

## DUNBARTON NEWS ON PAGE 11

## HOLIDAY STORM WREAKS HAVOC

On December 23, 2022, powerful winds and rain brought down trees and powerlines across the region, knocking out power for thousands of customers over the weekend and Christmas Day.



This tree fell into this yard from across the street - Hooksett Turnpike near Cedar Lane. Eric Anderson | Photo



## BOW PIONEERS Trail Bridge Work

At the selectmen's meeting on December 13, the Beaver pond dam re-emerged as a hot topic.

Residents from Pine Crest, Pepin Drive, Fieldstone Drive, Heidi Lane, Rollins Road, Shoreview Drive, Logging Hill Road, and Quimby Road shared their view that currently the Bow Pioneers Snowmobile Club doesn't send notification to residents when work is going to be done by the club, there is confusion about the classification of Branch Londonderry Turnpike West, concerns about a dried up well, and a property line clarification is needed with Spruce Wheelock, an abutter.

Chairman Marshall confirmed there was no additional removal of the dam scheduled, but the club is requesting to replace the decking. Marshall confirmed Branch Londonderry Turnpike West is a Class VI Town Road subject to gates and bars.

A motion was made by Selectman Poulin and duly seconded by Vice Chair Mike Wayne to allow the Bow Pioneers Club and volunteers to re-deck the bridge only, with supervision provided by a Board member or the Department of Public Works. The Club will have no authority with any respect to the beaver dam. Motion passed 4-0.

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-16



Bow Fieldhouse Sports indoor complex.

Eric Anderson | Photo

## BOW FIELDHOUSE SPORTS TO CLOSE

by Eric Rynston-Lobel

The Fieldhouse Sports facility in Bow announced that it will conclude operations as an indoor sports complex at the end of the month when its current winter session concludes.

"In recent days, an agreement has been finalized which will result in the transfer of the property occupied by Fieldhouse Sports," an email to customers sent Monday stated "Following the completion of this session, the facility will cease to operate as an indoor sports facility."

The facility has been locally owned and operated since 1997 and has hosted a variety of athletic opportunities for Bow and Concord.

"A lot of kids grew up there," said Bow School District Athletic Director Mike Desilets. "It will undoubtedly have an impact on these kids. Where do they want to travel? How far do they want to go to find another place? I know there's new places popping up, but it was certainly nice to have one that was local."

The 70,000-square-foot indoor sports complex is owned by Craig and Diane Jensen, according to public records. The property at 12 Tallwood Drive is valued by the town of Bow at \$3,063,800. A new owner was not identified.

"We would like to thank everyone who has participated with us over the years and for being an essential member of our indoor sports community," the email stated. "Winter Session #1 indoor soccer leagues, programs, skills clinics, and rentals will be completed as scheduled over the course of the next few weeks."

No further specifics were provided, and Fieldhouse Sports declined to comment beyond the email that was sent out.

Courtesy of the Concord Monitor



## MOTOR VEHICLE CRASH IN BOW

On January 3, 2023, NH State Police Troop D responded to the scene of a motor vehicle crash on Interstate 93 North in the Town of Bow. Two lanes of the highway were closed for a period of time while the scene was being investigated. The NH State Police were assisted on the scene by Bow Fire Department and Rescue.

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LETTERS TO TO EDITOR

TALK OF TOWERS

I’m a Bow resident with nothing personal at stake in the town’s cell tower project except the serious concerns everyone has over Bow’s inadequate cell service.

I appreciate the enormous, years-long effort that volunteers have made to address them. I’m disappointed for them and the rest of us by what has and hasn’t transpired since March, when voters authorized a long-term lease of a town-owned property for constructing a cell tower.

Rising Tide Towers, the cell-tower company with whom the volunteers and town have been working, wouldn’t start its design phase without that go-ahead.

Before the vote at Town Meeting the select board chairman, speaking for the full board, emphasized it was only step one. He stressed that an RFP (Request for Proposals) would be forthcoming, along with a detailed tower design, which would be fully vetted, with public input, by the planning board. The tower’s projected 190-foot height, an exception to Bow’s ordinances, would be evaluated then.

RTT’s tower would be extremely close to homes, as close as 150 yards. Why among 62 acres have they proposed a tower so close to homes and so high that a taller tower would require lights? To achieve the so-called “best coverage,” RTT says they’ve selected the proposed site for its higher elevation, and they’ve maxed the tower’s height to attract multiple carriers. The carriers pay RTT rent for antennae space on the tower. More carriers drive up RTT’s profit and the tower’s height.

In pushing their proposal, profit-motivated RTT is just doing its job, while the town has faltered in theirs. Basic planning steps were missed, the promised RFP process didn’t happen, and no financial information about this project has been disclosed.

I urge the town to engage an expert with no financial interests at stake to help create a multi-tower plan that will ensure cell coverage everywhere in Bow, prioritize cell service at the schools, and incorporate financial projections and an RFP process. This consultant could help determine the minimum height of the currently proposed tower that yields coverage at the schools. This consultation should not cause a long delay because so much research is already done. It would go a long way in trading a win-lose proposition for a win-win.

Susan Marcotte-Jenkins, Bow  
Note - Edited due to length

GENDER QUEER BOOK

It has been nearly four months since I learned that our high school library contains 7 of the ten most challenged books, according to the American Library Association.<sup>1</sup> During this time, the group of concerned parents has increased, despite, or perhaps due to, the public dismay of those who consider our disdain for this material to be “racist,” “homophobic,” “transphobic,” or “bigoted,” not to mention political. I assure you this is not the case, and to be judged and labeled as such is insulting, offensive, and unfair.

The most challenged book is *Gender Queer*. It’s in our library. Writing this material as a comic book does not make the content, written by the author’s admission for adult audiences, any less disturbing in the context of open access to children. The book is written from an adult’s perspective, by the author’s admission for adults, reflecting on their journey to adulthood. The author describes how they felt at various life stages with the liberal use of shockingly explicit sexual images and text I find entirely inappropriate for children. I am not alone.

Equally troubling is the ease with which these books are put into school library circulation relative to the lengthy and biased procedures required to request their removal. Don't believe me? Bow School District Policy IJL clearly states that the school librarian, Mr. Sam Dixon, can determine library content. Not one person is reviewing and confirming his choices. But to protest library content requires an official written complaint. This complaint initiates an internal review committee comprised of the school librarian, the school principal (already on public record with the Union Leader in support of the book), two teachers, and a PTO member. If this committee decides to deny the written protest, the decision can be appealed to the School Board. Please explain how this review committee process is neutral, and the review is fair and unbiased. Parents (taxpayers) should decide whether they want their children to see or read this material. Not a school librarian with little, if any, oversight. Never mind that we occasionally use this library as a babysitting space (e.g., for Town Meetings). How would you feel if you found your child looking at a comic book image of oral sex?

Nicole Foote, Bow

1. <https://www.ala.org/advocacy/bbooks/frequentlychallengedbooks/top10>

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## **JANUARY 2023 SURVEY QUESTION**

Should Bow continue forward with a 190 foot tall cell tower? (Pick ONLY one)

☐ YES ☐ NO ☐ UNSURE

Please go to our website at:

**www.thebowtimes.com**

and click button to fill out your survey. Results are calculated by Survey Monkey not this paper.



**grappone**  
Grappone Ford



### **GRAPPONE FORD'S BRIAN TUTTLE APPOINTED TO NATIONAL REVIEW PANEL**

Grappone Ford's senior master technician Brian Tuttle was named by Ford Motor Company to 2022's National Technician Review Panel.

After completing the FORD ASSET PROGRAM in 1992, Tuttle joined the Grappone Ford team in 2003.

When Amanda Grappone Omer, the fourth-generation steward of Grappone Automotive Group, told staff she wanted to see Grappone Ford represented on the panel, Tuttle was ready to apply. His role as a technical expert on New Hampshire's Motor Vehicle Arbitration Board had just ended, and he was looking for a new challenge.

### **SEACOAST MENTAL HEALTH CENTER HONORS RAFFIO**

Northeast Delta Dental President Tom Raffio of Bow, received the 2022 Erik Cogswell Memorial Award from the Seacoast Mental Health Center.

Tom Raffio was recognized for his leadership and his advocacy for high quality, accessible mental health care. The annual award was established in collaboration with Karin and Ed Cogswell in memory of their son Erik, who died by suicide in November.



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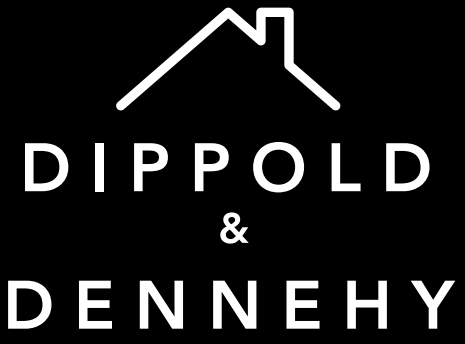
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DECEMBER 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
61 Dicandra Drive	2 BR   2 BA	1361 Square Feet	CONDO	\$280,000
41B Stone Sled Lane	2 BR   2 BA	1988 Square Feet	CONDO	\$406,000
17 Morgan Drive	3 BR   3 BA	2420 Square Feet	2.31 Acres	\$540,000
152 Bog Bog Road	4 BR   3 BA	2742 Square Feet	5.06 Acres	\$623,500

DECEMBER 2022 REAL ESTATE SALES IN DUNBARTON



ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
13 Old Fort Lane	3 BR   3 BA	2124 Square Feet	2.5 Acres	\$475,000

Sales Data for December 2022 provided by the NHMLS.

