

# The Bow Times

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DUNBARTON NEWS ON PAGE 16-17

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9



Photo | Eric Anderson

## COLBY WINS RACE FOR THE SELECT BOARD

A snow delayed vote for office held on March 28 at the Community Center lead to an upset in the Selectman’s race. Eleana Colby beat current Selectman Bruce Marshall by a vote of 775 to 529.

The Library Trustee race went to Sheri Vincent Crisp with 643 votes to Sabrina Costabile’s 400. The Budget Committee seats went to Michael Standafer (860) and William Knapp (900 votes).

The two School Board seats went to unopposed Bryce Larrabee with 993 votes and Martin Osterloh with 931. A total of 1,306 ballots were cast.

## BOW STUDENTS TAKE THE DIP TO SUPPORT SPECIAL OLYMPICS



The Bow Memorial WinniDip Team jumped into the chilly waters of Lake Winnepesaukee in support of Special Olympics NH.

The team raised \$12,662, coming in second place of all the middle schools in New Hampshire.

Pictured in photo: Ryan Laliberte, Isabella Fournier, Lily Cray, Mary Valas, Molly Key, Sofia McCullough, Hailey Miller, Piper Price, and Ruby Dickinson. Missing from the photo are Alexis Pelletier, Isabella Tsiopras, Kate Roberge, Team Captain Robin O’Dougherty, and high school students, Reis Domini and Bobby Carder, who helped with raising money. The posters show the names of everyone who donated to support our team.

## INDEPENDENT SURVEY PUTS GRANITE STATE #1

by Kevin Landrigan

New Hampshire gave its taxpayers the best “return on investment” for the eighth year in a row, according to an independent survey.

The WalletHub ranking gives Governor Chris Sununu, a potential 2024 Republican presidential candidate, bragging rights over another likely White House contender, Florida Governor Ron DeSantis, whose state was No. 2.

“This ranking proves that with low taxes, limited government, and local control, New Hampshire far and away has the most efficient government in the country,” Sununu said in a statement.

The survey used 29 metrics to determine how well states delivered services compared to how much citizens paid in state and local taxes.

Rounding out the top five were Alabama, South Dakota and Texas.

New Hampshire was the only New England state in the top 10 followed by Massachusetts (33), Vermont (44) and Connecticut (45).

Courtesy Union Leader

## GENDER QUEER NOVEL WITH SEX IMAGES TO REMAIN IN BOW SCHOOL LIBRARY

by Mark Hayward

Bow educators have rejected a request to remove a controversial graphic novel from the Bow High School library. The most contested work of 2021, "Gender Queer: A Memoir," includes graphic illustrations of several sex acts.

Bow resident Christopher Lins said he received a 43-page, undated decision from the school's Media Review Committee, which determined the book should remain at the library.

The committee wrote that the work did not meet the definition of pornography or obscenity and removing the book would amount to discrimination.

"A Request for Reconsideration of Gender Queer that is rooted in an opposition to the representation and inclusion of members of the LGBTQ+ community in materials found in the library is not valid as the request would be discriminating against a person based on their sex, gender identity, and/or sexual orientation which is a violation of Policy AC (Non Discrimination / Equal Opportunity)," read a portion of the decision.

Lins, the stepfather of two children in Bow schools, said he plans to appeal the decision to the school board.

He also questioned the impartiality of the review committee, which included school librarian Sam Dixon, who ordered the book, Principal Brian O’Connell, two volunteer teachers and a parent- teacher organization member.

Bow is one of the few high schools in southern New Hampshire with Gender Queer in its collections.

School libraries in Concord, Bedford, Londonderry, Manchester, Merrimack and Pinkerton Academy in Derry don't have the book on their shelves.

The Bow review committee said it met seven times and decided the book can remain in the library. The committee members acknowledged that some images "can be considered inappropriate and not meeting the moral standards of a school" when taken out of context.

As for those not mature enough to handle the book, the committee stressed that it is not required reading, but a library book and a choice for students.

The committee noted that students have taken the book out just five times between January 2020, when it entered the collection, and November 2022, when Bow parent Michelle Johnston filed the initial challenge.

Johnston, who has three children in Bow schools, said she challenged the book after her 16-year-old daughter brought it home and showed it to her. Her daughter did not like it, she said.

"You can't show the images on YouTube, you can't show it on cable, but you can show it to children in our schools?" she said. Among the elements objected to were the book's depictions and description of gay sex, oral sex, masturbation, sex toys and sexual fantasies, as well as the description of an unborn baby as a parasite.

Courtesy Union Leader

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## EDITORIALS

### CARTEL UPDATE

Since last month's editorial about the annual deaths of Americans from Mexican fentanyl another 5,833 Americans will have been killed, far exceeding what al-Qaeda did in New York on 9/11.

Also, the Washington Post reported last month that "more than 550 Americans are reported missing in Mexico, according to Mexican government records." Continued inaction by President Biden, Senators Shaheen and Hassan will only allow that number to grow, as it has since 324 Americans were abducted as of 2020.

Is any of this of concern? What is the action plan? Not a press release, but a real forceful response is needed if American lives are to be saved.

### CURSIVE MAY MAKE A COMEBACK

In the February Bow Times I asked whatever happened to cursive handwriting? I was not alone because the New Hampshire House has voted 199 to 174 to require all schools to teach cursive handwriting by the end of the fifth grade. By the time you read this the state Senate is likely to have approved House Bill 170 as well.

The bill's prime sponsor, Rep. Deb Hobson, an East Kingston Republican, told the Senate Education Committee on March 28 that research has linked learning cursive with healthy brain development and increased retention of information. She also said that cursive writing has led to earlier detection of learning disabilities, such as dyslexia, dyscalculia, and dysgraphia.

Arguments from supporters include this one from Rep. Rick Ladd, a Haverhill Republican and former educator: How will people read the original version of the U.S. Constitution if they don't understand its cursive handwriting?

### A JOB WELL DONE

The defeat of Bruce Marshall as a selectman is a real loss for Bow. Bruce is a civil engineer and an attorney, so he brought professional skills to meetings that were invaluable. He ran fair and open meetings but a Democratic smear campaign led by Harry Judd put out the call to make the race partisan. It is a real blow for Bow to lose Bruce at the helm.

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

## LETTER TO EDITOR

### BOW GIRLS' "STOLEN DREAMS"

Stolen dreams. Stolen by a referee who made a horrible call. Stolen by NHIAA who hides behind their "paper shield" rules that prevent anyone from debating the horrible call. We as parents try to instill the values of our society. We teach our kids to be honest, to not steal, to not lie, to not cheat. We teach our kids to be role models and to live within the rules and laws of our society. In this case our rules failed a team that fought for four months and won every regular season game. A team that made the championship and in that competition, the better team won.

This year we had a single person change the outcome that took months to build and less than two seconds to rip it away, the entire season lost. The NHIAA hides behind "judgment" calls and no video review rules. A shield to prevent any debate on the subject. Bow's lady warriors deserve a better answer than "that's the way it is."

Anyone who has seen the video knows it was all a ref who failed.

Honestly it was three refs who failed and I tried to get the leadership to see that Bow wasn't questioning the "judgment" call but rather the failure of the three paid officials on the court to confer and make the right call. To no avail. I'd like to see NHIAA change their rules, their paper shield, so no team ever has to suffer like this team has. While the NHIAA won't fight for them, I don't care what anyone says... Our Bow Lady Falcons are the DII Girls State Basketball Champions!!!

**Anthony Foote, Bow**

## SELECTMEN MAKE COMMITTEE REAPPOINTMENTS

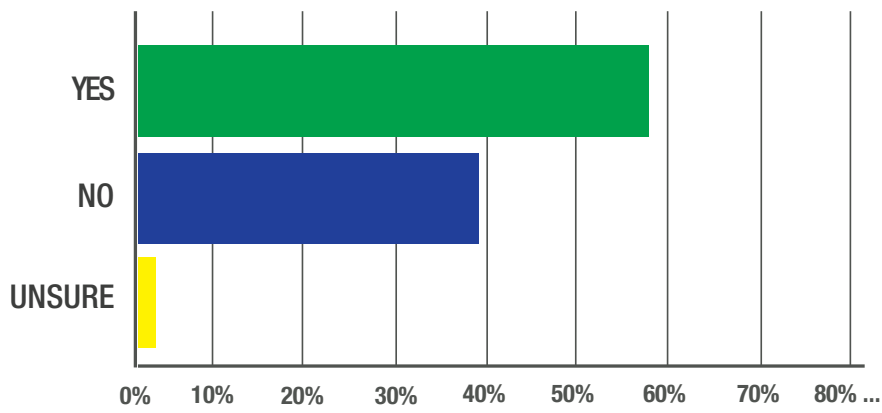
At the April 11 meeting of the Bow Selectmen, the following reappointments were made:

Larry Haynes, Bow Development Commission  
Wendy Gazaway - Bow Development Commission  
John Meissner - Bow Development Commission  
Sue Wheeler - Heritage Commission  
James Dimick - Heritage Commission  
Donald Fournier - Heritage Commission  
Sandra Crystall - Conservation Commission  
Beth Titus - Recycling and Solid Waste Committee  
Larry Haynes - Bow Business Corridor TIF Advisory Board  
Wendy Gazaway - Bow Business Corridor TIF Advisory Board  
Bob Ives - Zoning Board of Adjustment  
Joseph Conti - Zoning Board of Adjustment  
Wendy Gazaway - South Bow TIF District Advisory Board  
Marc Charbonneau - South Bow TIF District Advisory Board



**RESULTS OF FEBRUARY SURVEY:**

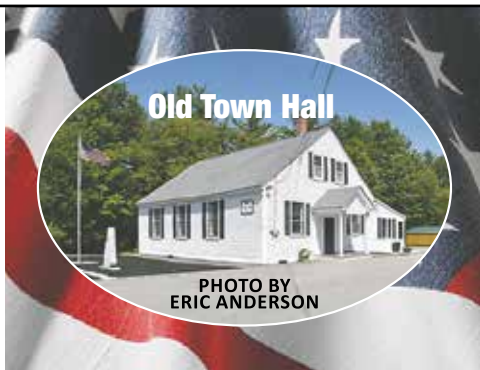
Q1 Should proficiency in Cursive Handwriting be required in our schools?



ANSWER CHOICES	RESPONSES
YES	57.58%
NO	39.39%
UNSURE	3.03%

**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.

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### UKRAINE, POLAND AND ROTARY

What is the connection? Russia's invasion of Ukraine continues, leaving children and families without food and shelter. Bow Rotary donated \$22,000 to Rotary International for work done by Rotary Clubs in Poland in feeding and housing the Ukrainian families who could make it across the border. Poland Rotary Clubs, among others, have taken responsibility for managing assistance to refugees from Ukraine; they have a better handle of what is needed and where it can be found.

The Plymouth, NH Rotary Club has taken this effort several steps farther. At our April 11<sup>th</sup> meeting, Susan Matheson and Steve Rand spoke about their experiences in providing direct help to the orphans, children and their families of Ukraine. Alex Ray from the Common Man put up a \$1 million match grant to spur fundraising, and ultimately, they raised over \$2.7 million.

The first focus was to feed the children; this expanded to providing shelter and warmth (think sleeping bags, firewood, solar lanterns and converted buildings), which further expanded to arranging for crisis therapy for orphans and children caught up in the devastation of war. They have established some warehouses for storing food and supplies and are wasting no funds on shipping items, since the cost and reliability are not reasonable. It is an incredible story of generosity and resourcefulness. The team is working with Rotary Clubs in Poland as well as Rotary Clubs here in the US.

