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DUNBARTON NEWS ON PAGE 17-18

NOR'EASTER DELAYS ELECTION FOR BOW

A major snowstorm hit the area on March 13 and 14 causing officials to delay voting for candidates for two weeks until March 28. About 80 other towns delayed votes or meetings due to the storm. Bow got 26 inches of snow and Dunbarton got 29 inches. Dunbarton proceeded with its election to town offices but only 99 people voted on the snowy day with no upsets on the ballot.

Bow will vote on March 28 from 7 AM to 7 PM at the Community Center.

BOW TOWN MEETING APPROVES \$12,058,663 BUDGET

Only 155 voters came out to vote on the town budget of \$12,058,663. It was approved, and all other money articles were as well.

A petitioned article to establish a cell tower committee was defeated, but one to require the Planning Board and Selectmen to live stream and record meetings and hearings was passed including amendments to require the recordings be kept for five years.

\$13 MILLION SCHOOL BOND ISSUE APPROVED

At the march 16 annual meeting of the school district, voters after debate, voted 207 to 100 to approve a \$12,900,000 bond issue to renovate the Bow Elementary School, do security upgrades and add in eight new classrooms. Because it is a bonded appropriation, 60% of the voters present at the high school had to approve it.

Some of the 10 voters speaking to the issue were upset with the school board for failing to set aside funds annually for the school's upgrades and instead bringing forth the proposal at a time when costs are already high. Many thought the renovation project could have been phased in over time to reduce the financial burden on taxpayers.

The school's operating budget of \$33.7 million was approved with no opposition. The budget represents a modest increase of 1.5% over to the current year's budget of \$33.1 million. Additionally, voters approved adding \$1 million to the Capital Reserve Funds to save for future expenses.

The budget included 3% in raises for support in certified professional and staff not covered by the Bow teacher union contract. The tax rate will increase by \$1.56 per thousand.



School Board Chair, Bryce Larrabee presented a plaque to Jim Hatem for his 24 years of service as the School District's Moderator. Photo | Eric Anderson

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9

SUPERINTENDENT CASCADDEN RETIRES

Superintendent, Dr. Dean Cascadden is retiring on June 30th after 16 years of distinguished service to the Bow and Dunbarton communities. As Superintendent of Schools, he has truly embodied the mission statement of Care for Each Person Every Day, Focus on Learning and Teach to Touch the Future. Dean has always led with his heart first and with students at the center of decisions. He has promoted teamwork and valuing the contributions of the community. Dr. C has established an administrative team and culture that will continue to move SAU 67 forward. As he retires, Dr. C can be assured that his impact on our schools will be long lasting, and we thank him for his service.



Bryce Larrabee presents plaque to Dr. Dean Cascadden Photo | Eric Anderson



MARCY KELLEY

MARCY KELLEY NEW SCHOOL SUPERINTENDENT

Following the community meet and greet event in early March, Marcy Kelley was selected as the new superintendent for schools in Bow and Dunbarton.

Kelley, who currently serves as director of student services for the Bow and Dunbarton school districts, will assume the position of retiring superintendent Dean Cascadden at the end of the school year.

“I’m beyond thrilled to be able to serve in this community and such an amazing administrative unit,” said Ms. Kelley, who has been with SAU 67 for four years. “I think it will be easier transitioning since I’ve been here already and because I know the wonderful initiatives we have going on.”

A 20-member selection committee representing various stakeholders in the district, including school board members, administrators, teachers, parents, support staff and a student from Bow High School chose Marcy Kelley.

WINNER OF 20 NH PRESS ASSOCIATION AWARDS

THE BOW TIMES IS DELIVERED FREE TO 4,350 RESIDENCES & BUSINESSES IN BOW AND DUNBARTON

LOW TAXES ARE THE RESULT OF LOW SPENDING

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Publisher: The Bow Times, LLC

Editor: Chuck Douglas 224-1988

Co-Editor: Debra Douglas

Sales and Prepress Design:
Nadeane Mannion 715-8106
nmannion1@comcast.net

Technical Editor:
Jennifer Jameson
jjameson@thebowtimes.com

Billing & Accounts:
Julie Adamson
jeanodeano16@yahoo.com

Distribution Manager:
Joshua Coughlin
josh@thebowtimes.com

Medical Editor:
Richard Johnson, MD

Travel Editor: Chase Binder

Food Editor: Debra Barnes

Wine Editor: Annie Kenney

BHS Sports Editor:
Ryan McCabe

Contributing Writers:
Bow Garden Club - Joyce Kimball
Dunbarton News - Nora LeDuc
Elder Law - Ben Kiniry

Hopkinton News - Kathy Butcher

On Aging - Donna Deos

Photographer - Eric Anderson

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Concord, NH 03301
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EDITORIALS

IT IS TIME FOR A REAL WAR ON MEXICO'S DRUG CARTELS

by Chuck Douglas

Our nation spends billions of dollars each year pursuing ISIS and Al Qaeda while other terrorist groups kill at least 70,000 Americans a year by supplying Chinese fentanyl across our border from Mexico. In terms of a threat, the Americans killed on one day by fentanyl overdoses far exceeds anything ISIS or Al Qaeda have done here in the last 20 years.

The recent abduction and killings of Americans in Mexico by a cartel is an eye-catching headline, but tens of thousands of Mexicans also die each year in the war on law and order conducted by the cartels. Their massive terror and bribery campaign has rendered the legitimate government impotent in scores of Mexican towns and cities.

In January of 2019 former Mexican President Enrique Pena Nieto (2012-2018) was accused of taking a \$100 million bribe from drug lord El Chapo. This year the very top security official in Mexico from 2006-2012, Genaro Luna, was convicted by a federal jury in New York of receiving \$700 million in bribes to warn cartels of police or military actions against them.

Not only can't the Mexican government act against the cartels it doesn't even want to try. On March 11, 2023, the Associated Press reported that current President Andres Manuel Lopez Obrador called the "synthetic opioid epidemic largely a U.S. problem." The Drug Enforcement Administration in 2021 declared that at least 80% of the 70,000 deaths in our country each year is due to the cartels importing fentanyl from Mexico.

The money at the disposal of the cartels is staggering. The Jalisco New Generation cartel operating in Tijuana and Juarez has assets of at least \$20 billion dollars. El Mencho, who runs the cartel is a former police officer.

It is time for Monroe Doctrine 2.0 that should literally declare the cartels as narcotics terrorists. It was 200 years ago that President James Monroe told Europe to stay out of the Americas. A later president modified the doctrine with the Teddy Roosevelt Corollary when he said in 1904 that this country could intervene in the Americas in "flagrant cases of wrongdoing or impotence." With Mexico we are faced with both.

It was June 18, 1971, when President Richard Nixon declared the war on drugs. Over 50 years later it can be seen as merely a skirmish on drugs. It has not been won because it is the functional equivalent of asking hundreds of people to come out on a street where a fire hydrant is open and use buckets to scoop up the water. The solution is obvious: turn off the damn hydrant.

How can we turn the Mexican hydrant off? With 32,000 U.S. Army Special Operations Command forces, including 2,450 SEALs and 5,000 and Rangers, we have the manpower to cross the border and clean out the drug cartels after a massive coordinated early morning drone attack on their headquarters, warehouses, and distribution centers.

Yes, there will be some losses on our side, but it will be nothing compared to the 65,000 men we lost in the wars of Vietnam, Afghanistan, and Iraq. We not only lose more young people each year to fentanyl than we have in the last 60 years of wars, but we have seen a drop in life expectancy for the first time in our nation's history.

Mexico will loudly protest the Yankee "invasion" but the inability or impotence of its law enforcement to do the job gives us no choice if we put our 70,000 lives a year on the balancing of the scales. As for killing terrorists outside our border, we did not flinch when it came to killing Bin Laden in Pakistan or Iranian General Soleimani by a drone at Iraq's main airport. El Mencho and the other cartel heads should endure the same fate.

It is time to conduct a real, not faux, war on drug cartels.

Not many Americans feel we gained anything in the last three wars that cost us 65,000 lives. Are 70,000 Americans killed each year by the Fentanyl Kings worth fighting for?

SAY IT AIN'T SO RON

by Chuck Douglas

Unfortunately, Governor Ron DeSantis of Florida has joined Donald Trump in throwing the Ukrainians under the bus. DeSantis humored pro Putin Fox TV host Tucker Carlson by describing the brutal Russian invasion as a mere "territorial dispute" on March 13. DeSantis would deny the democratically elected government of the European nation F-16 fighter jets or long range missiles. A mere "territorial dispute" in the 1930s allowed Hitler to take Czechoslovakia in 1938 and Poland in 1939. Those who don't learn from history are condemned to repeat it!

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



LAND ACQUISITIONS IN BOW RAISE CONCERNS

by Martin Murray, Bow Open Spaces

If you haven't seen it, you need to get out more. Across Bow, land clearing, for sale signs, and new construction show that over the last two years a surge in land development is underway.

The ongoing or completed sales of more than 350 acres of forest land in the last two years is a major change for our town. And remember, Bow comprises only 18,000 acres total, so that is 2 percent of the total land in Bow gone in just two years. And possibly more than 40 percent of the total remaining undeveloped land. This situation has some concerned that the rural nature of Bow is undergoing an unplanned and permanent change.

The Bow Open Spaces Board has taken the first steps to address this problem. First, a new Directorship has been established – Director, Land Conservation. Second, members of Bow Open Spaces are now looking at several key ideas that may help. And third the Board is asking for thoughts and help from the Bow Opens Spaces members to develop approaches.

So, when you are out there walking, hiking, riding or, perhaps just sitting, think about how we can all work together to protect what makes Bow so unique.

Send us your thoughts, AND questions to info@bowopenspaces.com. Please consider becoming a member of the organization to help support efforts to protect public spaces in your town. Membership information can be found at www.bowopenspaces.com. Photo | Eric Anderson





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The Alice M. Yarnold and Samuel Yarnold Scholarship Trust is focused on providing financial assistance to deserving NH residents pursuing degrees in the fields of medicine, nursing, and social work. Since its inception in 1995 the trust has awarded over \$1 million in scholarship assistance to approximately 1,000 students with awards ranging between \$1000 and \$5000.

Applications for the award are available each year in early Spring with all application documents due by the June deadline. Students interested in receiving an award must complete the application and attach 2 letters of reference; post-secondary school transcript from the institute, college, university, or school they are attending; a completed FAFSA; and respond to a short essay question. To receive an application interested students may contact the Yarnold Scholarship administrative representative, Laura Ramsdell, at 127 Parrot Avenue, Portsmouth, New Hampshire 03801 or at 603-766-9121.

Bow Community Men's Club

91 Bow Center Road
 Bow, NH 03304
www.bowmensclub.org
 Email: info@bowmensclub.org

FLAGS ACROSS BOW Enrollment Form 2023

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway at least three days prior to each of the following patriotic holidays of 2023: Memorial Day, Flag Day through Juneteenth, Independence Day, Labor Day through 9-11, and Veterans Day. We will remove the flag three days after each holiday and reinstall it for the next holiday. Your payment of \$40 will be used to support the BSA and Cub Scouts, Scholarships for Bow HS students, Robotics Club and other charities within our community.

The US made flags measure 3'x5' and are made of 2-ply spun polyester or nylon with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a 10 inch high ground spike.

THERE ARE TWO OPTIONS TO ENROLL:

You can send a check for \$40 payable to the "Bow Community Men's Club" with this form to: Dik Dagavarian, 2 Bela View Drive, Bow, NH 03304-4600; phone: 603-856-7268. **OR** you can enroll on-line and pay \$42 via Square at the following link: <https://bowmensclub.square.site/>

Name: _____

Street Address: _____

Town: _____

Contact Phone: _____

Email Address: _____

Place an "X" below for your preferred flag location. Please identify any underground utilities, sprinklers, or other buried items in the vicinity of flag locations.

