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DUNBARTON NEWS ON PAGE 16-17

SEVERAL GUNS, 2 SWORDS, AND METH AMONG ITEMS SEIZED BY POLICE IN BOW

Bow police reported that they seized several weapons after they searched a home on Route 3A, during the morning hours of Monday, May 10th.

Handguns, rifles, a knife, two swords and some meth were taken into evidence by officers, police said. Police said one person living on the property was arrested on an outstanding warrant.

Police did not release more information on what it was that prompted the investigation, but they said they expect more arrests.

ROTARY CITIZENS CLEAN UP WELL!



Bow Rotary 3-A Roadside Pickup team for May, 2023. This hardy crew stepped up to walk 3-A from the Concord-Bow line to the Bow-Hooksett line. They are tasked with picking up rubbish, discarded political signs, fast food wrappers, beverage bottles and the occasional pair of work gloves. Photo Eric Anderson.

DAM PROBLEM CONTINUES IN BOW

At the Board of Selectmen meeting April 25, it appeared the beavers living on town land had dam building assistance from human friends in Bow.

Mark Dube, a member of the Bow Pioneers Snowmobile club said that “someone is trying to build a new dam at the pond.” The club received criticism from pond abutters for removing a beaver dam last July to protect a bridge from damage due to the pond’s increasing water levels.

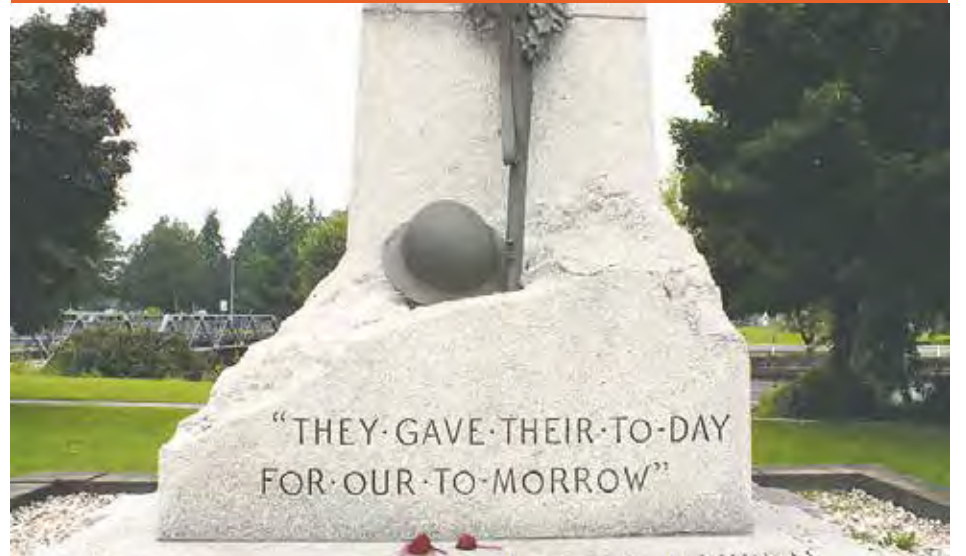
“There’s no appearance like a beaver did this— just logs there and there’s large size debris,” Dube explained. “It’s illegal to do this and we want it stopped, we want it removed.” “We cannot have humans building a dam, to generate so many issues,” said board chair Michael Wayne. “Human activity has to stop now.”

On the other hand, local resident Sarah McCahan voiced her concern that “the Bow Pioneers Snowmobile Club has been doing whatever they want, wherever they want, whenever they want.” “My question is when is enough, enough?” “There have to be consequences, or they’re going to keep doing whatever they want.”

In an effort to avoid future conflicts and promote effective management of beaver ponds, the subcommittee responsible for overseeing beaver dam management under the Conservation Committee has voted to approve a demonstration project involving the installation of a beaver flow device. This decision followed four meetings and consultation with experts.

Six locations in town have been identified for installation of the beaver flow device, and one will be picked, said Sandra Crystall, chair of the conservation commission.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 12-13



BE GRATEFUL FOR THEIR SERVICE

In our day-to-day lives, it’s all too easy to take the freedoms and luxuries we enjoy for granted. But, as any active service member, veteran, military spouse or family will tell you, freedom does not exist without sacrifice. Look for Memorial Day Events in your area, and be sure to thank veterans for their service in arms.

SUMMER CONCERT SERIES



Community residents gather to enjoy the Bow Rotary Club’s Annual Summer Concert Series at the Town Gazebo. (Photo by Eric Anderson)

The Bow Rotary Club is happy to announce that planning for the very popular Bow Rotary Club’s Summer Concert Series is underway. This year’s series of six concerts will be held at the Town Gazebo on Thursday evenings beginning at 6:30 PM and running until about 8 PM.

There will be three concerts in July, beginning July 13, followed by July 20, and 27th. The three concerts in August are scheduled for August 3, 10, and the final concert of the series August 17. The Freese Brothers Big Band will be performing again this year.

Should there be inclement weather, the show will go on inside the Bow Community Center.

The Bow Rotary Club provides these concerts annually as a community service project, and they are offered FREE. Mark your calendar and reserve the dates for a summer of entertainment right here in your own community. The concerts are for the entertainment of young and old alike.

Look for the schedule and further details about the Concert Series at www.bowrotary.org and here in The Bow Times.



A family of geese has settled in at the Town Pond. | Photo by Eric Anderson

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Publisher: The Bow Times, LLC

Editor: Chuck Douglas 224-1988

Co-Editor: Debra Douglas

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

Technical Editor:
Jennifer Jameson
jjameson@thebowtimes.com

Billing & Accounts:
Julie Adamson
jeanodeano16@yahoo.com

Distribution Manager:
Joshua Coughlin
josh@thebowtimes.com

Medical Editor:
Richard Johnson, MD

Travel Editor: Chase Binder

Food Editor: Debra Barnes

Wine Editor: Annie Kenney

BHS Sports Editor:

Ryan McCabe

Contributing Writers:

Bow Garden Club - Joyce Kimball

Dunbarton News - Nora LeDuc

Elder Law - Ben Kiniry

Hopkinton News - Kathy Butcher

Photographer - Eric Anderson

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EDITORIALS

8TH GRADERS FLUNK CIVICS AND HISTORY

You cannot preserve our democratic institutions when only one in five students understand the basics of them.

Eighth graders' test scores in U.S. History and Civics fell to the lowest levels on record last year, according to the U.S. Department of Education data released on May 3, 2023.

In the first release of U.S. History and Civics scores since the start of the pandemic, the National Assessment of Educational Progress, known as the "Nation's Report Card," showed a decline in students' knowledge that reversed gains made since the 1990s.

Only 13% of eighth graders met proficiency standards for U.S. History, meaning they could explain major themes, periods, events, people, ideas, and turning points in the county's history. A fifth of students scored at or above the proficient level in Civics.

U.S. History had the lowest proportion of eighth grade students reaching proficiency levels out of any subject assessed by the program, with Civics being the second lowest. Federal tests show scores in U.S. History and Civics have consistently lagged behind those of Reading and Math.

National Center for Education Statistics Commissioner Peggy Carr said in a briefing with reporters that she was shocked by U.S. eighth graders' U.S. History and Civics scores, which she called "woefully low in comparison to other subjects."

"These data are a national concern," Dr. Carr said. "The health of our democracy depends on informed and engaged citizens." The percentage of students in 2022 who performed below basic level worsened in both U.S. History and Civics, with four in ten eighth graders scoring below basic levels in U.S. History according to federal data.

For our future voters to understand the moving parts of our republic requires Civics education to be robust in our schools. Shocking is that in one recent survey 70% of young people born since 1980 do not even believe that democracy is essential.

I look forward to Governor Sununu signing Senate Bill 216 that will require Civics to be taught at all levels of our schools.

The Governor has also recommended \$2,000,000 for updated publication of Civics books for our schools. It cannot come too soon for those of us who believe democracy has to be taught, not assumed.

JUSTICE DEPARTMENT ANNOUNCES CHARGES AGAINST SINALOA CARTEL

The U.S. Justice Department last month announced charges against several leaders of the Sinaloa Cartel, a transnational drug trafficking organization based in Sinaloa, Mexico, and its facilitators across the globe.

"Today, the Justice Department is announcing significant enforcement actions against the largest, most violent, and most prolific fentanyl trafficking operation in the world - run by the Sinaloa Cartel, and fueled by Chinese precursor chemical and pharmaceutical companies," said Attorney General Merrick B. Garland. "Families and communities across our country are being devastated by the fentanyl epidemic."

The Sinaloa Cartel is one of the most powerful drug cartels in the world and is largely responsible for the manufacturing and importing of fentanyl for distribution in the United States. Fentanyl is now the leading cause of death for Americans ages 18 to 49, and it has fueled the opioid epidemic that has been ravaging families and communities across the United States for approximately the past eight years. Between 2019 and 2021, fatal overdoses increased by approximately 94%, with an estimated 196 Americans dying each day from fentanyl.

"The fentanyl crisis in America - fueled in large part by the Sinaloa cartel - threatens our public health, our public safety, and our national security," said Deputy Attorney General Lisa O. Monaco. If another 5,880 Americans died in April and the Cartel threatens our national security—why don't we act to clean them out?

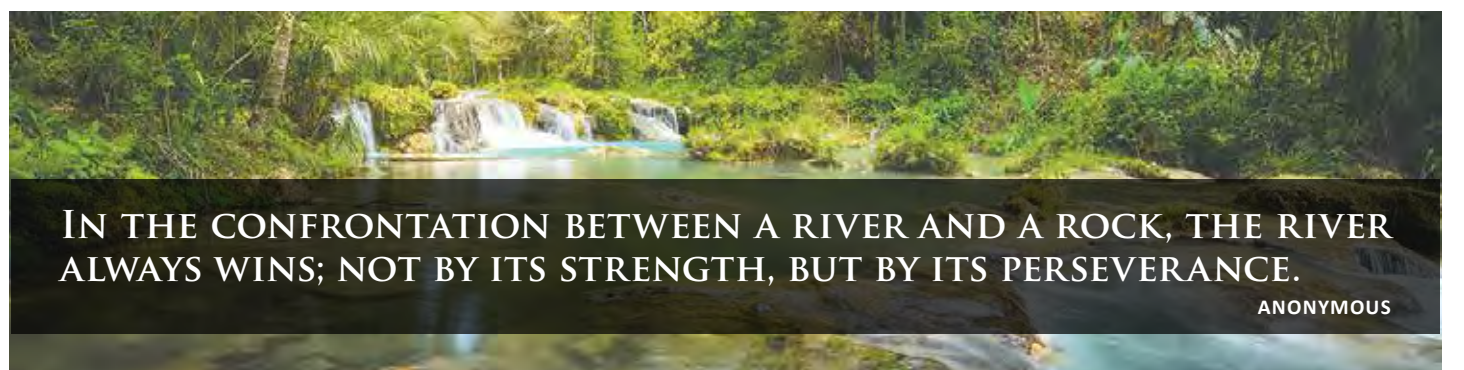
*Chuck Douglas
For a free press, je suis Charlie*

LETTER TO THE EDITOR

CANCEL CURSIVE?

So they think schools should cease teaching cursive. Who decided to be so very progressive? Not the parents. Was it the leaders of the National Education Association? Another "woke" mandate? Well, as a parent of seven, I remember 30 or 40 years ago the "progressive" decision to get rid of phonics. They tried out the "Look John... Run Mary?" method. So very new and "progressive" but the results were dismal.

A whole generation of kids were asked to memorize whole words. Result - a whole generation of struggling readers. The children paid a big price and we shall soon have bad results when cursive is chopped. **Harvey Lord, Bow**



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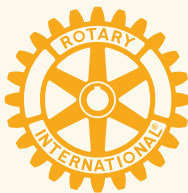
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GET READY TO RUMBLE!

Bow Rotary 12th Annual Car Show Saturday, May 20, 2023

This is your opportunity to gain a wider appreciation for your favorite vehicle, or to show your children or grandchildren the cars you loved when you were their age!

The 12th Annual Bow Rotary Car Show is on Saturday, May 20th, from 8:00 AM to 2:00 PM at 508 South Street in Bow. Register your vehicle at www.bowrotary.org, or attend as a pedestrian. Be there or be square!