LAND LISTED AT \$489,900  
LOT 28 1 AVERY HILL ROAD, ALTON



Lot 28-1 Avery Hill Road | .26 acre land with well and septic in place. 2500 square foot, Cape style home to be built with 2 BR/2 BA, central air, attached 2-car garage and expansion potential. There’s still time for buyers to work with the builder to customize the home.  
Listed by Heather Mann.

LAND LISTED AT \$75,900  
8 TEEL FARM ROAD, WILMOT



8 Teel Farm Road | Large 7.3 acre lot ready for your custom new home. Stone walls and a seasonal brook enhance the lot and home plans for a 3 BR/2 BA Executive Ranch with attached 2-car garage will be made available to the buyer. Driveway permit is included also.  
Listed by Bianca Contreras.



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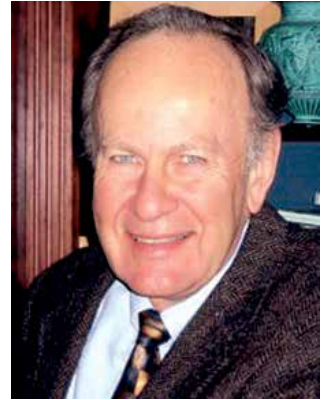
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## QUIZ 2023

We began January 2022 with a stimulating game, and I thought it would be 'fun' to start the new-year with a repeat quiz, but with a new cast of characters; mixing the history of some well-known people with their medical diagnoses. I will give you some key details, and you will try to identify the famous, but ill, person. The answers are at the bottom of the article.

Giving credit where credit is due: my selections have come from the work of Thomas Meissner, MD:

**CASE 1:** He is a composer. While playing Sonata No 2 Op 35 in a private concert in 1848 he abruptly stopped his performance and left the room. He had seen creatures emerging from the piano and was frightened. The medical thought is that he suffered from temporal lobe epilepsy.

**CASE 2:** Another famous musician. He suffered from migraine-like headaches, dizziness and olfactory hallucinations. In 1937 he was taken unconscious to Cedars of Lebanon Hospital in Los Angeles. He had significantly elevated blood pressure and was found to have a glioblastoma multiforme in his brain. Five hours after surgery he was dead.

**CASE 3:** Not known as a musician, but as a famous artist. He sharpened the lead painted brush bristles by using his lips, and he held the paint covered handles in his mouth. In the 1800s he also could have consumed lead in the water from lead pipes, tobacco and coal dust. Accumulation of lead in his body caused peripheral neuropathy. There remains much speculation about his eccentric personality.

**CASE 4:** He wrote the outline to his famous work on the Scottish Hebridean island of Jura in 1946. For eighteen months, without electricity and warm water, he lived and wrote in that cold and damp climate. He was coughing up blood, feverish and losing weight. His literary work was published in 1949, and he died 6 months later. His underlying medical condition was tuberculosis.

**CASE 5:** Despite having survived oral cancer for 16 years, this physician (1856-1939) kept working and seeing patients past age 80. He had major parts of his right maxilla, mandible, and soft palate removed. Eating and talking were difficult.....as was the smoking of his beloved cigars (which might well have been the etiology of his oral cancer!).

**CASE 6:** During his imprisonment for "sexual offenses" from 1895-1897 this Irish playwright developed an abscess in his right ear. In 1900 the infection had spread to his mastoid. He was housed and cared for at the Parisian Hotel d'Alsace and was visited 68 times by an ENT specialist. Eventually, under chloroform anesthesia, a radical mastoidectomy was performed in the hotel room. He died 10 weeks after entering the hotel from meningoencephalitis.

**CASE 7:** This famous actor (1907-1979) had a lobe of his left lung and four ribs removed in 1964 to treat a golf ball sized cancer. In 1978 he had open heart surgery to replace his mitral valve. Then, a year later, he was emaciated and had abdominal pain. He underwent a 9-hour operation for stomach cancer. His children donated a large amount of money to the UCLA Medical Center in Los Angeles, which became a renowned cancer research center that bears his name.

**ANSWERS:** Case 1: Frederic Chopin; Case 2: George Gershwin; Case 3: Vincent Van Gogh; Case 4: George Orwell; Case 5: Sigmund Freud; Case 6: Oscar Wilde; Case 7: John Wayne.

Read all past articles of the Doctor's Corner at:  
**www.thebowtimes.com**



Visit our Online Calendar  
to sign up for upcoming  
programs and events at  
**bowbakerfreelibrary.org**

## CHILDREN'S PROGRAMMING

### Shimmy & Shake Storytime | Tuesdays | 10:30am

Encourage school readiness with a Storytime for active bodies and minds! Each class includes music, instrument play and movement activities, and ends with a family dance party. Designed for Ages 3-5, but siblings are welcome to attend.

### Toddler Time | Thursdays | 10:30am

Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child's imagination. Each storytime ends with open play time, allowing families to meet and socialize. Designed for 18 Months - 3 Years, but siblings are welcome to attend.

## CANDY LAND WAS A GREAT SUCCESS!



Players navigate the game board, in the life-sized version of Candy Land with family and friends! Eric Anderson | Photo



Baker Free Library staff members guided happy children on their Candy Land journey. Eric Anderson | Photo

## AFTER-SCHOOL PROGRAMMING

### Magic Treehouse Book Club | Monday, Jan 23rd | 3:30pm

Travel the world and explore new time periods with books from The Magic Tree House series. Copies of the book will be provided by the library. Recommended for readers in Grades 2-4. Registration is required each month.

### Page Turners Book Club | Thursday, Feb. 2nd | 3:30pm

A book club for readers in grades 5-8. Read any book of your choosing based on a monthly prompt, then share your book with other readers! Enjoy snacks, crafts and activities at every meeting while exploring new topics and genres. Registration is recommended.

### Art • Lab | Wednesday, Feb. 8th | 3:30pm

A monthly program for artists and makers in Grades K-4, in the company of a caregiver. Listen to a new story each month, then explore sensory, engineering and process art activities with materials provided by the library. Registration is required each month.

## ADULT PROGRAMMING

### Resilient Raptors Webinar Series | Tuesday, Jan. 31st | 6:30pm

In the first webinar of this year's Resilient Raptors Webinar Series, join NH Audubon raptor biologist, Chris Martin and education specialist, Willa Coroka as they provide a brief history of Bald Eagles in New Hampshire. Learn how the Bald Eagle came to be a species of concern when a formerly common household chemical threatened to decimate this charismatic species. Chris will discuss the steps that were taken to repair their numbers before introducing current threats to their success. Additional topics will include general bird of prey/raptor anatomy and physiology. To register for this virtual event and receive the Zoom link, visit <https://www.nhaidubon.org/event/resilient-raptors-webinar-5/>

### Spark! Adult Craft Club | Tuesday, Feb. 7th | 6:00pm

Calling all crafters! Join us the first Tuesday of every month to work on your art in the company of friends. Amelia will prepare a brief 30 minute art exercise to SPARK! your creativity, then provide the space for you to complete your specific craft projects and socialize with fellow makers and DIYers. Miscellaneous materials will be provided for those looking to try something new.

### Beat the Librarians Trivia Night | Thursday, Feb. 9th | 6pm

Join us at Litherman's Limited in Concord to test your trivia skills. Create a team of 4-6 players, and compete against a group of librarians made up of staff from the Baker Free Library and Concord Public Library. Bookish trivia will appear alongside questions about science, sports, pop culture and more. Prizes for the winning team!

### Adult Book Talk | Tuesday, Feb. 14th | 12:30pm & 6:30pm

The Adult Book Talk Group takes place on the second Tuesday of January. We will be discussing Mornings on Horseback by David McCullough. 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 Feb. 21st at 1pm.

**Love mysteries?** Contact Amy at [amy@bakerfreelib.org](mailto:amy@bakerfreelib.org) to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on Feb. 7th at 1pm.

### Living with Black Bears in NH | Thursday, Feb. 23rd | 7pm

Join us via Zoom with guest speaker, Mark Ellingwood, Certified Wildlife Biologist and Wildlife Society Fellow as he reviews bear biology and behavior with a focus on the nutritional needs of bears. This presentation will also include a discussion on the nature and frequency of human-bear conflicts in New Hampshire as well as bear conflict mitigation options and resources available to NH residents.

Mark worked as a wildlife biologist for 41 years, having worked in New York, Connecticut and New Hampshire. He retired in June 2021 as Wildlife Division Chief for the New Hampshire Fish and Game Department. Registration is required to receive the Zoom link, visit our Library Calendar to Sign Up.

## IN THE GALLERY

### February Exhibit: **RACIAL UNITY TEAM**

**Art & Poetry Contest | February 6 through March 3, 2023**



Racial Unity Team's fourth annual Art & Poetry Contest Exhibit is coming back to Baker Free Library for a second year. Enjoy new artwork and poetry from the winners of the 2022 contest which includes several entries from Bow High School students. Exhibitors, from kindergartners to adults, infuse new energy, creativity, growth, and understanding into the theme of equity.

# THE TRUTH ABOUT GETTING STARTED

by Jim Olson

Happy new year, my friends. As we begin the new year, many are thinking about weight loss and fitness resolutions. Maybe you are here because you have the same goals as last year.

I am excited to help you on your weight loss journey this year, but first I need to tell you some important things about getting started:

The best time to start something was yesterday.

The second-best time to start is NOW.

Wherever you are, is the right time and your perfect place to start.

Do not put off the Start.