Because the invasion continues, the efforts will continue; the current hope is to raise about \$10 million. If you want to continue this help for children and families of Ukraine, you can donate at [www.commonmanforukraine.org](http://www.commonmanforukraine.org). Any help is gratefully appreciated.

**SAVE THE DATE!** The 12<sup>th</sup> annual Bow Rotary Car Show will be May 20<sup>th</sup> from 8:00 to 2:00 in the fields behind Concord Group Insurance on South Street in Bow. Food, Music, Fun, and oh yes, CARS!!

### SCHOLARSHIP OPPORTUNITY FOR NURSING AND ALLIED HEALTH STUDENTS

Concord Hospital Trust, the philanthropic arm of Concord Hospital health system, is once again accepting applications for funding through the Concord Hospital Trust Scholarship Fund for nursing and allied health students.

The Fund, part of the Trust's endowments, was made possible by the generosity of the hospital's many benefactors, both past and present.

The Concord Hospital Trust Scholarship Committee, a volunteer sub-committee of the Trust's Stewardship Committee, has developed scholarship eligibility guidelines and makes decisions on Fund awards. With approximately \$45,000 awarded annually, scholarships typically range from \$500 - \$3,000.

Scholarships are awarded based on financial need, academic merit, personal character, and other criteria. Students who have lived within Concord Hospital health system's primary service area for more than one year, who will have graduated from a high school within the service area within the past five years, or who are employed by Concord Hospital health system are eligible to apply.

The application for the 2023-2024 school year is available now on the Concord Hospital Trust web site at [giveto.concordhospital.org/stewardship/scholarship-fund](http://giveto.concordhospital.org/stewardship/scholarship-fund). All applications must be received or postmarked by April 23, 2023. Award decisions will be completed by June.

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### TOWN MANAGER REPORTS ON PROGRESS FOR WATER MAIN EXTENSION

Town Manager David Stack and Public Works Director Tim Sweeney met with engineers from Dubois and King (D&K) to report to the selectmen where the water extension to Exit 1 stands.

D&K will be preparing and submitting a cost estimate and proposal to bring this project from 60% design phase to a complete plan ready for bidding. The proposal will also include the cost of bid administration and engineering oversight.

D&K will be looking at the proposed water tank in order to determine if the size of the tank can be reduced, or a different type of tank may be utilized by moving the Bow Junction section out of this project.

D&K will continue to explore the best option to bring the water main to the east side of I-93. They will be looking at the most cost-effective method, including carrying the new main under the Grandview Road bridge over the highway or doing a boring under the highway from Carriage Road.

## HOW YOU CAN HELP THE COMMON MAN HELP UKRAINE

When Russia invaded Ukraine, many Americans looked on in horror. Two NH couples felt compelled to directly help the victims of this war. Alex Ray, owner, of the Common Man Family Restaurant and Lisa Mure, who works as a public health consultant, and their friends Steve Rand, president of Rand's Hardware in Plymouth, and Susan Mathison, chief gardener at Rogue River Dahlias, decided to launch a massive fundraising campaign in the Granite State to deliver humanitarian aid to refugee orphans and children with parents in Poland and Ukraine.

Their efforts turned into an official non-profit, the Common Man for Ukraine and in 2022, they raised more than \$2.3 million from 2,500 donors.

So far, Common Man for Ukraine has delivered more than 750 tons of food, 10,000 sleeping bags, hundreds of generators, a bloodmobile and donated more than \$400,000 toward a trauma center to provide counseling to children. And they did so with all volunteers.

They have set a new, increased goal to raise \$10 million in 2023 and to take their efforts national. For more information or to donate, visit [www.commonmanforukraine.org](http://www.commonmanforukraine.org).

Courtesy Business NH Magazine



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## Reinvesting in your community sounds great... but how does one really put that into action?

If you have ever wondered if it matters where you deposit your hard-earned money, rest assured that it does. Not only does local banking support its small businesses (community banks fund more than 60% of small business loans and more than 80% of ag loans, according to Independent Community Bankers of America) but, as locally owned and operated businesses themselves, they are an integral part of the economic engine that creates 62% percent of new jobs annually, (ICBA). That is powerful!

Community banks take deposits and distribute loans that feed into a self-sustaining local economy and keep funds in communities just like yours. It is all part of a symbiotic relationship that community banks have with the communities they serve. The proceeds from those businesses employ residents, fund municipalities, add additional support to local charities and organizations all while providing locally based economic growth.

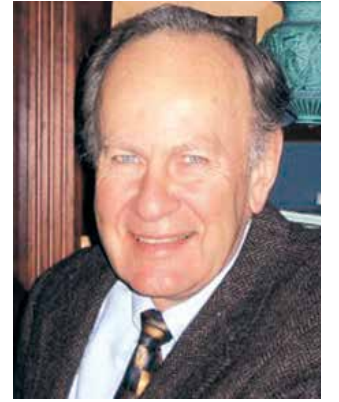
### HERE ARE SOME COMMUNITY BANK STATS TO CONSIDER:

- Community banks outpace large banks in their average number of banks operating on both rural and urban markets by a 3:1 ratio. (ICBA)
- Community banks are preferred small business lenders, with an 81% net satisfaction score compared to 68% for large banks and just 43% for online lenders. (ICBA)
- Community banks operate in areas abandoned by others—serving as the only physical banking presence in nearly one in three U.S. counties. (ICBA)

Local, community banking is built upon one-on-one relationships between community bankers and their customers. Community bankers know their customers firsthand and are personally accountable to them. As locally based financial providers serving the people, they are seen at PTA meetings and Friday night football games, community bankers are obliged to be honest dealers—not only is it their culture, but their business depends on it. Your success is our success.

With more than 6,000 community banks operating 52,000 locations in local communities throughout the United States, there is ample opportunity to explore the benefits of local banking. It's easy to learn more—just stop by Sugar River Bank or any other local community bank to discuss your financial situation and how community banking could be right for you.

Hometown community banking has helped build this country and its many, diverse communities. Remember, community banks are only successful if their customers and communities are too. With a direct incentive to do right by their customers, community banks are a critical source of financial stability for individual consumers, local businesses and the economy as a whole. To take advantage of this safe, secure and stable source of financial services – and to contribute to a more vibrant and sustainable economy in your community – we encourage consumers in Bow and statewide to see for themselves the benefits of community banks, the original consumer protectors.



## DEA NATIONAL RX TAKE BACK DAY

Do you have any unused medications in your home? Twice a year, a day is set aside to collect unused medications. On Saturday, April 22, from 10am to 2pm you can dispose of these medications at a collection center near you. This is a safe, convenient, and responsible way of disposing prescription drugs. Why is that important? One of our most pressing problems is the drug overdose epidemic, and this is one small, but very important role each of us can play in preventing drug-related violence and death. Nationally, the collected weight of drugs from the October 2022 drive was 324 tons! The total weight of drugs collected nationally since the inception of this program in 2010 is 8,318 tons!

In your home, your kitchen, bathroom, cupboard, or drawer you may well have opioids, depressants, or stimulants – all legally prescribed and correctly used, but now you do not need them, and they just sit there. Even over-the-counter medicines have the potential for getting into the wrong hands. Misuse of these medications includes taking someone else's prescription medication; taking a prescription medication in a way other than prescribed; taking prescription medication to get high; or mixing it with other drugs (1). The CDC suspects that one of the reasons there has been an increase in heroin related deaths is due to prescription drug misuse. After marijuana and alcohol, prescription drugs are the most misused substances by teens. A CDC survey in 2015 found that 16.8 percent of high school students took a prescription drug, without a physician's prescription, one or more times during their life. (2)

When over the counter and prescribed medications are used to get high, they are every bit as dangerous as "street drugs." When prescribed drugs are used by or given to individuals without prescriptions, they are every bit as illegal.

**So do your part in preventing drug related disasters.** All solid and liquid pharmaceuticals will be accepted. Liquids should remain in the original container. Injectables, syringes, aerosols, inhalers, and illicit substances will **not** be accepted. Find your nearest collection site here: [www.dea.gov/takebackday#collection-locator](http://www.dea.gov/takebackday#collection-locator) or call your local police department.

1. Source: National Institute on Drug Abuse, [teens.drugabuse.gov/drug-facts/prescription-drugs](http://teens.drugabuse.gov/drug-facts/prescription-drugs)
2. Source: Youth Risk Behavior Survey, CDC, 2015




## BOW'S KENNETH KOORNEEF NAMED CATCH VOLUNTEER OF THE YEAR

Nobis Group President and CEO Kenneth Koornneef of Bow was recently named Volunteer of the Year by CATCH

Neighborhood Housing at the non-profit's Annual Event, "Making Community Home."

The Volunteer of the Year Award is presented to individuals who demonstrate a commitment to CATCH, a community-based organization focused on providing a full spectrum of much-needed housing and education services in Merrimack County.

"Ken understands how important affordable and workforce housing is to our community and is someone who is willing to devote his time and energy to the cause," noted Tom Furtado, President & CEO of CATCH Neighborhood Housing. "For over 20 years, Ken has served as a key supporter for CATCH, including several years as a member of our Board of Directors. During his tenure, his expertise as an engineer has been invaluable to CATCH and our real estate development efforts."



# 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**

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)

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

*Sign Up Today*



<https://bowscouts.square.site>

**POST TRAUMATIC STRESS DISORDER**

**NOT ALL WOUNDS ARE VISIBLE**



## DEPRESSION AND SUICIDE

by Rachel Hagen

On March 6, 2023, my fiancé lost his battle to depression and Post Traumatic Stress Disorder (PTSD) here in Bow.

He was a combat Air Force veteran, a father, and the love of my life. Given his mission to help others "service after service," and given my personal and professional experience, I'd like to have our story shared. Sadness comes from happenstance. Something happened, so we grieve for example. But depression is more. It's a burnout of a character. Depressed is like needing a DEEP REST from the character you've been playing.

The character that smiles, says everything is ok, the one that still gets "it" done, be it school, work, parenthood, etc., the character that somehow still "looks" together while ripping at the seams.

The character that is there for others while the true self suffers. Depression is insidious. Daring to set boundaries takes a level of courage to love ourselves while taking the risk of disappointing others. It's vital, it's crucial, it's survival. But these boundaries cannot apply to depression.

Emotions are valid and real in everyone. When we suppress or hide them, we enter dangerous grounds of denying our human experience. Brene Brown said it best when she said "vulnerability is our most accurate measurement of courage." Letting someone in in your darkest times and be truly seen is one of the most courageous things one can do.

What do we gain from denying reality? It's sometimes painful and even shameful, but that doesn't make it any less of a human experience. "Shame needs three things to grow exponentially: silence, secrecy, and judgment." But when you douse shame with empathy, it cannot survive. Another BB quote: Those who suffer do not benefit from silence. Silence of trauma, abuse, and even suicide are precarious grounds to tread. What it does is abdicate control and permits the status quo to remain intact while falsely protecting our image of comfortability.

Those who need a voice, those who no longer have a voice, still need to be heard. They still need advocacy, and I can say with the utmost certainty that no one who has truly suffered would want anyone else to. That type of all encompassing pain can become unreachable with silence.

So my message is if you can speak, do so. If you cannot then let those who love and support you advocate on your behalf free from judgment, free from pride, and free from the holds of shame. You don't need to be a professional, you just need to suspend ego and try to live in another's world.

**Rachel Hagen of Bow, is a licensed therapist.**

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**UPDATE ON FLATLEY EXIT 1 PROJECT**

At the regular meeting of the Bow Business Development Commission on March 8, Bow Town Manager Stack reported on the Exit 1 and Logging Hill proposal by the Flatley Company.

Flatley is preparing plans for another neighborhood meeting in Bow, time and date are to be determined. Flatley is looking at age-restricted single family rental units. Townhouses, a coffee shop, and a bank are also proposed.