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**Tuesday, May 16, 2023 at 6:00 PM
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505 South Street, Bow**

**6:00 PM Program: The Strength of Women
Through Song, Presented by Rebecca Mercier**

**7:00 PM Dinner: Menu includes Chicken Salad on a bakery
croissant with tossed green salad and homemade gourmet
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\$15 per person (children under 12 are free)

*For reservations contact Linda Dewar at Bow Mills UMC at
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NEVER FORGET – FOREVER HONOR

The Bow Community Men's Club Invites You to

**The Annual Memorial Day Ceremony
& Community Picnic**

May 29, 2023

**Memorial Day Ceremony at the Gazebo
4:30 – 5:15 PM**

**Community Picnic
5:15 – 6:30 PM**

Menu: Sausage & Peppers, Cheeseburgers, Hot Dogs, Potato Salad, Beans and Bottled Water. Donations Welcome!

Shuttle bus service provided from the Bow Memorial School starting at 4:00 PM

Bring your chairs and blankets!



**WHAT YOU CAN DO NOW TO HELP
UKRAINIAN REFUGEE FAMILIES.**

by Debra Douglas

As more families arrive in Manchester from Ukraine their needs are overwhelming.

Their children are used to air raid sirens and bombing at night, but now have left their homes, friends, school, and pets behind to be safe in New Hampshire until the Russians leave.

When they leave their war-torn nation, they are allowed to bring one bag weighing no more than 50 pounds of clothing and personal effects.

So what do they need?

Sheets, towels, clothes hangers, trash cans, pots, pans, dishes, utensils, cookware, sweaters, pants, coats, shirts, children's toys and clothing, furniture, beds, mattresses, TV's, phones, and computers.

In other words, every single thing you would need to outfit an apartment if you had absolutely nothing.

Luckily they have a guardian angel named Svetlana Chychka who works through the Ukrainian Baptist Church to help them get resettled.

You may reach out to Mrs. Chychka at 603-661-3227 or email her at schychka@gmail.com. Several friends in the Concord, Bow, Hopkinton area have brought items to me so if you have items to help a family you may call me at 603-496-0265. For furniture they have volunteers who can come to your house or office.

Dell Computer has a program for internet literacy where a computer can be purchased for needy families for \$150 each. If you would like to donate money so they can get one to learn English and apply for jobs, get a drivers license and communicate with their neighbors, let me know.



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FINANCIAL LITERACY IS KEY TO EFFECTIVE MONEY MANAGEMENT FOR TEENS

Former Federal Reserve Chairman Alan Greenspan once stated, “Financial education is a process that should begin at an early age and continue throughout life. This cumulative process builds the skills necessary for making critical financial decisions.”

At Sugar River Bank we understand the importance of helping community youth build a strong financial foundation so that they better understand basic concepts like budgeting, simple interest, and establishing and maintaining good credit.

On June 28, 2022, HB1671 was signed into law by Governor Chris Sununu that requires New Hampshire public schools to teach personal finance. Starting the academic year 2023-2024 students will be required to have completed a ½ credit course on personal finance to graduate from high school.

Financial capability education can improve the financial health outlook for our youth and better prepares them to tackle unexpected financial situations or prepare for significant life milestones like paying for college, purchasing a home, opening a business, or building a nest egg.

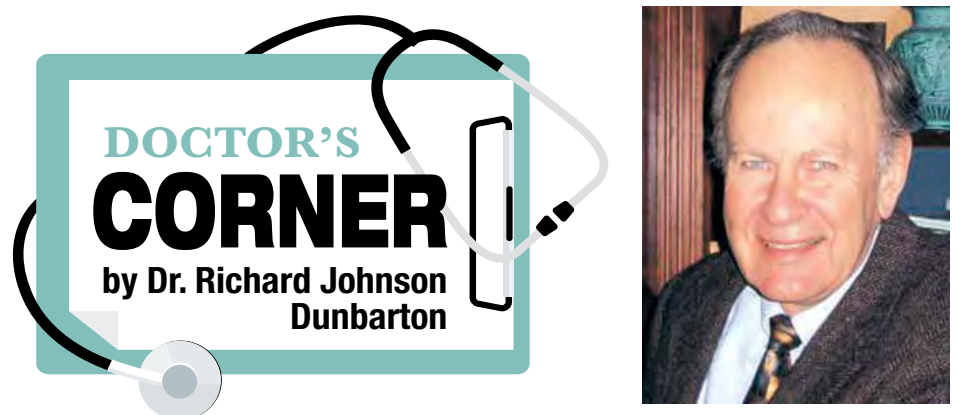
The following tips for Gen Z and their parents are intended to shore up money management skills and help build a reliable financial foundation for the future.

- Set Specific Measurable Attainable Realistic Trackable goals. Choose your priorities—whether it’s saving for a computer or building an emergency fund—and make sure they are achievable. Create a plan of action and measure your progress over time.
- Open a savings account with your local bank (if you do not have one already).
- Learn about community banking and its benefits. Community banks take deposits and distribute loans that feed into a self-sustaining local economy and keep funds in communities just like yours.
- For working-age students, consider part-time or seasonal employment. You will learn more about personal responsibility and have an opportunity to manage expenses.
- Track your spending and avoid making impulse purchases. Create a budget and review it periodically to make necessary adjustments.
- Use technology to your advantage. Ask your bank about mobile banking and app features that can help you budget and visualize your spending and saving.
- Gain perspective about risk and reward. Knowing how stocks, bonds and mutual funds can affect an investment portfolio shows you how financial decisions can grow—or shrink—your savings. Some high school classes and financial literacy-based websites, provide simulations of how these investments work in the real world. Your bank website is also a great source of educational information including fun games and links to trusted educational resources.
- Learn about credit scores—a representation of your financial past, present, and future. Your bank can offer tips to help you establish and maintain good credit. Encourage your teen to talk to a customer service representative at your bank and ask questions.

Establishing good rapport with the bank at an early age can help build a strong foundation of knowledge and trust. Having the knowledge about how to best manage your money is just the start. When young adults practice proper money management techniques early, they are more inclined to make effective financial decisions throughout life. The sooner your children start to grasp these concepts, the more apt they will be for a better financial future.



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DOCTOR'S CORNER
by Dr. Richard Johnson Dunbarton

TEEN ANXIETY & DEPRESSION

Growing up should include such things as laughing & sharing with friends, playing games in the neighborhood, participating in team sports, enjoying the outdoors, and feeling safe. Instead, mental health issues have exploded in the teenage population. This was even true before COVID. Prior to the pandemic one in five kids, ages 3-17, had a mental or behavioral disorder, and there was a 40% increase in feelings of hopelessness or sadness compared to the previous decade (1). From 2007 to 2018 there was a 57% increase in suicide rates of youth aged 10-24 (2). Then we all went through COVID, and kids lost loved ones, were not participating in any in-person social events and had their home lives turned upside down. Now suicide has become the second leading cause of death in America among 10–24-year-olds (3). Depression, anxiety, and behavioral disorders are among the leading causes of illness and disability among adolescents (4).

In addition to securing their futures through performance in school and extracurricular activities, teenagers are forming their personal identities. Teenage girls, and to a lesser extent boys, are expected to conform their behaviors to fit societal expectations. This conflict is further complicated by heightened beauty standards, online hate and competition, academic pressure, and self-doubt. CDC data show that girls experience sexual harassment and cyberbullying at roughly twice the rate of their male counterparts. Many teens turn to social media to create social connections online (5). This dependence on social media for validation has contributed to increased rates of depression by intensifying unrealistic body standards, comparisons, validation, and competition among peers (6).

In December 2012, the US Surgeon General issued an advisory on youth mental health and highlighted the urgent need to address it. Depression, suicide, loss, rebellion, hopelessness, drugs, bullying, sexual abuse (and the list goes on) could be addressed as separate issues. Chap Clark, PhD has written about three “cultural pivots” that have created a toxic developmental environment for our teens. 1. The Virtual Self. Teens often spend 9 hours a day in the virtual world. When they shift from one avatar to another, they do not develop a secure sense of who they are. 2. Mosaic Thinking. Any route to any end point is equally valid. Teens are comfortable living with contradictions. 3. Transactional Relationships. If you can offer something of value, you are safe and secure (7).

Yes, there is a shortage of mental health workers, teachers are overwhelmed, and too many parents are not present. Considering such a problem, what can you and I do to make a difference? Parents, talk to your teen. Make an effort to find out what they are thinking. As Rachel Hagen wrote in her April *Bow Times* article, “Shame needs three things to grow exponentially: silence, secrecy, and judgment.” Encourage in-person communication and participation in school, religious, and social events (especially those that are designed to help others). Become aware of the signs and symptoms of drug and pornography use. Become active in you teens’ school and social activities.

1. Perou et al 2013 CDC
2. Curtin, 2020 CDC
3. Stone, 2022 CDC
4. WHO, Nov. 2021
5. Pew Research Center. Teens, Social Media & Technology 2022 Aug 10.
6. Hunt MG et al. J Social Clin Psychology. 2018;37(10):751-68.
7. Christian Counseling Today, Vol 26, No 2




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12 Crockett Drive	3 Bedrooms 2 Baths	2599 Square feet	2.99 Acres	\$616,000
2 Asa Drive	4 Bedrooms 3 Baths	2271 Square feet	2.92 Acres	\$742,000
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REAL ESTATE SALES IN DUNBARTON – APRIL 2023

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NO SALES TO REPORT

Sales Data for April 2023 provided by the NHMLS.



PROVIDING PEACE OF MIND ONE FAMILY AT A TIME!

SPECIAL OFFER FOR GRADUATES: POWER OF ATTORNEY AND ADVANCE DIRECTIVE!

Congratulations to those graduating from high school and to their parents!

Parents, your child has reached a milestone, you celebrated your child's 18th birthday in the last year (perhaps over the summer), and recently celebrated another milestone, their graduation from high school. Now your **Adult Child** will go out to the world to start a new career, serve in a branch of our great military, attend trade school, or head off to college (maybe even move out of the house).

What you have not thought about is the fact that as parents you no longer have any legal rights over your Adult Child's affairs. This may lead to issues for you if your Adult Child should become incapacitated in one manner or another, or if your Adult Child would like your help in any aspect of his/her life. Let me provide you with one real-life example:

HEALTH CARE EMERGENCY: Clients of mine came to me years ago and were clearly distraught over their situation. Their son was attending college in New York City and their son's roommate called to inform them that their son was in the hospital and was deathly sick. They reached out to the hospital to inquire regarding their son's circumstances to which the hospital responded, "Do you have power of attorney or an advanced directive from your son?" My clients informed them that they did not, however, they are the parents, surely, they must be able to ask questions about their sick son. The response from the hospital was that since their son was 18 years old, an adult in the eyes of the law, and that they did not have any documentation showing they had authority regarding their sons' affairs, they would not be able to share their adult son's information, over the phone or in person. My client's take away was that they were "nobody" for the purposes of their

son's affairs. Unfortunately for my clients, I had to inform them the hospital was legally correct, parents do not have any legal rights regarding their Adult Child's affairs. They were not informed regarding his condition nor able to make any decisions regarding treatment, as the hospital implied, they were powerless.

In the June 2022 article (similar to this one) I provided a couple other examples, however, you don't need them as you can imagine many scenarios on your own.

The scenario above, and so many others, illustrate the fact that once your Adult Child turns eighteen years of age and you are now without authority over his/her affairs, you might as well be nobody (and no one wants to be a nobody). Fortunately, the law has an answer to this problem. If you have read my previous articles you are already aware of the fact that if your Adult Child would like to provide you with authority over his/her affairs should he/she become incapacitated, or even if he/she is perfectly healthy but would not mind your help from time to time to assist in the management of some aspect of their lives, then there are two documents that your Adult Child can establish providing you (or someone else) with authority to do so. A **Medical Advance Directive**, which allows the nominated person to make healthcare decisions, and the **Durable Power of Attorney** for most all other affairs, in the event of your Adult Child's incapacity or wish for your assistance (they really do want your help).

I would encourage you to have a conversation with your Adult Child before they head out into the world regarding this topic (believe it or not, they may not think of doing so on their own).

SPECIAL OFFER FOR GRADUATES: If your Adult Child would like to provide you, or someone else they trust, with the authority provided under these legal instruments, then please encourage them to email us at staff@kinirylawfirm.com to inquire about our highly discounted fee for new graduates and to get the conversation moving forward.