YOUR DRIVEWAY

YOUR STREET

Notes: _____




PHOTO BY ERIC ANDERSON

BOW MEMORIAL SCHOOL HONOR ROLL First Semester 2022-2023



GRADE 7 ~ HIGH HONORS

Elizabeth Abbott, Readan Adams, Margaret Adams,
Anthony Albushies, Lauren Andrews, Allison Baier,
Caden Bechtold, Autumn Betteridge, Ross Brennan,
Sophie Brooks, Olivia Cochran, Lillian Cray, Julianna Cusson,
Ava Dawson, Anne-Marie Fay, Jacob Filkins, Liliane Fontaine,
Harrison Fournier, Bryce Fredette, Benjamin Gilbert, Riley Helling,
Brody Hinck, Reanne Hubbard, Mily Jacobson, Lia Karanouh,
Austin Keefe, Delaney Kelly, Amanda Kropp, Sofia McCullough,
Ayla Palmer, Alexis Pelletier, Alexander Perry, Ava Popielarz,
Piper Price, Jennifer Ramirez, Benjamin Reardon, Marissa Reyes,
Kate Roberge, Ian Sandahl, Grace Sartorelli, Jack Shulman,
Gavin Simon, Brian Vance, Umi Zahn.

GRADE 7 ~ HONORS

Garrett Abberton, Aria Belanger, Shannon Boyle, Wes Catenza,
Joseph Cattabriga, Matison Couto, Bryce Cronin, Bohdan Davis,
Graceyn DeCosta, Vita-Rose Flagg, Abigail Fontaine,
Aleksandra Graham-Binder, Brianna Gravel, Elise Jacques,
Miles Johnson, Aiden Klardie, Ryan Laliberte, Maddison Lavoie,
Zoey Lupien, Alexis Maiorino, Samuel McCullough, Molly McKinnon,
Ella Menezes, Ryan Mitchell, Alexis Mumford, Madelyn Nault,
Ryan Oberman, Caden Phillips, Tyler Pierpont, Reece Porter,
Addison Rader, Matthew Radomski, Lucille Rancatore,
Devon St. Cyr, Jacob St. Pierre, Bode Totten, Peyton Vaughn,
Brindle Whittaker, Eliza Wuellenweber.

GRADE 8 ~ HIGH HONORS

Sean Atwell, Morgan Aubrey, Grace Ayers, Gwendolyn Barrieau,
Dale Berg, Madelynn Bouch, Kyle Cimis, Milo Cocola,
Chase Crowell, Madelyn Fish, Jacob Gancarz, Brylie Gelinaz,
Bryce Gervais, Ethan Herrick, Andrew Jewel, Shire Kelley,
Samuel Kelso, Troy Konstantakos, Charlotte Lewis,
Cassidy Madigan, Cadence Malone, Kaylee McGill,
Meghan McKeen, Emina Muminovic, Clayton Nadzan, Lea Parente,
Madison Pfister, Estelle Piar, Shane Rabalais, Callum Richardson,
Ryleigh Riggs, Addison Rodger, May Schleifer, Trevor St. Cyr,
Emma Stocks, Jordin Testa, Sean Walton, Oliver Weiss,
Charlotte Weiss, Kaly Woodbury, Owen Wright,
Camille Wuellenweber, Anna Zerba, Sophia Zink.

GRADE 8 ~ HONORS

Gabriel Abberton, Isabella Blomgren, Robert Briere,
Zachary Cannon, Trey Catenza, Laura Ciminesi, Chandler Curtis,
Nikolai Fuchs, Charles Garland, Bryce Goodreau, Nicholas Greene,
Madelyn Hebert, Alexander Hickman, Kaylee Jacques,
Caitlyn Johnson, Adam Lafferty, Garrison Landers, Alivia LaRose,
Benjamin Lewis, Annabelle Maxwell, Nathaniel McKee,
Aubrey Merrill, Joshua Roos, Charlie Sarette, Rowan Schlosser,
Lucas Slayton, Lilian Smith, William Thomas, Vera Virta,
Stella Wantuck, Bryson Wesler, Claire Wilke, Camden Wilson.

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Presented by Bow Garden Club

MONDAY, APRIL 17TH, 6:00PM

*What Makes a Proven Winner
a "Proven Winner"*

The Bow Garden Club invites you to their first educational program for 2023. Join us at the Old Town Hall where Pleasant View Gardens will provide us with a presentation, an illustration of what goes into creating a plant worthy of the "Proven Winner" name and reputation. They will also introduce us to some of the new varieties that will be coming to garden centers in the Spring.

REGISTRATION REQUIRED

Please email us by Friday, 14th April
to reserve your seat
register@bowgardenclub.org

SCHEDULE

6:00pm - Social Time & Refreshments
6:30pm - Presentation
7:45pm - Member's Meeting



www.BowGardenClub.org
www.pwpvg.com



SECOND QUARTER HONORS

BISHOP BRADY

HIGH HONOR ROLL

Joseph Richardson	Grade 9	Hopkinton
Talon Perkins	Grade 10	Dunbarton
Ana Badau	Grade 11	Hopkinton
Caroline Michaud	Grade 11	Dunbarton
Nathan Steigmeyer	Grade 12	Bow
Nicholas Steigmeyer	Grade 12	Bow

HONOR ROLL

Gwyneth McLaughlin	Grade 9	Bow
Claire Chimienti	Grade 10	Hopkinton
Emma Richardson	Grade 10	Hopkinton
Paul Badau	Grade 11	Hopkinton
Evan Dow	Grade 11	Bow
Xander St. Pierre	Grade 12	Bow



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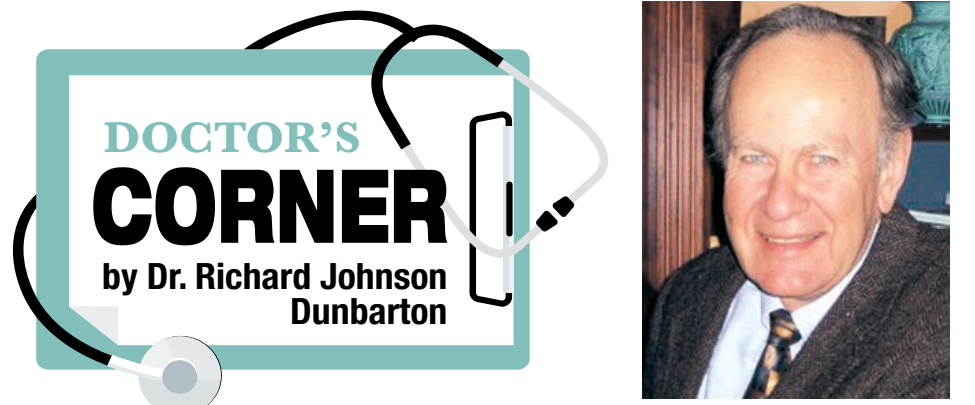
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DOCTOR'S CORNER
by Dr. Richard Johnson Dunbarton

AUTO CRASH

At one time or another we all will be in an automobile. There are currently about 286 million vehicles on the road. 77% of motorists in the US have been in at least one accident in their lifetime. For every 1000 miles you drive, your chances of getting into a car accident are 1 in 366. Every year in the United States, car collisions cause 32,000 deaths and injure 2 million people. (1)

There are many reasons for auto accidents, but that is not what this short article is about. I want to look at what happens in a crash, which is a deceleration injury. Remember your physics? Let me state clearly that I am no expert in physics.

There is one formula, which is important, and you might recall it from experiments in high school. It is this: Force is directly related to mass times the velocity squared divided by two times the distance. $F = \frac{mv^2}{2d}$

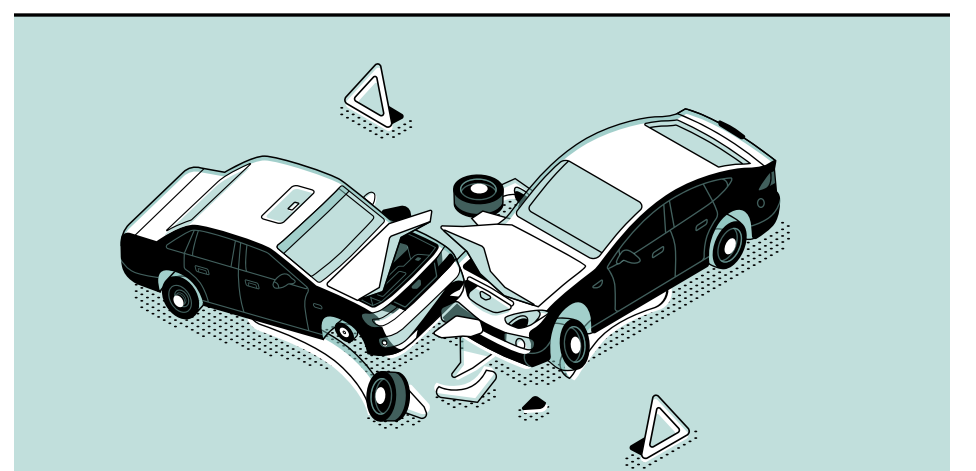
This is why 'speed kills'; the faster (v) you are going, the greater the deceleration, and the greater the injury. (Remember that 'potato gun' you built in junior high?) That is why there are speed limits on our highways. But there is another factor involved, and a friend called it to my attention the other day: the mass (m) of the object.

Let's think about the 'mass' of our vehicles. A lighter vehicle will always be at a disadvantage when it collides with a heavier vehicle. A Mitsubishi Mirage, at 2,095 pounds, was the lightest car in 2022. The Hyundai Venue at 2,612 pounds and the Buick Encore at 3,358 pounds give you an idea of car weights. Compare that to the GMC Hummer EV which weighs 9,063 lb. The battery pack alone weighs over 2,900 pounds which is about the weight of a Honda Civic. The Ford F-150 Lightning is between 2 and 3 thousand pounds heavier than the non-electric version. (2). Popular Tesla is between 4,065 and 4,560 pounds. As of 2020, there are over a million EVs (Electric Vehicles) on US roads (Argonne National Laboratory, 2021).

Medically speaking, it is this deceleration force (F), as illustrated in the formula above, that causes injury. Deceleration injuries can include shock, concussions, sprains, internal organ ruptures, fractured bones, respiratory and circulatory arrest, and hemorrhage.

So, what's the point? Yes, you are safer in a heavier vehicle, but if you are hit by a heavier vehicle, you are more susceptible to severe injury. We try to regulate highway speeds, but there is no regulation of automobile weight. The National Transportation Safety Board chair, Jennifer Homendy, said: "I'm concerned about the increased risk of severe injury and death for all road users from heavier curb weights (the weight of the vehicle without any passenger or items in it except for the standard equipment that comes with it) and [the] increasing size, power, and performance of vehicles on our roads, including electric vehicles." (3). The problem is one of simple physics: with everything else being equal, heavier vehicles create more energy during a crash than lighter vehicles.

1. <https://pl-law.com/what-is-my-probability-of-getting-into-a-car-accident/>
2. <https://arstechnica.com/cars/2023/01/top-safety-advisor-raises-alarm-about-ever-heavier-evs/>



WHAT'S THE DIFFERENCE?

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

PRE-QUALIFICATION: THE FIRST STEP

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

Prequalification is a fairly simple process. It's not in your best interest to skip this step of the loan process. Getting prequalified often sends a signal to the realtor that you are a serious buyer and you are committed to finding a home. It's also helpful to you because it gives you a better idea of what price range you can be looking in.

One thing to note is that loan pre-qualification does not always include a deep analysis of credit reports or an in-depth look at the borrower's financial ability to purchase a home. The initial pre-qualification step can open a discussion with the borrower to determine any specific needs they may have regarding a mortgage. The lender will explain various mortgage options and recommend the type of loan that may best suit the homebuyer. One of the first questions a realtor will ask of a potential buyer, is if they have been pre-qualified, and what their status is.

The realtor usually keeps a copy of the pre-qualification letter on file.