Community Development Director Karri Makinen said, they are not focused on the Exit 1 interconnection and are instead proposing use of a driveway off Logging Hill Road. OMs. Makinen said she has encouraged Flatley to work with NHDOT.

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# IT'S TIME FOR YES!

by Jim Olson

Ever heard of the word *infobesity*? Infobesity: excessive quantity of daily information. Great word, right? It encompasses everything we feel about the confusing overload of information on the internet.

Why talk about infobesity? I have been thinking about the one glaring problem with the fitness industry today. This one problem caused me to leave the fitness industry in 2001, when it was obvious that fitness was more about mimicking the supermodels, rather than actually helping anyone achieve their true fitness goals. This is ever so true with the prevalence of the one-size fits all fitness approach. Which is a problem, so common, that deserves its own word.



**FITIGUE** Trying the one size fits all model and... surprise, failing at it. Shouldn't your personal fitness journey be about you? Your individual goals? Your needs? And fit into your lifestyle?

*Are you Fitigued?* Maybe you need a place that is always focused on your next step, rather than trying to fit you into a false idea of healthy.

Pause for a moment... because you have to ask yourself... is the fitness journey you are currently on... about your individual goals?... or is your

current fitness journey about fitting into a mold? Answering that one specific question changes everything. Because fitness is one of the most personal decisions you can make. That one actively affects every aspect of your life.

Maybe you need to become a little more intimate with your fitness journey and own your results?

Maybe you need a coach who is committed to your success? A coach who works with you by your side and helps you stay motivated an accountable to your action steps in successfully achieving your goals?

Maybe we have the Team of coaches that are waiting to help you every step of the way!

I built Individual Fitness to be different. I built Individual Fitness to actually

help people succeed and sustain their results. To help people just like you, to finally live an active healthier lifestyle with their fitness, nutrition, and mobility goals. Providing a foundation of freedom to do what they want, how they want, and when you want. Simply put, we do this by listening to you, then creating and teaching you your individualized plan.



**Jim Olson**

If you are suffering from a case of Fitigue and are ready to experience the Individual Fitness difference, we would love the opportunity for a conversation... that could possibly change your life.

**HELPING YOU TAKE YOUR NEXT STEP.**

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

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Are you ready to find more energy by burning those stubborn fat cells that are weighing you down?



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- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

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## Hopkinton Real Estate Sales – FEBRUARY

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
Kearsarge Avenue	LAND FOR SALE	LAND FOR SALE	3 Acres	\$170,000
100 Spring Street	3 Bedrooms   2 Bathrooms	1,309 Square Feet	.64 Acres	\$385,000

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### HOPKINTON POLICE DEPT.

#### MARCH 2023

#### 14 Arrests 5 Accidents 408 Traffic Stops

**03/01** Zachary Barnes, 22, of 154 Cedar Street, Hopkinton, was Arrested on Warrant.

**03/05** Lydiette Bailey, 48, of 380 Western Avenue #C2, Henniker, was arrested for Drive After Revocation/Suspension and Suspension of Vehicle Registration.

**03/07** Jermayne Eubanks, 42, of 139 Hurlbut Street, Tolland, CT was arrested for Reckless Conduct, Conduct After Accident, Criminal Mischief and Obstruct Government Administration.

**03/10** Vanessa Gangel, 36, of 64 Dicandra Drive #64, Bow, was arrested for Violation of Protective Order; James Swalgen, 31, of 115 Lower Straw Road, Hopkinton, was arrested for DV; Simple Assault; Physical Contact and Criminal Mischief.

**03/13** Ian Rexford, 25, of 12 Hall Ave #2, Henniker, arrested for Negligent Driving, Conduct After Accident and Uninspected Vehicle.

**03/19** Haley McCleary, 25, of 89 Belding Street, Claremont, was Arrested on Warrant.

**03/24** Mbambi Mbungu, 24, of 239 Main Street, Keene, arrested on Warrant; Cole Reinacher, 24, of 57 Apple Tree Lane, Hopkinton, was charged with Drive After Revocation/Suspension.

**03/26** Uriah Davis, 45, of 110 Peaceful Lane, Penacook, was charged with Drive After Revocation/Suspension; Kola Venkateswara-Rao, 23, of 2 Country Club Drive, Manchester, was charged with License Required; Operate without Valid License.

**03/27** Garrett Harmon, 23, of 25 Max Lane, Concord, charged with Drive After Revocation/Suspension and Yellow/Solid Line Violation.

**03/30** Richard Gurley, 27, of 394 Second Street #201, Manchester, was arrested for Disobeying An Officer and Drive After Revocation/Suspension; James Swalgen, 31, of 115 Lower Straw Road, Hopkinton, was arrested for Breach of Bail.

### HOPKINTON SCHOLARS NAMED

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

**Charlotte Powell** was named to the fall 2022 dean's list at St. Lawrence University.

**Emma Rothe** was named to the fall 2022 dean's list at St. Lawrence University.

**Ashley Ogden** was named to the fall 2022 dean's list at the College of Charleston.

**Lily Ogden** was named to the fall 2022 dean's list at Emerson College.

**Clara Walling** was named to the fall 2022 dean's list at Hamilton College.

### DAWN-MAR RANCH



### CLEAN OUT YOUR CLOSETS FOR CHANGING LIVES EQUINE CENTER INC!

Over the next month we are collecting items for a Savers Fundraiser. This is to benefit Changing Lives Equine Center Inc. We are accepting: mens, womens and childrens clothing, shoes, boots, textiles (towels, sheets, blankets, pillows, curtains, tableclothes), accessories (hats, mittens, scarves, ties, socks, purses, wallets, backpacks, bags). All items should be in good, clean & sellable condition. Please gather clothes and household textiles in bags and drop off at Dawn Mar Ranch, 64 Stumpfield Road, Hopkinton. **No donations will be accepted after May 17th.** For information contact Kathleen Butcher at (603) 724-3452 or kathb123@comcast.net or Marcia Evans at (603) 746-3884 or Marciadawnmar@tds.net. Please visit [www.dawnmarranch.org/changing-lives-equine-ctr](http://www.dawnmarranch.org/changing-lives-equine-ctr) for information about Changing Lives Equine Center.





HOPKINTON - CONTOOCCOOK  
**TOWN CRIER**

by Kathleen Butcher  
 724-3452, [kathb123@comcast.net](mailto:kathb123@comcast.net)

**TWO VILLAGES ♥ ONE HEART**

**Birding Field Trip** to Newbury and Plum Island, MA with Linden in search of native and migrating shorebirds! Sunday May 7 8-11:45am. Ages 18+. All details are online at [www.HopkintonRec.com](http://www.HopkintonRec.com).

**Free Home Energy Workshop** on Wednesday, April 26, 2023 6:30-8:00 at the Hopkinton Town Library. Learn about saving electricity, insulation and air sealing, energy audit and weatherization programs, rebates on electric and gas appliances and other incentives from NH's energy utilities. For zoom link call 603-746--3663 or email [info@hopkintontownlibrary.org](mailto:info@hopkintontownlibrary.org).

**American Legion Post 81** to host a morning flea market on the second and fourth Sundays of the month until May. Cost for vendors for a 12' space are \$10.00 without a table and \$15.00 with an 8' table provided. To reserve a space and for more information, call or text Tammy at 603-620-6804.

**Annual spring rummage sale** April 15th, 9-12 at the Contoocook Methodist Church. Clothes for every age, great jewelry, large white elephant table, books, furniture and toys. Bag sale @ 11.

**Annual Flea Market** at the First Congregational Church of Hopkinton will take place on Saturday, April 15 th, from 9 a.m. to 1 p.m. The Church is located at 1548 Hopkinton Road, Hopkinton. A few of the wide variety of items for sale include clothes, kitchen items, plates, vases, pictures, and jewelry as well as small appliances, tools, camping equipment and toys.

**National Poetry Month** with Edward Lear's Owl and the Pussycat Artistic Interpretations April-May 2023 at the Hopkinton Town Library. Inspired by Sienna Larson's wonderfully varied collection of "Owl and the Pussycat" books, we have created a series of programs, including the exhibition in our gallery featuring the work of members of our community, children's activities and a new "I Spy" cabinet.



**Writing camp** for students entering grades 3 through high school will be offered at Harold Martin School June 26-30 and August 14-18. Writing Camp is a time for students who love to write and create to spend a week sharing their experiences with others. Led by Joan Follansbee and Trish Walton, two long-time Hopkinton teachers, students will have the opportunity to write, read, and share in a supportive environment. For more information email [trishwalton65@gmail.com](mailto:trishwalton65@gmail.com) or [joanfollansbee1970@gmail.com](mailto:joanfollansbee1970@gmail.com).

**Blood Drive** at St. Andrew's Episcopal Church Wednesday April 19th from 130-630pm. Call 1-800-RED Cross (1-800-733-2767) or visit [RedCrossBlood.org](http://RedCrossBlood.org) and enter: HOPKINTONNH to schedule an appointment.

**Hawk Baseball Camp** will be held June 26-June 29 at Georges Park in Contoocook next to Hopkinton High School. Register before June 1 and take advantage of an Early Bird Special - \$150. Camp registration after 6/1/23 will be \$175. For questions and to request a registration form, email [4chaseteam@comcast.net](mailto:4chaseteam@comcast.net) Please register as soon as possible so camp T-shirts can be ordered.

**Girls Hawks Hoops Summer Camp.** Don't delay, register for Hawks Hoops summer camp today! Camp will take place the week of July 10-14 at Hopkinton High School and is open for girls in grades 1-8 (2023-24 school year). Players will work on fundamentals, shooting form, and offensive moves. There also will be an emphasis on defensive concepts. Register for a full or half-day. For more information: <http://www.hysasportsnh.com/forms-and-paypal.html>.

**Hawks Softball Camp** registration the week of July 3 (no camp on July 4). Camp is open to grades K-8 and will be held at Blood and Clarke Fields

in Contoocook. We're offering full and half-day registration. Campers will focus on the fundamentals - batting, throwing, fielding, catching, and pitching. There also will be an emphasis on strategy, stealing, and positioning. For more information: <http://www.hysasportsnh.com/forms-and-paypal.html>.

**The Slusser Center** offers in person dining 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](http://www.HopkintonRec.com) Feel free to stop in the Slusser Center Monday-Friday from 9:00- 4:00 for a tour and to pick up a full list of programs for adults 50+. Call 603-746-8263.



← **Art exhibition at the Two Villages Art Society** features ceramic artist Boyan Moskov and painters Becky Barsi and Sarah Longley. The exhibition, titled "Of the Earth," runs April 8- May 6 at the gallery at 846 Main Street in Contoocook. The gallery is open free of charge Thursday through Sunday from 12:00 - 4:00.

**Slusser Center.** As part of our 50+ Strong Living Exercise Programs, the Slusser Center 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!

**The 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.

**The Hopkinton Police Association** announces its first annual comedy show, in partnership with the American Legion! Come out for a night of laughs with three great comedians. There will be multiple raffles for prize. 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/e/comedy-show-fundraiser-tickets-566264531457](http://www.eventbrite.com/e/comedy-show-fundraiser-tickets-566264531457).