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SUMMER FITNESS GOALS

by Jim Olson

Summer doesn't mean you have to put your fitness routine on hold, in fact, you should take advantage of the longer days and warmer temperatures to stay active throughout the year. Here are some tips for keeping your fitness goals in check this summer:



Jim Olson

- ▶ Take advantage of outdoor workouts - with so many parks, trails, and recreational areas available, there are many opportunities to get some sun while getting in a good workout. Take your yoga mat outside or go for a run around the neighborhood.
- ▶ Try out a few recreational sports - Whether you wanted to get in shape to join a local, recreational sports league, or just have some fun with family and friends - playing outdoor *or* indoor sports can be an enjoyable way to stay active.
- ▶ Find water activities - Swimming is a great way to stay cool and get in some exercise at the same time. If you don't have access to a pool, try stand-up paddle boarding or kayaking for a more intense workout.
- ▶ Incorporate body weight exercises into your routine. Body weight exercises can be done anywhere, anytime, requiring no equipment whatsoever! Find your way to your local park to do pushups, squats, and lunges to keep your muscles toned - all with no weights or machines.
- ▶ Get creative with cardio. An outdoor game of tag or jumping rope in the backyard can be just as effective as a running session inside on a treadmill.
- ▶ If it's too hot, take your workout outside in the evening when temperatures have cooled. Outdoor walks or jogs can be refreshing after a long day!
- ▶ Wear the right clothes - Make sure you're wearing light, breathable clothes to keep cool while working out. Also, use sunscreen and head covering if you're exercising outdoors during the day!

▶ Take it indoors - While working out indoors isn't ideal in summer months, air-conditioned gyms are always an option during peak temperatures or heat waves if necessary!

▶ Get creative with your routine - Summer is a great time to explore different types of workouts and add new activities such as swimming, yoga or trying out a class at the gym. Keep in mind that you don't need to put your usual fitness routine on hold for the summer; just be smart about mixing things up a bit!

▶ Listen to your body - In high temperatures, it's important to pay attention to how your body feels and take breaks when necessary. If it's too hot outside or if you're feeling exhausted, rest and come back another day

▶ Remember that exercising regularly is important for your physical and mental health, but don't push yourself too hard!

▶ Wear the right clothes - Choose lightweight, breathable sweat wicking fabrics to wear during your routine. This will help keep you cool during workouts in hot weather. Also make sure to wear a hat or visor to protect your face from the sun!

▶ Be aware of dehydration - Dehydration can make summer workouts more difficult, so it's important to drink plenty of fluids before and during your workout. Keep a bottle of water nearby and take regular sips throughout your session. You can also incorporate electrolyte drinks into your routine if you feel particularly dehydrated after intense outdoor session.



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- A personalized mobility and stretching program to help you move easier
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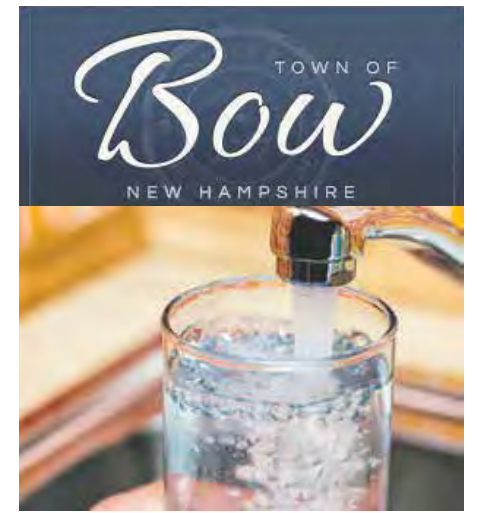
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THE BOW ANNUAL TEST YOUR WELL

You need to know what's in your well water – We can help!

The Bow Drinking Water Protection Committee is hosting well water testing on June 3rd and 4th from 9 to 11:00 AM at the Bow Community Center Parking Lot.

Pickup a test kit on Saturday, bring the water back on Sunday, we'll deliver to the Lab for you.

The costs is \$105 for full panel or \$15 for individual metals. Results are confidential and mailed to your home in 3 to 4 weeks. If you need help to understand the results, let us know, we'll individually review the results with you.

For information please visit:
bowdrinkingwater@bownh.gov



Granite VNA

Granite VNA Offers Capital Area
Memory Café in Concord

Thursday, May 25
from 1:30 to 3:00 PM

City Wide Community Center
14 Canterbury Road, Concord

The offering takes place on the fourth Thursday of each month.

The Memory Café is a joyful and creative social experience for people with memory loss and for caregivers to gather with others in a positive and engaging environment. This program is offered at **no charge**. Pre-registration is not required. Masks are strongly encouraged. Please note this gathering does not serve as a support or respite group.

For more information, call
603-224-4093 or
(800) 924-8620, ext. 85815
or visit www.granitevna.org

This program is generously supported by Northeast Delta Dental.

Granite VNA has been providing home care, hospice care, palliative care, pediatric and maternal child health services, and wellness programming to NH residents since 1899. To learn more about Granite VNA, visit www.granitevna.org.



Bow Young at Heart Club

Upcoming Events

MAY 24, 2023

Bow's Trails and Forests

Presentation by Eric Thum of Bow Open Spaces at 12:30 PM at 91 Bow Center Road, Old Town Hall.

JUNE 14, 2023

Treasure From the Isle of Shoals: How New Archeology is Changing Old History

Presented by J. Dennis Robertson of NH Humanities Council

2:30 PM at 91 Bow Center Road Old Town Hall.

There will be a book and puzzle swap at this meeting, bring one to share or grab one to borrow.

Membership is open to all residents 55 and older, the public is always welcome to attend any meeting or presentation, you do not have to be 55 or older to attend a presentation. All meetings begin at 11:30 am with a social hour, bring your own lunch, dessert is provided. All presentations begin at 12:30 pm.



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BOW HIGH RISK SURVEY: DRUG USE DOWN, BUT SUICIDE RISK UP

Matt Fisk, Principal of Bow High School, has summarized the results of the most recent national youth risk behavior study comparing Bow to our region and the nation. The results follow Bow's representative sample of students in grades 9-12. The 2021 data was released by Superintendent Dean Cascadden earlier this year.

Drug Use Among 9-12 Grade Students

Drug use among students at Bow High School showed a marked decline over previous years, especially compared to the capital region and the state of New Hampshire. According to data from the survey, the percentage of students who reported using marijuana at least one time within the preceding thirty days was:

- Bow High School= 12.2%
- Region - 25.6%
- New Hampshire = 26.1%

As a point of comparison, in 2015, 21% of Bow High School students reported using marijuana.

According to data from the survey, the percentage of students who reported using a prescription drug (without a doctor's prescription) at least one time within the preceding thirty days was:

- Bow High School = 3.3%
- Region = 4.7%
- New Hampshire = 4.3%

As a point of comparison, In 2015, 8.1% of Bow High School students reported using a prescription drug without a doctor's prescription.

These trends are positive to see, yet there is still a lot of work needing to be done to bring the percentages down even further. Drug use of any kind can have a profound effect on the mental and physical development of a teenager. Additionally, drug use can often lead to other risky behaviors that put a child's mental or physical health in jeopardy.

Alcohol Use Among 9-12 Grade Students

According to the data from the survey, the percentage of students who reported having an alcoholic beverage at least one time in the preceding thirty days was:

- Bow High School = 16.3%
- Region = 26.2%
- New Hampshire = 26.8%

The survey shows that alcohol use among Bow High School students has decreased greatly from 2015 when 36% of BHS students reported having consumed alcohol.

Although it is positive to see that the percentage of students using alcohol has decreased so significantly, any underage drinking is of serious concern. According to the CDC, effects of underage drinking include school problems, such as higher rates of absences or lower grades, disruption of normal growth or sexual development, increased risk of suicide, changes in brain development that may have life-long effects, and many other effects. If a student is struggling with alcohol addiction here is a link that they can use to find help: [Substance Abuse and Mental Health Services](#).

Vape Use Among 9-12 Grade Students

According to data from the survey, the percentage of students reported to having used an electronic vaping device at least one time in the preceding thirty days was:

- Bow High School = 18.9%
- Region= 51.7%
- New Hampshire= 49.8%

In 2015 38.8% of Bow High School students reported using a vape.

Use of vaping devices can lead to nicotine addiction and can impact the brain development of a teenager. According to the FDA, E-cigarette aerosols can contain chemicals that can cause irreversible lung damage, toxic metal particles which can be inhaled into the lungs, and additional toxic chemicals such as acrylonitrile, propylene oxide, and crotonaldehyde.

Detecting vape use can be difficult. Rather than the smell of cigarette smoke, vapes can sometimes be odorless or smell sweet. Vape cartridges are also easy to hide and often are mistaken for USB devices. For more information check out this article on the FDA website: [Danger of Vapes for Teens](#).

Sexual Intercourse Among 9-12 Grade Students

According to data from the survey, the percentage of students who reported having engaged in sexual intercourse was:

- Bow High School= 24%
- Region = 38.8%
- New Hampshire= 39.8%

It is vital that adults talk to students about consent and safe sex. Here are some suggestions from WebMD on how to have that conversation: [Talking to Your Kids About Sex](#).



Mental Health & Suicide Among 9-12 Grade Students

We all understand that mental health has become a source of major concern for teens and adults alike. Too often we hear stories of people who have struggled and then ended up taking their lives. This year all student IDs have the suicide prevention number printed on them. In the state of New Hampshire, dialing 988 connects someone with a suicide/crisis specialist who can assist them.

According to data from the survey, the percentage of students who reported having seriously considered suicide in the preceding 12 months was:

- Bow High School = 18.2%
- Region= 17.3%
- New Hampshire 18.4%

In all three survey areas these percentages were the highest recorded. This is stunning and deeply concerning for every member of our community. The Bow High School School Counseling Department is composed of outstanding educators who care deeply about the students with whom they work. They are always available to talk with families and they have put together a list of resources on their website: [BHS School Counseling Mental Health Pam](#). It should be noted that as difficult as it is to see these numbers, the rate of depression and suicide among students who identify as part of the LGBTQ+ community is even greater. On the national level, 42% of LGBTQ+ youth reported having seriously considered suicide. We urge anyone who might be thinking about harming themselves to reach out to someone they trust or to call 988 for assistance.

Bow High School and SAU 67

The Bow High School community is fortunate to have staff members who care so passionately about the students with whom they work. The positive mentoring and relationships that staff form with their students plays a significant role in providing students with adults with whom they can talk and seek guidance. The School Counseling department engages in curriculum with students throughout their four years to help students develop the skills, knowledge, and resources to make healthy choices and positively interact with one another. The BEST Department teaches units focused on the risky behaviors identified in the survey and they teach students ways to respond to the pressures of adolescence.

Bow Garden Club & Baker Free Library
present


Protecting Our Pollinators

presented by Kelly Dwyer
Nature Education Opportunities

Monday, June 12th
6:00pm at Baker Free Library





Do you enjoy a savory salad or a crunchy apple? Thank a pollinator! Pollinators are critical to our food supply, economic health and biological diversity. In this program, we will explore the insect pollinators, such as honeybees and native solitary bees, and the challenges facing their survival. Learn about best gardening practices and ways to shop responsibly for plants and garden products to avoid hidden pesticides!



SCHEDULE

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



HIGH SCHOOL SPORTS SPOT



Photo | CHIP GRIFFIN

BASEBALL

May 4 – Bishop Brady falls to Hopkinton, 7-4

The Hawks jumped out to a 3-0 lead in the top of the first and led 7-2 through four innings. Brady made it interesting in the bottom of the sixth, tacking on two more runs to inch within three. That was the closest the score would get.

May 5 – Bishop Brady 10, Hopkinton 0, 5

Key Players: Hopkinton - Nate Windhurst (2-for-3, stolen base), Mike Pantano and Travis Windhurst (combined for 5 putouts in OF), Cody Charron (3 assists at SS).

MAY 5 – Bow 4, Pelham 3

Key players: Bow - Ethan Gray (win, 5 IP, 5 H, 2R, 3 BB, 7 K), Nate Kiah (save, 2 IP, 2 H, 1 R, 0 BB, 2 K), Zach Cross (1-for-3, double), Sean Guerrette (1-for-3), Brady Lover (1-for-3), Owen Webber (1-for-3), Luke Wilke (1-for-4).

Highlights: The Falcons scored twice in the fifth inning to take the lead and win.

MAY 6 – Hanover 11, Bow 1

Key players: Bow - Calen Smith (2-for-3), Cam Evans (1-for-2, walk), Alex Magdziasz (1 for 3).

Highlights: The Bears outhit the Falcons 10-4 and scored four runs in the fifth inning to pull away from the Bow team.

GIRLS LACROSSE

MAY 4 – Hopkinton 24, Milford 10

Key players: Hopkinton - Rosé Finlayson (6 goals, 3 assists, 6 draw controls, 2 ground balls), Sydney West-over (3 goals, 5 assists, 12 draw controls, forced turnover, 7, ground balls), Katie Brown (6 goals, assist, 4 forced turnovers, 14 ground balls), Sarah Chodosh (6 goals, assist, forced turnover, 2 ground balls), Ava Burns (goal, 4 assists, forced turnover, ground ball), Maeve Owens (2 goals, ground ball), Elizabeth Trafton (ground ball, defense), Izzy Afflerbach (defense), Hallee Schoch (9 saves).

