to schedule pick-up or drop-off. Thank you for your support!

► **HOPKINTON JUNIOR EXPLORERS** is on Wednesdays for youth ages 8-12 from May 4-June 1 3:15-4:45 pm. Join naturalist Linden Rayton and conservation biologist Pete Maciaszek in exploring the spring woodlands of Hopkinton! We will discover wildflowers, look for salamanders and frogs, play all of our favorite woody games and have a great time outdoors. Registration is limited to twelve participants. Mask optional. Register at <https://hopkintonnh.myrec.com/>

► **THE SLUSSER CENTER** is thrilled to resume in person dining for Wednesday Senior Lunch. Senior Lunch provides an opportunity to enjoy a good meal and a great conversation! If you are not familiar with the program, give the Slusser Center call at 746-8265 or drop in at the center Monday through Friday 9:00-4:00. A \$5 donation is requested.

## HOPKINTON POLICE DEPT.

### Arrests - 6 Accidents - 9 Traffic Stops - 223 APRIL 2022 ARREST LOG

**04/02** Samuel Chase, 23, of 99 Pinewood Drive, Hopkinton was arrested on a Warrant.

**04/11** Gordon Murray, 49 of 180 North Main Street, Boscawen, NH was arrested for DUI.

**04/12** Isaac Champagne, 21 of 127 Orleans Street, New Bedford, MA was arrested on a Warrant and charged with Drive After Revocation/Suspension.

**04/13** Angela Dubois, 48, of 544 Dustin Road, Hopkinton, NH was arrested for Simple Assault; Physical Contact or BI.

**04/21** Robert Duclos, 50, of 210 Amesbury Road, Hopkinton, NH was charged with Conditions of Use of Location Information.

**04/30** Brandon French, 49, of 38 Dodge Hill Road, Bennington, NH was arrested for DUI.

► **THE POLICE OFFICERS ASSOCIATION** of Hopkinton and Contoocook of Commerce would like to announce the revival of the fireworks show, at Elm Brook Park on Saturday September 24th. Admission is free, donations are welcome. If you would like to make a donation to the fireworks show, you can send the donations to: Police Officers Association of Hopkinton, PO Box 499, Contoocook NH 03229 or Contoocook Chamber of Commerce, PO Box 174, Contoocook NH 03229. Write fireworks on the memo line and your donation will go directly to the fireworks funds.

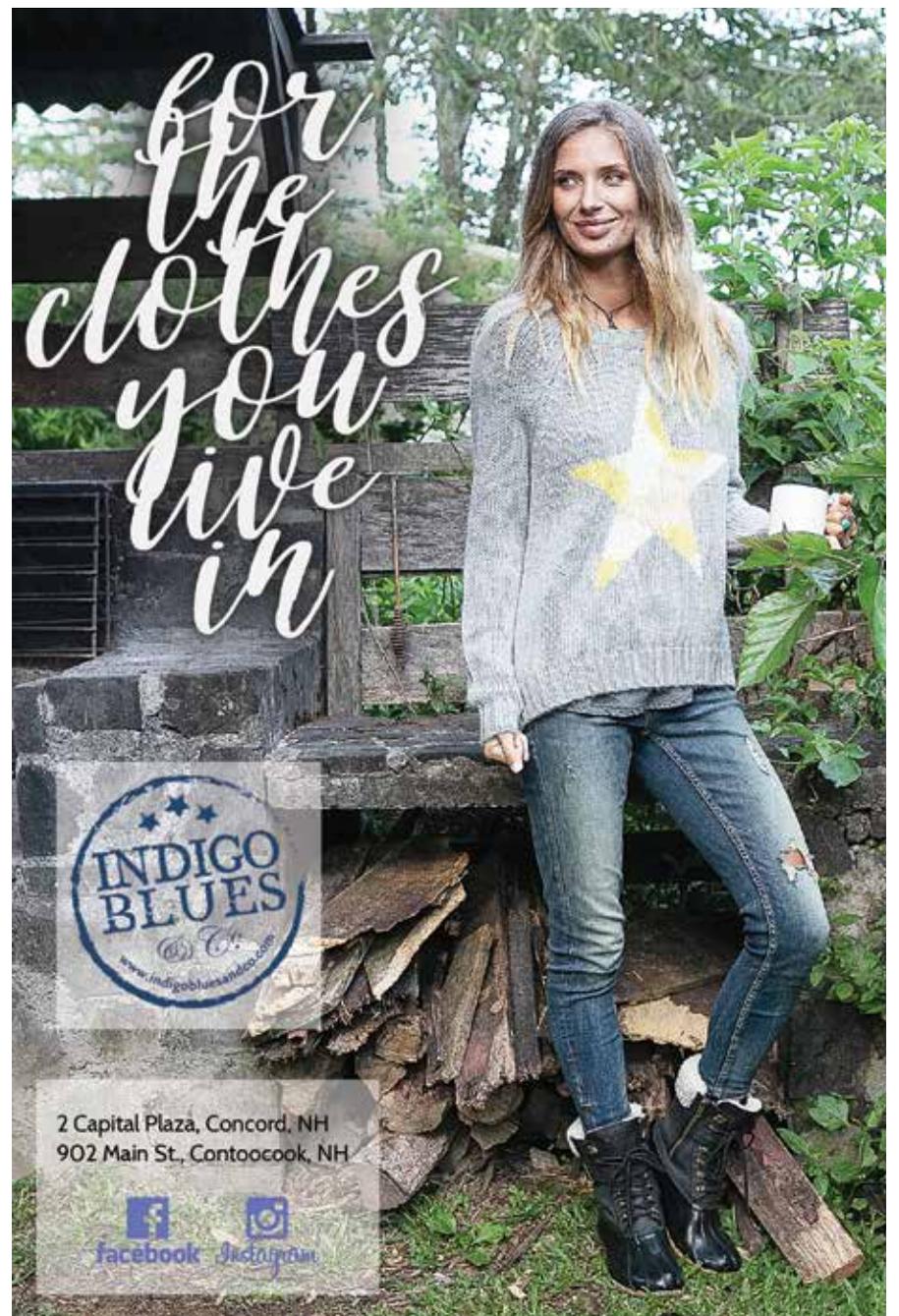
► **VINTAGE RECIPE CARDS** Does anyone still use a recipe box? The Society would love to include some of the cards in our upcoming exhibit. We would be happy to receive these as a donation or scan them and return the cards to you. The Historical Society is located at 300 Main Street in Hopkinton and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