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## BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor

**ALEXANDRA LARRABEE** committed to play Division 1 lacrosse at Colgate University in December of 2022. One of the best lacrosse players in the state, Larrabee was highly sought after following a stellar sophomore campaign. When talking about her early recruitment, she said, "I visited Colgate September 17th, it was my second visit. I initially didn't really want to take the time to go there because my entire life I thought I wanted to go to a huge school in a city." She would continue, "I left my visit with that feeling like I could totally see myself here. People always say, "you'll know" and trust me, I knew." Ultimately, Larrabee decided to commit to Colgate



CHIP GRIFFIN PHOTO

for the "the best balance between top tier academics with exceptional opportunities for involvement in and out of the classroom, however simultaneously having amazing athletics, and an even better culture and atmosphere of fun." At Bow High School, Larrabee is almost certainly the best girls' lacrosse player in program history. She currently holds five school records heading into her senior season: Season record holder in Most Points (131), season record holder in Assists (46), season recorder holder in Draw Controls (133), career record holder in Assists (64)

and career record holder in Points (213). Larrabee was also named to the All-State team for both her Sophomore and Junior years and was crowned Offensive MVP in 2022. Besides the upcoming season, Larrabee is tremendously excited to play lacrosse at the next level. "I absolutely cannot wait to be a college student athlete. I have dreamed of being a division one lacrosse player since 5th grade and now it's 6 months away from being a reality." She would go on, "I am eager to get on the field and play with others who share the same goal and passion as me." Larrabee's success as a Falcon is one for the history books, but her absolute dominance on the lacrosse field will be remembered for years to come.



CHIP GRIFFIN PHOTO

**LYNDSEY LAPERLE** committed to play Division 1 soccer at Sacred Heart University in July of 2022. The 2022 New Hampshire Gatorade Player of the Year, LaPerle has had incredible success at Bow. A two time All-American, two time All New England, two-time First Team All-State selection, while also winning the State Championship in 2021, she certainly has the accolades to back up her tremendous accomplishments on the soccer field. When asked why she chose Sacred Heart, LaPerle stated, "Sacred Heart made a tough decision, easy. Sacred Heart was one of my last visits during my recruiting process and right as I stepped on campus, I knew it was the one. With one of the most beautiful campuses I've seen, good academics, successful soccer program, and an amazing coaching staff, I just had to go." She also added, "I liked that SHU is a perfect distance away and is in Fairfield, Connecticut. Being in Fairfield is perfect since Fairfield has a nice town. It's perfect for when I want to get off campus I can go into the town, not to mention SHU is 15 minutes from the beach!" LaPerle is very excited for college athletics, saying, "I'm super excited for college athletics and I can't wait to get started. I've dreamed of becoming a division 1 soccer player all my life so having the opportunity to play just means the absolute world to me." The best soccer player in the state has had a prodigious impact on Bow athletics and will continue to make Bow proud at the next level.



CHIP GRIFFIN PHOTO

**ISABELLA LAPERLE** committed to play Division 2 soccer at Southern Connecticut State University in March of 2023. A three-sport athlete at Bow, garnering First Team All-State honors in all three sports, LaPerle is an incredible athlete. "I am beyond grateful and excited to play in college! This has been a dream of mine, and I know this new experience will make me stronger both mentally and physically." Southern Connecticut made the college decision easy for her. "I chose Southern Connecticut State University because of the location, size of the school, solid academics, and the successful women's soccer program." She continued, "I am able to get the best of both worlds with being able to play at a high level of collegiate soccer competing in the NE10 conference and balancing my academic career majoring in Biology." But what attracted LaPerle the most was her connection with her future coaches. "What I valued the most was my relationship with my potential future coaches. Talking with the coaching staff at Southern I felt a positive and more importantly, genuine connection. They appreciated me not only as a player but the way I carried myself off the field. I felt very welcomed and respected." When asked about her role in college, LaPerle is uncertain. "I don't know what my role will be, but I was recruited as an attacking center mid. I could see myself playing anywhere the program needs, but I am most comfortable at forward and attacking center mid." Regardless, her outstanding athleticism and versatility will be missed at Bow, but Southern Connecticut receives one of the best well rounded athletes in the region.



## BOW HIGH SCHOOL SPORTS SPOT

**Ryan McCabe**  
Bow Times Sports Editor

*I'm Ryan McCabe, and I'm currently a Junior at Bow High School. I've always had a strong love for writing. It's been a fun hobby of mine since elementary school. I've also had a passion for sports, practically playing sports my whole life! I'm currently the captain of the lacrosse team and starting Attackman, while also being a varsity starter on the football team, playing Tight End and Defensive End.*

*Being able to match my passion for both writing and sports together is the best of both worlds. I've been the Sports Editor at The Falcon Vision, a club at Bow High School for almost two years now, and I've loved it. I saw an ad in The Bow Times a couple of months ago for an opening Sports Editor position and immediately jumped on the opportunity. Having the ability to write in the local paper has been amazing, and I'm excited to continue my love for writing while exhibiting Bow's talented athletes and strong athletics.*

# BOW FIRE DEPARTMENT



## GRILLING SAFETY TIPS from the Bow Fire Department

### MARCH 2023 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 19 Basic Life Support Transports
- 24 Advanced Life Support Transports
- 21 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 27 Fires/Hazardous Conditions/Alarms
- 12 Service Call Incidents/Good Intent
- 11 Overlapping Incidents
- 103 Total Calls for the Month

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

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

#### 1. ONLY USE GRILLS OUTSIDE

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

#### 2. PLACE YOUR GRILL AWAY FROM YOUR HOME

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

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

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

#### 4. CHECK YOUR GRILL FOR LEAKS

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

#### 5. ALWAYS CLEAN YOUR GRILL AFTER USE

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

#### 6. NEVER LEAVE BARBECUE GRILL UNATTENDED WHILE IN USE

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

#### 7. WEAR APPROPRIATE CLOTHING

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

#### 8. KEEP A SPRAY BOTTLE ON HAND

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

#### 9. ALWAYS HAVE A FIRE EXTINGUISHER CLOSE BY

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

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



## NH FIRE ACADEMY & EMERGENCY MEDICAL SERVICES HONORS BILL WOOD

On March 23, 2023, at the New Hampshire Statehouse, on the senate floor, our own Bill Wood was honored and a senate resolution was made in his name, for his 50 years of consecutive EMS National Registry Certification.

His family, friends and colleagues were on-hand to witness history, as Bill was recognized as the longest running, nationally certified EMT in the United States, to date. We are humbled and proud to call Bill one of our own. Thank you, Bill, for your continued service!

BOW EMERGENCY SERVICES

CALL IF YOU CAN

---

TEXT IF YOU CAN'T

# Travel Time WITH CHASE & BUD | THE EXUMAS



Our floating home for a week was the **Stepping Stone**, Ruth and Steve Coney's 55' Fleming trawler—designed for live-aboard comfort and easy coastal voyages.



Sharks are plentiful as well as very visible in Exuma waters. Here they are circling near the Staniel Cay Yacht Club, looking for snacks--fish, not folks!



The Exuma Cays Land and Sea Park encompasses more than 112,000 acres and was established in 1958--the first park of its kind in the world. Moorings and anchorages are available among the secluded islands and park wardens protect both the land, the sea and all its creatures. We spent most of our time island-hopping in the park, enjoying the biodiversity and were thrilled to enjoy the park's Sea Aquarium, a natural underwater pool teeming with more tropical fish than seemed possible.

## THE EXUMAS IN A TRAWLER

The Exumas are a chain of 365 islands in the Bahamas. The water is an impossible shade of turquoise and so clear that you can see to a dizzying depth of 25 or 30 feet. Most of the islands have a decidedly "Robinson Crusoe" feel — beaches are footprint-free and there's nary a tiki bar or a high rise condo in sight. Remote. Peaceful. Lovely.

Honestly, the Exuma Islands were not exactly on our radar. We've snorkeled on Kauai, Grand Cayman, St. Maarten—even Australia's Great Barrier Reef. We were kind of snorkeling snobs. But then friends (and former Bow residents) Ruth and Steve Coneys asked us to join them for a cruise on their 55' trawler, *Stepping Stone*. "Plan on a week," Ruth said. "We've got lots to show you."

We cast aside thoughts of potential cabin claustrophobia, terrifying thunder and lightning storms and booked it. The result? A week of heaven. Just take a look! **Photos | Chase Binder & Ruth Coneys**



Staniel Cay Yacht Club is a great place to dine in elegant fashion--or chow down in the bar and listen to mariners' fish tales. Visitors quickly learn that is where Sean Connery hung out during the filming of 1965's *Thunderball*. You can actually snorkel through nearby Thunderball Grotto. Steve and I paid the grotto a fun visit while Ruth and Bud kept the dinghy from harm.



Yes... there are swimming pigs in Exuma, on the uninhabited Big Major Cay, near Staniel Cay. Some say a few were shipwrecked there years ago, some some they were abandoned by a group of sailors. Nevertheless, there are a dozen more in residence on an easily accessible beach.

Note: they know just how to approach you for food and, not surprisingly, the beach has a rather piggish aroma.



Captain Steve clearly had things in hand as he piloted us out of Staniel Cay harbor and off to the more remote islands of the "real Exumas." Our voyage was a piece of cake for the Coneys--this past fall they completed the iconic two-year Great Loop aboard the *Stepping Stone*--a trip of at least 5500 miles up the East Coast from Florida to the St. Lawrence Seaway, through the Great Lakes, and back down the great rivers of the US to Florida.



Where does your boat "hail" from? It's always interesting to see. Here is Bow, NH proudly on the stern of the *Stepping Stone*.



The Coneys' *Stepping Stone* has a draft of 5' with a 16' beam and overall length of 62', so the trusty dinghy (Pebble, of course!) was our transport into bays and coves. See the footprints in the sand? Ours alone! Deserted beaches in the Exumas are more than plentiful!



Ruth caught this image of Bud and me playing Titanic. We were fortunate enough to have marvelous weather, calm seas — and not an iceberg in sight!



Sunsets like this were the norm. Serene with bursts of color, sea birds floating overhead, sharks and barracudas lazing around our stern. Does it get any better?

### IF YOU GO

**The Exumas:** The Exumas are a unique destination. The true magic is in the remoteness and the best info is at [www.bahamas.com/islands/the-exumas](http://www.bahamas.com/islands/the-exumas).

**Getting there:** The islands are roughly divided into three areas: Great Exuma and Little Exuma to the south end of the chain and the Exuma Cays at the northern end. Most itineraries from the US will fly you into Nassau where you grab a connector flight to Great Exuma where George Town has an international airport. Start at [www.exumabahamas.org/flights](http://www.exumabahamas.org/flights). We were meeting the *Stepping Stone* in the more northern cays at Staniel Cay's tiny airport, so booked on Flamingo Air ([www.flamingoair.com](http://www.flamingoair.com)) out of Nassau.

**Staying There:** Accommodations run from David Copperfield's entire private island (Musha Cay) at \$57,000/night to exclusive resorts at \$1500/night (most in the southern cays) to VRBO's and small B & B's starting at \$200/night, many to the north on Staniel Cay. Of course if you have a boat with accommodation, chartered or not, you have the best opportunity to experience the Exumas. Google Exuma Boat Charters to start.

# THE Music LADY

FOR THE LOVE OF MUSIC

There is a select group of celebrities so famous around the world that they are known by just their first names. Adele, Cher, Oprah, Madonna, Beyonce and Reba are just a few such superstars. By the way, what's RINGO up to these days?



Sir Richard Starkey was born in England in 1940 and later changed his professional name to Ringo Starr. He was the drummer with the Beatles from 1960-1969 and has since achieved a successful, solo career up to this very day. At age 83, Ringo and his "All STARR Band" have a full 2023 touring schedule.

"Ritchie" Starkey grew up very poor and very sickly. He suffered many life-threatening illnesses during his childhood that led to several prolonged hospital stays and years of missed schooling. As a teenager, he was hospitalized for two years with tuberculosis. To relieve the boredom, he joined the hospital band. Since he had no drums, he used any object he could find to beat on the cabinets next to his bed. After that "musical experience," he never wanted anything else besides drums for the rest of his life.