May 5 – BOW GIRLS

LACROSSE 3rd CONSECUTIVE 19-0 VICTORY

Bow's third consecutive 19-0 victory; they've now outscored opponents this season, 144-25. In this win, eight players found the back of the net.

Key players: Junior Olivia Selleck led the way with five goals and added three assists; senior Alex Larrabee had four goals and six assists; senior Lyndsey LaPerle had a hat trick of her own to go along with two assists against Coe-Brown.

MAY 5 – Hopkinton 21, Pelham 13

Key players: Hopkinton - Rose Finlayson (5 goals, 6 assists, caused turnover, 6 ground balls), Sarah Chodosh (6 goals, assist, caused turnover, 10 ground the balls), Maeve Owens (4 goals, caused turnover, ground ball), Sydney Westover (2 goals, 2 assists, 5 ground balls), Katie Brown (3 goals, 6 caused turnovers).

BOYS' LACROSSE

MAY 4 – Bow 10, Hopkinton 2

Key players: Bow - Ryan McCabe (3 goals, 3 assists), Brodie O'Neil (goals, assist), Gavin McCabe (2 goals, assist), Will Bennett (2 goals, assist), Canyon Batchelder (goal), Hollis Jones (7-for 9 on face-offs, assist),

Brad Ekstrom (9 saves), Owen Walton (defense), Patrick Wachsmuth (defense), Eli Ayers (defense), Owen Guertin (defense); Hopkinton - Lincoln Wilson (2 goals), Steven Reddy 3 ground balls, 4 caused turnovers), Avery Condon (3 ground balls, 3 caused tuovers), Cam Bassett (4 ground balls), ColbyBoissy (11 saves).

MAY 5 – Bow 10, Pelham 5

Key players: Bow - Canyon Batchelder (goal, 3 assists), Gavin McCabe (3 goals), Ben Berube (2 goals), Will Bennett (goal, as-sist), Ryan McCabe (2 goals), Brodie O'Neil (2 goals), Brad Ekstrom (14 saves).

SOFTBALL

MAY 5– Hopkinton 8, Belmont 0

Key. players: Hopkinton - Steph Elrick (7 IP, 1 H, 0 R. 9 K, 0 BB), Kinley St. Cyr (2-for-3, 2 runs, 2 RBI), Sammi Goldblatt (clutch single, RBI), Kyanna Landry (double).

MAY 5– Bow 4, Pelham 0

Key players: Bow - Emily Kiah (3-for-3, double, 2 stolen bases, 2 runs), Caly Poitras (2-for-4, RBI; 1 IP; 1 K, 0 R), Lilly Wright (2 RBI, sac fly; Ella Roos (double), Hannah McGonigle (6 IP, 1 H, 6 K, 0 R), Emma Kelly (1-for-3).

BOYS' TRACK

MAY 6 – Bow 79.5, Pembroke 58, Kingswood 49.5

Key players: Bow - Kody McCranie (1st 100, ist 200, 3rd 400) Alden Betterly (1st 800, ist 1,600), Ben McDowell (1st pole vault, 2nd 110 hurdles, 2nd triple jump), Liam Miller (1st 110 hurdles, 3rd pole vault, Joseph McDowell (2nd pole vault, 3rd 110 hurdles), Wyatt Worcester (2nd 3,200, 4th 1,600), Sean Nicholls (2nd shot put, 4th discus), Logan Fox (2nd 300 hurdles), 4x100 (1st).

MAY 6 – Hopkinton 173, Trinity 141

Key players: Hopkinton - Max Bishop (1st discus, 2nd shot put, 2nd javelin), Roman Finlayson (1st 3,200, 2nd 400), Ben Daniels (1st 1,600, 2nd 800), Jackson Nylund (1st 110 hurdles), Matt Clarner (2nd 1,600, 3rd 800), Kevin Bail (2nd 300 hurdles), Adrian Whitenact (2nd 3,200), 4x800 (1st).

24TH 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

BOW FIRE DEPARTMENT



MARCH 2023 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 12 Basic Life Support Transports
- 24 Advanced Life Support Transports
- 10 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 37 Fires/Hazardous Conditions/Alarms
- 9 Service Call Incidents/Good Intent
- 10 Overlapping Incidents
- 92 Total Calls for the Month

Electrical Safety

Flipping a light switch. Plugging in a coffeemaker. Charging a laptop computer. These are second nature for most of us. Electricity makes our lives easier. However, we need to be cautious and keep safety in mind.



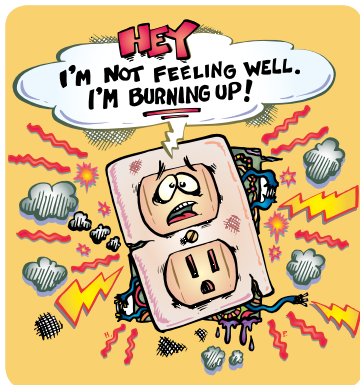
SAFETY TIPS

- Have all electrical work done by a qualified electrician.
- When you are buying or remodeling a home, have it inspected by a qualified private inspector or in accordance with local requirements.
- Only use one heat-producing appliance (such as a coffee maker, toaster, space heater, etc.) plugged into a receptacle outlet at a time.
- Major appliances (refrigerators, dryers, washers, stoves, air conditioners, microwave ovens, etc.) should be plugged directly into a wall receptacle outlet. Extension cords and plug strips should not be used.
- Arc-fault circuit interrupters (AFCIs) shut off electricity when a dangerous condition occurs. Consider having them installed in your home.
- Use ground-fault circuit interrupters (GFCIs) to reduce the risk of shock. GFCIs shut off an electrical circuit when it becomes a shock hazard. They should be installed inside the home in bathrooms, kitchens, garages and basements. All outdoor receptacles should be GFCI protected.
- Test AFCIs and GFCIs once a month according to the manufacturer's recommendations. You do not need a flame to start a fire. Fires can start when heat builds up near things that burn. This can happen when a hot light bulb is near things that burn, such as cloth or paper, or a cord has been placed under a carpet.
- Check electrical cords to make sure they are not running across doorways or under carpets. Extension cords are intended for temporary use. Have a qualified electrician add more receptacle outlets so you don't have to use extension cords.
- Use a light bulb with the right number of watts. There should be a sticker that indicates the right number of watts.

IMPORTANT REMINDER

Call a qualified electrician or your landlord if you have:

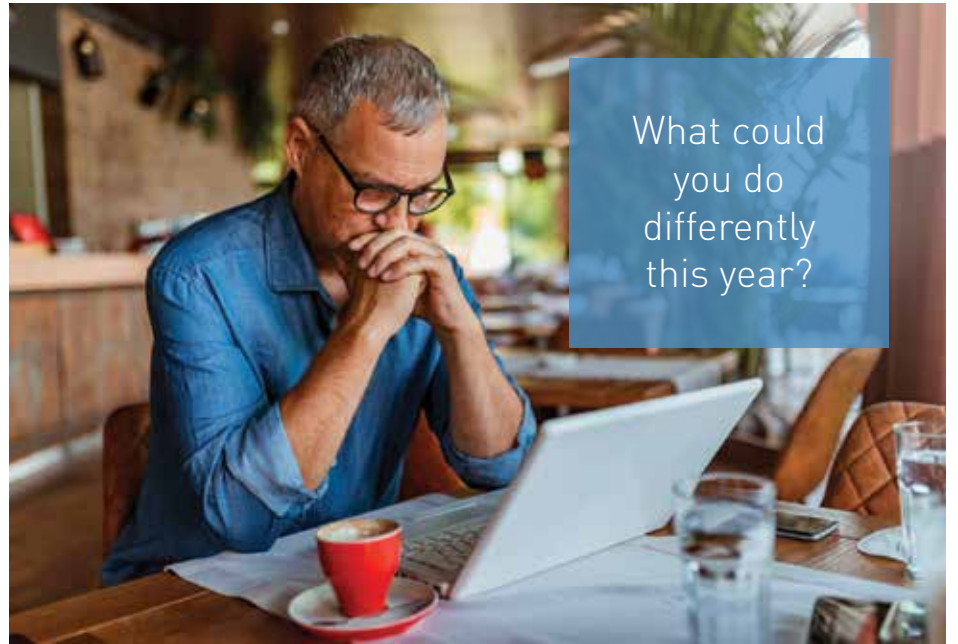
- Frequent problems with blowing fuses or tripping circuit breakers
- A tingling feeling when you touch an electrical appliance
- Discolored or warm wall outlets
- A burning or rubbery smell coming from an appliance
- Flickering or dimming lights
- Sparks from an outlet



BOW FIRE DEPARTMENT



CALL IF YOU CAN
TEXT IF YOU CAN'T



What could you do differently this year?

After the inevitable and sometimes painful process of doing your taxes, you're left with a complete view and full accounting of your finances from the previous year. Were there things you could have done last year to better position yourself for tax time? **Probably.**

Beyond tax season, you should be positioning yourself for the future, your retirement, your family's legacy. Are there things you should be doing to plan for that? **Definitely.**

We can help you analyze both where you are and where you'd like to be, working with you to craft a plan that cuts a path to your goals and dreams.

Let's plan for this year *and* all the years ahead.



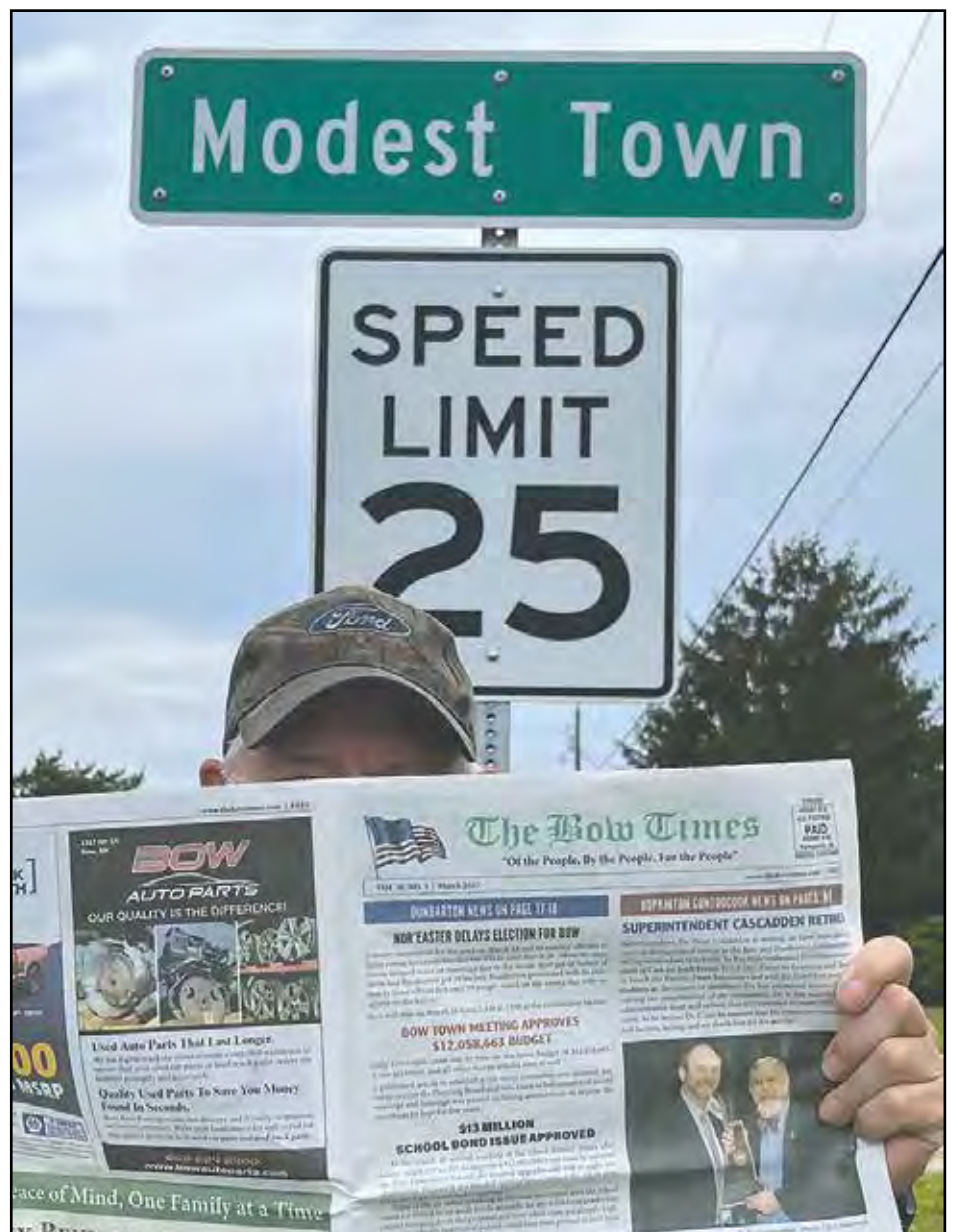
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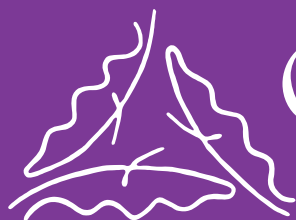
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Travel with The Bow Times



Rick Turner reads his copy of The Bow Times in Onancock, Virginia, the gem of Virginia's Eastern Shore!