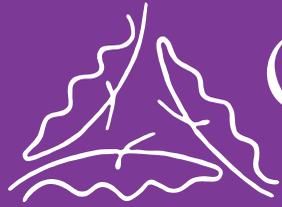
► **THE RECREATION DEPT.** is accepting applications for Summer Camp staff. Enjoy working with kids? Perfect! Think you want to pursue teaching/early education? Perfect! All job descriptions, pay rates and applications are online at <https://hopkintonnh.myrec.com/>

► **MANY CAMP OPTIONS ARE AVAILABLE** on the Hopkinton website. Information and registration at <https://hopkintonnh.myrec.com/>

- Hopkinton Rec Camp June 27-Aug 12
- Boys Lax Camp Tuesdays July 12, 19, 26 from 5:30-7:30pm. Register by July 8th. Taught by the Hopkinton Varsity Lax players. Will help players ages 6-14yrs work on developing skills by focusing on stick work, positioning and lax techniques.
- Box Lax Camp for all 10U-14U (ages 8-14) on Thursdays 5:30-7:30pm - July 14 and 21 offensive clinic, July 28 faceoff and goalie clinic
- Girls LAX Clinic August 1-4 for 8U-10U and 12U-14U.
- Summer Art Camp Aug 8-12.
- British Soccer is the week of August 15th at Houston Park

► **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. 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](mailto:trishwalton65@gmail.com) or Joan Follansbee [joanfollansbee1970@gmail.com](mailto:joanfollansbee1970@gmail.com) for more information and registration materials.





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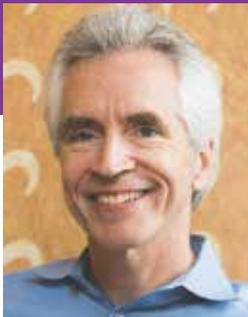
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## Hopkinton Real Estate Sales – MARCH

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
92 Pamela Drive	3 Bedrooms   2 Bathrooms	1,344 Square Feet	N/A	\$174,000
210 Deer Path	3 Bedrooms   2 Bathrooms	1,568 square feet	N/A	\$206,000
24 Park Avenue	N/A	2,070 square feet	0.21 Acres	\$313,000
303 River Grant Drive	2 Bedrooms   2 Bathrooms	1,578 square feet	N/A	\$326,000
186 Main Street	2 Bedrooms   2 Bathrooms	1,436 square feet	1.86 Acres	\$350,000
79 Tyler Road	3 Bedrooms   5 Bathrooms	2,120 square feet	1.1 Acres	\$385,000
113 Watchtower Road	3 Bedrooms   3 Bathrooms	1,920 square feet	1 Acre	\$465,000
69 Woodland Drive	3 Bedrooms   4 Bathrooms	2,554 square feet	0.92 Acres	\$480,000
39-3 Maple Street	3 Bedrooms   3 Bathrooms	2,621 square feet	6.37 Acres	\$675,000

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► **HOPKINTON RECREATION SUMMER CAMP** One week of 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.

► **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

► **DIAL A RIDE** is open for rides for Hopkinton/Contoocook residents for 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 10am to noon. Call 603-746-4357 to schedule an appointment or to volunteer.

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

► **THE FARMERS MARKET** now has seafood available through a fishermen cooperative. For 400 years, local fishermen have helped build the economy and our nation. But since 1976, our local seafood has been leaving New Hampshire and going directly to global auction. Community Supported Fishery (CSF) (fishing boats from Seabrook, Hampton, Rye Harbor and Portsmouth Harbor) was created to better protect marine resources and fish more selectively. See the link to learn more about the cooperative and to place an order for seafood. CSF orders for next Saturday's Farmers Market need to be placed by the posted deadline. In addition to preorders, Blakeney's will be bringing limited quantities of retail fish to the market. <https://www.nhcommunityseafood.com/>

► **WILD ONES FARM** is now open at 258 Dustin Rd Contoocook on Fri, Sat and Sun from 9am-6pm. Local cheese available - long aged hard cheese and classic soft cheeses.

► **BEECH HILL FARM AND ICE CREAM BARN** is open everyday from 12:00-8:00! We have delicious ice cream, adorable baby farm animals, colorful flowers, and exciting new products in our farm stand store.

► **RESERVE YOUR TIME TO READ WITH ZEKE** at the Hopkinton Town Library. He loves sitting and listening to a good story. Register for 15 minutes of reading at - [hopkintontownlibrary.org](http://hopkintontownlibrary.org)

► **NEIGHBOR TO NEIGHBOR CHILDREN'S CLOTHING SALE** is on May 21st from 830-1130am at the Countryside Community Church on 815 Main St, Contoocook. Clothing donations and sales proceeds support the Pass Along Project for foster children. Information - 746-4043 or [countrysidennh.org](http://countrysidennh.org).