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

THE PRE-APPROVAL PROCESS: MORE CONCLUSIVE

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

To get pre-approved, the borrower must complete a formal mortgage application, as well as supply the lender with all the necessary documentation to perform an extensive credit check and financial analysis. The lender will then offer a mortgage loan pre-approval up to a specified amount. Going through the pre-approval process also offers a better idea of the interest rate to be charged and a discussion of the best loan option available. Lenders will provide a conditional commitment in writing for an exact loan amount, allowing borrowers to look for homes at or below that price level with much higher confidence than provided by a pre-qualification. This puts borrowers at an advantage when dealing with a seller because they're one significant step closer to getting an actual mortgage.

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





2023 BOW ROTARY CLUB FOUNDATION SCHOLARSHIP PROGRAM

The Rotary Club of Bow is announcing that our annual Foundation Scholarship Applications are now available. Due to the tremendous support of our community, the Foundation will be awarding a total of \$25,000 in post-secondary scholarships in 2023!

Our Scholarship Program provides scholarships to graduating high school seniors who attended Bow High School or who are Bow or Dunbarton students who attended other area high schools. Bow High School tuition student must be from a town or city either without a Rotary club or with a Rotary club that doesn't offer college scholarships.

Based on the student's goals, there are three different types of scholarships from which to choose:

Bow Rotary offers a **Traditional Scholarship** to those who are currently a graduating high school or homeschooled senior or has been a student attending college within the last four (4) years.

The **Vocational** school or certificate program scholarships to those student wish to attend a technical/vocational school two-year program or wish to attend a certificate program.

For older adults, who have not attended school in the last four years, there is an **Adult** student scholarship.

The Applications are available in a PDF format for download from bowrotary.org under the Scholarships/Grants menu. The PDF forms can be filled in electronically and emailed or may be printed off and mailed. Forms are also available in the Bow HS Guidance Office.

The application must be received at the Bow School District Superintendent's Office or emailed to bowrotary@gmail.com no later than 3:00 PM on April 14th. Applications may also be mailed to the Bow Rotary Club, PO Box 1935, Bow NH 03304.

Selected recipients of this scholarship will be notified in writing by June 30. The actual scholarship award will be presented to the recipients in early January at an awards program held by the Bow Rotary Club. The scholarship award will be payable directly to the scholarship recipient for expenses.

FOUR-WAY TEST SPEECH CONTEST A BIG SUCCESS

If you need encouragement about the future, you should listen to the Rotary Four-Way Test Speech Contest this year. Wednesday March 8th, eight high school students from Bow and Dunbarton, gave speeches using the Rotary Four-Way Test:

- Is it the Truth? Is it fair to all concerned?**
- Does it build goodwill and better friendships?**
- Is it beneficial to all concerned?**

Topics ranged from the benefits of summer camp to making ADHD a superpower, but all eight were well-prepared and interesting. Baker Free Library's Lower Level was the location, and parents of the speakers, Rotary members and other town residents attended. In between speeches, members of the Club provided information about international projects, Club projects and Club experiences.



Four-way Speech Contest 1st place winner, Adee Cooper. Photo Eric Anderson.

The Contest is an annual one, offering high school students an opportunity to test their speech writing and delivery skills in front of a friendly audience and impartial judges, with cash prizes awarded.

Seniors from Dunbarton, Marissa Green, Vanessa Hood, and Piper Watford and Bow, Finnegan "Finn" Bonner-Gerber, were challenged by Juniors Sabrina Barnard (Bow), Adeesh Cooper (Dunbarton) and Joseph McDowell and Sophomore Lexana Farr (both from Bow).

First place went to Adeesh "Adee" Cooper, with a prize of \$500; Second place went to Finn Bonner-Gerber, with a prize of \$300, and Third place to Joseph McDowell. Ms. Cooper will go on to compete in the Rotary District Speech Contest semifinals, where she has the chance at an additional cash prize.



LOCAL BUSINESSES, ORGANIZATIONS & INDIVIDUALS SPONSORSHIP IS NEEDED FOR THE BOW COMMUNITY BUILDING CONTAINER GARDEN PROJECT

The Bow Garden Club is coordinating a project with the support of the Bow Rotary, Bow Mens Club, the Town of Bow, and a grant awarded by National Garden Club Plant America to create a container garden on the southside of the Community Building. The project will commence in April and we are accepting sponsorships to purchase 10 to 12 medium and large containers to be placed on a bed of natural river rock.



- ✓ Sponsorship for medium 20" size container is approx. \$200
- ✓ Sponsorship for large 26" size container is approx. \$365
- ✓ Seasonal plant costs provided by Town of Bow & BGC
- ✓ Plantings and Maintenance provided by Bow Garden Club

A SPONSORSHIP PLAQUE WILL BE ADDED TO EACH CONTAINER

For more information please contact Keryn Anderson at (603) 731-6425 or email president@bowgardenclub.org



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BOW SCHOLARS NAMED

- Alex Cross** to Roger Williams University's fall 2022 dean's list.
- Madden McLeod** named to Ithaca College's fall dean's list.
- Riley King** named to Roger Williams University's fall dean's list.
- Grace Maurer** named to Roger Williams University's fall dean's list.
- Hunter David** named to the fall dean's list for the University of Maine.
- Owen Libby** named to the fall dean's list for the University of Maine.
- Isabelle Dolcino** named to fall dean's list for St. Lawrence University.
- Colin Bayer** named to the fall dean's list for Emerson College.
- Darby J. Hartford** named to the fall honors list at Clark University.
- Olivia G. Murray** named to the fall honors list at Clark University.
- Rachel Budd** named to the fall dean's list for Hamilton College.
- Nicholas Aubrey** named to the fall dean's list for Bryant University.

THE MOST VALUABLE GIFTS YOU CAN GIVE YOURSELF!

by Jim Olson

The best thing you can do for your health and fitness is to set a goal and create a realistic plan for reaching it. When you have a goal, you have something to strive for, and when you have a plan, you have a roadmap to help you get there. So take time to sit down and figure out your goals, and then come up with a plan for how you will achieve them. The results will be worth it!

THE FIRST STEP TO BETTER HEALTH

When you have something concrete that you're working towards, it's much easier to stay motivated and stay on track with your plan. If you want to lose weight, give yourself a specific weight-loss target. If you want to start exercising more, set out a clear weekly or daily goal for how much you'll exercise; if you want to eat healthier, determine what changes in your food choices you're going to make.

If it's your dream to eventually compete in an event like a marathon, write down all of the specific things you'll have to do in order to get there.

BE REALISTIC

It's also important that your goal be realistic within the context of your life right now. If your goals are realistic within the context of your life, you'll be more likely to stick with them.

IT'S NEVER TOO LATE

It's never too late to set new fitness goals for yourself, or reach your old ones. You may have "quit" on your New Year's resolution after only two weeks, but that doesn't mean you're stuck with what you've got right now. You can go after any goal at any time, and whether you take the steps to do so will depend on how badly you want it.

ACCOUNTABILITY

Being accountable to yourself creates an inner pressure to act — that turns good intentions into actions. Setting goals without following through can't actually help you reach your destination. This isn't just about motivation, though; it's also about self-discipline and being able to stick with your plan.



Jim Olson

Fitness is something quantifiable that can be measured, and that's one of the reasons why it's so important to determine your goals in advance. Measuring whether or not you're succeeding, keeps you accountable also helps you stick with your plan. If you set a goal for yourself but never track it, how do you know if it's really working?

Tracking your progress lets you to see how far you've come, which can also add to your motivation. Track your progress by setting daily, weekly, or monthly targets that are measurable. This way, you can work out for 30 minutes every day instead of just "working out more" without any accompanying effort.

REWARDS

Working out may feel like a chore when you're just doing it to be healthy, but it becomes far more fun when

you look forward to the rewards.

By thinking about the future benefits of reaching your goal, it becomes easier to work through those tough days when you just don't feel like getting out of bed. You'll be more satisfied crossing the finish line knowing how hard you had to work for it.

GIFT YOURSELF

The most valuable gifts you can give yourself are a goal and a plan for reaching it. Starting today, don't just think about changing your life for the better; go out and actually do it. You have all the potential in the world to accomplish everything that you put your mind to if you just have a plan for reaching it.

Whether it's a resolution, a lifestyle change, or just something you want to do for yourself, now is exactly the right time to start working on those goals and putting together your plan for success.

Don't hesitate any longer to take the actions necessary in order to achieve your fitness goal and make this better life possible.

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Jim, John & the IF Team



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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
71 Cedar Street	3 Bedrooms 3 Bathrooms	1,532 Square Feet	0.45 Acres	\$369,000
71 Cedar Street	3 Bedrooms 3 Bathrooms	1,532 Square Feet	0.45 Acres	\$374,900
544 Upper Straw Road	3 Bedrooms 1 Bathrooms	1,686 Square Feet	0.99 Acres	\$387,000
326 Little Tooky Road	3 Bedrooms 2 Bathrooms	1,440 Square Feet	1.1 Acres	\$395,000
256 Gage Hill Road	3 Bedrooms 3 Bathrooms	2,147 Square Feet	0.69 Acres	\$445,000
477 Gould Hill Road	4 Bedrooms 3 Bathrooms	3,435 Square Feet	1.2 Acres	\$720,000
278 Main Street (4/family)	8 Bedrooms 8 Bathroom	4,816 Square Feet	0.29 Acres	\$775,000
798 Dolly Road	4 Bedrooms 5 Bathrooms	4,846 Square Feet	8.5 Acres	\$895,000

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SEND A CHILD TO CAMP

Human Services is looking for donations to assist families in our community with the cost of recreation camp this summer.



Checks can be made out and sent to:

Hopkinton Human Services
330 Main Street
Hopkinton, NH 03229

HOPKINTON POLICE DEPT.

FEBRUARY 2023

6 Arrests 12 Accidents 290 Traffic Stops

02/13 Troy Roberts, 47, of 434 Brockway Road, Hopkinton, NH was arrested for Conduct After Accident, Drive After Revocation/Suspension and Reckless Conduct.

02/17 Joseph Tierney, 20, of 11 West Union Street, Goffstown, NH was arrested for Breach of Bail and Criminal Threatening.

02/19 Wyatt Lord, 21, of 1062 NH Rte 123A, South Actworth, NH was charged with Reckless Operation and Speeding 26+ mph over limit of 55 or less.

02/20 Dylan Thompson, 32, of 82 Howard Street #3, Keene, NH was arrested for Control Drug: Schedule 1-4; Possession.

02/20 Paulson, Brenden, 18 of 143 Deerhaven Road, Weare, NH was charged with Improper Person Driving Vehicle.

02/27 Meatty, Nicholas, 23, of 22 Liberty Hill Road #4, Henniker, NH was arrested for DUI-2nd Impairment, Drive After Revocation/Suspension and Disobeying an Officer.

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HOPKINTON - CONTOOCOOK
TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

HOPKINTON ROTARY CLUB honored Louise Carr as Hopkinton's 2022 Citizen of the Year, in recognition of her efforts to improve life in our community. Over the year she has played major roles in the Kimball Cabin restoration and planning, preservation planning for the Houston Barn, and the organizing of the Murder Mystery Dinner fundraiser for the Recreation Department, all the while serving and leading many town committees. On February 22 Hopkinton Rotary Board members Ken Traum and Eric Schlepphorst presented Louise a check for \$500 to be donated to a charity of her choice and honored her with Rotary's Paul Harris Award in recognition of her exemplary community service.

CALL FOR ARTWORK Hopkinton Town Library Call for Artwork (all media) with the prompt Edward Lear's classic poem "The Owl and the Pussycat." Artists age 10 to 110 are encouraged to submit photos of your work to info@hopkintontownlibrary.org by March 24th for a gallery show in April and May 2023. Let your imagination soar! Copies of the poem available at the library and on our website.