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Hopkinton Real Estate Sales – APRIL

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
00 Galloping Hill Road	LAND	LAND	3.5 acres	\$95,000
251 Fire Pond Road	3 Bedroom 2 Baths	1,352 square feet		\$157,900
185 Tucker Drive	3 Bedroom 2 Baths	1,568 square feet		\$260,000
10 Camp Rdoad	2 Bedroom 2 Baths	1,356 square feet	0.2 acres	\$330,000
43 Maple Street	4 Bedroom 2 Baths	2,232 square feet	0.47 acres	\$345,000
394 Sugar Hill Road	LAND	LAND	69.75 acres	\$580,000
834 Main Street		3,779 square feet	1.01 acres	\$625,000
396 Old Stagecoach Road	4 Bedroom 3 Baths	2,820 square feet	3.037 acres	\$899,900

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HOPKINTON - CONTOOCOOK TOWN CRIER

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

TWO VILLAGES ♥ ONE HEART

THE ANNUAL BOOK SALE is Saturday June 10th from 10am-4pm at the Hopkinton Town Library. \$5 bag sale 2-3pm. Free books after 3pm. Book donations accepted: Sat 6/3 10am-2pm, Wed 6/7 & Thurs 6/8 10am-6pm, Fri 6/9 10am-4pm. Donation limit of 3 boxes of books per family. Not accepting: old/musty or in bad condition, Reader's Digest books, magazine, textbooks, CD/VHD/DVD. Sponsored by Friends of the Hopkinton Town Library. We are looking for volunteers for book donation days and book sale day. Sign up at the Library Front Desk. All volunteers get 3 free books of their choice!

THE HOPKINTON BOOSTER CLUB supports middle and high school athletes. We are seeking new board members. Without your support, the Booster Club won't be able to operate for the 2023/2024 academic year. Board elections will take place at our final meeting of the year, Monday, May 22nd at 7:00 pm. For more information or to volunteer to become a board member, please email: hopkintonbooster@gmail.com . The Booster Club: Funds scholarships for Male and Female Athlete of the Year, Funds Impact Testing for all middle and high school athletes, Purchases sweatshirts for 12-season athletes , Provides senior athletes with a hat and framed photo, Supports Middle School and High School Award Nights, Sponsors the annual Homecoming spaghetti dinner, Assists teams with purchasing merchandise following State Championship titles, Assists with larger purchases to benefit current and future teams including: the outfield baseball fence, scoreboards at the field hockey and lacrosse fields, and Houston Field storage shed. The Booster Club meets monthly and engages in fundraising during the school year. Please consider joining the Booster Club to continue supporting our athletes.

FRAUDS AND SCAMS Join the Hopkinton Police Department as they discuss ways to stay alert and protect yourself from Frauds and Scams. Chief Hennessey will be at the Slusser Center on Wednesday, May 17th from 12:45 – 1:30pm (right after senior lunch) and all are invited to attend! www.HopkintonRec.com.

LUCIA AND KRISTEN will take us on a personal Journey in Presence on Sunday, May 21st from 1:00-4:00! This mother-daughter team bring joyful energy and knowledge to help us experience a more mindful, connected life. The workshop will focus on exploring our essence through physical movements, mind and body awareness, inner reflection, and intention setting. For program details and to register see link below. If you have questions, feel free to call the Recreation Department at 603.746.8263. Space is limited, so register early at www.HopkintonRec.com.Scholarships are available.

FIRST THURSDAYS are back through October. Contoocook QuiltWorks, Indigo Blues & Co, Maple Street Mercantile, Union House Oddities, and Witching Hour Provisions will be staying open until 7:00 on the first Thursday of the month. Come shop the Village for discounts, make and take goodies, wine, and much more!

NEW DISCOVER CONTOOCOOK WEBSITE has launched! The site will evolve over time and be a source for complete information on community events as they are ready to be promoted. Visit DiscoverTooky.com and take the site for a spin! To subscribe to Discover Contoocook news and updates, scroll to the bottom of the home page.

BACK IN THE SADDLE Equine Therapy Center's Summer Day Camps Tuesdays – Friday 9:00 AM to 3:00 PM. Open for ages 5 through 12. Eight weeks starting June 27th. info@bitsetc.org 603-746-5681.

MAKING YOUR MARK ART CAMP at St. Andrews is looking for artists willing to volunteer their talents to lead a workshop. Camp will be held the week of July 17th to July 21st. Please contact Kim Emerson at kemerson630@gmail.com if you are interested. The camp's intention is to serve children in the Hopkinton community interested in the arts. There is no camp fee.



BRITISH SOCCER The Recreation Department has been hosting British Soccer in Hopkinton for almost two decades! Join us for this fun summer program at Houston Park August 14-18. Ages 3-14yrs. Sign up today at www.HopkintonRec.com . Refer a friend provides \$30 discount. Host a coach for an additional discount.

BEECH HILL FARM & ICE CREAM BARN is open for the season! If you're in the *moo-d* for delicious ice cream, farm animals, beautiful locally grown plants and a browse through our shop, then we hope you'll visit us! We are open daily from Noon to 8:00 PM. Thank you for supporting local farms!

HOPKINTON HISTORICAL SOCIETY has a lot of great items coming in for our Vintage Yard Sale! We are currently seeking donations of furniture, tools, framed art, silver, china, jewelry, etc. To arrange for pick up or drop off of items, contact the Society at 603-746-3825 or email administration@hopkintonhistory.org . The Vintage Yard Sale will be held on May 20 from 8:00-1:00, 300 Main Street in Hopkinton. Rain date May 21.

DIAL-A-RIDE is an all volunteer organization providing free rides to residents in Hopkinton or Contoocook needing some extra support. If you need a ride to a medical appointment, your hairdresser, to run an errand, or to go shopping Dial-A-Ride can help. With a growing need in our community, our program is looking to recruit more drivers. If you would like to schedule a ride or have an interest in volunteering, please call the Slusser Center at 603-746-4357 during office hours Monday, Wednesday, and Friday 10:00 to Noon. For additional information about Dial-A-Ride - <https://www.hopkinton-nh.gov/slusser-center/pages/dial-ride>.



ART WALK The Hopkinton Town Library's Storywalk has become an Art Walk! Artwork from every student at Harold Martin School and Maple Street School is displayed along the trail for the month of May. We hope you take some time to enjoy our art show! The trail begins along the playground behind the library.

NEW LIBRARY DIRECTOR Hopkinton Town Library is happy to welcome our new Library Director, Rose Jansen! Rose holds an undergraduate degree from The College of Saint Elizabeth (now St. Elizabeth University) and a Master's in Library and Information Science from Drexel University. She began working in the library field as an Inter-Library Loan student assistant in college, and went on to spend over a decade working at GOBI Library Solutions (or, as many of us still call it, Yankee Book). Rose comes to us from the Tucker Free Library in Henniker, where she served as Library Services Coordinator. When not working, Rose enjoys taking her current read to the shore or exploring local state parks. Rose will be in the Library beginning Tuesday, May 23, and will take over the role of Director on June 6. Please stop by, introduce yourself, and help us welcome her to the Library and to our community!

HOPKINTON POLICE DEPT.

APRIL 2023

6 Arrests 7 Accidents 330 Traffic Stops

- 04/01** Kelly Eigabroadt, 62, of 916 Pine Street, Hopkinton, was charged with Conduct After Accident.
- 04/05** Ashley Sheehan, 46, of 100 Main Street, Keene, was charged with Drive After Revocation/Suspension and Uninspected Vehicle.
- 04/18** Tyler Lundstrom, 29, of 97 Franklin Street, Franklin, was arrested for Operate After Certified as Habitual Offender.
- 04/20** Xavier Morel, 20, of 65 Pine Ridge Road, Hillsboro, was arrested for Drive After Revocation/Suspension.
- 04/26** Kyle Stackhouse, 34, 44th Ave E, Ellenton, FL was arrested as a Fugitive From Justice.
- 04/28** Jared Cox, 32, of 703 Ray Road, Henniker, was arrested for DUI and Controlled Drug: Sched 1-4; Possession.

2 Capital Plaza, Concord, NH
902 Main St., Contoocook, NH

facebook Instagram

Cracker Barrel Store Now Hopkinton Village Store

After three years of running the iconic Cracker Barrel Store in Hopkinton Village, Allison, and Will Castelot have sold the business to Anna Wells and Dulcie Lipoma. It has been re-branded as the Hopkinton Village Store.

A store has been at that corner in the village for over 200 years.

Lipoma, who has served on various town boards and committees, and Wells, who has lived in Hopkinton for six years, are well aware of the importance of the store to the neighborhood.

Wells's husband was born and raised in town. Her father-in-law would stop by the store after attending church to pick up the Sunday paper and his favorite lemon pepper chicken.

The store's new owners hope to create a space for people to come together and "talk to their neighbors while stepping in for their cup of coffee or their breakfast sandwich," Wells said.

After a short renovation, Wells and Lipoma have plans to incorporate more food options and envision holding events at the store.

Celebrating 30 Years!

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SUMMER, SUMMER, SUMMERTIME

Finally, the Summer Season is upon us and along with that, we have some nice cold beverages to enjoy outside on the patio, in the pool, at the lake, on the boat, as we celebrate the longer days and warmer nights. If you are grilling, chilling, or floating in the pool, here are some of my favored ideas for staying cool this summer, as always have some fun, drink responsibly, and enjoy these with others.

Roses are my absolute go to wines for Summertime. Gone are the days of the super sweet styles of blush from California, as many are now making a dry style. My favorite is French Rose from Provence. Chateau de Berne Romance Rose is nice and crisp, it quenches your thirst, a classic patio pouncer with notes of strawberry, rose petals and pairs well with many summer salads, grilled salmon, or chicken. One of my cherished food pairings for this will be cheesy garlic bread with fresh mozzarella, parmesan, and Italian herbs served hot and bubbly right out of the outdoor pizza oven, with a side of fresh crushed heirloom tomatoes off the vine and sweet basil.

#33344 Chateau de Berne, Romance Rose, Provence, France \$16.99 June Sale NHSLC Stores

Hot sunny days take me to a tropical island feel and a need for vacation time, so my mind goes to Tiki Bar Drinks and Rum Cocktails. Kenny Chesney, famous country/singer artist, has his own line up of Rums called Blue Chair Bay, which is very well marketed on social media and in local stores. A tropical drink that is super easy to make is a Pina Colada shaken over ice, Blue Chair Bay Pineapple Cream Rum mixed equally with the Coconut Rum. Serve it with a fun orange slice, cherry garnish, and a splash of soda water to lighten it up. Pain Killers and Mai Tai's are also very tasty and easy to serve, made with the finest Plantation Rums. Add in some fun glasses, an umbrella and let the stress level melt away. Plantation, which are some of the finest rums that mixologists use, are simply the best around, check them out! Have some fun with these this summer, shake and stir it up, listen to some DJ Jazzy Jeff and the Fresh Prince, Jimmy Buffet, Kenny Chesney, Zac Brown, or Bob Marley and get all those summer vibes going.

"Summertime and the livin' is easy." – Porgy & Bess

~ Cheers ~ Annie

Kenny Chesney's - Blue Chair Bay Rums

#4083 Pineapple Cream or #5259 Coconut Rum \$17.99
June Sale NHSLC Stores

Plantation Rums

#5008 Barbados Rum \$31.99-\$25.99 June Sale NHSLC Stores

#1622 Stiggin's Fancy 1824

Recipe Pineapple Rum (DIVINE) \$29.99

#7498 XO 20th Anniversary Barbados Rum
(Sipping Rum with a Cigar) \$59.99



Annie Kenney is General Sales Manager for MS Walker Wines & Spirits in Bow, where she has been passionate about her career for the last 23 years.

Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association, she is a lover of fine wines and spirits and resides in Bow, with her daughter Lexi and her fiancé Brock.



GRANITE VNA OFFERS ONLINE CAREGIVER CONNECTION

Granite VNA is offering an online caregiver support group on Thursday, May 25 at 10 a.m. The offering takes place on the fourth Thursday of each month.

Caregiver Connection is an opportunity for family caregivers to support one another and connect with our staff professionals. We look forward to providing a safe space to connect with other caregivers facing similar challenges.

Registration is required. To register, call (603) 224-4093, ext. 85815 or visit www.granitevna.org/onlineprograms. Once your registration is confirmed, you will receive a link to the program. Technical instruction is available to participate in the group.



"Hello, is it me you're looking for?" Yes, Lionel Richie, it is YOU we're looking for today!



Originally the lead singer for "The Commodores" in the 1970's, Lionel Richie transitioned to a solo career as a singer, song writer, record producer and TV personality that skyrocketed him to world-wide fame from the '80's until the present day. His biggest hit songs include "Hello," "Stuck On You," "All Night Long," "Endless Love," "Three Times A Lady," "Still," "Say You, Say Me," and "We Are The World." He has won a Golden Globe Award, the Gershwin Prize, four Grammy Awards, the American Music Icon Award, the Black Entertainment Award, and he was inducted into the Rock And Roll Hall Of Fame. He is one of the world's best-selling artists of all time and has sold 100 million records around the globe.

Lionel was born in 1949 and went to Tuskegee Institute on a tennis scholarship, earning a degree in economics and accounting. He has three children, including his adopted daughter Nicole Richie, who is a TV personality, fashion designer and actress. Lionel summed up his experience raising Nicole by saying "Forget about 40 years in show business. Just surviving 27 years of Nicole Richie is enough."

At age 73, Lionel is currently a judge on "American Idol" and has a full 2023 tour schedule, including singing at King Charles' coronation. Expressing gratitude to his fans he once said, "People have allowed me into their homes, through my words and music." He also believes that "all artists are egotistical maniacs, with inferiority complexes." His words to the wise tell us that "when your past calls, don't answer. It has nothing new to say."

Have you got "that feeling down deep in your soul that you just can't lose?" Yes, Lionel Richie, after giving us a half a century of music, we still have that feeling, and we are "Stuck On YOU."

BOW GARDEN CLUB

Plant SALE

& Craft Corner

SATURDAY MAY 27TH

8:00am to NOON

COMMUNITY BUILDING
3 BOW CENTER RD, BOW

LESSONS MY FATHER TAUGHT ME

by Paul Pomeroy

- Treat your loved ones the way you would want them to treat you.
- Never allow anyone to blame you for something you didn't do or to label you as something you are not.
- Children do not ask to be born. If you have a child then that child becomes your number one responsibility and your number one priority.
- You can get much more accomplished when you can make the other party believe that your idea was really their idea in the first place.
- You are entitled to nothing in this life. Least of all respect. If you want something – go out and earn it. Respect is the most difficult and the most precious of thing to be earned.
- If you are going to do something, do it right or don't do it at all.
- Believe nothing of what you hear and only half of what you see.
- Make all your friends believe that there is something special in them.
- Don't dwell on past failures and setbacks. Press on to the greater achievements of the future.
- Never be satisfied. There's always room for improvement.
- Hug and kiss your kids as often as you can.
- Keep your word.
- Choke up with two strikes and always hit the cut-off man.
- In your heart be at peace with the Lord.

Bow Parks & Rec Invites you to go MOUNTAIN BIKING IN BOW



Experience trails in Bow on a mountain bike ride with members of Bow Open Spaces.

- DAY: Wednesdays - weather permitting
- TIME: 5:30 - 6:30 PM Novice 6:30 PM Intermediate
- DATES: May 3 – June 21, 2023
- WHERE: Meet at Bow Community Building
- BRING: Mountain bike with suspension, helmet & water bottle
- FEE: There is no charge, however membership in Bow Open Space is appreciated.

For more information please contact Bow Parks & Recreation at 603-223-3920 or visit BowOpenSpaces.com



Eric Anderson Photo

TO DAD WHEN I BECAME A FATHER

by Paul Pomeroy

When I was very young
I would put my hand in his
And he would lead

As I grew older
We would touch not quite so often
Yet I would put my trust in him
And he would lead

And when the fates had dealt their worst
We stood together – defiantly
And I would draw strength from him
All my heroes were one in this man

And only now
That it is my time to lead
Do I appreciate and understand his love...

...and mine



Eric Anderson Photo

ROCKET LAUNCH EXPERIENCE

It was Stomp Rocket day at **Baker Free Library** during their monthly after-school program, Art Lab on May 10th.

This project from the NASA Jet Propulsion Lab has become a yearly favorite and these engineers tested some incredible designs that soared over the library's parking lot.

NORA'S DUNBARTON NEWS



BEYOND THE BOOK Come to the DCC book club, Beyond the Book. The group has been reading *In My Grandmother's House* by Yolanda Pierce. Discussion will be in the Vestry in the Center of Town on Thurs June 1, 7 to 8:30. If you read the book or not, you are welcome to join in and add to the discussions. Questions-Call Barb 496-3253.

SUMMER READING PROGRAM 2023 at the Dunbarton Public Library. *All Together Now* is tentatively scheduled for June 20 to July 28. Why is the Summer Reading Program at the library important?

- Summer Reading helps prepare children for success by developing early language skills.
- Summer Reading helps young children build reading and language skills.
- Kids who read, learn, and play all summer long go back to school in the fall ready to rock and roll.

FMI on this program contact the library: dunlib@gsinet.net

DUNBARTON CONGREGATIONAL CHURCH has needs for the food pantry: Peanut butter, jelly, canned veggies (except peas, green beans). Soups (except tomato soup), all sorts of canned fruit, hash, spaghetti sauce, chili, cereal, coffee, teas, and possibly gravies. Feel free to leave donations at the top of the stairs in the vestry, or in the basket in the entry to the church and members will put them away. Thank you for supporting this important ministry of the church!

CURIOS ON THE COMMON is a non-profit thrift and gift shop in the Town Center, created to benefit the Congregational Church of Dunbarton. The store is open Wed: 10 to 4 and Sat: 9 to 4. Donations are accepted. If you are interested in helping out, volunteer for a shift or two. Shifts are Wed: 10 to 1 and 1 to 4 and Sat: 9 to 12:30 and 12:30 to 4. For information, stop by the store.

DCC SPIRESIDE COFFEEHOUSE IS BACK! Every third Sat of the month, the Congregational Church hosts an Open Mic in the Vestry across from the town hall. All are welcome to play and/or listen. Everyone is welcome for a fun night. We are excited to welcome you back to our community. The Spireside ran for ten years before COVID. For exact times for signups and the show, please contact herls3@hotmail.com.

Memorial Day May 29 The town offices and school will be closed.

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

BILL NICHOLS RETIRES AFTER 54 YEARS OF SERVICE

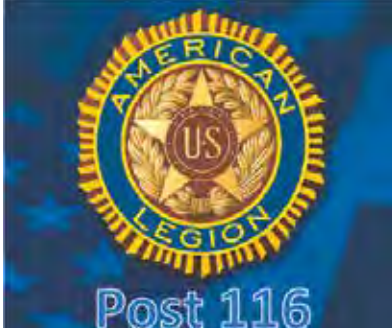



Bill Nichols is calling it quits plowing for the town of Dunbarton after 54 years. I started back in 1969 with a small 1-ton truck working for road agent Armand Audet. It was quite a chore to keep up with the snow back then. I then went into a bigger 4-wheel drive. The preferred truck plowing snow of mine was a FWD. You're all alone out there plowing and if you got stuck, you were on your own. However, a four-wheel drive truck had a better chance of not getting stuck. The advantage to these trucks is that they would push a lot of snow. Although, today it is not as practical. It is too expensive.

Plowing in heavy snow is not too bad though. There are a lot of the problems plowing in big storms is that of low hanging trees and downed wires. That tends to break your lights and windshield. Probably the biggest dislike I have found and that of any red-blooded plow driver would agree on, would be black ice. This is your worst enemy. Nothing is worse than going downhill when there is black ice. I definitely won't miss that at all.

All the years that I have plowed, I figured I was giving back to the town by saving them the cost of purchasing a truck and an employee. You're on call 24/7 during the winter season and during a big storm you can be out there for long periods of time without rest. My hat is off to every plow driver state, municipal and private. I don't think you get the appreciation you deserve. Thank you to the Town of Dunbarton for all the years on the roads. It was my privilege. It has been a great experience.

DUNBARTON ANNUAL MEMORIAL DAY CEREMONIES

2023 Dunbarton Annual Memorial Day Celebration
Monday, May 29, 2023
Wreath Laying Ceremony at 11:00 AM
 at Dunbarton Town Common & Center Cemetery
 (Veterans please arrive at 10:45am for assembly)

Annual Memorial Day Ceremony with Hopkinton Band at 1:00pm
 at Dunbarton Community Center
 (School Gymnasium)

Veterans please arrive at 12:45 for assembly

For more information please contact
 Charles Frost at 603-774-3634.

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THE TOWN OF DUNBARTON POLICE DEPARTMENT



MONTHLY REPORT

APRIL 2023 ARREST LOG

4/5/2023: Brian Pike, 34, of Dunbarton, was taken into custody on a Merrimack County Superior Court warrant for non-appearance in court on the original charges of possession of a controlled/narcotic drug, operating after revocation/suspension – subsequent offense, and suspended registrations.

4/10/2023: Shawna Reed, 33, Boston, MA, was taken into custody on a Goffstown PD warrant for possession of a controlled/narcotic drug.

4/10/2023: Julie Larsen, 57, Dunbarton, was charged with operating after revocation/suspension, driving without a valid license – subsequent offense, and driving without giving proof.

4/14/2023: Julie Larsen, 57, of Dunbarton, was taken into custody on a Dunbarton PD warrant for theft by unauthorized taking or transfer and a Dunbarton PD warrant for default or breach of bail conditions, operating after revocation/suspension, driving without a valid license – subsequent offense, and driving without giving proof.

During the month of April, three (3) individuals were taken into protective custody (drugs, alcohol and/or mental health), two (2) individuals were issued a nuisance, menace or vicious dog summons, and thirty-one (31) traffic citations were issued for offenses that included speed, non-inspection, unregistered vehicle, and passing a school bus.

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.



DUNBARTON OFFICERS COMPLETE BIENNIAL DEFENSE TRAINING

Sergeant Tyler, a Level 1 Gracie Survival Tactics (GST) Instructor, taught another phenomenal defensive tactics training session to members of the Dunbarton Police Department using Gracie Jiu-Jitsu.

Gracie Survival Tactics (GST) is a revolutionary defensive tactics system based on Gracie Jiu-Jitsu that incorporates time-tested techniques into an easy-to-learn system designed to help officers humanely prevail against larger and stronger opponents.

We thank Agoge Wrestling Club in Goffstown for allowing us the use of their facility! This type of training is imperative for keeping our officers safe and prepared.



SAVE THE DATE!

for the Fraud Awareness Presentation!

Plan to attend the Fraud Awareness Presentation on Tuesday, June 13th at 7:00 PM in the Dunbarton Public Library. The presentation is a cooperative effort between the Dunbarton Public Library, Dunbarton PD, the Better Business Bureau of New Hampshire, the NH Attorney General's Office and the Concord Regional Crimeline. More information to follow.



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2023 Congratulations Bow Graduates!