Start NOW, even before you think you are ready.

## WHY?

It's easy to get overwhelmed by all the things we think we need to do first. But consider this:

- Nobody starts in the deep end.
- Nobody has all the answers before they start.
- And getting started is often less expensive and faster than you'd imagine.

Taking a different route than we're used to might feel unnatural. The unknown may also be scary, but don't worry! Once you begin something, you build momentum, and then it becomes easier and easier to keep going. You might even be surprised by how much you enjoy doing this new thing once you've started.

When starting anything new, it is important to think about your WHY. Why you started in the first place so you can keep going when things get tough. These questions might help:



Jim Olson

What's your health worth to you?

What's being vibrant and active vs couch/bedridden worth when you're older?

What's it worth to be fully present and energized for your kids and grandkids?

What's it worth to feel confident each day of your life?

Can you put a price on living a life where you are medication and ailment-free?

No matter your age, you need to consider these things NOW.

There's nothing more important to invest in.

You deserve to feel good in your body and put yourself first so that you can experience whatever it is that sets your soul on fire!

Just like the journey to any destination, there is more than one route to where you want to go. Having a fit and healthy body is the best place to start. It doesn't have to be hard. And you don't have to do it alone.

Take your next step, achieve increased strength, energy, and mobility to live an active lifestyle with confidence — and fit in the clothes you want to wear!

Let us be your GPS to guide you on the right path for YOU. You're not everybody else! You're an original and there is no other exactly like you. You tell us what you need and what your goals are and we'll map out the best route to get you there safely, effectively and sustainably — The IF Way.

Committed to your success,  
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## A GIFT FOR YOUR FAMILY DURING THIS HOLIDAY SEASON: *Part 2*

**A critical question:** What can happen when a family hires someone who is not an experienced Elder Law Attorney to assist them with Medicaid Planning/spend-down/application?

The point of this writing, in part, is that choosing the wrong people to assist you can, and often does, cost the family dearly. In fact, the amount of litigation over the failure of successful Medicaid planning is so significant it is causing a push for more regulations in who may assist families in applying for Medicaid benefits.

**Here are a couple of real-Life examples.**

In just the last few months we have been contacted by two families for assistance with Medicaid applications. I would like to take a moment to tell you what happened in these two cases as I believe they are representative of the kinds of things that can happen to a family when they choose to work with someone who is not an experienced Elder Law Attorney with significant asset protection and Medicaid planning knowledge.

The **first family** (not the one in the White House) that reached out to us had hired an attorney to assist them in applying for Medicaid, however this attorney does NOT specialize in Elder Law.

In this case the attorney did not recommend a plan of action for the spend-down. The default plan was for this family to pay the nursing home a sum well in excess of \$100,000 and then to apply for Medicaid. This is \$100,000 that the Kiniry Law Firm is in the process of saving for the community spouse (who will need those funds over the remainder of her lifetime). In other words, the community spouse legally had the opportunity to practice financial self-defense but was not being provided that option due to the lack of knowledge of those assisting her.

The **second family** (also not in the White House) asked the nursing home to take on the role of assisting them in making the application for Medicaid (this is NOT the same as quarterbacking a Medicaid strategy). As you are aware a nursing home is typically a for-profit business and the way they make a profit is to provide long-term care services. Perhaps you can see how asking the long-term care facility to help you in Medicaid planning could be a conflict of interest and not one that is necessarily going to help a community spouse practice financial self-defense. Even if you do not agree that there is a conflict of interest, those who are performing the task of assisting the family do not have the knowhow to quarterback a spend-down that is going to provide the community spouse with all the advantages the law offers.

Luckily, someone was kind enough to suggest to this family that they contact the Kiniry Law Firm. In this case we have crafted a spend-down which will result in the community spouse retaining approximately \$135,000, of which some, or all, would have been spent-down.

In both of the above cases, I cannot emphasize enough how much of a difference the additional funds will make in providing financial security for both of the community spouses for years to come.

So here is your gift of advice: **If you desire to start protecting your assets today, or would like to plan now for a possible Medicaid spend-down and application (this is ideal), or need to apply for Medicaid under emergency conditions, it is imperative that you have an experienced Elder Law Attorney as your quarterback** (you could get Tom Brady, but he left us!)

I am aware this does not seem like such a great gift as you sit on your couch, sipping coffee in the comfort of your current life circumstances, HOWEVER, if you find yourself in the midst of an emergency Medicaid spend-down (meaning you did not plan ahead and the world now has a plan for you) you will experience a daunting level of stress, fear and loss of control (everyone does) and hiring a competent Elder Law Attorney can bring some certainty and therefore peace of mind.

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



*The Bow Young at Heart Club*

*Upcoming Event*

**JANUARY 25, 2023**

Bruce Treat will be doing a presentation on Maple Sugaring.  
At Old Town Hall, 91 Bow Center Road, 11:30 AM – 2:30 PM.

*Presentation begins at 12:30 PM. The public is invited to attend.*

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RACIAL UNITY TEAM HOSTS  
2023 Art & Poetry Challenge  
for NH Residents of All Ages

The Art & Poetry Challenge - the living, breathing proof of the power of the arts - is an annual challenge hosted by the Racial Unity Team. First, second, and third-place cash prizes will be awarded to winners in elementary, middle school, high school and adult categories in both art and poetry.

Every New Hampshire resident is invited to submit an original poem or visual work of art inspired by this year's theme: "A hidden past >>> an inclusive future." Children and adults are encouraged to find a story that is rarely told and express how it helps us move toward a more inclusive future.

The deadline for submissions is April 15, 2023, and winners will be announced in June. Submissions will be exhibited across New Hampshire in local libraries, art galleries, and on the Racial Unity Team website.

For challenge rules and resources visit: [www.racialunityteam.com/art-and-poetry-challenge](http://www.racialunityteam.com/art-and-poetry-challenge).

Teachers are urged to review the available resources on finding a hidden story and to encourage their students to participate.

This challenge is made possible by our sponsors: Kennebunk Savings, Cambridge Trust, and M&T Bank. For further information, please call 603-263-6511.

**SUBMIT A POEM OR ARTWORK  
INSPIRED BY THIS YEAR'S THEME:**

**"A hidden past >>> an inclusive future"**

Find a story that is rarely told and express how it helps you move toward a more inclusive future.

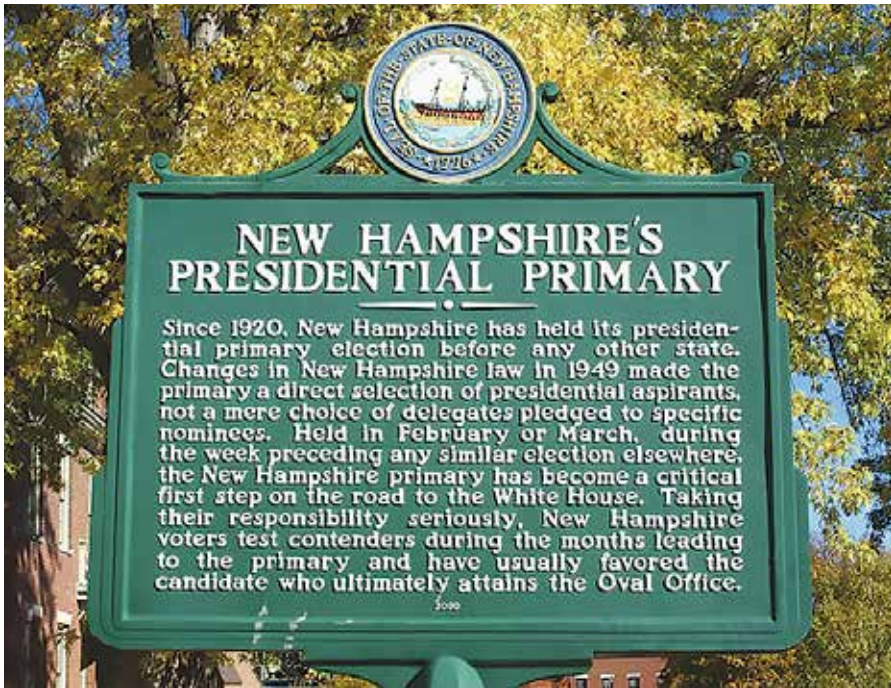
Winners in five categories: Elementary (K-2 & 3-5), Middle School, High School, and Adult  
Cash prizes for 1st, 2nd, and 3rd place winners

For more information, visit:  
[RACIALUNITYTEAM.COM/ART-AND-POETRY-CHALLENGE](http://RACIALUNITYTEAM.COM/ART-AND-POETRY-CHALLENGE)

**Deadline**  
**April 15, 2023**  
One entry per person

**THANK YOU TO OUR SPONSORS**

DEFENDING NH TRADITION OF FIRST IN  
PRESIDENTIAL PRIMARY



New Hampshire has traditionally held the nation's first presidential primaries, but the DNC is pushing for South Carolina to take that position, citing voter diversity as a key issue. The DNC is demanding that New Hampshire no longer go first in the presidential primary.

This sparked outrage among NH leaders of all parties. NH Dems asked the DNC not to "punish" them while overhauling its 2024 presidential primary calendar. Governor Chris Sununu also defended New Hampshire's status during his inaugural address.