AMERICAN LEGION POST 81 will host a morning **Flea Market** on the second and fourth Sundays of the month until May. Vendor space for a 12' space is \$10 without a table and \$15 with an 8' table provided. To reserve a space and for more information, call or text Tammy at 603-620-6804.

LIKE TO SNOWSHOE? Adults can join us Thursday at 11am for group snowshoeing! See the details online at www.HopkintonRec.com.

THE AARP TAX-AIDE PROGRAM offers free tax preparation at the Hopkinton Town Library Wednesdays and Thursdays in the Community Room. Call 211 for an appointment, or schedule your appointment online at www.nhtaxhelp.org. AARP membership is NOT required.

FAMILY STORY TIME meet twice a week at the Hopkinton Town Library, Tuesdays at 1:00 and Wednesdays at 10:00. Story Time features literacy based stories, songs, and finger plays with a new theme each week.

THE CONTOOKULELES will be meet on the first Wednesday of each month from 6-8:00 PM. All ages and all ukulele levels (including beginners) are welcome at Community Room at the Hopkinton Public Library.

SPRING LACROSSE Registration is now open. Please go to the website at www.hopkintonlacrosse.com.

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.

CONTOOCOOK 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.

CAMP REGISTRATION Hopkinton Summer, Art, Science and British Soccer camp registration is open. www.hopkintonrec.com.

LIBRARY BOOK GROUP The March reading for the Library Book Group is *The Next Ship Home: A Novel of Ellis Island*, by Heather Webb. This is a novel of the dark secrets of Ellis Island, when entry to "the land of the free" promised a better life, but often delivered something drastically different, and when immigrant strength and female friendship found ways to triumph even on the darkest days. The Book Group will meet to discuss *The Next Ship Home* on Wednesday March 29 at 1:00 in the Local History Room, as well as on Zoom. The library has multiple copies of the book. The novel also is available as a hoopla audiobook, hoopla ebook, and an Overdrive/Libby ebook.

HOPKINTON POLICE ASSOCIATION is excited to announce its first annual **Comedy Show**, in partnership with the American Legion! Come out for a night of laughs with three great comedians. There will also be multiple raffles for prize. Plan a fun evening with family and friends - Friday April 28th at the Legion. The show starts at 7:00 and doors open at 6:00 with food and drink available. Tickets are on sale now, with group ticket pricing. For tickets: www.eventbrite.com.

THE SLUSSER CENTER has so much to offer. Check out the following programs and classes made available to our community:



CRIBBAGE games on Tuesdays at 1:00. Don't know how to play — want to learn? Contact the Recreation Department and we will put you in touch with an experienced Cribbage player who can teach you! 603-746-8263 www.HopkintonRec.com.

BALLET AND CREATIVE DANCE meets on Tuesdays from 3:45 to 4:45 PM, March 7 through May 9. Classes are for boys and girls in grades 2-5. Register at www.hopkintonrec.com.

IN-PERSON DINING is offered for Wednesday Senior Lunch. A \$5 donation is requested. Once a month we are fortunate to enjoy Sandy's beautiful melodies at the piano while you eat. Details are online at: www.HopkintonRec.com. Feel free to stop in the Slusser Center Monday-Friday from 9:00- 4:00 for a tour and pick up a full list of programs for adults 50+. Call 603-746-8263.

50+ STRONG LIVING exercise programs tailored for adults over 50, offers Chair Yoga on Monday and Friday morning at 9:30. Chair Yoga is great for both the body and mind. This program is free (donations accepted). Join us!

READ HOPKINTON TOWN CRIER NEWS ONLINE AT
www.thebowtimes.com



BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor



“SOMETHING IN THE AIR” FOR BOW BOYS FALCON LACROSSE

Energy is running high for the Bow Boys Falcon lacrosse team. With the season nearing, excitement is in the air for the varsity squad. Following an abysmal 2022 season that left a lot to be desired, the Falcons had a bittersweet offseason. The team dropped to division 3, but during the summer, Devin Calkins was hired to become the new head coach. Calkins was a former lacrosse star at Bow High School, playing from 2011 to 2014 and racking up 152 goals and 245 career points. He stated, “Lacrosse has always been at the heart of my family.” His father, Paul Calkins, has been the Head Coach of the Southern New Hampshire Men’s Lacrosse Team since Devin was born. He would go on to play the next four years of lacrosse with his father at SNHU where he would accumulate 50 points. “My two brothers and I were all raised on the sport of lacrosse. He went on, “Watching my brothers play and watching my dad’s team play, I fell in love with the game.”

The addition of Calkins will bolster a squad loaded with talent. The team returns all their starters, including Senior Midfielders Canyon Batchelder, Ben Berube, Owen Walton and Hollis Jones. The defense will lean on Logan Rain, Patrick Wachsmuth and Owen Guertin while junior attackmen Ryan McCabe and Brodie O’Neil look to be the premier scoring threats. But the Falcons will rely most on Junior Midfielder Gavin McCabe. McCabe had a breakout 2022 campaign, scoring 36 goals and over 20 assists. He was a Division Two All-State selection and named Best Offensive Player by his coaches. Coach Calkins stated, “You take someone that was All-State in division 2 and put them in division 3, I think Gavin will certainly have a lot of success in division 3 as he’s already shown he can in division 2. I’m definitely excited to watch him play.” McCabe has garnered attention from numerous colleges including Vassar, Skidmore and Kenyon, but has his attention on the upcoming season. “I couldn’t be more excited for this upcoming season. I think it’s an extremely promising year and we have a great group of guys. I’ve been waiting all year, super excited to get back on the field with the high school team.” He would go on, “My goal is a division 3 championship. I know I speak for the team when say I’m satisfied with nothing less than a championship.”

“I’m excited about the players,” Calkins mentioned. “Creating a player centric experience is something I’m really excited about. The Falcons have been playing indoor games since November and have had multiple captains’ practices in preparation for the season. “It’s important to get everyone ready but get everyone excited.” McCabe stated. “You can feel that energy, that buildup of anticipation amongst all of us.” The Falcons look to end a near decade long drought since a Championship birth, and the team has a great opportunity to prove themselves this spring. “Something’s in the air.” Coach Calkins stated. “It’s going to be fun to watch.”



THE COMMITMENT LIST

Bow High School’s class of 2023 currently has 7 college committed athletes. This month’s “Commitment List” athletes are football standouts Owen Walton and Hollis Jones.

The Falcon Starting Quarterback **Owen Walton** put on a show during his final year wearing the blue and maize. Throwing and rushing for multiple touchdowns, along with eclipsing over 40 tackles and 1 interception, the team captain was an integral piece to the Falcons’ outstanding 2022 season. Walton was named first team All-State at defensive back and was selected to both the CHaD East vs. West All-Star game and the Shrine All-Star Game. Only a few weeks after his final game, Walton made the decision to commit to playing college football at Husson University. Located in Bangor Maine, Husson competes in the Commonwealth Coast Conference at the division 3 level. “Husson University really offered me everything I could have asked for and made my decision incredibly easy.” Ultimately, Walton chose Husson for the strong Physical Therapy program, football was a bonus. “I plan on studying Physical Therapy, and very few universities offer an accelerated program like Husson does.” He would continue, “My program allows me to earn both a bachelor’s degree and a Doctorate Degree in only 6 years.” In relation to the gridiron, Walton said, “Football has been a staple in my life for a long time now, and it’s truly a blessing to continue that in college. I have grown up playing football, starting in fourth grade with Bow Youth Football and it’s molded me into the player and person I am today.” Husson receives a diamond in the rough as both a talented athlete and impressive student.



Hollis Jones is certainly one of the most impressive athletes to have gone through the Bow Football Program. A four-year varsity starter, since his freshman year, Jones has proven to be one of the best players in the state. A two-time All-State linebacker, Jones is a monster on defense. He had a stellar 2022 season, racking up 73 tackles, 10 sacks, 4 forced fumbles, and an interception. He was named First Team All-State at middle linebacker and earned best defensive player as voted on by the Bow coaching staff. For his senior year, Jones was also tasked with playing running back. He scored 15 touchdowns, rushed for nearly 900 yards on a little over 100 carries and averaged 8 yards a carry! His impressive accolades and accomplishments gave him the opportunity to fulfill his dream of college football.

“Playing college football has always been my goal since I started in 3rd grade,” Jones stated. “It wouldn’t be easy, but if I stayed focused and kept my eye on the goal, I knew in my heart that I could achieve it.” Jones did just that, committing to Castleton College in February. “I’m definitely looking forward to playing inside linebacker for Castleton, playing that physical game that I’m known for.” He would go on, “It is an incredible opportunity that I am blessed with to move on to the next level of academics as well as athletics.” Jones currently plans on studying Sports Management in college. “I chose to study Sports Management because I want to make an impact on the future athletes and the next generation of talent.” His impact on Bow football has been profound, and he’ll represent Bow superbly in the green and white.



FALCON SPORTS



BOW GIRLS LOSE CHAMPIONSHIP BY 1 POINT

After defeating Laconia in the Division II semifinals, the Bow Girls went to the championship game on March 12 against Kennett in Durham.

The Falcons were up by one point at 37-36, with 16 seconds left in the game. Then came in a shooting foul, the whistle and Kennett got two free throws. Kennett's Kaylee McLellan sank both to turn the score 38-37 against Bow with no time on the clock.

Bow senior Bella LaPearle led The Falcons with 15 points and six rebounds. Alex Larrabee had 13. Photo | Chip Griffen www.chipgriffin.com

NHIAA ALPINE SKIING CHAMPIONSHIPS BOW THIRD PLACE

The Falcons had a respectable showing at the Division II Alpine skiing championships at Crotched Mountain.

Senior Patrick Wachsmuth defended his D-II slalom title and matched his 2022 runner-up finish in the giant slalom to lead the boys to third place at Crotched Mountain, while the Bow girls finished seventh at Cranmore.

Competing against powerhouse ski schools like Hanover and Conway's Kennett High, Bow head coach Mike Sampo was realistic about his team's chances. But he had high hopes for Wachsmuth.

NHIAA SWIMMING CHAMPIONSHIPS

Despite a power outage that postponed part of the D-I and the entire D-II swimming championships on February 11-12 at the University of New Hampshire, Concord and Bow were among the teams that competed across various events.

On the D-II girls' side, Bow finished seventh out of 20 with 82 points. Bow boys were 11th with 37 points.

For Bow, sophomore Ryan Powers won the boys' 50-yard freestyle (22.58 seconds and the 100-yard freestyle (49.71); sophomore Ian Klements placed eighth in the 100-yard freestyle (57.86); sophomore Lena Thompson placed third in the 100-yard butterfly (1:01.25) and the 100-yard backstroke (1:00.93); and sophomore Lorraine Schaffer finished fourth in the 100-yard freestyle (55.91).

FALCONS MAKE IT TO DIVISION I HOCKEY PRELIMINARY ROUND

With a 5-1 win over Salem on February 25, the Bow Boys' Hockey teams secured home ice for the Division, I Tournament Preliminary game for the first time in program history.

In the first week of March, Bow coach Tim Walsh led the 10-8 record team to the Prelim game in Bow. Unfortunately, Bow lost 3-0 to Pinkerton Academy to close out its hockey season.

BOW BOYS' BASKETBALL PLAYOFF GAME FALLS SHORT TO COE-BROWN

The Division II first round playoff game pitted Bow against Coe-Brown Academy, but the Falcons came up on the short end of a 70-50 score.

This upset followed the game win over Sanborn that propelled Bow to the preliminary game for the Division II crown. The 76-70 win over Sanborn had key players from Bow. Jake Reardon (25 points), Mark Folsom (20 points), Brendon O'Keefe (9 points), Keenan Hubbard (9 points).

HOPKINTON SPORTS

HOPKINTON GIRL SKIERS WIN

Hopkinton placed all four scoring skiers in the top 11 of the morning giant slalom and topped that by placing all four in the top eight in the afternoon slalom, as the Hawks decisively claimed the Division III Girls' Alpine Ski championship on February 13 at Gunstock.