► **SUMMER DAY CAMP AT BITS FOR AGES 5-12YRS.** \$300 Tu-Fri 9am-3pm. Back in the Saddle Equine Therapy Center, 334 College Hill Rd, Hopkinton. 746-5681. [info@bitsetc.Hopkinton.org](mailto:info@bitsetc.Hopkinton.org) . [www.bitsetc.org](http://www.bitsetc.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 <https://hopkintonnh.myrec.com/>

► **BABE RUTH AAA BASEBALL** is in need of umpires for Hopkinton. Our games are Mondays and Wednesdays at 5:30 and Saturdays at 2:15. We are looking for individuals with baseball experience who are at least 13 years old. You do not need previous umpiring experience, but should have a good understanding of baseball rules and be willing to call balls/strikes/outs. You'll be paid for each umpired game. This is an excellent way to earn a little extra money and help our league. If you are interested, email Adam Steinberg at [apsteinberg@hotmail.com](mailto:apsteinberg@hotmail.com)

► **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. On Mondays, meeting at 10:00 am at the Slusser Center and leaving Slusser (walking/carpooling/caravanning) from there. Each walk be approximately 2 miles in length and we should be back at the Slusser Center before noon. Each person will need to take responsibility for protection from weather, sun, ground conditions, bugs, and dehydration. Let the Recreation Department know if you are interested at [Recreation@Hopkinton-NH.gov](mailto:Recreation@Hopkinton-NH.gov) Advanced registration appreciated.

# ROTH IRA CONVERSIONS

Provided by Dominic Lucente

## What are your choices? What are the benefits?

If you own an Individual Retirement Account (IRA), perhaps you have heard about Roth IRA conversions. Converting your traditional IRA to a Roth IRA might be a sound financial move depending on your situation.

But remember, this article is for informational purposes only, not a replacement for real-life advice. A professional should be consulted before attempting this type of strategy. Tax rules are constantly changing, and there is no guarantee that the tax treatment of Roth or Traditional IRAs will remain the same as it is now.

Also, Roth conversions have come under much scrutiny during the past few years. Congress has considered legislation that would prevent high-income Americans from Roth conversions. While no action has taken place, it is possible that Roth rules may change in the future.

**Why go Roth?** Every Roth IRA conversion is based on a belief: the belief that income tax rates will be higher in the future than they are now. If you hold this belief, then you may want to consider a Roth conversion.

Once you are 59½ and have had your Roth IRA open for at least five calendar years, withdrawals of the earnings from your Roth IRA are exempt from federal income taxes. In addition, once five calendar years have passed, you can withdraw your Roth IRA contributions tax-free and penalty-free.<sup>1</sup>

Under current I.R.S. rules, if you are the original owner of a Roth IRA, you never have to make mandatory withdrawals from your account. And you can make contributions to a Roth IRA as long as you continue to have earned income.<sup>2</sup>

Currently, if your federal tax filing status is married filing jointly and your adjusted gross income (AGI) is \$204,000 or less, you can contribute a maximum of \$6,000 to your Roth IRA, \$7,000 if you're age 50 or older. The maximum contribution is also available to single filers with an AGI of \$129,000 or less. Depending on how high your AGI is, the amount you are able to contribute may change.<sup>3</sup>

**Why not go Roth?** There are many reasons, but here are two to consider: you have to be prepared for the taxable event and time may not be on your side.

A Roth IRA conversion cannot be undone. The I.R.S. regards it as a payout from a traditional IRA prior to that money entering a Roth IRA, and the payout represents taxable income. That taxable income stemming from the conversion could have tax consequences in the year when the conversion occurs.<sup>4</sup>

In many respects, the earlier in life you convert a regular IRA to a Roth, the better. Your income may rise as you get older; you could finish your career in a higher tax bracket than you were in when you were first employed. Those conditions relate to a key argument for going Roth: it is better to pay taxes on IRA contributions today than on IRA withdrawals tomorrow.

On the other hand, since many retirees have lower income levels than their end salaries, they may retire at a lower tax rate. That is a key argument against Roth conversion.

**You could choose to “have it both ways.”** As no one can reliably predict the future of American taxation, some people contribute to both Roth and traditional IRAs – figuring that they can be at least “half right” regardless of whether taxes increase or decrease.

**If you do go Roth, your heirs may receive tax-free distributions.** Lastly, Roth IRAs can prove to be very useful estate management tools. If I.R.S. rules are followed, Roth IRA heirs may end up with a tax-free inheritance from the account. In contrast, distributions of inherited assets from a traditional IRA are taxed.<sup>1</sup>



Under the 2019 SECURE Act, most non-spouse beneficiaries of a Roth IRA are required to have the funds distributed to them by the end of the tenth calendar year following the year of the original owner's death.<sup>5</sup>



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

At NPA, we have the expertise to help you craft a comprehensive plan that works towards achieving the retirement of your dreams and leaving a financial legacy for generations to come.

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#### Citations

- 1 - U.S. News, January 27, 2022
- 2 - Internal Revenue Service, November 27, 2021
- 3 - Internal Revenue Service, November 5, 2021
- 4 - Investopedia, February 2, 2022
- 5 - Forbes, December 14, 2021



**SUMMER CONCERT SERIES NEWS**

The very popular Bow Rotary Club Summer Concert Series will continue again this Summer. After a hiatus in 2020 and a shortened concert schedule in 2021, the Rotary Club will be offering a full schedule of 6 concerts this year on Sunday evenings from July 10th through August 14th. All concerts will be held at the Bow Bandstand/Gazebo and will run from 6:00-8:00 pm and are free to all.

As in years past, the Concert Series will feature a wide variety of performers who will appeal to residents of all ages and all musical tastes. Returning performers will include the Freese Brothers Big Band, Howie Newman/Knock on Wood, Kid Pinky, Honey Bees and the Concord Coachmen / Granite Statesmen. We will also bring back last year's extremely popular "Open Talent Night" to give all the rising stars in Bow a chance to share their talents with the entire community.

Please watch for the schedule and further details about the Concert Series at [bowrotary.org](http://bowrotary.org) and here in the Bow Times.



**BOW ROTARY WELCOMES THREE NEW MEMBERS**

The Bow Rotary Club recently inducted three new members into our club. Aron Labrie lives in Weare and is the Owner/Agent at the Labrie Agency in Bow; Tanya Frost, a Bow resident, is the Events Manager for the Boys and Girls Club of Central New Hampshire; and Kim Place is a life-long Bow resident, is a Financial Adviser at NH Trust.