Ringo was not the Beatle's first choice as their drummer. But whenever he filled in as the drummer for their performances, he received as much fan mail as Paul McCartney, John Lennon and George Harrison, and that secured his permanent position as a Beatle. Ringo's drum style emphasized feeling over technical virtuosity. *Rolling Stone* magazine named him the 5th greatest drummer of all time. He was inducted into the Rock and Roll Hall Of Fame twice, once as a Beatle and once as a solo artist in 2015. He is cited as being the wealthiest drummer in the world, with an estimated net worth of 350 million dollars.

Today, Ringo maintains a vigorous touring schedule because he is very healthy. "There is no secret, you just don't eat a lot of crap, eat a lot of broccoli, work out and you can enjoy life."

To quote the lyrics from one of Ringo's hit songs that he composed, "It don't come easy. You know it don't come easy."



## BOW'S DICK SWETT REPORTS ON AFRICAN PROJECTS

by: Dick Swett

It has been a very busy year so far and I am very happy to report that we continue to make progress on our two projects in Malawi and Sudan. In Sudan we are working with the DAL Group, a very large and successful company we have introduced to a possible partnership here in the United States that will greatly enhance their production capabilities and customer base. We hope to help them with building a Sustainable Solar Community for their workforce in Sudan.

In Malawi, we are working with an excellent partner, Nir Gess and his Africa Export Limited company to expand his greenhouse operations and shelter for rescued trafficked young girls, **Beth Israel Safe Home Malawi**, in Lilongwe, the capitol of Malawi. Nir is an Israeli who has been working in Malawi for many years.

Last December, I was able to meet with the President of Malawi, Lazarus Chakwera, at the Africa Leadership Summit in Washington, DC and discuss the project that I am doing with Nir at the Kamuzu International Airport, just north of Lilongwe. We are working to obtain funding for the Feasibility Study, approximately \$750,000 so that the Sustainable Solar Community can be proven feasible and funded by Foreign Direct Investment using the Study.

Over the several years we have been working with Nir and Malawi, we have also been able to help several communities, especially the Maternity Clinic on Chisi Island on Lake Chilwa by providing them with a new water ambulance that can take patients (distressed birthing mothers to superior medical facilities on the mainland during difficult deliveries; this cuts a 2 hour boat ride to 16 minutes, which definitely saves lives. This was accomplished just 5 weeks ago with the assistance of the Bow Rotary Club, our local Interact and Earlyact Clubs, the local Rotaract Club in Zomba and Nir.



## BOW GARDEN CLUB

### Bow High School **SCHOLARSHIP** **AVAILABLE — APPLY NOW!**

A **\$1,000 Bow Garden Club Scholarship** is available for a graduating BHS Senior who is pursuing an education in any of the plant sciences (horticulture, conservation, forestry, etc.) An application may be

acquired through the BHS counseling office or by contacting BGC Scholarship Chairman Debra Wayne at [debrawayne@comcast.net](mailto:debrawayne@comcast.net) or (603) 715-1466.

**Applications need to be received by April 30th.**

### **ANNUAL PLANT SALE COMING SOON !**

Spring has sprung and that means the Bow Garden Club's annual spring plant sale is scheduled for **Saturday, May 27th - Memorial Day Weekend** at the Bow Community Building. Mark your calendars! We will have a great selection of bedding plants, hanging baskets, herbs, veggie starters and more for your shopping pleasure! And if you are looking for a real bargain, our members will again be donating lots of their favorite "tried and true" perennials to be sold at very low prices, having been lovingly removed from their own gardens to make room for more!

**See you on May 27th!**

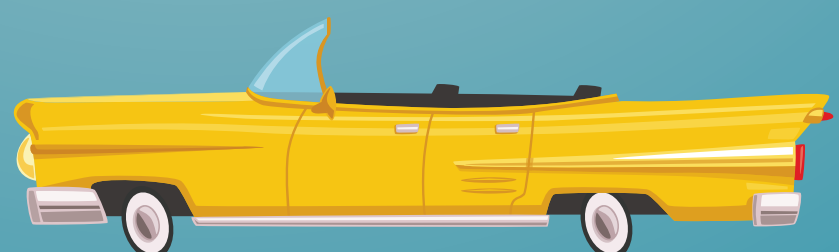
## **BOW COAL PLANT ONLY TO BE STAND-BY POWER SOURCE**

While the full capacity Bow electric plant can power a third of what Seabrook Station can produce it will be used only for peak demand starting in 2026. A peak up in demand would call for the use of the plant's two kerosene fired turbines, which can be turned on quickly for 17.6 megawatts each, less than 10% of the plant's full capacity of 438 megawatts.



## SAVE THE DATE FOR THE 12<sup>TH</sup> ANNUAL **BOW ROTARY CAR SHOW**

Saturday, May 20, 2023 8 am - 2 pm



For information, and registration forms please visit our web site at [www.BowRotaryCarShow.com](http://www.BowRotaryCarShow.com)

# 529 COLLEGE SAVINGS PLANS: WHAT CAN DO FOR YOU

Provided by Dominic Lucente

Most people have heard of 529 College Savings plans and understand their value in relation to saving money for future higher education for young family member. What some may not know is that the qualifying use of these dollars as well as options for unused funds have expanded considerably in the past few years.

As a quick primer, a 529 Plan is an investment account that offers tax benefits when used to pay for qualified education expenses for a designated beneficiary. The benefits include tax-deferred growth on the investments while in the plan: the earnings can be tax-free when used to pay for specific education costs. Since 529 Plans are run at the state level, some states offer specific tax benefits for residents when using their state's particular plan. 529 Plans encompass two main types of savings programs, Prepaid Tuition Plans and College Savings Plans. For our purposes, we'll be looking at College Savings Plans.

## WHAT'S CHANGED?

Ultimately, WE have changed, meaning our nation's educational needs and options. Due to expanding options for alternative forms of education and demand for more flexibility in their use, the rules around 529 plans by necessity have expanded.

This month, we'll talk about how fund can be used to maintain the tax benefits of these plans, and next month we'll talk about options for unused 529 dollars.

## QUALIFIED EDUCATION EXPENSES

Generally, tuition, fees, books, supplies, and equipment/technology required for attendance at a higher education institution are considered qualified expenses. Reasonable cost for room and board are also included in this list if the student is attending school at least half-time. Additionally, education expenses incurred to allow a special needs beneficiary to enroll and attend an eligible institution would be allowed as well.

The Tax Cuts and Jobs Act of 2017 expanded 529 plan benefits to include tax-free withdrawals for private, public or religious K-12 tuition up to \$10,000 per year. Again in 2019 with the SECURE Act, there was an expansion in use of college savings with apprenticeship program costs added as eligible expenses. In addition, up to \$10,000 in a student's lifetime can now be used to repay student loans.

## WHAT IF I HAVE UNUSED 529 DOLLARS?

Some children choose not to go to college or to enter the trades through an apprenticeship program, so there are times when the 529 plan savings may be more than needed. One great aspect of 529 plans is that they allow for unlimited change in beneficiaries to members of the same family without tax implications. Family members include: siblings, children, grandchildren, parents, nieces, nephews, uncles, aunts, their spouses, and first cousins.

For situations where a change in the beneficiary would not be helpful, there are a couple of options to avoid taxes and penalties on unused 529 savings.

First, any penalty on distributed earnings is waived if the beneficiary receives a tax-free scholarship, attends a U.S. Military Academy, or should die or become disabled. While the earnings distributed would still be subject to taxation, no penalty would be assessed in this situation.

Second, 529 funds can be rolled over to a 529 ABL account, specifically for individuals living with a disability. The ABL Act of 2014 allows Americans living with disabilities to save money for college and other expenses in a tax-deferred account to supplement private insurance and public benefit.

Finally, beginning in 2024, as a result of the SECURE Act 2.0 signed into law in 2022, up to \$35,000 of 529 assets can be rolled over into a Roth IRA in the same name as the beneficiary. There are stipulations to this option, like the 529 plan must have been open for 15 years or longer, and no funds contributed within the last five years are eligible for rollover, but this can still be a way to jumpstart a beneficiary's retirement savings should there be excess savings.

As we approach the end of the school year, it might be a good time to explore your options to save for college or other educational expenses.

*Prior to investing in a 529 Plan, investors should consider whether the investor's or designated beneficiary's home state offers any state tax or other state benefits such as financial aid, scholarship funds, and protection from creditors that are only available for investments in such state's qualified tuition program. Withdrawals used for qualified expenses are federally tax free. Tax treatment at the state level may vary. Please consult with your tax advisor before investing.*

*Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or its affiliates, which are separate entities from, and not affiliates of the credit union, are: Not Insured by NCUA or Other Government Agency Not Credit Union Guaranteed Not Credit Union Deposits or Obligations May Lose Value.*



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

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

## LET'S START PLANNING.



*Dominic M. Lucente, CFP®, RFC®*  
 CERTIFIED FINANCIAL PLANNER™  
**Northeast Planning Associates, Inc.**  
 425 Hooksett Road · Manchester, NH 03104  
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# NORA'S DUNBARTON NEWS



**READ ALOUD TO A DOG** at the library! Mr. T is 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 Thursday, April 27, from 2:45 PM to 4:00 PM. Please call the library to register now, 774-3546.

**CHAIR YOGA** will be held on Thursday, April 27 at the DCC Church vestry. Wear Comfy clothes. Chairs are provided. Sponsored by the library.

**LIBRARY GRAND REOPENING** will be Saturday, April 29, 10:00 AM to 2:00 PM. The day starts off with a musical dedication with local bagpipers. "Sandy's and Joe's NY Dogs" hotdog cart will be here at 11:00 AM. Cakes, prizes, etc. Tours of the upstairs. Decorate your kindness rock for the new garden. More details coming shortly.

**DCC BOOK CLUB** Beyond the Book will be reading *A Psalm for the Wild-Built* (winner of the Hugo Award) & *A Prayer for the Crown-Shy* (Usa Today Best Seller) by Becky Chambers. Becky Chambers new series asks: in a world where people have what they want, does having more matter?" Discussion will be in the Vestry on Thursday, May 4, 7:00 PM to 8:30 PM. All are welcome. FMI call Barbara 496-3253.

## BECOME A "FRIEND OF THE DUNBARTON CEMETERIES"

On Saturday, May 6, New Hampshire Old Graveyard Association, with John Lord, will give a presentation from 1:00 PM to 2:00 PM in the Dunbarton Town offices. Following at 2:00 PM to 3:00PM, everyone will go into the Center Cemetery for a hands-on workshop. John Lord's talk will cover the following;

1. Why preserving old graveyards is important.
2. What are the laws governing graveyard preservation?
3. How to properly preserve and document graveyards.
4. Demonstrations of proper graveyard preservation.
5. How to clean and repair gravestones.

Graves in the Dunbarton Cemeteries date back to the early 1700's. You will learn how to clean and protect these historic headstones.

To sign up NOW, please contact the Cemetery Trustees:  
[Cemeterytrustee@dunbartonnh.org](mailto:Cemeterytrustee@dunbartonnh.org)

**LOOKING FOR LARGE PRINT TITLES?** The NH State Library has expanded their Large Print Book Collection.

Talking Books, part of the NH State Library, has purchased a new collection of circulating large print titles with ARPA funds that libraries can request via ILL Resources State Library. Please call the library for assistance.

Nora LeDuc  
[dtowncrier@gmail.com](mailto:dtowncrier@gmail.com) • 603-774-3141

## VISIT AND SUPPORT DUNBARTON BUSINESSES



**Twisted Maple Sugar Shack** is a family-friendly farm that processes Maple sugar every spring.

We also have animals to see and pet including ducks, chickens, goats, cows and pigs.

We're open and boiling and bottling away! Come on by and see us to get some fresh syrup, whoopie pies, cotton candy, sugar and more.