Hopkinton scored 380 points in the GS and 382 in the slalom for a total of 762, a comfortable margin over runner-up Plymouth (696).

First-year head coach Scott Zipke spoke to Hopkinton's youth and depth after the Hawks won the Capital Cup on February 1, and both were clear when you look at these results.

Freshmen Anne Pearce (third, 1:12.86) and Marcella Guadagno (fourth, 1:12.88) led Hopkinton in the GS, with senior Clara Locke (sixth, 1:14.54) and freshman Avery Loew (11th) rounding out the scoring.

BOYS' NORDIC SKIING

March 1 – Hopkinton 389, Bow 366, Concord 347

Key players: Hopkinton - Matt Clarner (1st, 17:22), Will Chain (3rd), Joseph O'Rourke (4th), Harrison Wilson (7th); Bow - Calen Smith (5th), Aiden Ciminesi (8th), Owen Miller (12th), Alden Betterley (13th)

Highlights: The Hawks defended their home course at the Hopkinton Fairgrounds, claiming three of the top four spots in the freestyle race. Clarner won the race by 1:27 over runner-up Maxwell Ronner-Bland from Winnacunnet.

GIRLS NORDIC SKIING

March 1 – Hopkinton 393, Concord 359, Bow 349

Key players: Hopkinton - Ava Rothe (1st, 21:47.2), Elizabeth Clarner (2nd, 21:47.3), Elizabeth Trafton (3rd, 21:47.4), Bow - Rachel Pelletier (4th, 21:47.5), Molly Mc-Carthy (16th), Bella Raisty (17th), Ashe McKeen (18th)

Highlights: The Hawks swept the top three and placed six in the top seven to easily win a freestyle meet on their home course at Hopkinton Fairgrounds. Hopkinton's top skiers and Pelletier formed a tight pack in the top five, separated by only 0.4 seconds.

HOPKINTON BOYS PLACE 2D IN ALPINE SKIING

With great skiing the Hopkinton Boys' came in second place at the Division III state championship on February 14 at Gunstock.

Plymouth - last year's runner-up - tallied 750 points, ahead of Hopkinton's 727, to win the team crown.

Sophomore Merrick Chapin (second, 1:07.33), senior Will Chapin (fourth, 1:08.45), and juniors Harrison Wilson (sixth) and junior Cam Bassett (22nd) scored for Hopkinton in the GS.

The Hawks were even closer in the afternoon, with Plymouth outscoring them 370-361. Forced to ski a little bit more aggressively, Hopkinton had some falls in the afternoon but still had strong races from Merrick Chapin (third, 1:04.38), Will Chapin (fourth, 1:06.87), Wilson (seventh, 1:09.98) and junior Matt Dermody (33rd).

HOPKINTON BOYS' BASKETBALL TEAM DEFEATED IN SEMIFINALS

The Division III Hawks got waylaid on the way to the finals when Gilford upended them 62 to 42. The game played at Goffstown HS left the Hawks proud with a 14-6 season behind their efforts on February 22.

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FEATURED EVENTS

Wildlife Encounters: Global Safari Saturday, April 1st | 10:30am

The Wildlife Ecology Center of Barrington, returns to Bow! On this global tour, an Outreach Ambassador will visit the library with seven live animals from different habitats, allowing children and their families to learn about each unique critter. Animals may include reptiles like lizards and snakes, tortoises, parrots, hedgehogs, foxes and armadillos, among others! The presentation is expected to last 45-60 minutes. Recommended for children aged 5 and up. Space is limited.



CHILDREN'S PROGRAMMING

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

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

AFTER-SCHOOL PROGRAMMING

Page Turners Book Club | Thursday, April 6th at 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, April 12th at 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, March 28th | 6:30pm

Courtship and Construction

Bird nests are as unique to a species as their plumage, with nesting materials ranging from grasses and twigs to spit, mud, and even metal wire. Some species construct their nests together, while others spend significant

energy independently creating a nest in an effort to attract a mate. Let's explore some truly astounding avian architects before examining the construction and maintenance behind the Bald Eagle's impressive egg abode and their deep commitment to the territory where they choose to place it. If you think the housing market is tough in NH, wait until you see what real estate is like from a Bald Eagle's perspective! To register for this webinar and receive the Zoom link, please visit www.nhaidubon.org/event/resilient-raptors-webinar-7/.

Spark! Adult Craft Club | Tuesday, April 4th | 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.

Adult Book Talk | Tuesday, April 11th 12:30pm & 6:30pm

The Adult Book Talk Group meets on the second Tuesday of January. We will be discussing *Tender is the Night* by F. Scott Fitzgerald. Copies of the book are now available at the Circulation Desk to check out.

The White Rock Book Group will meet at the White Rock Senior Center on April 18th at 1pm.

Love mysteries? Contact Amy at amy@bakerfreelib.org to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on April 4th at 1pm.

Mother Nature's Mindfulness | Thursday April 20th | 6:30pm

Envision: the smell of sun-warmed pine needles, the music of early morning spring birdsong, the softness of a flower petal, the soothing colors of a cool forest. Can you feel yourself relax, becoming less stressed and calmer?

When we mindfully engage our senses with the natural world, we enjoy more serenity, focus and creativity.

Join Kelly Dwyer as she discusses and explores simple, yet powerful techniques to utilize the gifts of nature for improved concentration and a sense of well-being, including effective ways to create indoor opportunities to incorporate these concepts on a daily basis.

IN THE GALLERY

March Exhibit: Out and About by Lyn Lull Mar. 6 - Mar. 31

Lyn is a life-long resident of Bow, with deep New England roots. Wandering around New England from mountains to seacoast provides a plethora of inspiration for her works in oil watercolors and graphite. Lyn is also an avid gardener. Her gardens provide subjects for paintings, as well as the dinner table, as do the objects from her antique and collectibles collections.

Lyn began drawing and painting at an early age. She continually works to improve her skills with classes and workshops, that include artists Elizabeth Johansson and Thomas Kegler. Growing up in New England, Lyn was influenced by the Hudson River Valley and White Mountain groups as well as contemporary artists such as Robert Bateman. They have helped her to develop her contemporary realistic painting style.

April Exhibit: Places and Faces: Textile Art and Watercolor by Susan Rock | April 3 – April 28

My art work represents who I am at the moment. I work in fiber and watercolor and seem to be always thinking about how and what I am seeing, hearing, how something feels, it's color, shape or texture and how they can be part of my art. Someone once said my brain must be like the tangled threads I sometimes use to express the stirrings within.

If you are interested in being a Featured Artist in the Gallery
in 2023, contact Amelia at amelia@bakerfreelib.org.

BOW FIRE DEPARTMENT



FEBRUARY 2022 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 18 Basic Life Support Transports
- 21 Advanced Life Support Transports
- 21 Non-Transport Care Refusal
- 3 Paramedic Intercepts
- 35 Fires/Hazardous Conditions/Alarms
- 10 Service Call Incidents/Good Intent
- 17 Overlapping Incidents
- 105 Total Calls for the Month

IN MEMORIUM CHIEF ENGINEER CLARK "TONY" CAMP



It is with deep regret, that Fire Chief Eliot J. Berman announces the passing of Retired Bow Fire Department's Chief Engineer Clark Camp, on Wednesday, February 22, 2023.

Tony served the community of Bow, for over 46 years, retiring in February of 2021. Please keep his family in your thoughts and prayers. He will be sorely missed.

THE HOME YOU SAVE COULD BE YOUR OWN!



The Bow Fire Department asks residents to **number their mailboxes.**

Numbers should be **visible from the street** and be on **both sides of the mailbox.**

Be Safe and Happy New Year!

2022 AWARDS CEREMONY & BANQUET



Bow Fire Department's **60 YEAR SERVICE AWARD** is presented to Firefighter Edwin "Ted" H. Bardwell (left) by Chief Berman & Deputy Chief Van Dyke. Many were recognized and awarded for outstanding service to the Department. The event took place on March 4, 2023, featuring dinner, awards ceremony and a special FEMA presentation by Mitch Harrington.



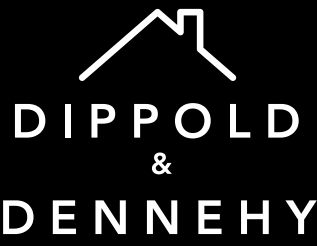
Chief Berman presents Anne Mattice with an award for **23 Years of Dedicated Service.**



Bow Fire Department's Deputy Chief Michael Van Dyke received the **2022 Chief's Award.**



Firefighter Matthew Espinosa is awarded for **10 Years Service & The 12th Man Award.**



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REAL ESTATE SALES IN BOW – FEBRUARY 2023

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
14 Sundance Lane	LAND	LAND	4.94 Acres	\$240,000
35 Logging Hill Road	3 Bedrooms 2 Baths	1594 Square Feet	2.40 Acres	\$393,500
47 Bow Bog Road	2 Bedrooms 1 Baths	1466 Square Feet	1.10 Acres	\$401,000
14 Betty Lane	3 Bedrooms 3 Baths	2340 Square Feet	1.20 Acres	\$486,333
3 Arrowhead Drive	3 Bedrooms 3 Baths	2508 Square Feet	2.38 Acres	\$625,000

REAL ESTATE SALES IN DUNBARTON – FEBRUARY 2023


ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
00 Everett Road Extension	LAND	LAND	7.00 Acres	\$65,000
93 Flintlock Farm Road	3 Bedrooms 3 Baths	3330 Square Feet	6.13 Acres	\$675,000
27 Putney Road	4 Bedrooms 5 Baths	4058 Square feet	6.25 Acres	\$850,000

Sales Data for February 2023 provided by the NHMLS.

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Granite VNA Offers Online “Powerful Tools for Caregivers”

Granite VNA is offering the online “Powerful Tools for Caregivers,” a six-week educational program that helps caregivers learn to take care of themselves. The program is on Wednesdays beginning April 12 from 2 to 3:30 p.m.

Caregiving can add stress to our physical and emotional health. The program helps family caregivers learn to take care of themselves. This interactive workshop helps caregivers learn to:

- Reduce personal stress
- Change negative self-talk
- Communicate more effectively
- Handle different feelings
- Make challenging caregiving decisions

To register, please call (603) 224-4093 or (800) 924-8620, ext. 85815 or visit www.granitevna.org/onlineprograms. Registration is required and space is limited. This program is offered at no charge.

PLEASE NOTE: Computer, laptop, or mobile device with a camera and microphone are required for this program. Technical instruction is available to participants in the group.

CREATING A RETIREMENT STRATEGY

Provided by Dominic Lucente

Most people just invest for the future. You have a chance to do more.

ACROSS THE COUNTRY, PEOPLE ARE SAVING FOR THAT “SOMEDAY” CALLED RETIREMENT.

Someday, their careers will end. Someday, they may live off their savings or investments, plus Social Security. They know this, but many of them do not know when, or how, it will happen. What is missing is a strategy – and a good strategy might make a great difference.

A RETIREMENT STRATEGY DIRECTLY ADDRESSES THE “WHEN, WHY, AND HOW” OF RETIRING.

It can even address the “where.” It breaks the whole process of getting ready for retirement into actionable steps.

This is so important. Too many people retire with doubts, unsure if they have enough retirement money and uncertain of what their tomorrows will look like. Year after year, many workers also retire earlier than they had expected, and according to a 2022 study by the Employee Benefit Research Institute, about 47% do. In contrast, you can save, invest, and act on your vision of retirement now to chart a path toward your goals and the future you want to create for yourself.¹

Since it’s impossible to predict the future, some people dismiss having a long-range retirement strategy. Indeed, there are things about the future you cannot control: how the stock market will perform, how the economy might do. That said, you have partial or full control over other things: the way you save and invest, your spending and your borrowing, the length and arc of your career, and your health. You also have the chance to be proactive and to prepare for the future.

A GOOD RETIREMENT STRATEGY HAS MANY ELEMENTS.