ARON LABRIE



TANYA FROST



KIM PLACE

All Rotary Photos | Eric Anderson



The Bow Rotary Club recently finally celebrated it's 50th anniversary after a 2 year COVID delay.



Member Alan Kanegsberg was honored for his 51 years of Rotary service.

**ROTARY PROGRAM SPEAKERS**

Bow's new police chief, Kenneth Miller (shown here with Ben Kiniry, -left), was the speaker at our March 18th meeting. Chief Miller has been an active Rotarian and has been President of his former club in Lincoln Woodstock NH. Chief Miller gave the club an update on the status of the department and the training and hiring they are currently going through.



Former club member and now NH Insurance Commissioner, Chris Nicolopoulos addressed the club on April 15th. Chris updated us on the current activities and goals of New Hampshire's Insurance Department, especially through COVID-19.



American Flag Proudly Flies over the Veterans Memorial at Evans Cemetary Photo | Eric Anderson

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# THE ATTIC by Donna Deos

What images that conjures up! Have you ever seen a clean and empty attic? I have. I just spent a grueling weekend with the help of my fiancé and grandson emptying out things I once thought were treasures that I knew I would want to use again someday! Ha. Funny what 15+ years will do to how you see things and their subsequent value to you. Not to mention how much heavier they have gotten (or maybe weaker, I have...)



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When we decided it had to be done (because the room that accesses it was getting new carpet and it was best to haul all that stuff out on the old carpet versus the new), I wasn't looking forward to it. Instead, I was looking forward to it being done. Over with. Never to have to be thought of again.

I had even stowed a bunch of my brother's items up there too. Shhhh, I haven't told him yet that I have another pile of his long forgotten past ready for him to sort through next time he comes to visit. I'm afraid if I tell him he won't come visit. Ha ha. No really, he might not. My sister-in-law will not want him to bring any of it home, that's for sure.

At any rate, the things we stow away all need to be dealt with eventually, don't they?! They say that a messy/cluttered desk is a sign of a messy/cluttered mind. According to Katie Hoffman in her article on *Feng Shui and Clutter in Attics and Basements*, "a messy cluttered attic symbolizes your aspirations and the possibilities for your future. Filling the space with clutter stifles what you want to bring into your life and who you want to become." Well, that right there would motivate me to clean things out, and I did. Bring on the hopes and dreams! Things are looking up already.

Just don't look in the garage... I now have a garage full of stuff to sell, donate or throw away. It seems like the cleaning out never ends. However, this is the absolute last vestige of long held stuff that has spent far too long in this family homestead. I hope my kids appreciate how many generations of "that'll be useful someday" that I have taken care of for them.

This is what I think finally pushed me to do it. I had been putting it off for well over a decade anyway. Funny how time and perspective change the way we see things. I always had the "yeah, yeah. I'll get to it someday" mentality.

I now have the "OMG what was I thinking putting all of that stuff up there?!" thoughts. Let's face it, no matter what we are stuffing away and not dealing with, eventually it will have to be dealt with. Stuff in the attic or basement may well fall on the hands of someone else to deal with (again, you're welcome kids!), but the emotional stuff we shove down deep inside, well, that is nobody else's to deal with but our own.

So, how much old useless stuff that no longer serves you do you have stuffed deep inside somewhere? How is it showing up? Illness, extra weight, aches and pains, tears you cannot control that come out at just the most inopportune time?

This happens to all of us. Stuffing it in there doesn't make it go away. You know you have to deal with it eventually. Why not start today? Let's work together on unpacking all of the old, useless stuff that it is time to let go of. Call me, I am here to help. And, no, I do not want to help clean out your physical premises, but I will certainly help you with the emotional and mental things! It's time to heave - ho! Let's go.

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**Store Open Mon - Fri  
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**Saturday  
9:00 AM – 3:00 PM**

**Closed Sunday**



## CHILDREN'S PROGRAMS

### Touch-A-Truck | Saturday, May 21<sup>st</sup> | 10am

Meet with members of the Bow Police, Fire, and Public Works departments, and explore a police cruiser, a dump truck, a backhoe, and the fire department's newest engine! Breakfast treats and activities will be available inside the library. Registration is not required. All ages welcome!

### An Ocean of Possibilities | Summer Reading Program Begins Friday, June 17<sup>th</sup> | 4pm-6pm

The library's Summer Reading Program returns in June, and we're back in-person! This year, readers will ride the waves and explore the seas with "Oceans of Possibilities," a program that celebrates water and marine life. Participants entering grades K-6 can earn prizes by reading and attending events at the Baker Free Library, all summer long. Reading challenges will also be available for pre-readers, teens and adults. Registration begins Friday, June 17 with our Summer Reading Kick-Off Party -- stay tuned for more details!

## ADULT PROGRAMS

### Your Children Don't Want It – Virtual Presentation via Zoom | Tuesday, June 7<sup>th</sup> | 6:00pm

What should you do? We hear it every day. And it's happening across America. But just because your children don't want it doesn't mean it's valueless. In this session Mike Ivankovich, the host of the 'What's It Worth Show' and "Ask Mike the Appraiser" radio show, will share tips & strategies designed to help you turn your treasures into cash. This program is co-hosted with the Dunbarton Public Library.

**Register to receive the Zoom Link through our Online Calendar on the Library website or call us at (603) 224-7113.**

### Adult Book Talk | Tuesday, June 14<sup>th</sup> | 12:30pm & 6:30pm

The **Adult Book Talk Group** will be discussing *Look to the Mountain* by LeGrand Cannon, Jr. Copies of the book are now available at the Circulation Desk to check out The **White Rock Book Group** will be meeting at White Rock Senior Center on Tuesday, June 21st at 1pm The **Whodunits** are meeting at White Rock Senior Center on Tuesday, June 7th at 1pm and are discussing *A Beautiful Blue Death* by Charles Finch.