Dunbarton's **School Street Cafe** is a small-town cafe built around the importance of spending time with family and friends.

We to use sustainable products as well as source our food and drinks from local NH businesses.

Hours: Tuesday-Friday: 7 AM-2 PM  
Saturday: 8 AM - 2 PM

Online Ordering is encouraged and Catering is Available



1007 School Street, Dunbarton  
603-774-2233



**Curios On The Common**, a non-profit thrift & gift shop, is a second hand shop sponsored by The Dunbarton Congregational Church. Donations are welcomed and needed for ongoing sustainability. Please feel free to stop by with your usable household items. Phone: (603) 774-2682

Hours: Wednesday 10AM – 4PM Saturday: 9Am – 4Pm

## FIRST ARREST MADE IN PAGE'S COUNTRY STORE & DELI BURGLARY

The Dunbarton Police Department has made an arrest related to a burglary that occurred at Page's Country Store and Deli during the early morning hours of Thursday, August 25th 2022.

Roberto Jordan, 25, of Springfield, MA, is charged with one count of burglary following a lengthy investigation. Jordan turned himself in to be processed on a Dunbarton Police Department arrest warrant on Wednesday, March 1, 2023, and is scheduled to be arraigned in Merrimack County Superior Court in April.

This investigation remains ongoing and anyone with information is asked to contact Chief Remillard at [dunbartonpd@gsinet.net](mailto:dunbartonpd@gsinet.net) or (603) 774-5500. You may also remain anonymous by calling the Concord Regional Crimeline at (603) 226-3100. The Dunbarton Police Department would like to thank the Brookline and Rindge Police Departments for their assistance in this investigation.

Dunbarton, N.H. 03046

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**Matthew Cleveland**





# DUNBARTON POLICE DEPARTMENT



## MONTHLY REPORT

### MARCH 2023 ARREST LOG

**3/1/2023:** Roberto Jourdan, 25, Springfield, MA, was taken into custody on a Dunbarton PD warrant for burglary.

**3/10/2023:** Matthew Clement, 51, Weare, was charged with driving/operating under the influence of drugs or liquor, speed, yellow line, and defective equipment.

**3/13/2023:** Lucy Will, 39, Henniker, was charged with operating after revocation/suspension, driver's license prohibitions, unregistered vehicle, and non-inspection.

**3/21/2023:** Brian Adams, 53, Manchester, was taken into custody on a Dunbarton PD warrant for changing or removing a vehicle identification number and unlawful activities; littering.

**3/25/2023:** Ayden Keiler, 19, Bethlehem, charged with operating without a valid license and non-inspection.

**3/27/2023:** Brian Pike, 34, Dunbarton, taken into custody on a Dunbarton PD warrant for default or breach of bail conditions and bail jumping, a Dunbarton PD warrant for default or breach of bail conditions, operating after revocation/suspension – subsequent offense, suspended registrations, and driving without giving proof, an electronic bench warrant for failing to appear in court on an original charge of driving or operating under the influence of drugs or liquor – 2nd offense, and an electronic bench warrant for failing to appear in court on an original charge of criminal mischief.

During the month of March, one (1) individual was taken into protective custody (drugs, alcohol and/or mental health).

*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.*

## JOE & PAM MILIOTO HONORED FOR SERVICE TO DUNBARTON!



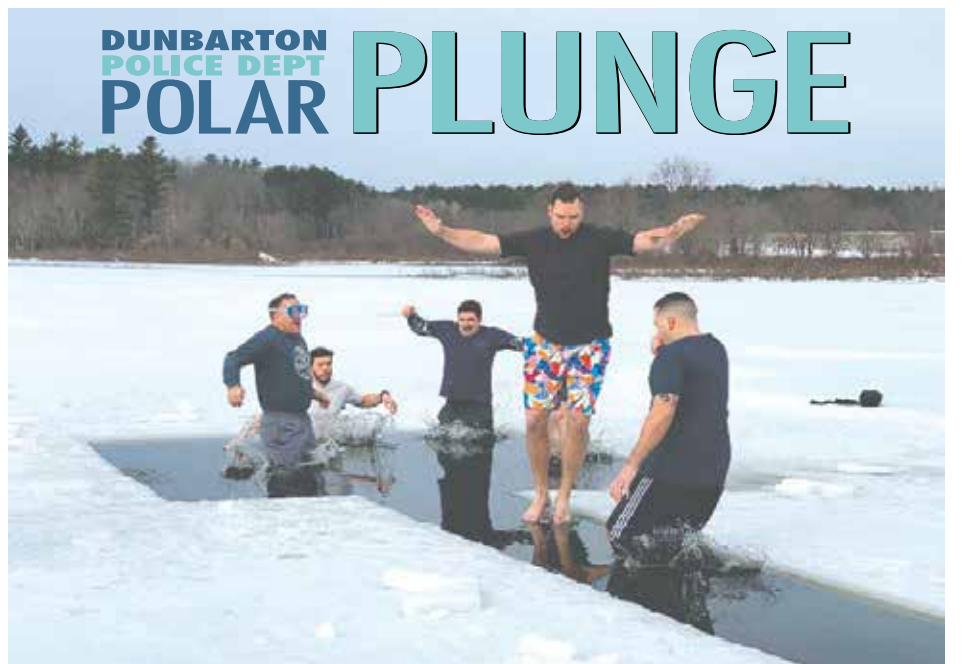
On Thursday, March 2, 2023 Joe and Pam Milioto were announced as the well deserving recipients of the Town of Dunbarton's 2022 Annual Report Dedication. Both have been serving the Town of Dunbarton in various capacities for over 30 years each. Joe currently serves as a Part-Time Dunbarton Police Officer and Pam currently serves as the Dunbarton Town Treasurer. They were joined by friends, family, co-workers, and Town Officials for the dedication ceremony held during a Dunbarton Board of Selectmen meeting. Congratulations Joe and Pam, and thank you for your service to the Town of Dunbarton!



### PHILBROOK HIRED AS NEW PATROL OFFICER

We are very excited to announce that Daniel Philbrook has been hired to fill a vacant full-time patrol officer position following a lengthy hiring process. Dunbarton Town Clerk Linda Landry administered the Oath of Office.

Officer Philbrook is a United States Army Veteran and runs his own metal fabrication business. He is also a member of the Salisbury Fire Department. He will begin his in-house training before going to the full-time police academy in June. Welcome to the team, Officer Philbrook!



On Saturday, March 11, 2023 at Elm Brook State Park, members of the Dunbarton Police Department teamed up with members of the Hopkinton Police Department to participate in the **Special Olympics of New Hampshire's Polar Plunge!**

We sincerely appreciate everyone who donated to this outstanding cause and would like to thank Hopkinton PD, Hopkinton Fire, Hopkinton Highway and the US Army Corps of Engineers for making this event happen.

### DEA NATIONAL TAKEBACK

The Dunbarton Police Department will once again participate in the Drug Enforcement Administration's National Prescription Drug Takeback Day.

**The event will take place on**

**Saturday, April 22, 2023 from 10:00 AM – 2:00 PM**

**at the Dunbarton Police Department (18 Robert Rogers Road).**

Residents can turn in their unused, unwanted, or expired medications, no questions asked. We are unable to accept needles or liquids. The proper disposal of medication helps reduce unauthorized access, theft, abuse and damage to the environment.

Any questions about the event may be directed to Chief Chris Remillard at [chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net) or by calling him at (603) 774-5500.

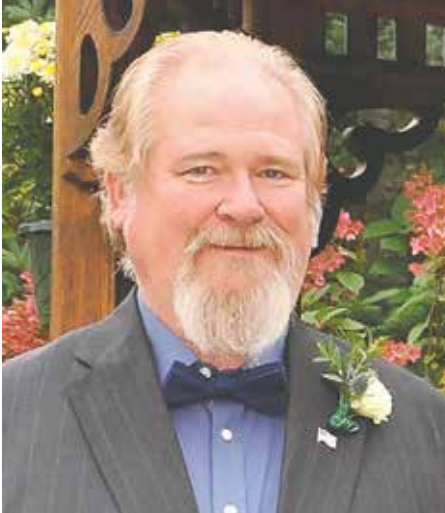


Visit the official website at [www.dea.gov/takebackday](http://www.dea.gov/takebackday) for more information.



## OBITUARIES

### KEVIN CHARLES BOEHM



Kevin Charles Boehm passed away Tuesday April 4, 2023. He was born May 1, 1959 in Hackensack NJ, the son of Charles Boehm and Lynda Adams. He moved with his family up to Dorchester in 1972 where he helped run their campground and country store before attending college in Manchester, obtaining an Associate degree in Construction from the Manchester Votechnical School in 1979 and then continued to get his Bachelor degree in Business

from Southern New Hampshire University in 1981.

Later that year he married Judith Platt of Pomfret CT and they put down roots in Contoocook, where they raised their family of 3 children. Kevin's early career was as an employee of Radio Shack, managing several computer center retail stores in New Hampshire and Massachusetts, then helping clients purchase homes as a mortgage loan officer, and finally as a hearing specialist for Miracle Ear for 8 years before he retired in 2021. Kevin loved Music, it was his passion.

He was always involved in it some way either as the organizer of the Hopkinton Arts and Music Festival, the conductor of the Hopkinton Town Band, attending concerts and music performances with his wife, or just playing his piano at their annual St Patrick's Day parties! He also enjoyed NASCAR racing, American muscle cars, renovation projects which were always needed to their 1800's home, aquarium sting-ray touch pools, air shows, discussing his knowledge of American history, and taking the family on road trip adventures. He was a member of the Eurika Blazing Star Masonic lodge in Concord.

He was predeceased by his father, Charles G. Boehm, his mother Lynda L. Adams, his grandparents Otto C. Boehm and Grace A. McClellan, Edward C. Adams and Lynda M. Blood, his uncles Lorenz G. Boehm (Evelyn Airel), Otto J Boehm (Felicia Jodz), Robert R Boehm (Margaret Lake), Donald Adams (June Marolda), and his aunt Grace A Boehm Lohyn (Joe Lohyn). He leaves his wife Judith E. Platt Boehm and their three children Alyssa L. Boehm Sweet (Russell Sweet) of Rochester NH, Matthew A. Boehm (Rebecca Bernier) of Exeter NH, and Andrew S. Boehm (Kristin Kezar) of Allenstown NH, as well as his sister Cynthia M. Boehm-Patenaude (Guy Patenaude) of West Lebanon NH and many nieces, nephews, cousins and friends. Memorial services and burial will be later at the convenience of the family. Instead of flowers, we offer the suggestion of a donation to the Hopkinton Town Band. Checks may be sent to The Hopkinton Town Band, P O Box 326, Contoocook NH 03229. Please add Kevin's name to the check memo line.

### DONALD CHARLES BULLOCK

Donald Charles Bullock, age 86 of Bow and Emerald Lake Hills, CA, passed away on February 5th, 2023. Born in Concord, on January 22, 1937, the middle child of Arthur and Ruth (Lindquist) Bullock, he grew up in Bow. He graduated from Concord High School where he ran cross country and spent summers lifeguarding at Bear Brook State Park. He studied mechanical engineering graduating from the University of New Hampshire.

Donald's love of water that started when he was a teen, would continue throughout his life. His focus on the water continued through his clean drinking water projects during his time in the Peace Corps in Bolivia where he was director of a leper colony. It was there he met fellow Peace Corp member and nurse Linda Nicolaides and married. Their story and work were featured in Redbook Magazine in 1966. He did a stint in the Peace Corps as a volunteer in the Philippines in his late 50s. He retired and lived on a boat in Florida in later years.