It sets financial objectives. It addresses your retirement income: how much you may need, the sequence of account withdrawals, and the age at which you claim Social Security. It establishes (or refines) an investment approach. It examines financial implications and possible health care costs, as well as the transfer of assets to heirs.

A PRUDENT RETIREMENT STRATEGY ALSO ENTERTAINS DIFFERENT CONSEQUENCES.

Financial professionals often use multiple-probability simulations to try and assess the degree of financial risk to a retirement strategy, in case of an unexpected outcome. These simulations can help to inform the financial professional and the retiree or pre-retiree about the “what ifs” that may affect a strategy. They also consider sequence of returns risk, which refers to the uncertainty of the order of returns an investor may receive over an extended period of time.²

LET A RETIREMENT STRATEGY GUIDE YOU.

Ask a financial professional to collaborate with you to create one, personalized for your goals and dreams. When you have such a strategy, you know what steps to take in pursuit of the future you want.

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

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CITATIONS.

1 – EBRI.org, 2022

2 – Investopedia.com, October 4, 2021



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.



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FIELDHOUSE SPORTS PERMANENTLY CLOSED LAST MONTH

The 70,000 square foot sports facility was sold to 12 Tallwood, LCC for \$6.1 million dollars, according to the Merrimack Registry of Deeds. EB Metal in Londonderry, will be convert the building for the purpose of manufacturing.

“The property occupied by FieldHouse Sports has been purchased by another organization,” FieldHouse’s website reads. “The facility has ceased to operate as an indoor sports facility.”

FieldHouse Sports rented fields used by soccer, lacrosse, field hockey, football, softball, baseball, volleyball and basketball teams in the community.



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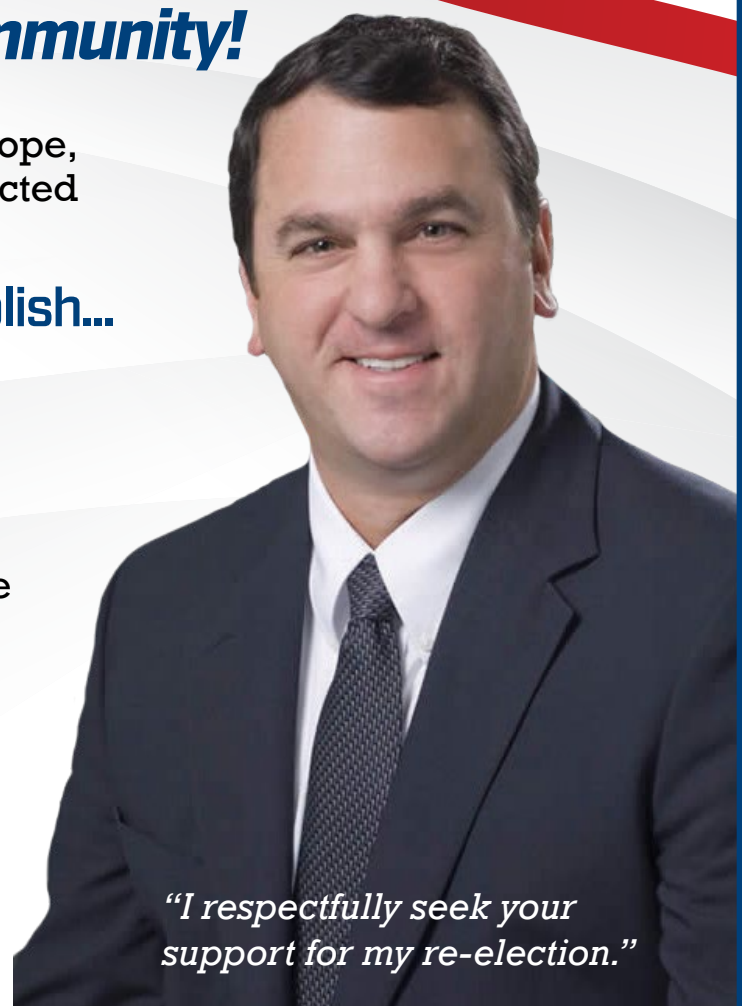
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Re-elect **BRUCE MARSHALL** *to keep Bow a family-friendly community!*

I fear national politics are seeping into our town elections and hope, with your vote, to refocus on the neighborly atmosphere that attracted my wife and I, and so many other families, to Bow.

I also believe I am the better candidate to accomplish...

- ★ A preferred plan for Exit 1
- ★ Better access to our business development district
- ★ Finalizing a plan for the community center
- ★ and further expanding on the approach taken with the purchase of the Bow Youth Center.



"I respectfully seek your support for my re-election."

VOTE

BRUCE MARSHALL

FOR

SELECTMAN

Paid political advertisement. Paid for by Bruce Marshall; 12 Sharon Drive Bow, NH 03304

Professional Engineer • Attorney • Businessowner • Proud Dad

DUNBARTON POLICE DEPT



MONTHLY REPORT

FEBRUARY 2023 ARREST LOG

2/3/2023: Scott Currier, 46, Dunbarton, was taken into custody on a Dunbarton PD warrant for registration of online identifiers (3), default or breach of bail conditions (3), and registration of criminal offenders – penalty.

2/4/2023: Brian Pike, 34, Dunbarton, was charged with driving or operating under the influence of drugs or liquor – 2nd offense, unregistered vehicle, driving without giving proof, and transporting drugs in a motor vehicle.

2/4/2023: Tyler Spiers, 26, Weare, charged with driving or operating under the influence of drugs or liquor, operating with suspended registrations, driving after revocation/suspension, non-inspection, and operating without a valid license.

2/6/2023: Camile Cadette, 19, Concord, charged with driving after revocation/suspension, operating with suspended registrations, operating without a valid license, and driving without giving proof.

2/11/2023: Justin Cate, 39, Rochester, was taken into custody on a Derry PD warrant for simple assault and criminal threatening and an electronic bench warrant for non-appearance in court on the original charges of driving while intoxicated and disorderly conduct.

2/15/2023: Louie Trudeau, 40, Manchester, was charged with driving after revocation/suspension, operating without a valid license, and misuse or failure to display plates.

2/16/2023: Scott Currier, 46, Dunbarton, was taken into custody on a Dover PD warrant for registration of online identifiers.

2/24/2023: Justin Cate, 39, Rochester, was taken into custody on a Dunbarton PD warrant for operating while a habitual offender, driving after revocation/suspension - DWI conviction (3), driving after revocation/suspension - subsequent offense, and driving without giving proof.

Please note that juvenile arrests/charges and protective custodies are not included and all defendants are presumed innocent unless and until proven guilty in a court of law.



PROJECT GOOD morning

Project Good Morning is a program to assist community residents who do not have regular daily contact with relatives, friends, or neighbors. The program allows residents to make scheduled, daily contact with the Dunbarton Police Dept. to ensure that they are OK.

An application form and information about the program, may be found at dunbartonpolice.weebly.com, under Community Programs. Questions may be directed to Office Administrator Linda Marcoux at dunbartonpd@gsinet.net or by calling (603) 774-5500.

DUNBARTON NEWS



LIBRARY PROGRAM VIA ZOOM: Delicious Quick & Easy Smoothies presentation on Tuesday, March 28 at 6:30 PM by Leslie Cercier. Contact the library FMI and link. In this smoothie demonstration on Zoom, Leslie will teach us how to make healthy, rich, nourishing smoothies from scratch. And of course, Leslie will introduce Eco-Friendly tips for gathering organic ingredients to use for your health and pleasure. Note: To request a link to our online programs, please email dunlib@gsinet.net before 5:00 PM the day of the presentation. Thank you.

READ ALOUD TO A DOG: At the library, read aloud to Mr. T, a registered/certified therapy dog from Therapy Dogs International, Chapter 205. Children in Grade K-4 who register will have a 20-minute session on the next two Thursdays: March 30 and April 13 from 2:45 to 4:00 PM. Please call the library to register now.

2022 ANNUAL REPORT DEDICATION: Joe and Pam Milioto were announced as the well deserving recipients of the Town of Dunbarton's 2022 Annual Report dedication. Both have been serving the Town of Dunbarton in various capacities for over 30 years each. Joe currently serves as a Part-Time Dunbarton Police Officer, and Pam currently serves as the Dunbarton Town Treasurer. Congratulations, Joe and Pam. Thank you for your service to the Town of Dunbarton!

DCC BOOK CLUB This month the DCC Book Club, Beyond the Book, is reading *Astrophysics for People in a Hurry* by author Neil deGrasse Tyson. Discussion is Thursday, April 6, from 7:00 to 8:30 PM. Location TBA. Call Barb at 496-3253 FMI. All Welcome.

THE DUNBARTON LIBRARY BOOK GROUP is reading *Last Green Valley* by Mark T. Sullivan. Discussion will be at noon on Wed. April 19. Contact the library FMI-dunlib@gsinet.net

TOWN HALL CONSTRUCTION Electrical and elevator work continues. Drywall is being installed in the Upper Town Hall./

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

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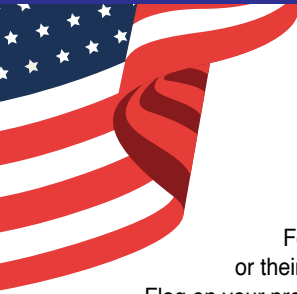
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READ ALL EDITIONS OF THE BOW TIMES ONLINE!

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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 to benefit Scouts BSA Troops 75 (boys unit & girls unit).

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
39 Foote Road, Bow, NH 03304

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

Name: _____

Street Address: _____

Town: _____

Phone: _____

Email: _____


How did you hear about us: _____

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

Additional Placement Information: _____

 (underground utilities, sprinklers or other info)

Sign Up Today



<https://bowscouts.square.site>

THE *Music* LADY

FOR THE LOVE OF MUSIC



In this month's issue, we pay tribute to the amazing 75-year career of Julie Andrews! So many of us have fond memories of Julie singing that iconic, happy, tongue-twister, "Supercalifragilisticexpialidocious," in the 1964 movie "Mary Poppins."

Dame Julie was born in England in 1935. Her career showcased her perfect pitch, 5-octave, soprano voice. She has been continuously singing, acting and dancing since 1945 at age 10, until as recently as 2020. Her performances on Broadway, in Hollywood movies and innumerable television shows have garnered multiple accolades and awards worldwide.

At age 19, Julie was cast as Eliza Doolittle in the Broadway production of "My Fair Lady." When Jack Warner was casting the *movie version* of "My Fair Lady," Julie was disappointed that she was overlooked for the role of Eliza Doolittle, when the part was instead given to Audrey Hepburn.

Ironically, this gave Julie the chance to audition for the lead role in Disney's "Mary Poppins," for which she won the Golden Globe, and later the Academy Award for Best Actress for her performance in the title role of Mary Poppins. She was up against Audrey Hepburn for "My Fair Lady." When she accepted the award, she said her final "thank you" to "the man who made a wonderful movie and who made all of this possible in the first place, Mr. Jack Warner!" As Alfred Hitchcock said, "Revenge is sweet and not fattening."

Did you hear that Julia Andrews will no longer endorse cheap, vibrant shades of lipstick, as she claims it crumbles too easily and makes her breath smell. In a statement, she said, "The super color fragile lipstick gives me halitosis."

Thank you for entertaining us, Dame Julie Andrews.

DUNBARTON TAXES INCREASE!

SCHOOL BUDGET

On March 11, Dunbarton voters, after debate, approved a school budget of \$9.6 million, an increase of \$800,000 over the current one. For many taxpayers, the property tax will jump several hundred dollars. While school enrollment statewide is down 7%, it is up 17% in Dunbarton. Officials said most of the rising cost was 20 new students attending the middle school and high school in Bow at \$13, 884 and \$18, 557 per head.

TOWN BUDGET

While only 30 voters showed up at Dunbarton's snowy town meeting, they approved a 15% increase in the town budget. This brings the tax increase for town and school spending to \$1,400 a year on a home assessed for \$350,000.