### Introducing: The Seed Library at BFL

#### What is a seed library?

A seed library is an organized collection of seeds from which users may "check out" small amounts to take home and plant. After the current growing season ends, users can return harvested or saved seeds for the next growing season.

**Visit the library to learn more about the seed library!**

### New Discount Museum Passes

**Visit our website to learn more about all of the museum passes available this season.**

Baker Free Library is now offering new museum passes to **Historic New England**. Explore our region's past through historic homes, landscapes, artifacts, stories, and more. Tour more than three dozen historic sites and discover the stories of the people who shaped New England. The library pass offers Free Admission for two adults and their children under 18yr. to all **Historic New England** sites.

**Visit our website to learn about all of the passes available this season.**

## IN THE GALLERY

### May Exhibit | May 2<sup>nd</sup> – June 3<sup>rd</sup> | 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.



The Library will be **CLOSED** on Monday, May 30<sup>th</sup> for Memorial Day.

We will reopen on Tuesday, May 31<sup>st</sup> at 10am.

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## ROSE ALL DAY – YAY!

We are springing into summertime! My favorite season of the year for sunshine, warmth, getting together with family & friends and having a nice, chilled glass of rose wine on the patio either by itself, or paired with some fun appetizers, salads and grilled seafood or pork. This patio pounder is sure to please everyone in the group on a nice hot day.

Over the years rose or blush wine has certainly received a bad rap, but for those who are in the know, this is surely a fine nectar of the Grapes Goddess of Wine - Siduri. These beautiful wines come in many different grape varieties and shades of pink to salmon hues, even orange wines have become a popular wine choice - although hard to find, over the last few years. Most rose wines are not sweet like a White Zinfandel or White Merlot or Sweet Blush, they are lush and fruity with hints of juicy strawberry, watermelon, hints of rose petals with a nice crisp dry finish that quenches your mouth for another sip. One of my favorite wines this time of year!

Some of the best choices come from Provence, France or the Mediterranean, and California or Oregon for the US. Rose wines get their color from red grapes when the juice is pressed out and the skins of the grapes stay in contact with the juice. Grape juice is clear, it's the skins that macerate with the juice to give it color, a nice pretty hue. When the winemaker is happy with the product, they pull the skins from the juice after a few days and let the wine ferment in stainless steel tanks, not oak barrels, which give it a nice light, crisp style. Then it is transferred into bottles for dinking pleasure. These wines are best drunk young, look out for newly released 2021 vintage this spring/summer and 2020 vintage is still drinking very nice and is still ready to enjoy. Bring on the sunshine and rose all day! YAY!!!

The French and Mediterranean countries have embraced rose for many years and we are starting to catch on with rose as a year-round choice, although sales are up significantly in the warmer weather here in New England and in warmer weather states in the US. Grab a bottle to share with a friend or family member. These make great gifts as well with some pretty flowers.

Here are a few of my favorite Roses to enjoy this season. Cheers!  
~Annie~

Angeline Rose of Pinot Noir, California 2021  
NHSLC Code #28229 \$12.99/\$10.99 May

Diora "La Belle" Rose of Pinot Noir, Monterey, CA 2020  
NHSLC Code #36516 \$18.99/\$14.99 May

Klinker Brick Rose, Lodi, CA 2021  
NHSLC Code #26564 \$15.99/\$13.99 May

NEW ~ Justin Rose, Paso Robles, CA 2021 Available in JUNE  
NHSLC #34956 \$19.99/\$16.99

Gerard Bertrand Cote Du Roses Rose, France 2021  
NHSLC #24004 \$18.99/\$13.99 May

Gerard Bertrand Orange Gold, France 2020  
NHSLC #16347 \$27.99/\$24.99 May 6 pack limited highly allocated special order only

Sparkling Sofia – Francis Ford Coppola – Brut Rose NV  
NHSLC #28950 \$18.99



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

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



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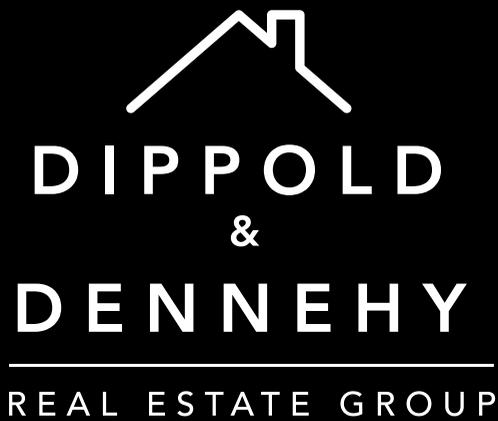
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**APRIL 2022 REAL ESTATE SALES IN BOW**

ADDRESS	BEDROOMS, BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
24 Vaughn Road	3 BR, 2 BA	1612 square feet	1.40 acres	\$467,100
42 Bow Center Road	5 BR, 4 BA	5816 square feet	10.69 acres	\$665,000
1 Wilson Meadow Road	4 BR, 3 BA	4006 square feet	3.77 acres	\$750,000
Lot 8 Hamilton Court	3 BR, 3 BA	2191 square feet	.78 acres	\$759,353
138 Peaslee Road	4 BR, 3 BA	2806 square feet	1.1 acres	\$825,00
506 Clinton Street	4 BR, 4 BA	3293 square feet	5.09 acres	\$829,900
33 Quimby Road	2 BR, 1 BA	1232 square feet	40 acres	\$2,210,000

**APRIL 2022 REAL ESTATE SALES IN DUNBARTON**

ADDRESS	BEDROOMS, BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
42 Morse Road	3 BR, 4 BA	3284 square feet	5.17 acres	\$540,000

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*The Bow 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.*