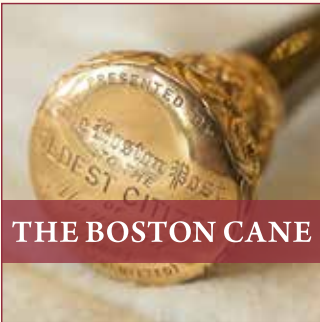
BOW RESIDENT HARVEY MOODY  
RECIEVES THE HONORARY BOSTON CANE



Eric Anderson | Photo

On Saturday, January 14, 2023, the Bow Select Board presented the Boston Post Cane to Harvey Moody, a longtime resident of Bow. At the age of 98, Harvey has the distinct honor of being the town's eldest resident.

If you would like to nominate a neighbor, a loved one, or even yourself to be the next recipient of the Boston Post Cane, please visit our website at [www.bownh.gov](http://www.bownh.gov) for requirement information and a PDF form.



THE BOSTON CANE



Thanks so much to all those who came to the Community Center to purchase a Christmas tree! You shortened our sales timeframe to 10 days for 200 trees!

We rang the bell again for the Salvation Army at Market Basket on Storrs Street; we do this in honor of Bev Page, a beloved former member, now deceased.

On January 6<sup>th</sup>, we have a treat in store; many of our scholarship winners will join us by Zoom to tell us how their school year is progressing. This is when we truly experience the reward of our fund-raising efforts! We are always encouraged about the future when we hear from these students.

# SAVE THE DATE!

Mark your calendars for the Bow Rotary Annual 4-Way Test Speech Contest for high school students in Bow and Dunbarton.

Wednesday, March 8, 2023!



“ There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest the the fearlessness and open-hearted vision of people who embrace life. ”

– John Lennon

## TOWN OF BOW Bulletin

### BOW TOWN & SCHOOL ANNUAL MEETINGS

The Town and School elections will be held on March 14. The Town's deliberative session will be held on Wednesday, March 15 and the School's deliberative session will be held on Thursday, March 16.

### FIRST QUARTER HONORS

## BISHOP BRADY

#### HIGH HONOR ROLL

Joseph Richardson	Grade 9	Hopkinton
Claire Chimienti	Grade 10	Hopkinton
Emma Richardson	Grade 10	Hopkinton
Caroline Michaud	Grade 11	Dunbarton
Nathan Steigmeyer	Grade 12	Bow
Nicholas Steigmeyer	Grade 12	Bow

#### HONOR ROLL

Gwyneth McLaughlin	Grade 9	Bow
Talon Perkins	Grade 10	Dunbarton
Ana Badau	Grade 11	Hopkinton
Evan Dow	Grade 11	Bow
Meghann Geiger	Grade 11	Hopkinton
Xander St. Pierre	Grade 12	Bow

Reprinted from December 2022 edition due to error.

### AREA SCHOLARS

#### BOW

**Andrew Ralston** earned the dean's award with distinction for the fall 2022 semester at Colgate University.

**Jonathan Cook** earned the dean's award with distinction for the fall 2022 semester at Colgate University.

#### DUNBARTON

**Laurel Arce**, a freshman kinesiology major, was named to the Dean's List at Bob Jones University.

### STUDENT SPORTS EDITOR WANTED

A student interested in doing monthly sports highlights for Bow High will have their name carried as Sports Editor and receive \$100 a month from The Bow Times for their efforts. Send a sample of what you would cover for a game to [cgdouglas1988@gmail.com](mailto:cgdouglas1988@gmail.com). Any applicants should commit to do sports for six months.

## DUNBARTON NEWS



**DUNBARTON HISTORICAL SOCIETY** Congratulations to the Dunbarton Historical Society, established in 1963, on their sixtieth anniversary. Here's to another sixty.

**THE DCC BOOK CLUB** has a new name, Beyond the Book. This month the club is reading No Time Like the Future by Michael J. Fox. The discussions will be held the first Thurs of the month in the Vestry or on Zoom. Any questions or for the Zoom link, please call Barb at 496-3253.

**THE CURIOS SHOP** in the center of town will be accepting donations of household items, small furniture, and just about anything except books, clothing, and computer items. Hours are Sat 9am to 4pm and Wed 10am to 4pm. Please call to make sure they're open or FMI 774-2682.

**CHAIR YOGA** with Sherry Gamble: Wear comfy clothes and meet on the first floor of the Church Vestry across the street from the library on Thurs, Jan 26, at 11:00am.

**HAWK AND HAWK WATCHING** Virtually presented by Steve Hale, PhD on Tues, Jan 24, at 6:30pm via Zoom. A fabulous presentation of the region's vultures, hawks, eagles, and falcons that can be regularly observed on Fall migration. High quality images of each species in flight, as they might appear passing by or overhead at a favorite hawk watch location are provided. Technical tips on species shape, coloration, and behavior are provided to boost your own ability to ID these fabulous birds. Migration-timing data for some regional sites will be presented for different species so you can know when to expect certain species. An introduction to some regional hawk watch sites is given along with information on how to participate. Email the library, dunlib@gsinet.net for the Zoom link.

**READ TO A DOG** Mr. T is back! Children in Grades K to 4 who register will have a 20-minute session on the following Thursday, from 2:45 pm to 4:00 pm. Dates are: Feb 2, Feb 16, Please call the library to register.

Nora LeDuc  
dtowncrier@gmail.com • 603-774-3141

## DUNBARTON POLICE DEPT

### ARRESTS & OFFENSES

*Dunbarton Police Officers handled various arrests/incidents leading to charges/offenses during the month of December which include, but may not be limited to:*

#### BAIL JUMPING, DEFAULT OR BREACH OF BAIL CONDITIONS:

An adult female was charged with bail jumping and default or breach of bail conditions after violating conditions imposed following a domestic violence related arrest and failing to appear in court.

#### ILLEGAL DUMPING:

An individual was referred for prosecution for littering; illegal dumping following an investigation.

#### DOMESTIC VIOLENCE – ASSAULT:

An adult male was charged with domestic violence – assault and simple assault after police responded to a domestic disturbance.

#### ALCOHOL IGNITION INTERLOCK CIRCUMVENTION:

An adult male was charged with alcohol ignition interlock circumvention, suspended registrations, operating after revocation/suspension, and other driving related offenses following after police responded to a disabled motor vehicle.

### ICAC INTERVIEW & INTERROGATIONS

Chief Remillard, a member of the NH Internet Crimes Against Children (ICAC) Task Force, attended an ICAC Interview and Interrogations class at the Hillsborough County Sheriff's Office. The course, included classroom and practical interviewing scenarios, was taught by HCSO Deputy Matthew Fleming.

Pictured here is his Electronic Service Detection K9, Niko.



Dunbarton, N.H. 03046

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# ANNUAL FINANCIAL TO-DO LIST

Provided by Dominic Lucente

## Things you can do for your future as the year unfolds.

What financial, business, or life priorities do you need to address for the coming year? Now is an excellent time to think about the investing, saving, or budgeting methods you could employ toward specific objectives, from building your retirement fund to managing your taxes. You have plenty of choices.

Remember that this article is for informational purposes only and not a replacement for real-life advice. The tax treatment of assets earmarked for retirement can change, and there is no guarantee that the tax landscape will remain the same in years ahead. A financial or tax professional can provide up-to-date guidance.

Here are a few ideas to consider:

Can you contribute more to your retirement plans this year? In 2023, the contribution limit for a Roth or traditional individual retirement account (IRA) remains at \$6,000 (\$7,000 for those making “catch-up” contributions). Your modified adjusted gross income (MAGI) may affect how much you can put into a Roth IRA. With a traditional IRA, you can contribute if you (or your spouse if filing jointly) have taxable compensation. Still, income limits are one factor in determining whether the contribution is tax-deductible.<sup>1</sup>

Once you reach age 72, you must take the required minimum distributions from a traditional IRA in most circumstances. The I.R.S. taxes withdrawals as ordinary income and, if taken before age 59½, they may be subject to a 10% federal income tax penalty.

Roth 401(k)s offer their investors a tax-free and penalty-free withdrawal of earnings. Qualifying distributions must meet a five-year holding requirement and occur after age 59½. Such a withdrawal also qualifies under certain other circumstances, such as the owner’s passing. Employer match is pretax and not distributed tax-free during retirement. The original Roth IRA owner is not required to take minimum annual withdrawals.

Make a charitable gift. You can claim the deduction on your tax return, provided you follow the Internal Review Service guidelines and itemize your deductions with Schedule A. The paper trail can be important here. If you give cash, you should consider documenting it. A bank record can demonstrate some contributions, payroll deduction records, credit card statements, or written communication from the charity with the date and amount. Incidentally, the IRS does not equate a pledge with a donation. If you pledge \$2,000 to a charity this year but only end up gifting \$500, you can only deduct \$500.<sup>2</sup>

Consult your tax, legal, or accounting professional before modifying your record-keeping approach or your strategy for making charitable gifts.

See if you can take a home office deduction for your small business. You may want to investigate this if you are a small business owner. You might be able to write off expenses linked to the portion of your home used to conduct your business. Using your home office as a business expense involves complex tax rules and regulations. Before moving forward, consider working with a professional familiar with the tax rules related to home-based businesses.

Open an HSA. A Health Savings Account (HSA) works like your workplace retirement account. There are also some HSA rules and limitations to consider. You are limited to a \$3,850 contribution for 2023 if you are single; \$7,750 if you have a spouse or family. Those limits jump by a \$1,000 “catch-up” limit for each person in the household over age 55.<sup>3</sup>

If you spend your HSA funds for non-medical expenses before age 65, you may need to pay ordinary income tax and a 20% penalty. After age 65, you may need to pay ordinary income taxes on HSA funds used for non-medical expenses. HSA contributions are exempt from federal income tax; however, they are not exempt from state taxes in certain states.