In addition to his parents, he was predeceased by his brothers Gary Bullock and recently his sister Esther Eddy. He is survived by his daughter Kim Bullock-Utrata and son-in-law Petr Utrata of Half Moon Bay California. He also leaves two grandchildren Alina Utrata and Anna Utrata who brought him great joy as well as nieces and nephews and great nieces and nephews, cousins, and friends.

### CAITLIN MARIE CARR

Caitlin Carr of Bow passed away on March 17, 2023, unexpectedly from natural causes. She was born September 11, 1985 in Concord, the loving daughter of George Dickson and Isabel Dickson. She lived in Bow most of her life and attended St. John's Regional School and graduated from Bow High School.

She is survived by her husband Richard Carr and her children: Noah, Riley, Frankie and a step daughter Hannah.

Also survived by her parents George Dickson and Isabel Dickson, brothers: Jake Northfield, Jonathan Dickson and a half sister Karen Cronin. Maternal grandmother Elisa Maria Peixinho, aunts, uncles and many cousins.

In lieu of flowers in Caitlin's memory donations can be made to: Children's Fund to Isabel Dickson or Venmo@idickson.

### RICHARD A. COEN

Richard A. Coen, 87, of Contoocook, passed away at Merrimack County Nursing Home with his family at his side on April 1, 2023, after a long period of failing health. He was born August 23, 1935, in Concord, to the late John Scott and Doris (Ladd) Coen.

Richard was a dedicated employee at Sanel Auto Parts/Automotive Supply Associates for 35 years, retiring as Vice President of Purchasing. He also served for many years as a Contoocook Village Water Precinct Commissioner.

He is survived by his wife of 65 years, Sarah "Sally" (Bean) Coen; his sons, Allen Coen and his wife Alyssa of Concord; Scott Coen and his partner Vicki Coughlin of Contoocook; Danny Coen and his partner Pam Knapp of Contoocook; his grandson Adam Coen and his wife Kaitlyn of Westminster, MA; his granddaughter Heather Coen of Derry; and his sister Joan Holmes of Contoocook.

Donations may be made in his memory to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105 or you may donate at [www.stjude.org](http://www.stjude.org).

### SCOTT M. CRATHERN

Scott Crathern passed away peacefully on March 21, 2023, at his home in Contoocook surrounded by his family after an illness. Scott was born in Concord, and was raised in Hopkinton, where he attended Hopkinton High school; Scott also attended Gould Academy before graduating in 1974.

Scott married Michele Golec in 1977-(2) and had three children, Justin, Brett, and Cheryl, raising them in Concord. Scott worked for the family business Crathern Engineering, rising the ranks and becoming the sales manager. Scott later in life became a realtor broker and was a partner at Village House realty in Concord, before retiring. Scott loved to work on his antique cars and trucks to drive them in many local parades with Tooky pride. Scott is predeceased by his mother, Neola Crathern, and his brother Neil Crathern.

### BRIAN M. DONOHUE

Brian M. Donohue, 84 died peacefully at his home in Hopkinton on March 22, 2023, surrounded by his loving family. He was born in Englewood, NJ and graduated from Northern Valley Regional High School in Demarest, NJ.

Brain owned and operated Brian M. Donohue & Son, his general contracting company in Hopkinton. He was an avid fisherman and loved fishing with his grandchildren. He also had a love for flying his model airplanes. He is survived by his wife, Carolyn of 63 years, and his children; Brian (Phyllis) of Williston, VT, Bob (Trishia) of Meredith, and Tracy of Otego, NY. He leaves behind 6 grandchildren: Alexis, Samantha, Holly, Tyler, Hannah and Jake. A Celebration of His Life will be held at a later date for the family.

*“Wherever a beautiful soul has been,  
there is a trail of beautiful memories.”*

Ronald Reagan

# OBITUARIES



## SCOTT MICHAEL FORBES



Scott Michael Forbes passed away at his home in Bow, on March 6th, 2023, at the age of 49. Scott was the devoted father to Abygail B. and Jackson A. Forbes of Merrimack, NH. Beloved son of Mary (DiMino) and the late William H. Forbes, Jr. of Melrose. Cherished brother to William H. Forbes III, the late Joel A. Forbes, and Julie A. Forbes. Loving Uncle to Will, Carter, Cam, and Jaycee. Treasured fiancé to Rachel M. Hagen and her daughter Cora.

Born on January 31st, 1974, Scott grew up in the city of Melrose, MA. He had a love for hockey, which he played from his early childhood through high school at MHS. Upon graduation from Melrose High School in 1992 and some college, Scott enlisted in the United States Air Force Reserves. Scott served as an Air Transportation Supervisor with the 85th Aerial Port Squadron at Hanscom Air Force Base until 2009, and then continued his service with the 58th Aerial Port Squadron at Westover Air Reserve Base until his retirement after 22 years of service.

Scott served three combat tours in Kuwait, Iraq and Afghanistan. He retired honorably in 2017 at the rank of Master Sergeant.

After Scott's retirement from the Air Force he continued to serve as an active part in the Melrose and Veteran community-on the Veterans Advisory Board, with Norman Prince VFW Post 1506, and three terms on the Melrose Board of Alderman (Ward 7), holding the title of Board President during his final year. For the last two years, Scott has been the Executive Director of the Veterans Northeast Outreach Center (VNEOC) in Haverhill. Scott was the definition of service after service, and service before self. He served his community and his country with pride and patriotism.

A Mass of Christian Burial was held at St. Mary's Church, in Melrose, on March 20th, followed by interment with military honors at Wyoming Cemetery in Melrose. In lieu of flowers, memorial contributions may be made to the 22 Mohawks foundation, <https://22mohawks.com>.

## THOMAS JEFFREY RITZMAN

Thomas Jeffrey Ritzman died March 24 in Laconia at age 81 after a long illness. Jeff grew up in Hopkinton, the son of Dr. Thomas and Jane Ritzman. He graduated from The Holderness School and attended Ripon College. He enlisted in the Air Force in 1961 and during that time sustained lifelong injuries in an accident.

From then until now, his unfailing courage, good humor, and love for others became a lesson to live by for anyone who knew him. He was proudly involved with the New Hampshire Disabled Veterans and a highlight of his life was attaining the post of Commander.

Jeff is survived by siblings: Martha Johnson, Paul Ritzman, Barbara Higgins, Jonathan Higgins and Eleanor Ritzman. Private services will be held at the Veterans' Cemetery in Boscawen. Jeff is finally joining his beloved dog Kaiser, who has been waiting for him for a long time.

His family is grateful for the excellent care given to him during the last two years at Genesis rehabilitation center in Laconia.

## OLIVE D. RYAN

Olive D. Ryan, 86, of Contoocook, passed away suddenly on March 9, 2023 at Concord Hospital.

Olive was born on January 11, 1937, in Concord, to the late Oliver D. Johnson and Margaret (Wells) Crawford. Olive grew up in Warner and graduated from Simonds Free High School on June 17, 1955. After high school Olive worked at the Box Shop and the telephone company before moving to Peterborough, where Olive worked at the Millipore Corporation in Jaffery.

She married Wilber G. Moore on October 10, 1959, they later divorced in 1980. Olive then married William J Fox on June 4, 1983, at the First Congregational Church in Hopkinton. After William Fox passed away, Olive married Dana F. Ryan in 2001.

Olive worked for the Colonial Village for twenty-two years as a cashier. She was always ready to dress up for Halloween and share some laughs with her dear friend Edie there at the Colonial in Contoocook.

She was preceded in death by her parents, Oliver and Margaret Crawford, her husbands; William (Bill) Fox and Dana Ryan; infant daughter Wanda Moore; brother Clint Johnson; and stepbrother Arnold Crawford.

In lieu of flowers, please make memorial donations in Olive's name to the Pope Memorial SPCA 94 Silk Farm Road, Concord NH.

## Travel with The Bow Times



Sun, Sand and Tropical Fun! Here is Tim Ives reading The Bow Times in Labadee, Haiti during spring break.



## GRAPPONE AUTOMOTIVE GROUP CELEBRATES SUCCESS OF APPRENTICES AT SKILLS USA COMPETITION

The Grappone Automotive Group is proud to announce the exceptional performance of three of its apprentices at the Skills USA competition held at Lakes Region Community College in early March. The event saw nearly 50 auto tech students across the region compete in 4 categories: power equipment, diesel, maintenance and light repair (MLR), and college-level automotive service technology (AST).

The MLR category was dominated by Grappone Automotive Group apprentices, with Andrew Krause taking home the GOLD medal for his outstanding skills and expertise. The company is delighted to sponsor Krause's trip to the SkillsUSA National competition in Atlanta this summer. He will represent the company with the same skill and dedication he demonstrated at the regional competition.

Trevor Latorella and Riley Flynn rounded out the top three in the MLR category, earning the SILVER and BRONZE medals, respectively. Latorella is an apprentice at the Grappone Honda shop, while Krause and Flynn work in the Grappone Ford Truck shop.

[www.grappone.com/about-us](http://www.grappone.com/about-us)

# THE TOWN OF BOW POLICE DEPARTMENT



## BOW POLICE DEPARTMENT MARCH 2023 ARREST LOG



- 3/1** Eric Kelly, 39, Manchester, arrested on two counts of theft by unauthorized taking and operating while a habitual offender.
- 3/3** Christopher Chase, 24, Norwich CT, summoned for driving after suspension or revocation.
- 3/4** Frank Abbot, 54, Bow, arrested for aggravated driving under the influence, operating without a license, and open a container.
- 3/7** James Getchell, 34, Danvers, MA, was arrested for operating while a habitual offender and unregistered vehicle; Gary Lawlor, 55, Pittsfield, arrested on a warrant for criminal threatening; Johnathan Gregory, 33, Manchester, arrested on an electronic bench warrant for non-appearance in court; Pamela Sprizza, 45, Concord, arrested for operating while a habitual offender.
- 3/9** Krystin Crumley, 40, Concord, arrested for aggravated driving under the influence; Brennan Szanto, 35, Concord, arrested for 3rd offense of driving under the influence; Edward Delarosa, 46, Manchester, was arrested for reckless driving.
- 3/14** Jordian Koehler, 26, Allenstown, arrested for possession of a controlled drug and driving while intoxicated.
- 3/17** Brandon Garland, 36, Hillsborough, arrested on a warrant as a fugitive from justice.
- 3/20** Keyshawn Johnson, 22, Laconia, was summoned for operating without a valid license.
- 3/21** Adam Thompson, 45, Concord, arrested for operating while a habitual offender, disobeying an officer, reckless operation, and yellow line violation.
- 3/23** Meagan Couris, 40, Penacook, was summoned for driving after revocation or suspension.
- 3/24** Steven Paquin 49, Gilmanon, arrested for aggravated driving under the influence and endangering the welfare of a child; Daneil Beldin, 32, Concord, summoned for driving after suspension/ revocation and license required; Raymond Fellows, 32, Hopkinton, arrested for theft by unauthorized taking; Timothy Bailey, 45, Deering, arrested for conduct after an accident, reckless conduct, and negligent driving.
- 3/25** Don Little, 39, Concord, summoned for driving after suspension and suspended vehicle registrations.
- 3/26** Jessica Wassman, 32, Bow, was arrested on a warrant for theft by unauthorized taking.
- 3/28** Christopher Parker, 42, Contoocook, was arrested for possession of a controlled drug, false report to law enforcement, and an electronic bench warrant for non-appearance in court.
- 3/30** James Getchell, 33, Manchester, arrested for operating while a habitual offender; James Swalgen Dorman, 31, Hopkinton, arrested on a warrant for stalking; Jon Sprinazzola, 34, Epping arrested for driving under the influence, resisting arrest, simple assault, and open container.
- 3/31** Ryan Haas, 42 Bow, was arrested for domestic violence-related simple assault.