Anna G. Abel
 Aderan Allen Adams
 Katherine Isabelle Anoli
 Carter John Aubrey
 Theodore Houghton Barker
 Canyon John Batchelder
 Josephine Mather Bayer
 Finnegan Seth Benoit
 Aiva Geraldine Berrigan
 Benjamin Richard Berube
 Joshua Steven Billow
 Maciej Blaszcak
 Finnegan James Bonner-Gerber
 Austin Turner Bouch
 Nicolas Guy Bowes
 Cody Lawrence Brackett
 Brady William Brandon
 Jada Rose Brassard
 Delia Lydia Brochu
 Maya Susan Brochu
 Tyler Caron
 Matheson Chase Carr
 Sophia Ninoska Chacon
 Sudeshna Chakraborty
 Amelia Marion Clark
 Regina Nicole Colandreo
 Owen James Conway
 Zachary Andrew Cross
 Ayla Victoria Currier
 Carlee Min Davis
 Trista Capree Day
 Ryley Michael DeCosta
 Devid Donchev
 Solange Jolie Doucet
 Braden Patrick Dougherty
 Jillian Ann Durant
 Cameron J. Evans
 Samuel Paul Fauteux
 Jessica Christine Fisher
 Alyson Flaherty
 Morgan Grace Flynn
 Mark David Folsom
 Logan Patrick Fox
 Hazel Nicole Fredette
 André Sebastian Fuchs
 Norah Maxine Garland
 Caleb Jonathan Gazaway
 Bria Quinn Geddes
 Eric William Goodwin
 Logan Joshua Gordon

Ethan Davis Gray
 Marissa Anne Green
 Nathan Carl Greene
 Brendan Michael Griffin
 Owen Michael Guertin
 Vance Gene Gula
 Kaelen Paul Hansel
 Lowan Marcus Hansel
 Lydia Rachel Hartshorn
 Vincent Raapzaad Hassell-Higgins
 Melissa Rose Hood
 Vanessa Nadine Hood
 Isabelle Jacklyn Howell
 Matthew Hudon
 Evan Riley Ingoldsby
 Luke Harrison Insana
 Samuel David Johnson
 Hollis William-Thomas Jones
 Cooper Joscelyn
 Dominik Jurcins
 Julia Caroline Katz
 Alexander Kehas
 Emily Catherine Kiah
 Madison Elizabeth Kiniry
 Sage Konstantakos
 Andrew Steven James Krause
 Megan Anna Landcastle
 Jazarah Jade Landers
 Hunter Lane
 Isabella Nicole LaPerle
 Lyndsey Jayne LaPerle
 Alexandra Marie Larrabee
 Sarah Rose Lavigne
 Braden LeClair
 Ryan Lawrence Lover
 Aidan MacArthur
 Alex Jonathan Magdziasz
 Jacob David Manning
 Joseph Wayne Marchessault
 Hunter Paul Martineau
 Ava JoyMarie Maurer
 Jacob David McDaniel
 Hannah Elizabeth McGonigle
 Addaline Amber McGraw
 Courtney Anne McKeen
 Zachary Alan McKerley
 Cole Timothy McLaughlin
 Riley McMinn
 Olivia Grace Milbury
 Daniel Machado Miranda

Grace Mei-Nan Neff
 Cameron James O'Rourke
 Anya Ryan Orzechowski
 Hannah Jennifer Ouellette
 Rachel Mae Pelletier
 Matthew Pepin
 Brady Mitchell Perkins
 John Petzold
 Brendan Alexander Pinto
 Brian Robert Pollock
 Donovan W. Rainey
 Isabella Sarah Raisty
 Joshua Rheume
 Hannah Irene Rondeau
 Anna Carmen Ros
 Elena Kailyn Roy
 Cameron Edward Royal
 Meredith Ann Ryan
 Paris Nikya Sadler
 Michael James Sardella
 Alessandra Brooke Sargent
 Blake T. Scarinza
 Douglas Elton Shatney
 Liezl M. Shortall
 Benjamin Paul Siegler
 Autumn Grace Smith
 Calen Cooper Smith
 Curtis Spaulding
 Tyler Bradley Stocks
 Anish Subbakaran
 Camryn C. Szumierz
 Nicholas Richard Thissell
 Ethan Nicholas Tobeler
 Makayla Trudel
 Emily Barbara Vincent
 Sarah Grace Vozzella
 Patrick David Wachsmuth
 Owen Thomas Walton
 Piper MacKenzie Watford
 Ian Robert Weber
 Brody A. Wesler
 Jake Murrow Westenberg
 Luke Christian Wilke
 Ava Marianne Wing
 Nicklus Amerman Wray
 Meghan Anne Wray
 Christopher Matthew Yvars
 Susanna Kay Zahn
 Becky Zheng

THANK YOU SUPERINTENDENT DEAN CASCADDEN for your years of service to SAU 67. Your wisdom and leadership will be missed! Enjoy retirement.

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THE BOW TIMES TaleSpinner

PAST CURFEW

by Bow Resident Nadeane Mannion

When I was seventeen our family lived in off-base housing (the paddies) at Itazuke Air Base, Fukuoka, Japan. Only two areas for American renters were available at that time: Kasugabaru (K-bar) and Shirakibaru (S-bar).

My parents, six brothers and I, lived in a 3-bedroom, single-story home graced with a walled atrium at the end of K-bar. Ours was one of the largest rentals available and one of the few homes illuminated at night by a motion detector street lamp.

I was the eldest, and as the only girl, I always had my own bedroom. This family hierarchy was not greatly appreciated by my brothers, and, very honestly, I always felt guilty about those six boys stacked up in one small bedroom. I say *stacked* because they slept in two triple-decker bunk beds.

My brothers were an adorable pack of little savages. They constantly played tricks on me and would rat me out to my parents if any misdemeanor was discovered. And so the story begins...

One monsoon, hot and humid Saturday night, I was making a stealthy entrance into our house. I had a very strict curfew, and overstepping by even minutes would result in a stern reprimand and serious grounding. I cursed myself – my curfew was 11:30 PM – it was 12:15 PM.

In darkness, I made it through the front door, through the living room, and down the long hallway without alerting anyone. I was grateful for the whirring of the window fans that aided my progress as I tiptoed down the hardwood floor to my bedroom – the first on the right. I pressed myself against the wall, avoiding every creaking board. Holding my breath, I slowly pushed the door open to my room.

At that exact moment, a car drove by, igniting the street light outside my window and illuminated my room in a burst of light. I froze in a moment of silent horror, seeing red, beady eyes staring up at me from my bed. I slammed the door and bolted down the hall to my parents' bedroom.

"Mama," I shrieked, shaking her from sleep, "there's a snake on my bed!"

"What?" my mother gasped in horror. "Don, wake up! "There's a snake on Nadeane's bed!"

My dad rolled out of bed in full, military-trained alertness.

"I should have known all that quiet after dinner meant those boys were up to no good with those damn plastic, reptiles!" he roared, storming down the hall to my brothers' bedroom.

"Which one of you airheads put the fake snake in your sister's room?" his voice boomed. There was only silence. "Go get the damn thing out of her room and get back to bed before I bust you up!"

My father returned to see me sitting on the edge of their bed with my mom. He glanced at his watch and back at me.

"You're grounded for the next two weeks!"

"Three weeks!" my mother retorted.

POMEROY MEMORIES OF THREE YEARS AGO

by Bow Resident Paul Pomeroy

Three years ago the corona virus arrived and drastically changed how we lived our lives. I believe that the isolation we experienced was every bit as demoralizing as the fear of contamination. So on this inglorious anniversary I thought perhaps a look back three years ago.

Ground Hog's Day

I found the movie humorous. But these days I have much more empathy for Bill Murray. It's not so much fun living the same day over and over again. I rise before 6AM, have coffee, watch the exact same news report, eat, take a walk, eat, check my computer for longed for communication, maybe a little snack, do a Sudoku puzzle, decide whether I should comb my hair or maybe take a shower. Or maybe not. What the hell. Smell my sweats to see if I can get another day out of them. By then I'm hungry again. Eat. Then it's Mahjong and Hearts on the computer. Take a peek at my 401K. A glass of Metamucil and some antacid. And maybe – if it's not raining – a little garden work before lunch. And so on and so on....

Honestly, I don't mean to make light of the situation. We have a pandemic on our hands and serious, life decisions need to be made. Like how do we get food? Yesterday we decided to try the "food delivery" method. Now I have to tell you that we did not come to this decision lightly. Trish actually began to twitch when she realized that she couldn't use her coupons and that she would actually have to pay 11 cents more for a can of tuna fish! But we felt we had no choice in the matter after our son's daily warnings on the perils of human interaction. So Trish put in her order on line and was told that we should expect delivery by 4:30PM. The food was dropped on our door step around 7:30 PM. But of course I couldn't just bring the food into the house. According to my son, I needed to sterilize it first. So there I was – wiping down milk cartons, and frozen pizza boxes, and caned juices with a "Clorox" wipe. But I must admit that I was stymied on what to do with the fruit. How the hell do I sterilize grapes? I finally did get everything into the house. Unfortunately the lettuce we ordered was replaced with Kale — yech. The low-fat milk was replaced with whole milk – very upsetting since I have been so careful with my eating habits. And the bananas were so green I'm figuring we won't get to them until the pandemic has passed.

And they didn't have any miniature chocolate peanut butter cups!

But I knew that Trader Joe's did! I thought that maybe I could get to that store and back before my son found out. So I grabbed my gloves and the old mask I had in my workshop and off I went. When I got to the store I realized that they were only letting a few people at a time into the store so that they could practice social distancing. The problem was that because of this restriction there were about 70 people in line – standing just inches from one another. Hmmm. But no matter because I don't do lines.

Those doors could lead to paradise and I still would just "come back later." So no peanut butter cups.

As I drove home in a surly mood, I began to sink into a dark place. I began to fantasize about how easy it would be to rob the place. I already would be wearing a mask and gloves. I could just walk up to the cashier and slip him or her a note.

"Don't make any sudden moves. I was standing in line for 45 minutes just inches away from a lot of people I don't know. God only knows what germs I have picked up! Just put all the peanut butter cups in a bag or I will take off this mask and gloves right here and now!"

But I snapped out of my fantasy when the phone rang. It was my son! If he found out I was in the car he would start his lecture all over again! So I didn't answer, drove home as fast as I could, and called him back. "Just standing on the back deck son, having a snack." Which just happened to be true after all.

The Bow Times *TaleSpinner*, is a forum for local authors to submit anecdotal short stories. We invite writers of tales and yarn to send in narratives (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannion1@comcast.net.

Travel with The Bow Times



Mitchell Harrington took a cruise to Bermuda this spring, taking a copy of The Bow Times with him. Here he is overlooking The Royal Navy Dockyard.

THE TOWN OF BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT MARCH 2023 ARREST LOG

4/1 Joseph Chaisson, 34, Concord, was arrested for driving under the influence; Jessica Menard, 47, Dunbarton, was arrested on an electronic bench warrant for failure to pay a court fine; an electronic bench warrant for non-payment of a fine; Kevin Gobeil, 28, Bow, arrested on an electronic bench warrant for driving without a valid license.



4/3 Brennan Szanto, 35, Concord, was arrested for Driving under the influence (3rd offense) and possession of a controlled drug; Arthur Nolan, 59, Bradford, was arrested for driving after revocation; Melissa Bable, 44, Plymouth, was arrested for criminal trespass, breach of bail, and driving after revocation.

4/4 Kelli Good, 44, Bristol was arrested on a warrant for two counts of possession of a controlled drug.

4/10 Alexander Blodgett, 35, Concord, was arrested for domestic violence-related second-degree assault; Sarah Andrews 38, Dunbarton, was arrested for aggravated driving under the influence and endangering the welfare of a child.

4/11 Justin Travis, 41, Alexandria, was arrested for a false report to law enforcement.

4/12 Denise Davenport, 54, Pittsfield, was summoned for driving after suspension of revocation; Roland Bernard, 44, Warner, was arrested for operating while a habitual offender; Beetherly Pierre, 26, Maynard, MA, was arrested for disobeying an officer and an open container.

4/16 William Salem, 29, Manchester, was summoned for driving after suspension; Dayna Tinker, 40, Belmont, was arrested for disobeying an officer and driving after suspensions subsequent.

4/17 Renee Boudle, 36 Concord, was summoned for driving after suspension- subsequent.

4/18 Scott Schmid, 37, Concord, was arrested on a warrant for possession of a controlled drug; Naomi Adams, 41, Campton, was arrested on a warrant for theft.

4/19 Jon Spinazzalo, 34, Epping, was arrested for driving after suspension and breach of bail.

4/20 Tyler Senecal, 34, Manchester, was arrested for driving under the influence and open container.

4/21 Shawn Healey, 50, Bow, was arrested for driving under the influence; Carlos Lopez, 22, Claremont, was arrested for driving under the influence.

4/23 Jade Markham, 25, Tilton, was arrested on a warrant for unauthorized use of a motor vehicle.

4/24 Kesha Zoucho, 21, Manchester, was arrested for operating after suspension.

4/26 Jessie Menize, 35, Derry, was arrested on a warrant for reckless conduct and criminal mischief.

4/28 Seph Desmarais, 31, Concord, was arrested for operating after suspension or revocation; Joyce Davis, 26, Manchester, was arrested for receiving stolen property; Trevor Hoyt, 27, Bennington, was arrested for receiving stolen property.

4/29 Justin Connor, 25, Webster, was arrested for driving under the influence.

4/30 Casey Berube, 40, Milan, was summoned for driving after suspension or revocation.



K-9 Boris performed his first ever K-9 demonstration last month at the Hopkinton Harold Martin Elementary School.



The event began with Lt. Pratte reading the book "*Officer Buckle and Gloria*" a book about an officer and his K-9 partner.