Pay attention to asset location. Tax-efficient asset location is one factor to consider when creating an investment strategy. Asset location is different from asset allocation, which is an approach to help manage investment risk. Asset allocation does not guarantee against investment loss.

Review your withholding status. Should it be adjusted due to any of the following factors?

- You tend to pay the federal or state government at the end of each year.
- You tend to get a federal tax refund each year.
- You recently married or divorced.
- You have a new job with adjusted earnings.

Consider consulting your tax, human resources, or accounting professional before modifying your withholding status.

Did you marry in 2022? If so, it may be time to review the beneficiaries of your retirement accounts and other assets. The same goes for your insurance coverage. If you are preparing to have a new last name in 2023, you may want to get a new Social Security card.

YOU PLANT  
SEEDS

*today*

TO THRIVE  
*tomorrow  
& beyond*

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.

## LET’S START PLANNING.



**Dominic M. Lucente, CFP®, RFC®**  
CERTIFIED FINANCIAL PLANNER™  
**Northeast Planning Associates, Inc.**  
425 Hooksett Road · Manchester, NH 03104  
(603) 645-8131 · dominic.lucente@lpl.com  
www.dlucente.com



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Additionally, retirement accounts may need to be revised or adjusted.

Are you coming home from active duty? If so, go ahead and check on the status of your credit. Check on any tax and legal proceedings your orders might have preempted, too.

Consider the tax impact of any upcoming transactions. Are you preparing to sell any real estate this year? Are you starting a business? Might any commissions or bonuses come your way in 2023? Do you anticipate selling an investment held outside of a tax-deferred account?

Vow to focus on your overall health and practice sound financial habits in 2023. And don’t be afraid to ask for help from professionals who understand your situation.

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

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Citations:

1. U.S. News and World Report, September 1, 2022,
2. irs.gov, November 23, 2021
3. irs.gov, September 6, 2022



# BOW AND HOPKINTON SPORTS



Bow vs Hanover. Chip Griffen | Photo

## GIRLS' BASKETBALL

### Bow 35, Hanover 23

**Key players:** Bow – Juliette Tarsa (17 points), Alex Larrabee (12 points)

**Highlights:** The Falcons played stiff defense, leading 13-4 at the end of the first quarter and 20-10 at halftime, and Tarsa drained three 3s to open the game as Bow topped Hanover in a rematch of last year's D-II championship game (Hanover won 55-24). Highlights: Powers finished in the top two of both of his events, leading the Falcons in an 18-team meet at UNH.

### Bow 45, Pembroke 22

It had all the makings of a classic rivalry game between Bow High and Pembroke Academy girls' basketball teams on January 4th. Both squads were 3-0, both were coming off dominant wins and Pembroke wanted to avenge last year's 42-26 loss in the semi-finals.

While the Spartans hung tough through the first quarter, their relative inexperience cost them in their first game of the new year, a 45-22 loss to the Falcons.

"It's kind of cliché, but that's what we hang our hat on," Bow head coach Phil Davis said. "We do a good job of pressuring, so we try to make people play against us for 94 feet, and (that) certainly can wear them down after a while."



Bow vs Windham. Chip Griffen | Photo

## BOYS HOCKEY

### Windham 3, Bow 2

**Key players:** Bow – Dom Jurcins (goal), Josh Billow (goal), Billy Smethurst (2 assists).

**Highlights:** The Falcons fired 31 shots on Windham's net, but the Jaguars led 1-0 after the first period and 3-1 after two to hand Bow its third straight loss.

## BOYS' BASKETBALL

### Pembroke 70, Bow 66

**Key players on January 4:** Jake Reardon (26 points, 14 rebounds), Mark Folsom (13 points, 9 rebounds), Colby Smith (13 points), Caleb Gazaway (defense, rebounding)

**Coach's quote:** "This was a really competitive game from start to finish. Bow coach Scott Drapeau had his "boys ready for battle and gave us everything they had. I have been doing this a long time, and I'm telling you: Freshman Jake Reardon is the real deal and has to be one of the best freshmen in our state."



Bow vs Pembroke. Rich Miyara | Photo

### Hopkinton 59, Hillsboro-Deering 23 (1/4)

**Key players:** Hopkinton – Marek Joppa (21 points, 6 rebounds), Abram Standefer (15 points, 6 rebounds), Gavin Davies (6 points, 6 rebounds), Noah frame (7 assists, 2 points);

**Coach's quote:** "Seeing great hustle and effort from guys all over the court to step up defensively made this win what it was for us. Couldn't ask for a better night on that side of the floor. Getting to see 11 different players put in points really summed up a great team win." - Hopkinton's Matt Miller.

## BOYS' SWIMMING

### Bow, at Oyster River Holiday Invite

**Key players:** Bow – Ryan Powers (1st 100 free, 2nd 50 free), Ian Klements (6th 100 free, 11th 100 breast).

**Highlights:** Powers finished in the top two of both of his events, leading the Falcons in an 18-team meet at UNH.

## GIRLS' SWIMMING

### Bow at Oyster River Holiday Invite

**Key players:** Bow – Lorraine Schaeffner (1st 100 free, 4th 50 free), Lena Thompson (1st 100 fly, 3rd 100 back), 200 free relay (2nd), 200 medley relay (7th); Coe-Brown—

**Highlights:** The Falcons had five top five finishes, including individual victories from Schaeffner and Thompson in an 18-team meet at UNH.

Bow at Oyster River Holiday Invite. Chip Griffen | Photo





## HOPKINTON - CONTOOCCOOK TOWN CRIER

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

### TWO VILLAGES ♥ ONE HEART

**FROZEN JR. PERFORMANCE** Hopkinton High School Drama Department will be presenting Frozen Jr. on January 13th (7pm), 14th (2pm, 7pm), and 15th (2pm) in the High School auditorium. The cast includes students from all three Hopkinton Schools. Tickets available at the door - \$10/\$8 for students and seniors. Tickets can be purchased in advance (cash or check) at the Hopkinton Town Library. Tickets also will be sold at Hopkinton High School on Saturday January 7th and Saturday January 14th from 10:30 to Noon.

**HOPKINTON LITTLE EXPLORERS** starts in January! Linden wants to share her love of nature with your children, ages 6-9, during this fun winter program. Sign up online now as space is limited. [www.HopkintonRec.com](http://www.HopkintonRec.com).

**HOPKINTON WINTER WALKS** with Linden are almost here! What a great way to continue your appreciation of nature after the First Day Hike and add in some exercise at the same time! Join us for this 4-week program. Register online at: [www.HopkintonRec.com](http://www.HopkintonRec.com).

**ART SHOW** Come see the Hopkinton Town Library's second annual community art show. The show will be up through January. There are works of all kinds from 25 local artists. Some items for sale.

**NEED ASSISTANCE** Hopkinton residents in need of assistance with heat, food, housing, and medication should contact Human Services Director Alicia Presti at 603-746-8244 or email [humanservices@hopkinton-nh.gov](mailto:humanservices@hopkinton-nh.gov).

**THE SLUSSER CENTER** offers in person dining for Wednesday Senior Lunch. A \$5 donation is requested. Information at (603) 746-8263 or [www.HopkintonRec.com](http://www.HopkintonRec.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 for adults 50+.

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

**CONTOOCCOOK FARMERS' MARKET** is open Saturday 9-noon inside Maple Street School. Stay up to date by visiting the Facebook page Contoocook Farmers' Market. SNAP/EBT accepted.

**SOCIAL EMOTIONAL LEARNING** Backpacks are available to check out at the Hopkinton Town Library. Through a partnership between the Hopkinton Town Library and the school district, there are assembled backpacks for families to borrow filled with books, activities, resource recommendations and games supporting healthy and age appropriate social emotional development including: PreK-kindergarten: friendships, likes, dislikes, feelings, grades 1-3: calming strategies, communicating feelings, contributing to community, consideration, empathy, many cultures, when problems seem really big. Come to the Hopkinton Town Library and check the out! This initiative made possible with support from the Hopkinton Library Foundation.

**THE WINTER PARKING BAN** in effect through April 15. For the purpose of snow removal and winter highway maintenance, there shall be NO PARKING upon any public right-of-way, or in any public parking lots within the Town of Hopkinton between the hours of 11:00 p.m. and 7:00 a.m. Exceptions: Cedar Street parking lot – 6 marked spaces facing toward and running perpendicular to Cedar Street. Municipal parking lot at Riverway Park – 5 marked spaces facing toward the bandstand and running parallel to the Contoocook River. All vehicles found in violation are subject to fine and may be towed. Costs of removal and storage fees shall be at the expense of the owner of the vehicle.

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THE MARK OF HUMAN HANDS®



### CONTOOCCOOK'S MARKLIN CANDLES MADE FOR POPES

by Shawne Wickham

Martin and Christine Marklin have made candles for three popes: John Paul II, Benedict and Francis.

"I'm a candlemaker to a saint," Martin Marklin said in an interview earlier this week. John Paul II was canonized by the church in 2014.

It began in 1995 when Pope John Paul II was making a papal visit to the United States. Marklin, who studied at Notre Dame and the Catholic Theological Union in Chicago, was asked to create a candle bearing the pontiff's coat of arms for a papal Mass in New Jersey.

The success of that first papal candle, fashioned with carved designs filled with molten colored wax, elevated Marklin Candle to the highest levels of the Catholic Church.

At their Contoocook shop, the Marklins sell smaller versions of the papal candles they have created, including candles for papal Masses during Pope Francis's 2015 visit to the U.S. The Benedict candle has been sold out, but they plan to make more now, with the pope's death, Marklin said.