DUNBARTON SCHOLARS NAMED

- Alex Cross** named to Roger Williams University's fall 2022 dean's list.
- Gianna Mantini** named to the fall 2022 dean's list at the University of Maine.
- Katharine Cross** named to the fall 2022 dean's list at Bryant University.
- Samantha Eastman** named to the fall 2022 dean's list at Bryant University.
- Katelyn Lauren Schwendimann** earned a Bachelor of Arts in Linguistics from the University of Central Arkansas.

BEST CAPTION CONTEST WINNER



Lisa Maxwell, of Bow, wins The Bow Times Caption Contest with her clever quip, "For those with one foot in the grave." Carl DiMauro is the first runner-up with "Come in for a pedicure and leave with a smoking hot body!"

MY TABLE TO YOUR TABLE

by Debra Barnes

DIP INTO SOMETHING DELICIOUS!

I must admit that I'm just a little addicted to watching food related reels. Who knew so many people knew how to do and cook so much! Countless varieties of the same dish! All of which look remarkable and delicious. Young and old are jumping on the "let me show you how easy it is" bandwagon. I love it!

I came across this recipe and could not wait to make it. I made a few changes to be more towards my liking and immediately fell in love with the result. Butter Bean Artichoke Dip! Butter Beans are just lima beans that have been allowed to grow a little longer which makes them larger in size. They are super healthy, loaded with protein and fiber. You make it just like a hummus with a few of the same ingredients. Perfect with crackers, vegetable slices or smeared on toast with sliced avocado. Super easy to throw together and bring to any get together.

I did research on obtaining artichokes that are not in a can or marinade. I found that Trader Joes sells them in their freezer section. My recipe below calls for canned and *not* marinated. I find that all that oil and seasoning is tasteless and full of unneeded calories. Adding your own spices and extra virgin olive oil will result in a lovely velvety consistency and flavor. I also like to cook dried beans from scratch when I have extra time. I found the Rancho Gordo brand to be off the charts! (*Ranchogordo.com*) When you order from them at \$50 or more, the shipping is free. They sell a large variety of dried beans, lentils, herbs, and spices. I ordered an extra package of Butter Beans so I can try growing them!

Kitchen Tips: New product packaging is changing while many recipes are not. A perfect example is the can of beans I purchased for this recipe. They have always been 16 oz. They are now 15.5. The price is more but you are getting less. Another example is most dried pasta is no longer a pound but 12-14 oz. Sugar was always a 5-pound bag; it is now 4 pounds. Be sure to read and reread your recipes for amounts called for. There are going to be times when you end up having to purchase 2 of something to get enough for your recipe.

Money Saving Tip: When ordering a pizza for home, order it with just cheese. It is so much less expensive to put on your own toppings! Extra cheese, onion, pepper, garlic, hot, pepperoni and so many more! Make sure your oven is hot, slide onto an extra-large cookie sheet and heat. Depending on the size, you may have to do half at a time. Use your broiler if you are just adding extra cheese.

Garden Notes: I will be starting my heirloom tomato seeds at the beginning of April with a sale date usually just after Mother's Day. Be sure to reach out, if there is a specific variety that you loved from last year. I will also have some herbs and flowers. Any tomato growing questions can be sent to me via Instagram. The Bow Garden Club is also a great resource!



BUTTER BEAN & ARTICHOKE DIP

- 1 15.5 oz. can Butter Beans drained and rinsed
- 1 15.5 oz can Artichoke Hearts drained and squeezed of excess liquid
- 2 large cloves garlic
- Juice of 1 large lemon
- 2 TBSP Tahini
- ½ tsp kosher salt
- ½ tsp fresh ground black pepper
- ¼ cup good quality extra virgin olive oil
- Good pinch of cayenne pepper or smoked paprika
- 1 TBSP chopped fresh parsley or chives

Equipment needed:
Food Processor

Add beans, artichokes, garlic, lemon juice, tahini, salt and pepper to the processor. Blend for about 10-15 seconds stopping once to scrape down the sides. Add the olive oil and process for another 10 seconds or until the dip is smooth. Remove to a shallow bowl. Using a large spoon create a few divots that will hold an additional drizzle of olive oil. Sprinkle with the cayenne and chopped parsley. You can store it in the fridge for at least 5 days.

Be sure to follow my Instagram page #EAT603. You can also check out more recipes on The Bow Times website: www.thebowtimes.com. Debra Barnes is a chef and avid gardener. She lives with her husband Randy in Bow.

TOWN OF BOW EASTER EGG HUNT & BREAKFAST BUFFET

Breakfast provided by the Bow Community Men's Club

Time: 8:00 to 9:45 AM **Location:** Bow Elementary School Cafeteria

Price: \$6.00 for Children 12 and under \$10.00 for Adults

The Easter Bunny will be hopping by during breakfast so be sure to bring your camera!

Tickets are available online at www.bowmensclub.org or may be purchased at at door with **cash only**.

EASTER EGG HUNT HUNT BEGINS 10:00 AM AT THE BES PLAYGROUND GAMES FROM 10:15 TO 11:00 AM

Open to Bow Resident Kids Grades 4 and Under
Bring Basket for Collecting East Eggs

EASTER BONNET & HAT PARADE

Decorate Your Hats or Bonnets – Join the Parade at 9:45



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UKRAINE FUNDRAISER

SATURDAY, APRIL 1, 2023



Concord's Unitarian Universalist Church will sponsor a benefit concert and traditional Ukrainian supper on Saturday, April 1, from 5:30 to 9:15 p.m. to support humanitarian efforts for Ukraine. The Concert for Ukraine features The Hot Skillet Club, Northern Lights, The Wholly Rollers, and Ukrainian musicians playing traditional accordion music. All proceeds will benefit the Sunflower Network (501c3). A traditional Ukrainian supper will precede the concert, which will follow from 7 to 9:15 p.m.

- Live traditional Ukrainian music will be provided during dinner.
- Dinner \$15 children under 5 free. Concert \$20 three musical groups.

THE TOWN OF BOW POLICE DEPARTMENT



FEBRUARY 2023 ARREST LOG

- 2/1** Daniel Sadler, 42, Bow, arrested for domestic violence related second-degree assault and endangering the welfare of a child.
- 2/2** Joshua Paradise, 34, Concord, summoned to appear in court for driving after suspension or revocation; Rebecca Stewart, 47, Loudon, arrested for suspension of vehicle registration, driving after suspension or revocation, and on an electronic bench warrant for failure to appear in court.
- 2/6** Ryan O'Donnell, 41, Bow, arrested for domestic violence related simple assault, simple assault, resisting arrest, and breach of bail.
- 2/7** Jocelyn Dubois, 31, Laconia, arrested on four counts of possession of a controlled drug, operating while a habitual offender, disobeying an officer, and false report to law enforcement.
- 2/8** Jasmine Bourdeau, 44, Pittsfield, arrested for possession of a controlled drug and driving after suspension; Timothy Barton, 29, of Loudon, arrested on an electronic bench warrant for failure to appear in court; Ryan Coombs, 29, Bow, arrested on in-state warrant for theft.
- 2/10** Jade Beaulieu, 35, Greenfield, was arrested on seven counts of possession of a controlled drug and transporting in a motor vehicle.
- 2/14** Troy Roberts, 47, Hill, was arrested for a false inspection sticker and a warrant for failure to pay a court fine.
- 2/15** Julia Petrillo, 25, Manchester, arrested on a warrant for possession of a controlled drug.
- 2/16** Stephen Cziflik, 45, Concord, was summoned to appear in court for operating without a valid license; John Davidson, 56, Concord, was arrested for operating while a habitual offender and a warrant for failure to appear in court.
- 2/17** Zachary Bourdeau, 27, Concord, was summoned to appear in court for suspension of vehicle registration and driving after suspension or revocation.
- 2/18** Trisha Gaudette, 36, Plymouth, was arrested on a warrant for theft of mislaid property.
- 2/19** Shawn Alexander, 20, Newport, was arrested for driving after suspension or revocation and on a warrant for conduct after an accident.
- 2/21** Jamal Morris, 28, Laconia, was summoned to appear in court for driving after suspension or revocation; Anthony Pedra, 39, Manchester, arrested for possession of controlled drug, and on a warrant for robbery.
- 2/23** Daniel Higgins, 32, Loudon, arrested on an electric bench warrant for failure to appear in court, two counts of resisting, and breach of bail; Charles Sargent, 34, Bow, arrested for two counts of domestic violence related simple assault and endangering the welfare of a child.
- 2/25** Peter Emanuel, 60, Bow arrested for driving under the influence and breach of bail.
- 2/27** Charles Sargent, 34, of Bow, was arrested for domestic violence related stalking.



Police Chief Kenneth Miller presents Sergeant Phil Goodacre the Bow Police Department's Officer of the Year award for 2022.



Master Patrol Officer Matthew LeBlanc is honored for Apprehension of a Homicide Suspect at the awards ceremony on February 13, 2023.

RESPONDERSTRONG AN ALL CLEAR FOUNDATION SOLUTION

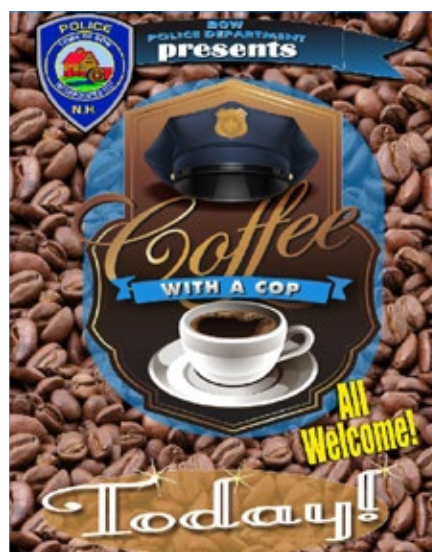
The Bow Police Department is sponsoring ResponderStrong Mental Health Curriculum: *Train the Trainer Workshop*, on Tuesday, May 16, 2023 from 8:30am – 3:30pm at the NH Fire Academy in Concord.

ResponderStrong is an essential tool for essential work, supporting mental health for frontline responders and their families.



THREE OFFICERS SWORN IN

From left to right: Selectman Matt Poulin, Officer Micha Peterson, Officer Serena Shuter, Officer Matthew Webber and Selectman Bruce Marshall are pictured at the Awards and Swearing In Ceremony on February 13, 2023. All Photos | Courtesy of ERIC ANDERSON



Bow Police Department continues its quarterly Coffee with a Cop.

The next Coffee with a Cop will be held Thursday, March 23rd between 9:00 am- 11:00 am and 6:00 pm -7:30 pm at the Bow Safety Center.



OBITUARIES

CRAIG W. BILLINGHAM

Craig Billingham of Hopkinton passed away on February 21, 2023, after being diagnosed with metastatic pancreatic cancer in November.

He was born on February 6, 1950, in Randolph, VT to Jessie and George Billingham. He was raised in Darien, CT. He met his wife, Laurene, in Henniker, while attending New England College. They were married in NYC and after their wedding, they settled down in Hopkinton.

Craig worked as an electrician for most of his life. He began with Mamakating Electric before starting his own business, People's Electric, which he ran for 30 years. He spent his last employment years as the electrical inspector in Concord. In his free time, Craig enjoyed golfing, fishing, spending time with his family and friends, and spending time in nature.

Craig is survived by his wife, Laurene, of 45 years, son Jesse and daughter in law Sarah of Portland, ME, Son Gregory and his partner Laura of Dover, as well as many good friends.

CLARK "TONY" A. CAMP

Clark "Tony" Camp, 75, of Bow, died February 22, 2023, following a period of declining health.

Clark was born in Concord, September 25, 1947, and was subsequently adopted by Carl and Enrita (Sargent) Camp. Clark lived at 90 Pleasant Street in Concord, and graduated from Concord High School in 1966. Clark attended a Technical College for 2 years for Automotive Mechanic, he later went on to become fully ASE certified as a Master Mechanic.