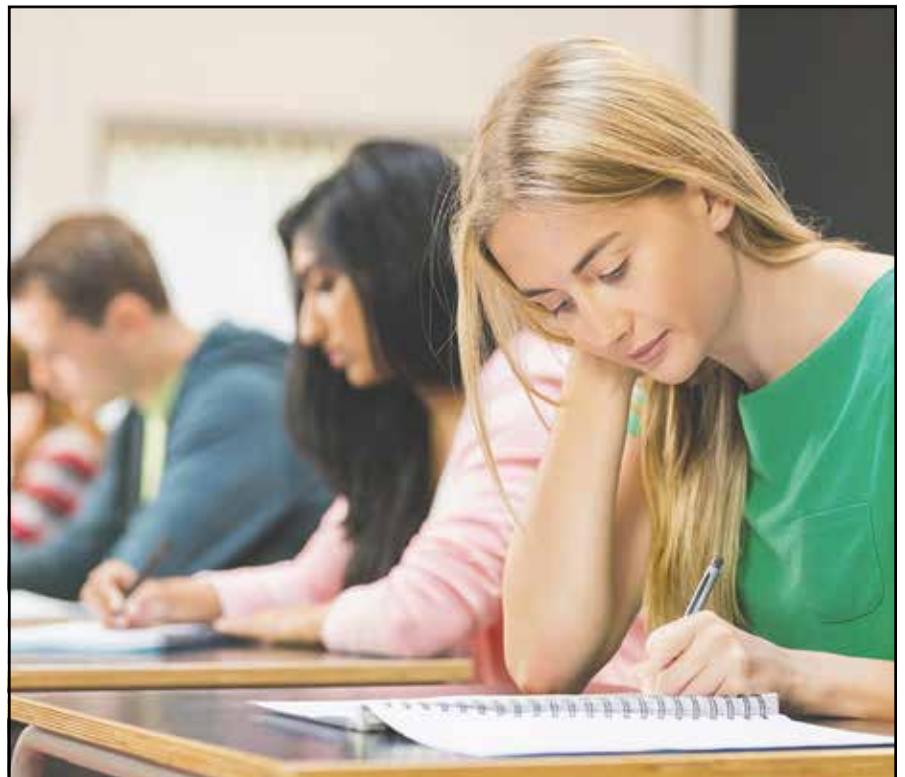
**UPCOMING EVENTS**

**MAY 25**

“Gardening in a Changing Climate” presented by Ruth Axelrod of the UNH Cooperative Extension

**JUNE 8.**

“Songs of Old NH” presented by Jeff Warner of the NH Humanities Council.



share your *student's* achievements

If your child is a student at college feel free to send us news about them so their friends, family and neighbors can share important milestones in their life.

Feature your child's academic achievements, artistic endeavors or sports accomplishments in The Bow Times!

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## DUNBARTON NEWS

**PROJECT GOOD MORNING** is a new community policing program offered by the Dunbarton Police Dept. It is designed to assist community residents who do not have regular daily contact with relatives, friends or neighbors. The program allows for residents to make scheduled contact with the Dunbarton Police Dept to ensure that they are OK and further allowing for their independence and ability to stay in their homes. This program allows family, friends and neighbors the security of knowing the enrolled individual is having regular daily contact with someone. The project Good Morning Application Packet, which includes more info about the program, may be found here: [tinyurl.com/2p8n83bd](http://tinyurl.com/2p8n83bd). FMI-Chief Christopher Remillard at (603) 774-5500 or [chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net).

**NO SCHOOL ON MEMORIAL DAY, MAY 30.  
TOWN OFFICES ARE CLOSED.**

**DOC BOOK CLUB** This month the DCC book group is reading *The Beautiful Struggle* by Ta-Nehisi Coates. Book discussion will be on the first Thurs, June w at 7pm. Hosted by Sarah. FMI or Zoom link call 496-3252.

**LIBRARY BOOK CLUB** This month the Dunbarton Library reading group will be reading *Nomadland* by Jessica Bruder. Discussion will be Wed. June 15 at noon at the band stand or on Zoom. Contact the library FMI.

**LIBRARY DEMO UPDATE:** THERE WILL BE NO INSIDE LIBRARY ACCESS DURING THE ESTIMATED 20 WEEKS OF CONSTRUCTION. You may find curbside pick-ups and library staff on the front porch. The exterior book drop was moved to this area. Please park at town offices and walk across the lawn, staying away from the construction site. They will clearly mark the way with yellow signs. If you want or need assistance, please call 774-3546. Hours will remain the same: T -Thurs, 10 to 6, Fri 10 to 4, Sat 10 to 2, but are subject to change due to construction activity. All programs, including their Summer Reading Program events, will be held outside around the band stand, or virtual. Construction updates will be posted on this website, in the weekly newsletter, and on their Facebook page. If anyone needs any assistance, please call us at 774-3546. Please leave a message, or call back if you do not get an answer. Thank you for your patience, kindness and support.

**SUMMER READING PROGRAM** Coming in late June to the Dunbarton Library's Summer Reading Program: *Oceans of Possibilities*. The Summer Reading Program will run June 28 to July 29. *Oceans of Possibilities* promises fun for the entire family and activities for all ages. All special events will be held outside on the Town Common utilizing the band stand due to the construction project. More Info Coming.



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## Flags Across Dunbarton

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**  
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Bow, NH 03304

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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>



## BOW HERITAGE COMMISSION

### BOW'S PAST IS WAITING TO BE DISCOVERED!

It's a great time to visit  
The Bow Heritage Commission website at  
[www.bownh.gov/396/Heritage-Commission](http://www.bownh.gov/396/Heritage-Commission).

You will be amazed at the myriad of topics listed on the menu that include historical facts, historical documents, and compelling photos from the past.