For Marklin, candle making is a vocation, intimately bound with his deep faith. It led him to become a beekeeper, raising bees for the gifts of beeswax and honey they provide.

"Candle making is a very noble profession," Marklin said. "When you think about it, you're creating things that need light, and we all want to bask in the light."

Courtesy Union Leader

### HOPKINTON SCHOLARS

**Megan Johnsen** was named to the dean's list for the spring semester at Belmont University.

**Samuel Crawford** was named to the dean's list for the spring semester at Clarkson University.

**Maxine Asmussen** was named to the dean's list for the spring semester at the University of Vermont.

**Lila Kelsey** was named to the dean's list for the spring semester at the University of Vermont.

**Emma Tworek** was named to the dean's list for the spring semester at the University of Vermont.

**Ella Whipps** was named to the dean's list for the spring semester at the University of Vermont.

**Alexander Doherty** graduated from Stonehill College.

**Sydney Stockwell** was named to the dean's list for the spring semester at Stonehill College.

**Hannah Wood** earned a bachelor's degree in social work at the University of Vermont.

**Lilly Hoffman** earned a bachelor's degree in biology and was named to the dean's list at St. Lawrence University.

**Emma Rothe** spent eight weeks during the summer of 2022 conducting research on alternatives to morphine with Associate Professor of Chemistry Samuel Tartakoff through St. Lawrence University. The Research Fellowship Program provides students with a stipend to complete a research project of their interest culminating in a final research paper, collection of findings, digital media, exhibitions, performances, or other types of creative projects.



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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
36 Deer Path	3 Bedrooms   2 Bathrooms	1,568 Square Feet	CONDO	\$157,000
46 Well House Road	2 Bedrooms   2 Bathrooms	1,120 Square Feet	CONDO	\$160,000
11 Spring Street	2 Bedrooms   1 Bathrooms	768 Square Feet	1.8 Acres	\$249,500
97 Indian Ridge Road	3 Bedrooms   2 Bathrooms	1,889 Square Feet	0.39 Acres	\$320,100
13 Apple Tree Lane	3 Bedrooms   2 Bathrooms	1,484 Square Feet	0.69 Acres	\$405,000
631 Main Street	3 Bedrooms   2 Bathrooms	1,937 Square Feet	0.52 Acres	\$405,000
66 Snowshoe Trail	3 Bedrooms   2 Bathrooms	2,650 Square Feet	1.06 Acres	\$425,000
000 Hopkinton Road	3 Bedrooms   3 Bathrooms	1,820 Square Feet	3.4 Acres	\$480,000
1340 Pine Street	3 Bedrooms   3 Bathrooms	2,740 Square Feet	4.15 Acres	\$490,000
1394 Hopkinton Road	4 Bedrooms   3 Bathrooms	3,456 Square Feet	3.4 Acres	\$514,000
862 Sugar Hill Road	4 Bedrooms   4 Bathrooms	2,542 Square Feet	6.8 Acres	\$570,000
648 Broad Cove Road	4 Bedrooms   3 Bathrooms	2,994 Square Feet	3.05 Acres	\$600,000

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## A Flock of New Hampshire Poets

Hopkinton Town Library  
Thursday, Janauy 19, 2023 from 6:30-7:30 PM

Local poet, L.R. Berger, will feature the work of Laurie Morrissey during her next poetry conversation. Laurie D. Morrissey can’t stick to one genre. If you find her at work, she may be writing a haiku, a free verse poem, a personal essay, a book review, or an article on loons. Her poetry has been published in a variety of journals. Currently, her favored poetic genre is haiku, the short-form poetry originating in ancient Japan. Her published collections are: *The Slant of April Snow* and *All the Stars I Can Swallow*. Laurie lives in Hopkinton. We’ll read some of her poems, learn a bit about her, and discover what moves, puzzles or delights us.

LR. Berger, our facilitator, has received fellowships and awards locally and nationally. She taught for 15 years at the University of Massachusetts in Boston. Her book, *The Unexpected Aviary*, received the Jane Kenyon Award. L.R. Berger’s newest collection of poems, *Indebted to Wind*, was published in 2021.

RSVP 603-746-3663 or on our website:  
[www.hopkintontownlibrary.org](http://www.hopkintontownlibrary.org)

Made possible with support of the Hopkinton Library Foundation.

## HOPKINTON POLICE DEPT.

6 Arrests 9 Accidents 213 Traffic Stops  
DECEMBER 2022 ARREST LOG

12/02 Mohammed Javeed, 27, of 343 Pawtucket Blvd, Lowell, MA was charged with Negligent Driving.

12/11 Jonathan Greene, 33, of 138 Wood Hill Village, Henniker, was arrested for DUI and Operate After Certified as Habitual Offender.

12/15 Jaime Cortijo, 37, of 386 Clinton Road, Antrim, was arrested for Drive After Revocation/Suspension-subst.

12/24 Laura Chislett, 38, of 201 Fongemie Drive, St. David, ME was charged with Suspension of Vehicle Registration.

12/29 Alicia Marr, 26, of 12 Knights Pond Road, South Berwick, ME was charged with Suspension of Vehicle Registration.

12/30 Jamie Kerns, 34, of 1225 Bodwell Road, Manchester, was arrested for Drive After Revocation/Suspension; DUI, Alcohol Interlock MV Not Equipped with Interlock and Unregistered Vehicle.

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## LOW COST PET VACCINATION CLINIC



Vaccinations for cats, dogs and ferrets. Choose one time frame for appointments (no matter the number of pets attending), choose the vaccination(s) your pet requires and pay online **prior** to attending. Please bring a past rabies certificate to determine if your pet should receive a 1 or 3 year vaccine.



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[popememorialsPCA.org](http://popememorialsPCA.org)

## Celebrating Children

### Preschool Open House!

3-5 Year Olds 4-Day Program

Mon., Wed. & Thurs. 9:00 AM – 12:00 PM  
Plus Tuesday! Sport Day (45 minute session)

21 Bow Center Road, Bow



An Open House for the 2023-2024 school year will be held on Wednesday, January 25<sup>th</sup> from 6:00pm to 7:30pm at Bow Recreation Center » 21 Bow Center Road, Bow.

## Come join us, meet the staff and see the facility!

Please call or email for additional information.  
(603) 228-2214 | [adavid@bow-nh.gov](mailto:adavid@bow-nh.gov)



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Saturday 8:00 AM – 3:00 PM

STORE OPEN Mon - Fri  
6:30 AM – 6:00 PM  
Saturday  
8:00 AM – 3:00 PM  
Closed Sunday

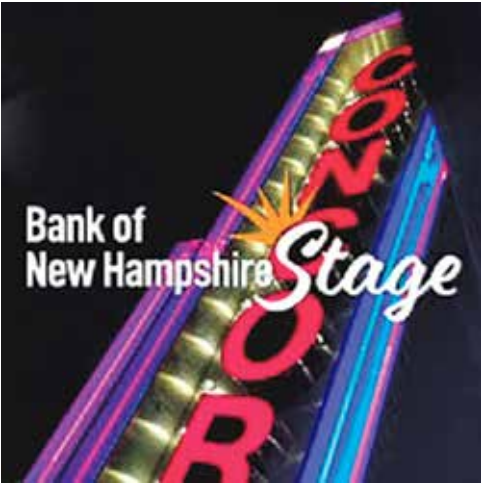


# Annual SouperFest

Concord Coalition to End Homelessness

**MARCH 4, 2023 from 12:00 – 2:00 PM**

A diverse offering of soups from Concord’s finest area restaurants.  
**New Event Location: Bank of NH Stage** | 16 South Main St., Concord  
**\$5 A SOUP** No cover charge. First come, first served while the soup lasts.  
For more information visit **concordhomeless.org**  
**Featuring Rozwell** The live band will be sure to add a festive spring feeling to the event.  
Special thank you to our presenting sponsors:  
**MERRIMACK County Savings Bank and Wicox & Barton, Inc.**  
*All proceeds benefit the Concord Coalition to End Homelessness 238 N Main St., Concord*



## NOVEMBER 2022 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 19 Basic Life Support Transports
- 21 Advanced Life Support Transports
- 18 Non-Transport Care Refusal
- 1 Parmedic Intercepts
- 19 Fires/Hazardous Conditions/Alarms
- 13 Service Call Incidents/Good Intent
- 7 Overlapping Incidents
- 98 Total Calls for the Month

## Wood & Pellet Stove Safety

As the temperature drops outside, wood and pellet stoves may be fired up inside the home. What you may not realize is that heating equipment is one of the leading causes of home fires during the winter months.

- » Have a QUALIFIED professional install stoves, chimney connectors, and chimneys.
- » Stoves should be listed by a qualified testing laboratory.
- » In wood stoves, burn only DRY, seasoned wood. In pellet stoves, burn only dry, seasoned wood pellets.
- » Have your chimney and stove INSPECTED and cleaned by a certified chimney sweep every fall just before heating season.
- » CLEAN the inside of your stove periodically using a wire brush.
- » Allow ashes to COOL before disposing of them. Place ashes in a covered metal container. Keep the container at least 10 feet away from the home and other buildings.
- » Keep a CLOSE EYE on children whenever a wood or pellet stove is being used. Remind them to stay at least 3 feet away from the stove.
- » Stoves need SPACE. Keep anything that can burn at least 3 feet away from the stove.
- » INSTALL and maintain **carbon monoxide alarms** (CO) outside each sleeping area and on every level of the home. For the best protection, interconnect the CO alarms. When one sounds, they all sound.