Known as Tony he began working on engines while he was still in high school. When he retired, he had over 50 years' experience diagnosing and repairing all types of Automotive vehicles, foreign and domestic. He founded, owned, and operated Automotive Consultant, Inc at 65 River Road in Bow, from 1986 to 2005 with his business partner Rick Hiland.

Clark was the husband of Beverly (Barnard) Camp. They were married October 29, 1968, and enjoyed 54 happy years together until Clark's passing.

Tony was a member of the Bow Fire Department for over 35 years where he was the Chief Engineer for many years before leaving the Fire Department due to physical health reasons. He was also an active member of the Bow Men's Club for over 20 years.

Clark is survived by his wife, Beverly (Barnard) Camp and his son, Sean Camp of Salem. In addition to his birth parents, Clark was predeceased by his adoptive parents, Carl and Enrita Camp.

FORREST "FRITZ" DAME

Forrest "Fritz" Dame of Bow went to be with his heavenly father on February 28, 2023, while surrounded by his loved ones at the age of 75. Fritz was born to Forrest and Hazel Dame on February 9, 1948, in Rochester. He served in the United States Air Force 552nd Tactical Air Wing retiring as a Technical Sergeant after 20 years of service. He served in Vietnam and spent time in Europe, many years in Oklahoma, and in NH while on active duty. After the service Fritz was a Jani-King franchisee, and later found a home with Globe Manufacturing in Pittsfield working as a manager until his second retirement.

Fritz loved working with his hands. He built a grand "G" Scale model train village in his backyard to enjoy with his grandchildren. He built various furniture for his family with love and detail. He enjoyed the outdoors, often going for long hikes. Fritz was also an adventurer. In his younger years he could be found repelling Red Rock Point, Arkansas, base jumping in Cordoba Province, Spain, and white water rafting in the Colorado river! He loved Ford Mustangs, having several throughout his life and cruising with Rhonda.

He leaves behind the love of his life, Rhonda Dame, sharing 51 wonderful years of marriage. He also leaves behind daughter Nicole Murphy and son in law Stephen Murphy of Bedford, 8, daughter Noelle Biron and son in law Jeff Biron of Pembroke, and daughter Sherri Dame of Rochester.

In Lieu of flowers the family asks that donations be made in his honor to the Presidential Oaks Nursing Home, at 200 Pleasant Street, Concord, NH 03301.

KELLEY POWERS GILBERT

Kelley Powers Gilbert, 56, passed away peacefully at her home in Bow on February 9, 2023, after a 14 month battle with ALS. Just as she tackled every challenge, she faced it head on, with a sense of humor, committed throughout to doing anything she could to make the path behind her a little easier for those to follow.

Born on October 10, 1966, to William and Sandra Powers, she was raised in Concord, graduated from Concord High School in 1985 and from Franklin Pierce College in 1995. She married the love of her life Christopher Gilbert in 1999 and soon after they welcomed their son Dalton in 2003 and daughter Piper in 2005 completing their family. Home and family meant everything to Kelley and any precious leisure time was usually spent renovating their home, hosting friends and family for ANY special event that deserved celebrating and cheering on her beloved children at whatever sport, activity or club they were involved with.

Kelley spent her entire career with Concord Direct (previously Concord Litho),

starting in high school and ending with her retirement as Director of Client Services on January 31st, just 9 days prior to her passing. Concord Direct was truly her 2nd family and she was as passionate as she was loyal about the company and every single employee.

She is lovingly survived by her husband and best friend, Christopher, her son Dalton, her daughter Piper, her sister Cheryl Caldwell and husband Greg of Newbury, MA, her nieces Abigail Seripais, her husband Cristian and daughter Soul of Haverhill and Elizabeth Caldwell of Salem, MA, Elena Robins who was like a mother to her, her stepmother Maryann Powers, in-laws Robert and Linda Gilbert of Franklin.

In lieu of flowers, a Go-FundMe page has been established at www.gofund.me/0434f929 to assist her children in pursuing and completing their college education, one of Kelley's greatest goals.

SUSAN J. JENKINS

Susan J. Jenkins, 72, of Dunbarton, went to be with the Lord on Feb. 28, 2023.

Susan was born January 24, 1951, in Littleton, the daughter of the late Irving and Barbara Byron.

Susan was an accomplished artist and an enthusiastic homemaker. She loved transferring her imagination onto canvas and thoroughly enjoyed teaching others to paint. She was a skilled seamstress and relaxed by crocheting and cooking. She routinely talked to her dozens of houseplants and maintained beautiful outdoor gardens during the warmer seasons.

In the mid-eighties she met the love of her life and forever partner, David, at the church they both attended. She and David enjoyed all things together. They were avid hikers and backpackers, eventually bagging all of New Hampshire's 48 peaks over 4,000 feet.

Susan will be remembered most as a woman of faith and a dedicated disciple of Jesus Christ. She was a sought-after friend and counselor for all spiritual matters and was a walking example of God's love.

Left to mourn her passing are her loving and devoted husband of 35 years, David Jenkins; children, Sybil Hildenbrand and Jimmy Theos; stepchildren, Christina Storslee, Hannah Sharp, and Clay Jenkins; siblings, Linda Fowler, Jay Byron, Todd Byron, and Kent Byron; 5 sons and daughters in law.

Memorial contributions may be made in Susan's name to the Visiting Nurse Association of Manchester & Southern New Hampshire, 1070 Holt Avenue, Suite 1400, Manchester, NH 03109.

SHARI ROTMAN

Shari Rotman of Bow, was an special person who was loved by all who knew her. In 1967, Shari was born in Brookline, MA, to Michael and Lois Libenson. She grew up in Newton, MA, with sister, Laurie Yablon. Shari graduated from Newton North High School, the University of Rochester (B.A., Political Science), and Suffolk University School of Law (J.D.).

Following law school, Shari moved to Miami to work for Church World Service as an immigration attorney obtaining asylum for refugees. Upon relocating to New Hampshire 1996, Shari worked for 27 years at the Office of Public Guardian (OPG) and fought fearlessly for her clients' interests.

Shari was a devoted mother and best friend to her daughters, Rebecca and Sammy. They loved her with all their hearts and her love for them was limitless. Shari was married to David for 30 years and he could not have loved her more.

Shari leaves behind her spouse, David, her daughter, Rebecca, and Rebecca's wonderful companion, Parker Cornbrooks; her father, Michael Libenson, and companion, Livia Greenberg; her sister, Laurie Yablon, and brothers-in-law, Brian Yablon and Jonathan Roman; her aunt, Phyllis Barmack, and companion, Saul Fern.

In lieu of flowers, please consider making a donation to Camp Sunshine, 35 Arcadia Road, Casco, ME 04015.

ANN ELIZABETH SIMMS

Ann Elizabeth Simms, formerly of Contoocook, passed away peacefully on February 10, 2023, at age 101, with her son and daughter-in-law by her side.

Ann Elizabeth was born in Baltimore, Maryland, on June 22, 1921, to the late Thomas Tydings and Helen (nee Gourley) Hildebrandt.

Ann was an active member of St. Andrew's Episcopal Church and the Women's Club in Hopkinton. Through the Women's Club, she volunteered much of her time to Dial-ARide, an organization built to provide senior citizens with transportation to appointments and everyday errands.

In 2022, Ann was presented the Boston Post Cane given to the oldest resident in the town of Hopkinton. Ann and Charles William Simms, were married on January 17, 1942, in Ft. Mead, Maryland, and celebrated 51 eventful years of marriage before his passing in 1993.

Ann is survived by her son, Robert Tydings (Margaret "Midge") (nee Miller) Simms, daughter-in-law Kathy (nee O'Brien) Simms; grandchildren, Kristen, Whitney, Heather, Kourtney, Ashley, Conner, Caitlin and Clare; and many loving great grandchildren and great-great grandchildren.

Along with her husband, Ann was preceded in death by her sons, Charles William Simms, Jr. (also known as C. William Simms, Jr.) and Richard Thomas Simms.

HELP UKRAINIAN REFUGEES IN NEW HAMPSHIRE



by Debra Douglas

Svitlana Chychka, of Manchester, is a Ukrainian refugee who has been in the US for some time and now coordinates efforts to find housing, housewares, furniture, clothing, computers/iPads, and everything that Ukrainian families need when they arrive in our country. When they leave their native and war-torn state, they are allowed to bring one (1) bag weighing not more than 50 pounds of clothing and personal effects.

Chuck and I have been working with her to secure all the above items for almost a year now. The appreciation that the refugees have for New Hampshire residents' generosity is beyond what I can describe.

Svitlana has a couple of families that just arrived with young children in Manchester. The children played the violin in the Ukraine, but, of course, could not bring the instruments with them. The Ukrainian Baptist Church in Manchester has an orchestra, and the young people would like to be able to play with the group. It is our hope that anyone who has a violin that they do not use or need any longer might contact Svitlana at 603.661.3227.

These children are used to air raid sirens and bombing at night, but now have left friends, school, and pets behind to be safe in New Hampshire until the Russians leave. Please note that the families also need computers, tablets, or iPads. This is how they learn English so that they can apply for jobs, get drivers licenses, and communicate with their new neighbors.

Please feel free to mention that you were referred to Svitlana by Debra Douglas (603.496.0265) and please feel free to contact me with additional questions. Thank you in advance for your consideration of this request for those very much in need.



FOR 5 MONTHS WE HAD RED & WHITE PLATES!

by Dick Stevens

Laying out their collection of old license plates, Dick and Alna Stevens studied the white New Hampshire plate with letters in red. Why red lettering when NH license plates have traditionally used white and green combinations?

The red-lettered plate was registered to Alna's 1978 white Super Beetle Volkswagen convertible, the car in which Alna buzzed around town. Her car, like others registered during a brief window from December 1977 to April 1978, were the few to sport the red and white plate, according to the U.S. Plates Index website. The site explains, "Up until the current graphic baseplate, this was the only issue in NH history to use a color other than white or green." (Nicholson & Donsanto).

Dick Stevens explains, "NH Dept of Safety may have chosen New Hampshire license plates with white background and red letters for 1977-78 so they wouldn't be confused with the temporary 1978-80 change of color in Massachusetts: from white background with red letters to white and green, which were the traditional colors used in New Hampshire."

By the very next year, New Hampshire had returned to white plates with green lettering. New Hampshire later issued "Old Man of the Mountains" graphic plates with the green lettering we see today.

The Bow Times invites writers to contribute stories (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannion1@comcast.net.

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SCHOOL BUS SCULPTURE

Bow grandmother, Diane Woodbury Lowe, sculpted this awesome Snow Bus for her granddaughters to see as they drive by. The sculpture is a tribute to local schoolbus drivers. Surely one can call this sculpture a real *snowmobile*!

"STUDENTS COOK & SERVE GRANDPARENTS"

Some crazy newspaper headlines must seem perfectly normal to the writer with the by-line.

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Wednesday 3/29/23

Rick Ray: The Soul of Morocco – Travelogue

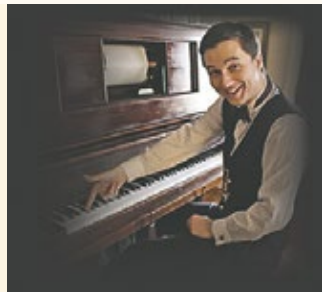
With gorgeous cinematography and a lush music track, award-winning director Rick Ray winds his way through exotic Morocco, and you are invited to come along for the ride.



This will be a Zoom event, projected at the City Auditorium. Join us at the auditorium or from the comfort of your home.

Wednesday 4/5/23

Adam Swanson:
piano concert and silent film



Wednesday 4/19/23

Accidental Harmony and Mixtape:
vocal harmonies

Wednesday 4/26/23

Marlin Darrah – Spain and Portugal – Travelogue



WalkerLecture.org

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| 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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