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



[www.bownh.gov/396/Heritage-Commission](http://www.bownh.gov/396/Heritage-Commission)

## MY TABLE TO YOUR TABLE

by Debra Barnes

### SPRING IS HERE!

With so much spring clean up to do in my garden, I need recipes that are low prep and cook time with flavorful results. An avid Ina Garten fan, she did a recipe like this that looks delicious.



With a few tweaks of my own and simple ingredients, it tasted wonderful. The recipe calls for a spatchcocked chicken. This essentially means that the backbone is removed, and the chicken is pressed out flat with your hands. This allows the chicken cook evenly whether roasted or grilled. Luckily, almost every grocery store sells chickens this way. Just a few other simple ingredients and you are on your way to dinner.

### GARDEN TIME IS HERE!

Please be sure to watch on the Bow Community Facebook page for my annual organic heirloom tomato plant sale!! With over 500 plants this year, and 25 new varieties, your gardens and salads will love you for planting them!!



#### KITCHEN TIP:

When using my oven, I always give it 30 minutes to come up to proper temperature. It takes the oven time to not only heat to the specified temperature, but the oven walls, racks also need to be heated through. This tip was given to me about 15 years ago when I purchased a new stove and it works like a charm!

Be sure to check out and follow my Instagram page #EAT603.  
You can also check out more recipes on The Bow Times website: [www.thebowtimes.com](http://www.thebowtimes.com).

## SKILLET ROASTED CHICKEN WITH LEMON, THYME AND GARLIC



\*\*PREHEAT OVEN TO 450 DEGREES

Serves 4

- One 4 pound "Spatchcocked" Chicken
- 2 teaspoon fresh thyme leaves
- 6 -10 fresh thyme sprigs
- ½ teaspoon paprika
- ½ teaspoon ground fennel seeds
- 3 tablespoons unsalted butter
- 1 teaspoon extra virgin olive oil
- 10 large cloves of garlic sliced
- 2 lemons cut in half length wise
- 1 white baseball size onion sliced ¼ inch
- Juice of 1 lemon
- 1 half cup of white wine
- 1 ½ teaspoons sea salt
- 1 teaspoon fresh ground black pepper
- 1 pound small 1-inch potatoes (optional)



I found the best pan for this was my 15-inch cast iron frying pan. It fit the chicken perfectly without crowding. A 12 inch will work too!

In a bowl, mix the fresh thyme leaves, ½ teaspoon salt, black pepper, paprika, ground fennel butter and olive oil.

Using your fingers, gently slip them under the skin to create a pocket in the chicken breast area. Smear half of the butter herb mixture in the pockets evenly. Spread the remaining all on over the breasts, legs, and wings. Sprinkle remaining salt all over the chicken. This will help keep your chicken moist and skin crispy.

Place the sliced lemons cut side down in the pan. Sprinkle the onion and garlic over the lemons. Toss the thyme sprigs over the lemon onion. This will help infuse the chicken with those flavors. Place the chicken cut side down over the lemon onion garlic mixture.

Roast chicken for 45 minutes. Toss in potatoes (if using) around the chicken as well as a ½ cup of white wine and reserved lemon juice around the chicken and not over. (if your pan seems really dry, add ¼ cup of water as well)

Roast another half hour. Remove from oven and let rest a minimum of 15 minutes in the pan. Remove to a cutting board and cut chicken down the center and then halve. Scoop up all the onion and garlic jus and serve with your potatoes. If you have some chopped parsley on hand, it will make a nice finish to this dish.

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# OBITUARIES

## JACQUELINE LAFRANCE

Jacqueline LaFrance of Bow, (born in Lowell, Massachusetts) passed away on April 18, 2022, at the age of 88. Family and friends are welcome to send flowers or leave their condolences and share them with the family.

She was predeceased by: her husband Richard; her father Tyler Adams; and her son Ricky. She is survived by: her children, Stephen LaFrance (Kathy) of Stratford, Lisa Woodruff (Jeffrey) of Chester, Marybeth Salgueiro of Round Rock, TX, Laurie Marshall (Mark) of Chichester, and James LaFrance (Cynthia) of Goffstown, her grandchildren, Cooper Woodruff, Layne Woodruff, Lauren Salgueiro, Marisa Salgueiro and Devin LaFrance; her brother Paul Adams (Sally) of Manchester, and her great grandchild Mila.

## BENJAMIN F. LOW

Benjamin F. Low, 75 a longtime resident of Bow, passed away March 31, 2022, at the Granite VNA Hospice House in Concord with his wife and sons by his side after a courageous battle with ALS.

He was born on November 6, 1946, at the Presidio army base in San Francisco, California to the late Col. Richard and Elizabeth (Mcklem) Low. During his younger years he and his family lived on army bases throughout the United States. After his father's retirement from the military, the family took up residence at the family homestead in Derry. Ben graduated from Pinkerton Academy and obtained his Bachelor's Degree from the University of New Hampshire. He later received his Master's Degree in Business Administration from New Hampshire College.

Ben worked in sales for many years including owning and operating his own business for several years. After retirement he taught Tai-Chi for many years in the Concord and Lakes Region areas. He and his wife were avid hikers and had completed a majority of the 4000 footers in the White Mountains

before his death. He was a very active member of the Concord YMCA and spent several years on its Board of Directors. Ben was predeceased by his brother Robert Low of Redlands, California and his sister Nancy Snell of Manchester. Ben is survived by his loving wife Susan, his son Eric of Colchester, Vermont and his son Ryan of Bolton, Vermont.

In lieu of flowers, the family asks that donations be made in Ben's memory to Granite VNA 30 Pillsbury Street, Concord, NH 03301.