### SMOKE ALARM SENSE


Install and maintain smoke alarms on EVERY level of your home, outside each separate sleeping area and inside each bedroom. For the best protection, interconnect the alarms. When one sounds, they all sound. TEST all smoke alarms at least monthly.



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**BOW FIRE DEPARTMENT**




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### RESOLUTION! SCHMEZOLUTION!

by Susan Noyes Anderson

This year, I'm resolved to make no resolutions because failure is involved.

No plans, no goals, no promises. No journal, chart, or list. No calendar that goes unstarred for every day I've missed.

No weekly ruminations over changes not achieved. No self-defeating burials of good intentions grieved.

No self-recrimination or disparagement at all. No personal experience of how the mighty fall.

No feeling like a loser as the year rolls to an end. No starting fresh on New Year's Day and trying to pretend.

This time won't be any different. Join my cause and face the facts. As for the Resolution Revolution... Just give goals the axe!

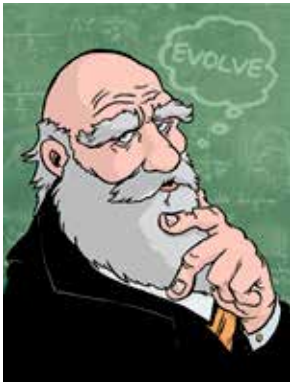
### PHILIDEPHIA COLUMBUS STATUE UNCRATED

In the October editorial in The Bow Times the boarding up of a 146 year old statue of Columbus in Philadelphia was the subject. On December 9, the Commonwealth Court of Appeals unanimously ruled against the city and the statue is now back in full view. One culture cancellation canceled.



### THE DARWIN AWARD GOES TO HUSBAND OF MISSING MASSACHUSETTS WOMAN WHO SEARCHED THE INTERNET ON HOW TO DISPOSE OF A BODY!

by Chuck Douglas



Police in the town of Cohasset, Massachusetts, are investigating the disappearance of a woman whose husband's internet records showed searches for how to dismember a body, sources told CNN, and prosecutors say blood and a bloodied knife were found in the couple's basement.

Ana Walshe, a 39-year-old mother of three, was reported missing by her coworkers on January 4, spurring police to question her 47-year-old husband, Brian Walshe, about his actions and movements in the days prior.

Brian Walshe has been criminally charged with misleading Investigators in the case as police continue their search for his wife. Walshe - who is already awaiting sentencing for a previous federal fraud conviction - has pleaded not guilty.

The Darwin Award is a tongue-in-cheek honor fictional award given out to people who commit acts of utter stupidity.



Help your neighbors in Bow, Dunbarton and in Hopkinton by shopping locally.

# BOW POLICE DEPARTMENT

## THE ARREST LOG FOR DECEMBER 2022

**2/1** Joseph Reale-Case, 26, Concord was arrested on an electronic bench warrant for driving after suspension

**12/2** Amanda Duquette, 39, Canterbury, was arrested on two counts of criminal mischief; Christopher Compas, 62, Manchester was arrested on a charge of receiving stolen property; Sean Kerns, 26, Annapolis, MD was summonsed for suspended vehicle registration; Kostantino Michalopoulos, 75, Concord, was arrested on a charge of receiving stolen property

**12/3** William Scull, 34, Bow, was arrested for driving under the influence

**12/4** Jamie Kerns, 34, Henniker, was arrested for driving under the influence; third offense, resisting arrest, open container, and driving after suspension- subsequent offense

**12/8** Henry Ladd Jr., 56, was arrested on a charge of criminal trespass, and resisting arrest; Mark Mabra, 67, Bow, was arrested on a charge of criminal trespass, and resisting arrest

**12/9** Vanessa Gangel, 36, Bow, was arrested on two counts of criminal threatening with a deadly weapon and resisting arrest, a count of disorderly conduct and criminal mischief

**12/15** Timothy Pelletier Jr., 38, Manchester, was arrested on six counts of possession of a controlled drug and on a warrant for failure to pay child support

**12/17** Matthew Higgins, 44, Henniker, was arrested for aggravated driving under the influence, resisting arrest, and three counts of endangering the welfare of a child

**12/18** Robin Grant, 37, Concord, was arrested on a warrant for three counts of felon in possession of a dangerous weapon

**12/20** Michael Savard, 37, Stewartstown, was arrested on three counts of possession of a controlled drug

**12/21** Joshua Burley, 34, Templeton, MA was arrested for driving under the influence

**12/23** Fredrick Owens, 57, Concord was arrested on a warrant for failure to register as a Sex Offender

**12/25** San Darjee, 27, Concord was arrested on an electronic bench warrant for failure to appear in court; Faris Toto, 20, Concord was arrested for driving under the influence

**12/26** Ryan O'Donnell, 41, Bow, was arrested on a charge of simple assault, domestic violence related

**12/28** Sonya Gildred, 52, Ft. Lauderdale, FL, was summonsed for driving after suspension; Leslie Wright, 54, Bow was arrested on an electronic bench warrant for failure to appear in court

**12/29** Michael Morrow, 37, Ossipee was arrested on an electronic bench warrant for failure to appear in court; Michael Leroy, 34, Whitefield was arrested for obstruction of government administration and an electronic bench warrant for failure to appear in court; Derek Larck, 25, Pittsfield was arrested on a count of simple assault and disorderly conduct; Allison Jivery, 22, Raymond was arrested on two counts of possession of a controlled drug, transporting drugs in a motor vehicle, and dealing in prescription drugs

**12/31** Jason Fournier, 32, Tilton was arrested on an in-state warrant for criminal trespass and an electronic bench warrant for failure to appear in court; Kadin Gavin, 22, Sutton was arrested on a count of simple assault and disorderly conduct; Teghan Auger, 21, Hillsborough was arrested on a count of simple assault and disorderly conduct.



## BODY WORN CAMERAS APPROVED

In February 2022 the Board of Selectmen approved the purchase of body cameras utilizing ARPA funds. On February 16th the police department submitted a grant to the NH Department of Homeland Security which covered 50% of the cost of the body cameras. This purchase includes a 5-year warranty and sufficient storage capacity to store all the video footage collected while officers are on duty. All department members went live with body cameras Nov. 2, 2022



## AUTOMATIC EXTERNAL DEFIBRILLATORS

The Police Department outfitted all of it's cruisers with AED's.

The purchase was funded through the American Rescue Plan Act 2021. AED's will help our officers save lives.

## RETIREMENTS FROM BOW POLICE DEPARTMENT

Photos courtesy Eric Anderson

On March 1, 2022, Officer Thomas Ouellette retired after nearly twenty five years in Law Enforcement.

Officer Ouellette started his career in law enforcement in Corrections previous to being hired by the Manchester Police Department in 2003. In 2020 Officer Ouellette joined the Weare Police Department.

In 2021 Ofc. Ouellette jointed the Bow Police Department where he made an immediate impact, both in the Department and in the community.


Officer Thomas Ouellette's presence and comradery has been and will continue to be missed at the Bow Police Department. We wish him a happy and healthy retirement!



On March 31, 2022, Lieutenant Scott Hayes retired from the Bow Police Department.

Lieutenant Hayes started his law enforcement career in 2000, with the Hopkinton Police Department before joining the Bow Police Department in July of 2001.

Lieutenant Hayes' service to the Bow Police Department and to the town of Bow is greatly appreciated. He will be missed.



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BOW MARKET UPDATE – DECEMBER 2022

Courtesy of Dippold & Dennehy Real Estate Group  
Data provided by New Hampshire Association of Realtors®



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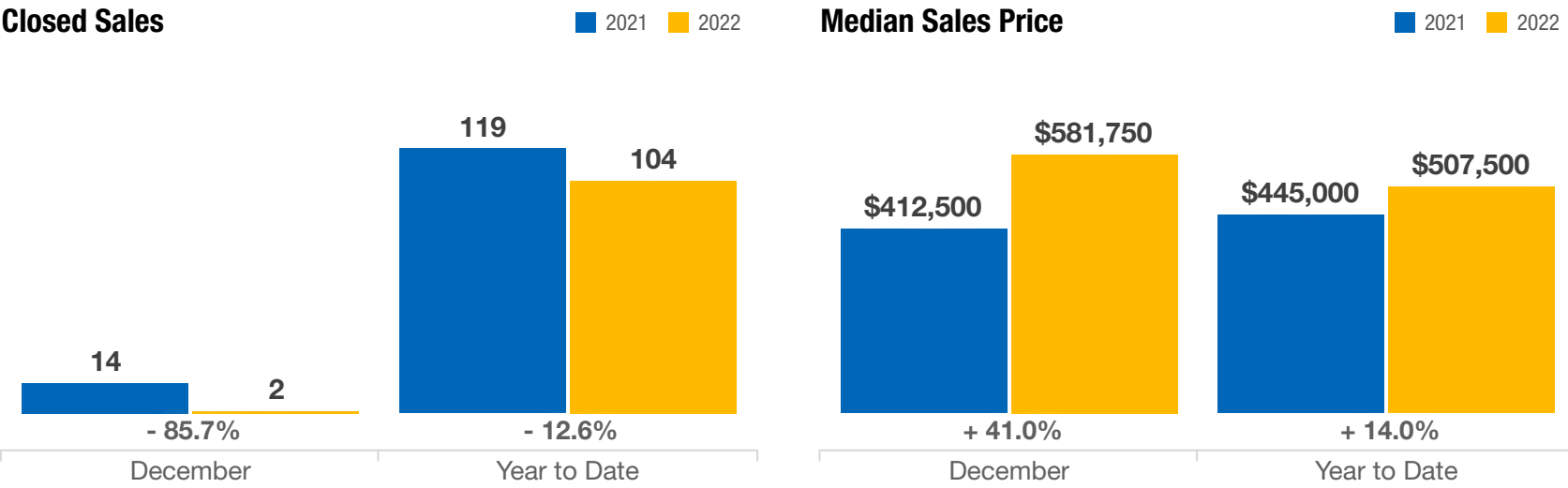
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ERIN COMMERFORD, REALTOR  
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Single Family Residence Key Metrics	December			Year to Date		
	2021	2022	% Change	Thru 12-2021	Thru 12-2022	% Change
Closed Sales	14	2	- 85.7%	119	104	- 12.6%
Median Sales Price*	\$412,500	\$581,750	+ 41.0%	\$445,000	\$507,500	+ 14.0%
Median List Price	\$385,000	\$679,999	+ 76.6%	\$413,500	\$546,950	+ 32.3%
Volume of Closed Sales	\$5,918,500	\$1,163,500	- 80.3%	\$59,301,173	\$61,040,332	+ 2.9%
Days on Market Until Sale	30	7	- 76.7%	29	33	+ 13.8%
Pending Sales	7	3	- 57.1%	121	100	- 17.4%
Months Supply of Inventory	0.6	0.8	+ 33.3%	—	—	—
New Listings	7	3	- 57.1%	118	108	- 8.5%
Inventory of Homes for Sale	6	7	+ 16.7%	—	—	—
Percent of Original List Price Received*	102.9%	101.3%	- 1.6%	105.0%	105.3%	+ 0.3%