At the end of the book, the kids were surprised to find out the officers brought a real police dog for them to meet!

Master Police Officer LeBlanc and K-9 Boris showed the students some of the cool things a police dog can do.

They also got to see inside the police car, turn on the blue lights, and use the PA system.

The students asked MPO LeBlanc great questions and many of the kids said they were going to be future police officers.

MPO LeBlanc and K-9 Boris will be visiting the Bow Middle School in a few weeks. They both can't wait!

TOUCH A TRUCK!

SUMMER READING PROGRAM KICK-OFF EVENT

Meet with members of Bow Police and Fire while exploring a police cruiser, a fire engine, a garbage truck, and more! **Kona Ice** will also be on site with delicious treats for sale. All vehicles will be parked in the Baker Free Library parking lot from 10AM-12PM. **WHILE YOU'RE HERE:** All age groups can register for the 2023 Summer Reading Program, **Find Your Voice!** Visit the Main Desk to pick up your program.

SATURDAY, JUNE 17
10AM - 12PM



Join us at the Baker Free Library to help kick off the **Summer Reading Program!** We'll be there along with members of the Bow Fire Department. We're looking forward to another great event.



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

FEATURED EVENT

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



Summer Reading Program 2023 | June 17 - August 10

This year, Find Your Voice with the library's Summer Reading Program! Explore music, theatre, storytelling, language and communication of all kinds. Participants entering grades K-6 can earn prizes by reading and attending events at the Baker Free Library, all summer long. A separate program is also available for pre-readers, teens and adults. Registration for the program will begin on Saturday, June 17, and continue throughout the summer. Stay tuned for a full schedule of programs and special events!

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.

ADULT PROGRAMMING

Resilient Raptors Webinar Series | Tuesday, May 25th | 6:30pm-Virtual Program – Contamination and Continued Diligence

This final program dovetails back to our pilot webinar as we return to the topic of ecosystem contamination and how it persists today. While there are readily available alternatives, lead (Pb) is still used in hunting ammunition and in fishing tackle. This creates significant ongoing threats to wildlife, both from current use and the legacy of old ammo and fishing tackle left in lakes, streams, and forests. We will conclude by presenting the various steps we can collectively take to ensure the continued success of our Bald Eagle population.

Spark! Adult Craft Club | Tuesday, June 6th | 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, June 13th | 12:30pm & 6:30pm

The Adult Book Talk Group takes place on the second Tuesday of June. We will be discussing *Unlikely Animals* by Annie Hartnett. 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 June 20th at 1pm.

Love mysteries? Contact Amy at amy@bakerfreelib.org to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on June 6th at 1pm.

Protecting Our Pollinators | Monday, June 12th | 6:00pm

Do you enjoy a savory salad or a crunchy apple? Thank a pollinator! Pollinators are critical to our food supply, economic health and biological diversity. In this program, we will explore the insect pollinators, such as honeybees and native solitary bees, and the challenges facing their survival. Learn about the best gardening practices and ways to shop responsibly for plants and garden products to avoid hidden pesticides.

This program is sponsored by the Bow Garden Club and presented by Kim Dwyer of Nature Education Opportunities.

BFL Seed Library

The Seed Library is back at Baker Free Library! Browse the seed library database and find the seeds you need. Fill out the Sign Out Form located next to the database. Bring your seeds home to plant!

We offer a wide variety of vegetables, herbs, fruit, and flower seeds that are suitable to grow in the Northeast regional zone. Seed availability subject to change.

IN THE GALLERY

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.

PASSPORT PROCESSING SERVICES

Baker Free Library offers passport processing services by appointment only based on the availability of our passport agents. We accept new adult passport applications, any child passport, and any renewal of a passport issued more than 15 years ago. All forms are available online through the U.S. Dept. of State or in the library. To learn more about scheduling a passport appointment, visit www.bowbakerfreelibrary.org or by calling (603) 224-7113.

BOB GARLAND RETIRES

Bob Garland, the Baker Free Library custodian for the past 15 years, has retired. At his retirement party, the Baker Free Library trustees presented Bob with a beautiful, inscribed, Eric Anderson photo of our library.



In the picture from left to right: Martin Walters Library Director, Bob Garland, Trustee Eric Anderson, Trustee Donna Deos, and Trustee Bob Arnold.



OBITUARIES

MARJORIE L. CLARKE

Marjorie L. (Piroso) Clarke age 86 of Hopkinton died on April 19, 2023. Marjorie was born on April 14, 1935, daughter of Arseen and Bernice Charpentier of Concord.

Marjorie grew up in Concord and attended Saint John's school.

In 1955 she married Arthur Guy Piroso and had three boys, Alan, William and Brian.

Marjorie was predeceased by her husband Raymond Clarke of Bow and her son William G. Piroso of Ft. Lauderdale FL.

Marjorie leaves behind two sons, Alan Piroso and his wife Faith of Warner and Brian Piroso of Warner; a stepdaughter, Fran Ordway of Bradford; two sisters, Joyce Audet of Concord and Mary Cutting and her husband Fred of Concord; her sister-in-laws, Florence Grove of Andover, Kathy' O'Shea of Hudson, FL, and Jackie Gagne of Port Richie FL; seven grandchildren and seven great grandchildren.

Memorial contributions may be made out to the Granite VNA Hospice House at 240 Pleasant Street, Concord N.H. 03301.

COLLEEN HAGGERTY

Colleen McPartlin Haggerty of Bow died on April 21, 2023, at 63 years old. She passed surrounded by her loving family.

Colleen, affectionately known as Coco by her grandchildren, was born in New York in July of 1959 to the late Gerald and Eleanor McPartlin.

A lifelong nurse, Colleen and her husband Warren started their life together in Maryland where she worked in Labor and Delivery at Sinai Hospital in Baltimore. In 1994, they moved to New Hampshire where she continued her work for several years in Labor and Delivery at Concord Hospital before moving into the public health sector for the State of New Hampshire. Here, she served as the Section Chief of the State Immunization Program before retiring.

She is survived by her loving husband Warren of Bow, with whom she shared 39 years of marriage; her children Patrick and his wife Molly Haggerty of Scarborough, ME, Kathleen and her husband Michael Kenyon of Warner, Erin Haggerty of Boston, MA; siblings Jim McPartlin and his partner Michael Casey of Manhattan, NY, Joanie and her husband Daniel Block of Edmonds, WA, Patrick McPartlin of Saratoga, NY, Amy and her husband Steven Miller of Chelmsford, MA.

ETHEL CASEY MILANO

Ethel Casey Milano, "Casey", aged 85, of Bow died peacefully at home on April 6, 2023.

Ethel was born on August 31, 1937, in Baldwin, Maine. She was the daughter of Walter Casey and Nathalie Sanborn Casey. In 1961, Casey married Joseph Milano, the son of Italian immigrants and a first-generation American. She quickly learned the art of authentic Italian cooking, which was one of her favorite ways to show love to her family. In 1980, after many years in Connecticut, the family moved to New Hampshire.

She was predeceased by both of her parents, her husband Joseph Milano, brothers Walter and Sheldon Casey, sister Barbara, and a grandson, Matthew Milano. She is survived by a large and loving family, including her six children and their spouses: Joseph Milano (Linda), Walter Milano (April), Brian Milano (Michelle), Shaun Milano (Sophia), Maria Donnelly (Robert), and Carmella Dow (Bruce), along with fourteen grandchildren and five great-grandchildren.

Please consider a donation to the Granite VNA Hospice Program, 30 Pillsbury Street, Concord, NH 03301.

LISA OSTRANDER

Lisa Louise Ostrander passed away in her Contoocook home on April 15th, 2023. Lisa was born on April 7th, 1970 in Gardner, Massachusetts.

Lisa's adult life was spent making a home for her two children, Breanna and Zak with her husband Jack. Lisa was a mother that focused on the happiness of her family and cheered her children on through every step of life. Lisa's friends and family knew her for her outgoing personality which made her fearless to make friends with anyone she met. Her many pets over the years were proof of her larger than life heart and love for everything living.

Lisa leaves behind her children, Breanna McClain (spouse Tim McClain) and Zak Ostrander as well as her husband Jack Ostrander. Lisa also leaves behind her mother Linda Nelson and her grandfather Yvon Richard.

You may make donations in Lisa's name to the Pope Memorial SPCA of Concord.

SAMUEL C. SOMERS, MD

Sam passed away suddenly of a heart attack at his Hopkinton home on February 26, 2023. He leaves behind his wife of 26 years, Diane Hotten-Somers, daughters Reese (19), Abigail (16), and Emma (14) – the absolute loves of his life.

Sam was born in Kansas City, MO, on June 23, 1969. Sam spent most of his childhood in Kansas, growing up with the adventures of both country and lake living. He attended Dartmouth College, earning a B.A. in Asian Studies and graduating in 1992 summa cum laude and as a member of Phi Beta Kappa. In the fall of 1994, Sam began his medical studies at Harvard Medical School, where he earned his MD in 1998. He then completed his Internal Medicine Residency at Brigham and Women's Hospital in 2001, and joined Concord Gastroenterology in 2005.

Personally, Sam was pure joy, creating circles of love in all the communities he entered. Sam's family bonds and friendships were both plentiful and lifelong because everyone was drawn to his joyfulness for life.

Sam is survived by his wife, Diane Hotten-Somers, his daughters, Reese, Abigail, and Emma, father John Somers, sister Sage (Gustafson), nephew Spenser (15), and nieces Margaret (13), and Hope (9). Sam is preceded in death by his mother Karen and brother Spenser.

Donations in Sam's name can be made to the New Hampshire Soccer Association www.soccernh.com, DB Teens, an association that supports mental health services for young people in New Hampshire. Mail checks to DBT For You, 6 Main Street #397, Newfields, NH 03856.

OLIVE D. RYAN

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

She 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 in 1955. After high school Olive worked at the Box Shop and the telephone company before moving to Peterborough, where she worked at the Millipore Corporation in Jaffrey.

She married Wilber G. Moore in 1959, at the United Church of Warner. They divorced in 1980. Olive then married William J. Fox on June 4, 1983, at the First Congregational Church in Hopkinton. After William passed away, Olive married Dana F. Ryan on August 25, 2001.

Olive worked for the Colonial Village for twenty-two loyal 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 absolutely loved her extended Colonial Village family throughout her years of service.

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

Make memorial donations in Olive's name to the Pope Memorial SPCA 94 Silk Farm Road, Concord.

RICHARD A. "DICK" WEST

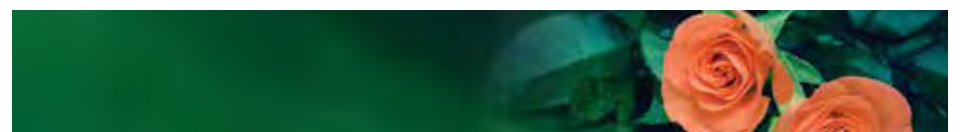
Richard Arthur West of Contoocook, went to heaven in the early morning hours of April 22, 2023. Dick grew up in Chester, attended Chester schools, and graduated from Pinkerton Academy in 1959. He remained active in Pinkerton's alumni activities until the end of his life.

Dick was a Certified Public Accountant, vocationally and at heart. He traced his CPA origins to a detailed income and expense record that he created as a child to document a family farm's blueberry sales. Bentley College gave him his formal training, and he graduated cum laude in 1969.

Dick married Ann Garland on July 12, 1969, and they shared 53 loving years together. Together, Ann and Dick were a force of nature. They supported each other's careers and built rich personal lives together.

Dick treasured his family and friends, who appreciated his generous soul, his attentiveness, and his dedication. He leaves behind his "girls" and their families: niece Rebecca Garland Martin and husband Joel; Lydia Gould Bessler, husband John, and daughter Saffron; and Kristen Gould Burnham, husband Keith, son Evan and daughter-in-law Laura, and son Greg.

In lieu of flowers, memorial contributions may be made to a charity of your choice in honor of Dick.



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- Will also consider renovating an existing home that meets these requirements.

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| 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 |

LONDON MARATHON

RUN BY BOW RESIDENTS



How cool is it that 3 people from the same small town ran in the London Marathon on April 23, 2023! Pictured left to right are Ellen Raffio, Ginny Hast and Bill McCann, celebrating at dinner that evening in London.

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(2) Not all buyers will qualify for Ford Motor Credit financing. 0% APR financing for 36 months at \$27.78 per month per \$1,000 financed regardless of down payment (PGM #20004). Residency restrictions apply. Take new retail delivery from an authorized Ford Dealer's stock by 07/05/2023. See the dealer for qualifications and complete details.

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