## JAMES CLAYTON WHEAT

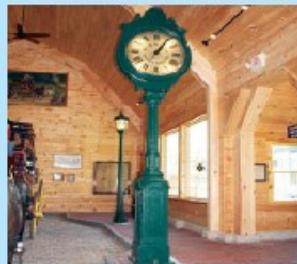
Hopkinton — Passing from this earth on April 6, 2022, I left behind its greatest gift, family and friends. Among those gifts, my bright, beautiful and compassionate daughters, Sophia Catherine and Olivia Grace Wheat, who changed my world each in their own way; their Mom, Melanie, who could not have done more to contribute to raising them; my beautiful step-daughter Kelly Nicole Glander, my brothers, John of Sun City, Arizona and Bill of Pittsfield, Mass, where we, along with my most heroic brother, Bob, recently deceased, were raised by Marjorie Helen (Maloy) and Clayton Arthur Wheat, both sadly predeceased; and my best friend, disciplinarian, she who blends my unrelenting shades of gray with black and white, the woman whom I was ultimately smart enough to marry, Jill Lorraine Glander Wheat. Took a while but I got it right!

Professionally I am most proud of being a 50-year member of the Bar and having been invited to Fellowship with the American College of Trial Lawyers. I'm proud of the doors which opened because I held a license to practice in NH and was a Fellow of the college. The significance of my proudest professional achievements is not that I have achieved them; rather, it is that they have opened the doors to allow me to help others. These achievements have given me the ability to walk into a room and say, "we can do this" to my clients. I love and will miss you all. Keep the faith.



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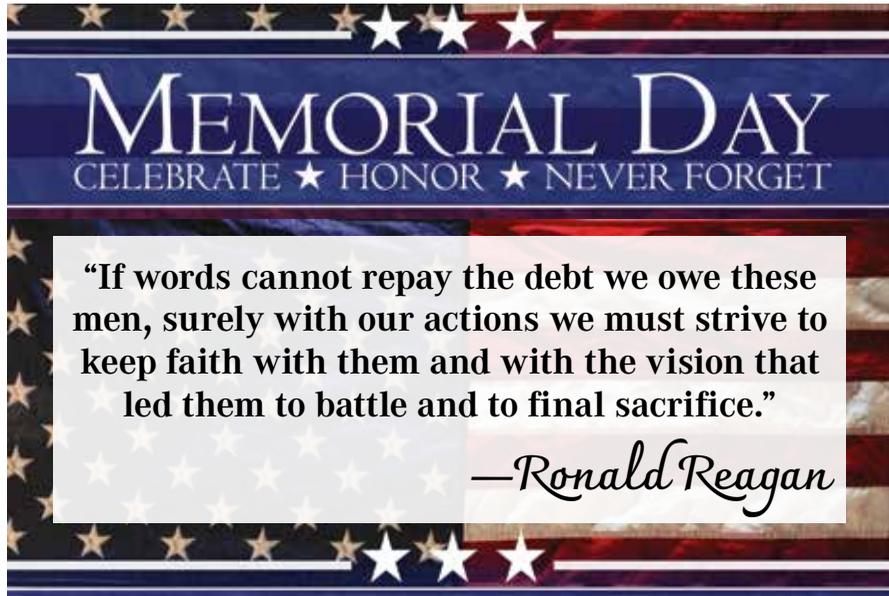
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## BOW POLICE LOG

### APRIL 2022 ARREST LOG

**4/2** Angel Patten, 30, Nashua, was arrested on a bench warrant for failure to appear

**4/3** Tiffany Trillo, 42, Bow, was arrested for operating after being certified a habitual offender, aggravated DUI, disobeying an officer, and resisting arrest or detention

**4/8** Mark Lozeau, 46, Bow, was arrested for possession of a controlled drug and a bench warrant for failure to appear 4/9

Randall Francis, 43, Bedford, was arrested for possession of controlled drug and loitering or prowling Blanca Laara Zarco, 25, Bow, received a summons for operating without a valid license

**4/11** Leslie Wright, 54, Hudson, received a summons for driving after revocation or suspension- subsequent offense

**4/12** Shawna Grenier, 42, Antrim, was arrested on two bench warrants for failure to appear

**4/13** Richard Stratton, 52, Loudon, was arrested for driving under the influence

**4/15** Dustin Normand, 41, Putnam, CT, received a summons for operating without a valid license subsequent offense

**4/16** Anthony Sutera, 19, Dunbarton, received a summons for criminal trespass

**4/17** James Nehma, 31, Concord, received a summons for operating without a valid license subsequent offense

Raymond Cekala, 56, Rochester, was arrested for driving after revocation or suspension- subsequent offense, open container-subsequent offense, driving on suspended vehicle registrations, and breach of bail

**4/19** Jacob Hanson, 19, Bow, was arrested for simple assault and resisting arrest

Juan Negron, 51, Manchester, was arrested for driving after revocation or suspension subsequent offense, and breach of bail 4/20

Dario Manon, 25, Antrim, was arrested for driving after revocation or suspension subsequent offense, driving on suspended vehicle registrations, and two bench warrants for failure to appear 4/21 Jeremy Emerson, 24, N. Hartland, VT, received a summons for operating without a valid license subsequent offense

**4/22** Tony Bumpas, 33, Eugene, OR, was arrested for controlled drug sale

**4/28** William Slocum, 35, Concord, was arrested for disobeying an officer, resisting arrest, reckless conduct, and two warrants for theft by unauthorized taking and conduct after an accident

In addition, there were

3 domestic violence-related arrests

2 protective custody arrests 3 violation level arrests

1 juvenile received a summons

## Pick up a copy of The Bow Times

at one these 29 locations!

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

## MR. BEN'S Music Class



Music and Movement class for children ages 6 months to 5 years accompanied by a parent or caregiver.

Mr. Ben sings mostly folk songs played on the guitar with some newer songs and finger plays. The class begins with a circle time followed by time to dance and shake with upbeat dancing songs, ending with a cool-down and bubbles before saying good-bye.

LOCATION: Bow Community Building

WHEN: Tuesdays 10:45-11:30 am

DATES: July: 5, 12, 19, 26; August 2; make-up August 16

Cost: \$55 Bow Resident; \$60 Non Resident



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January 21, 2018

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