\* Does not account for sale concessions and/or downpayment assistance. | Percent changes are calculated using rounded figures and can sometimes look extreme due to small sample size.





## OBITUARIES

### THERESA G. DEMAIN

Theresa (Guimond) Demain, 81, of Bow, passed the evening of December 9th, 2022.

Terry was born October 10th, 1941, in Concord, daughter of the late Leon and Eva (Plourde) Guimond. She grew up in Concord and graduated from St John's High School in 1959.

Terry held various office administration positions until she and her Husband retired. She and her husband moved to Bow, in 1986 where they enjoyed hiking, camping, snowshoeing and being outdoors. She enjoyed visiting with her children and grandchildren.

Terry is survived by her husband, Kenneth of 61 years; two daughters, Donna Lessard and husband Greg of Concord and Diane Watson and Husband Matt of Readfield; one son, Douglas Demain and wife Kelly of Wolfeboro; eleven grandchildren and one great-grandchild; two sisters, Rita Martel and her husband Larry and Estelle Bailey and her husband Charles; and one brother, Albert Guimond and his wife Judy. She was predeceased by a sister, Doris Guimond and two brothers, Earnest Guimond and Arthur Guimond.

### JOHN HOIK

John W Hoik of Hopkinton passed away unexpectedly at his home on December 2, at the age of 75, leaving behind Diane, his beloved wife and best friend of 50 years and three children who adored him, Shelly Hoik, Marcy Ort, and John Hoik II. He was dearly loved by his six granddaughters, and held a special place in the hearts of six nieces and a nephew. He was predeceased by his parents, Leon and Bernice Hoik of Concord, and his brother, Daniel Hoik.

John, a lifelong New Hampshire resident, graduated from Concord High and New England College. He was a talented artist, graphic designer, and the drummer in local bands (including Kid Pinky and Skip Philbrick Blues band). As an entrepreneur, he owned and operated Hoik Advertising, showcasing his word-smithing and design skills for his clients' graphic needs.

John's family, clients, friends, and bandmates treasured his sense of humor and wit, his quiet manner and warmth, and his patient, humble way. He had a passion for music and his family, was an avid reader, and was intrigued with anything clever or innovative.

### THOMAS HUNT

Thomas E. Hunt, 75, of Contoocook, died on December 11, 2022. He was born on April 26, 1947, in Ellsworth, Maine, son of Francis and Pauline (Bragdon) Hunt, both of Franklin, Maine.

He was the beloved husband of Ellen (Gordon) Hunt. They were married on May 1, 1993, in Boscawen.

Thomas was a graduate of Ellsworth High School in Maine. After graduation, he served four years in the U.S. Air Force. Following his military service, he became a Master Electrician, working in both Maine and New Hampshire, most recently at Lowes in Concord, NH.

Along with his wife of over 29 years, Ellen, he is survived by his son, Michael Hunt and wife Abigail; daughter, Christina Falla and husband Matt; step-son, Joshua LaPierre and wife Cathi; step-daughter, Nancy Whittier; grandchildren, Gavin, Dawson, and Emerson Hunt, and Asa and Penelope Falla; step-grandson, Brayden LaPierre; and two step-granddaughters, Arian Kast and Marisa Peterson.

### ERICK LEADBEATER

Erick Leadbeater age 80, of Contoocook, passed away at home on December 15, 2022. He was born July 2, 1942, in Concord, the son of Edward C. and Lucille Leadbeater.

Having spent his formative years in "Tooky," Rick was educated at Bowdoin College with a major in Chemistry. Rick later joined the Navy and relocated to Chicago, where he taught at Great Lakes in his field of study as well as how to sail any sized vessel under the harshest conditions. It wasn't long before he found himself on the racing circuit, becoming a regular on the run to Bermuda.

Returning to his hometown in 1971, Rick followed in his father's footsteps to become an apple grower atop Gould Hill. Not long after, he met the love of his life, Susan Ritchie Leadbeater, at the neighborhood Paddle Tennis tournament. Together they cared for the orchard, renown for the expansive views from its Pick-Your-Own operation and 80+ varieties of apples and peaches. Before retiring in 2009, he successfully patented the Hampshire apple, a demonstration of his passion for science and agriculture.

A highly engaged member of numerous town committees and state boards, Rick served with a keen focus on preserving green space and protecting the beauty of New Hampshire.

Rick was predeceased by his wife of 40 years earlier this year and leaves behind daughters Karen McKinney Jantzen of Contoocook, and Kathryn McKinney Ashraf of Wellesley, MA; grandchildren Doak, Zakry, Zoe, and Phoebe Jantzen as well as Lexi and Nicholas Ashraf; sisters Mary Leadbeater and Ruth Pratt, both of Contoocook, and, an extensive network of cousins scattered from Maine to South Carolina.

For those who wish to do something in remembrance, please consider one of the organizations that Rick held in high regard: New Hampshire Audubon, 84 Silk Farm Road, Concord, NH 03301; Society for the Protection of New Hampshire Forests, 54 Portsmouth Street, Concord, NH 03301.

### Which Direction Should a Fan Rotate?



**Summer**

Reverse | Counter-Clockwise

**Winter**

Forward | Clockwise

It could save your energy dollars if your ceiling fans rotate in the proper direction. Ceiling fans provide great air circulation, and you should optimize these benefits by ensuring blade rotation is correct for each season.

**Winter:** Blades should turn clockwise to circulate warm air.

**Summer:** Blades should turn counterclockwise to create a breeze effect by moving or circulating the air better during hot weather.

# Talking Trash

by Danielle Ruane

## FOOD WASTE AND WINTER COMPOSTING

posting is no different than summer composting, and in many respects can actually be easier because you can simply dump the food waste into a pile and run back into your warm house. Here are some quick tips for winter composting:



**CHOOSING A COMPOST BIN:** The key to winter composting is to make sure that it is easy (and fast) to throw food scraps into the bin. **You do not need a fancy bin for winter composting!** A simple three-sided bin made from wooden pallets or other materials will work. If you have a plastic compost bin with a lid, make sure the lid is removed before it freezes on the bin.

My first winter compost was a last-minute decision. Since the lid on my plastic compost bin was already frozen solid (and I didn't want to trudge across my yard in the deep snow), I went on the internet and learned that I could use a garbage can to store my kitchen scraps. It actually worked great. There is no need to poke holes into the pails when only using for winter composting. If you are worried about it smelling (which it shouldn't if it is cold outside), you can find some leaves or dirt, and occasionally add them in the bin. You can throw your kitchen scraps into the pail, and once warmer temperatures arrive, dump them into the compost pile.

**WHAT TO COMPOST:** It is recommended to only compost fruits and vegetables, eggshells, coffee grounds and filters, tea bags, bread, left-over rice and grains, shredded newspaper, cardboard (including ripped up pizza boxes), paper towels and napkins, yard trimmings, grass clippings, leaves (chopped will breakdown much faster), wood chips, vacuum cleaner debris and fireplace ashes. Adding liquid from beverages such as stale coffee, tea, beer and juice is also beneficial for an outside pile. It is recommended to avoid meat and dairy because these items can attract skunks and other wild animals.

**TURNING AND RATIOS:** The compost pile in the winter is generally too cold to break down, so in my opinion, trying to find the perfect ratio of brown and green materials is unnecessary. I generally just throw the bucket of food waste on my pile. If I am motivated and it isn't too cold outside, I will also toss some dirt or leaves on top of the food waste and quickly mix it with a pitch fork to minimize the risk that pets and other animals will treat the pile as a snack bar. I find that in the spring, most of the food waste is unrecognizable because it seems to decompose after a few freeze-thaw cycles.

Although winter composting sounds daunting, it is actually very easy and fun. Good luck and happy composting!

Pick up a copy of  
**The Bow Times**  
at one these 30 locations!

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



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