On Wednesday, March 8, 2023, Fire Chief Eliot Berman of the Bow Fire Department recognized Lieutenant Matt Pratte with a life-saving award. Lt. Pratte assisted the Bow and Hooksett Fire Department on a cardiac arrest placed call. Through the efforts of all involved, the patient fully recovered and was released from the hospital in 3 days.



On March 10th, the Office of the Secretary of Defense, recognized Lt. Phil Lamy for being a patriotic employer by supporting employee participation in America's National Guard and Reserve Force. Volunteer members of the Employer Reserve presented the awards. Pictured L-R: are Bruce Thompson of ESGR Officer, Chief Ken Miller, Serena Shuter, and Phil Lamy.



Officer Shuter and Officer Handy reading to children at Bow Elementary School. Officer Handy has backed-filled the SRO position while Officer Shuter is deployed overseas.

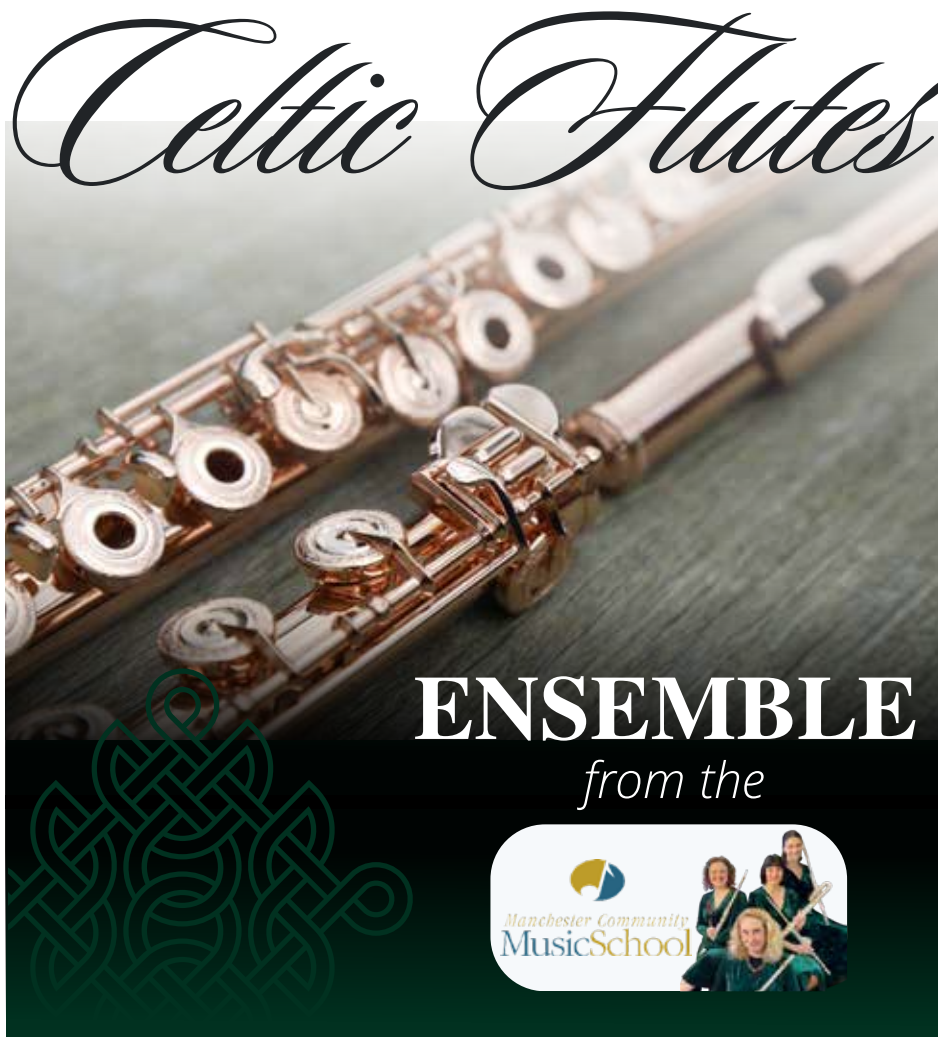


The Bow Police Department held its quarterly Coffee with a Cop on March 23rd at the Safety Center.

It was a pleasure meeting and chatting with several residents while giving tours of the safety center.



Visit our Online Calendar  
to sign up for upcoming  
programs and events at  
[bowbakerfreelibrary.org](http://bowbakerfreelibrary.org)



## CELTIC FLUTES: SPRING CONCERT

**Thursday, May 25th | 7pm**

Join us for an evening of Celtic music in the historic 1914 Reading Room. Professional musicians from the Manchester Community Music School will transport you to the Emerald Isle with classics like Skye Boat Song, Londonderry Air, A Gaelic Offering and many more. Musicians: Aubrie Dionne, Erin Dubois, Rose Hinkle, Kylie Elliott.

This Concert is Free and Open to the Public. Registration is required to reserve your seat.

## CHILDREN'S PROGRAMMING

**How to be an Animal Adventurer: Featuring Naturalist Susie Spikol | Thursday, April 27th | 11am**

Naturalist and wildlife educator Susie Spikol presents an interactive program for children and families. How to Be an Animal Adventurer teaches kids how to become animal adventurers by safely exploring the wild things in their neighborhoods. Recommended for ages 5 and up.

After the program, participants will have the opportunity to purchase Susie's book *The Animal Adventurer's Guide*, which includes dozens of activities to encourage wildlife exploration. Please register to reserve your spot!

**Drop-In Stay & Play | Tuesdays May 9-30 | 10:30am**

Our regularly scheduled storytimes are on a break as we prepare for Summer Reading. Instead, join us for an hour of open play time! The library's collection of toys, instruments and manipulatives will be available for children of all ages to use. The room will be open for an hour; feel free to drop by for any or all of our play time. Registration is not required.

## AFTER-SCHOOL PROGRAMMING

**Magic Treehouse Book Club  
Monday, May 15th at 3:30pm**

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

**Page Turners Book Club | Thursday, May 4th 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, May 10th 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

**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, 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.

**Resilient Raptors Webinar Series**

**Tuesday, April 25th | 6:30pm | Developmental Stages**

As April's lengthening days offer extended time to hunt and feed, the rapid development of eaglets becomes more easily observable. This webinar discusses the successional stages of development expected to occur in the 11-12 weeks between hatching and fledging and the demands placed on the parent eagles by their increasingly ravenous offspring. Hunting techniques, food webs, and challenges faced by both parents and offspring will be covered.

To register for this webinar and receive the Zoom link, please visit [www.nhaudubon.org/event/resilient-raptors-webinar-8/](http://www.nhaudubon.org/event/resilient-raptors-webinar-8/)

**Spark! Adult Craft Club | Tuesday, May 2nd | 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, May 9th | 12:30pm & 6:30pm**

The Adult Book Talk Group takes place on the second Tuesday of January. We will be discussing *What Happened to the Bennetts* by Lisa Scottoline. Copies of the book are now available at the Circulation Desk to check out.

**The White Rock Book Group** will be meeting at White Rock Senior Center on May 16th at 1pm.

**Love mysteries?** Contact Amy at [amy@bakerfreelib.org](mailto:amy@bakerfreelib.org) to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on May 2nd at 1pm.

**Growing Your Own Healing Garden  
Wednesday, May 10th | 6:30pm**

Long before we designed gardens for landscape aesthetics, we cultivated plants for their medicinal value. From roots that relax and seeds that soothe to leaves for improved memory, this presentation seeks to inspire personalized home healing gardens. We'll discuss a potpourri of easy to grow medicinal herbs while showcasing garden designs that range from micro to magnificent. You'll be growing your own first aid kit before you know it and empowering the flora within.

## IN THE GALLERY

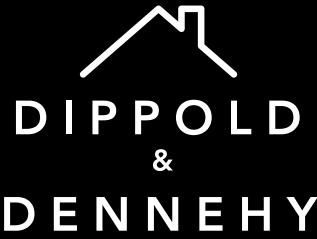
**April Exhibit: Places and Faces:  
Textile, Art and Watercolor by Susan Rock  
April 3 – April 28**

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, its 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.

**May Exhibit: Bow Earth by Martha Sawyer  
May 1 – May 26**

As a painter, Martha admires the Fauves with their bold lines and outlines, bright colors, and moody scenes. She also finds interest in works made by the post-impressionists. Much of her work shows her devotion to line, color and stylistic paint application. Although her subjects vary, she finds botanicals and their fragile petals and endless organic shapes a favorite challenge. Her floral gardens and wooded trails supply her with a variety of natural and seasonal subjects.

If you are interested in being a Featured Artist in the Gallery in 2023, contact Amelia at [amelia@bakerfreelib.org](mailto:amelia@bakerfreelib.org)



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### REAL ESTATE SALES IN BOW – MARCH 2023 *Serving the areas in and around Merrimack County.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
48 Putney Road	3 Bedrooms   2 Baths	1733 Square Feet	3.04 Acres	\$365,000
31 Chandler Circle	3 Bedrooms   3 Baths	2240 Square Feet	3.39 Acres	\$539,000
76 Bow Center Road	4 Bedrooms   3 Baths	2818 Square Feet	3.48 Acres	\$568,000
5 Arnold Drive	3 Bedrooms   4 Baths	3000 Square Feet	6.55 Acres	\$725,000
37 Hampshire Hills Drive	4 Bedrooms   4 Baths	4788 Square Feet	2.03 Acres	\$775,000


### REAL ESTATE SALES IN DUNBARTON – MARCH 2023 *We are ready to help you on your next journey.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
11-8 Hilltop Lane	LAND	LAND	12 acres	\$275,000
1119 Gorham Pond Road	3 Bedrooms   3 Baths	1960 square feet	1.12 acres	\$575,000


Sales Data for March 2023 provided by the NHMLS.

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## 24<sup>TH</sup> ANNUAL FALCONS BOOSTER CLUB GOLF TOURNAMENT

Thursday, June 22, 2023 at 9:00 AM  
BEAVER MEADOW

1 Beaver Meadow Drive, Concord  
*Registration: 8:30 - 9:00 AM*



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

**Sponsors and foursome Golfers are needed!  
Register at [www.bowboosterclub.com](http://www.bowboosterclub.com)**

*This year's tournament will begin on Thursday, June 22, 2023, at Beaver Meadow Golf Course in Concord. We hope you will sponsor this great event and sign up a foursome to join us for a great day of golf! Continental breakfast, buffet lunch, goodie bags and prizes will be awarded. All sponsors will be listed on the back of the t-shirts that each golfer receives.*

*Where does the money go? The Bow Falcons Booster Club supports over six hundred (600) athletes, in three (3) seasons, every year at Bow High School. With your generous support, we fund many requests for our athletic teams that are not included in the regular school budget as well as capital improvements.*

*Sponsors must sign up by May 1 by contacting me as Golf Tournament Chair: [mhowenh@yahoo.com](mailto:mhowenh@yahoo.com); 603-568-5535.*

## KRAV MAGA



Come learn to defend yourself and get a good workout at the same time!

Krav Maga is a hand-to-hand combat defense system that was developed by the Israeli military.

This martial art focuses on principals that **anyone**, no matter what their ability, can use to defend themselves in any situation.

In this course you will learn several strikes such as straight punch, groin kick, front kicks, etc. You will also learn the techniques and the psychology of defending yourself against chokes, kidnappers, knives, etc.

This course is perfect for anyone 13 years and older who want to learn how to defend themselves in a safe and fun environment. No previous experience is required, and boxing or MMA gloves are optional.

May 24, 31, June 7, 14, 21, 28

Wednesday 5:00-6:00 pm Bow Community Building

Cost: \$95 Bow resident \$100 Non- Resident

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

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

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