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DUNBARTON NEWS ON PAGE 6

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9



## NH INSURANCE COMMISSIONER NICOLOPOULOS OF BOW TO STEP DOWN

New Hampshire Insurance Commissioner Chris Nicolopoulos will not be seeking reappointment after his current term ends, according to a statement from the Governor's Office.

Nicolopoulos, who also serves as a Bow select board member, was appointed by Gov. Chris Sununu in 2020. After serving a three-year term, he will return to the private sector.

“It has been an honor and a privilege to navigate the complex and ever-changing landscape of insurance regulation, especially during the unprecedented challenges presented by the COVID19 pandemic,” said Nicolopoulos. “I am grateful for the opportunity to have served alongside my colleagues at the Department, who have demonstrated an unwavering commitment to serving our fellow citizens.”

During his time as commissioner, Nicolopoulos played a critical role in implementing a voluntary, private market plan that provides benefits to Granite State families without requiring an income tax or a mandatory, automatic payroll deduction.

“I thank Commissioner Nicolopoulos for his service to the State of New Hampshire and the Department of Insurance,” said Sununu in a press release. “Commissioner Nicolopoulos played a critical role in standing up New Hampshire’s first-of-its-kind voluntary Paid Family and Medical Leave Program, and has worked diligently to ensure the best premiums possible for policyholders.” Nicolopoulos’ resignation will take effect on July 4, and the Governor's Office has said that the search for a new insurance commissioner has begun.



The Mike Gula Family on the walkway Vance built. Eric Anderson | Photo

## EAGLE SCOUT GULA COMPLETES PROJECT

Vance Gula, of Scout Troop #75 in Bow, who is graduating in June, completed his Eagle Scout Project at Bow High School.

Vance deconstructed and reconstructed a 17 year old walkway leading up to the flag pole in front of the high school. He successfully oversaw the entire project with his fellow Scouts from Troop 75!

The ribbon cutting ceremony was in May during the school’s Memorial Day Celebration with a band and guest speaker Major Youngs.

Vance was required to complete his project prior to his 18th birthday and maintain school work and high school graduation at the same time.



## THE BOW TIMES WINS THREE MORE NH PRESS AWARDS

At the annual dinner of the New Hampshire Press Association, The Bow Times won two more first-place awards and a second- place award from the judges of the annual contest.

The June 15 event at St. Anselm College resulted in a first-place for Editorial Writing and a first-place for the First Amendment Award. This is the third straight time the First Amendment Award went to Publisher Chuck Douglas.

Overall Design of a Newspaper resulted in a second-place win for Nadeane Mannion who makes it all happen at the paper.



Major Youngs, and Vance Gula following ceremonies. Eric Anderson | Photo

**WINNER OF 23 NH PRESS ASSOCIATION AWARDS**

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### The Bow Times

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](mailto:nmannion1@comcast.net)

Technical Editor:  
Jennifer Jameson  
[jjameson@thebowtimes.com](mailto:jjameson@thebowtimes.com)

Billing & Accounts:  
Julie Adamson  
[jeanodeano16@yahoo.com](mailto:jeanodeano16@yahoo.com)

Distribution Manager:  
Joshua Coughlin  
[josh@thebowtimes.com](mailto: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

Printer - Gannett Pub. Services  
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Concord, NH 03301  
**Email:** [info@thebowtimes.com](mailto:info@thebowtimes.com)

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## THREATS TO TEENAGERS BY SOCIAL MEDIA SAY SUNUNU AND THE SURGEON GENERAL

By Chuck Douglas



Surgeon General, Vivek H. Murthy, in a late May report of 25 pages called the public's attention to the "urgent public health" threat caused by teen social media use.

According to the report, up to 95% of youth ages 13-17 report using a social media platform, with more than a third saying they use social media "almost constantly." Although age 13 is commonly the required minimum age used by social media platforms in the U.S., nearly 40% of children ages 8-12 already use social media who should not be doing so.

"I issued this advisory because this is an urgent crisis," Murthy said.

### LINK TO DEPRESSION

The downside is that one study of over 6000 adolescents found that adolescents who spent more than 3 hours per day on social media faced double the risk of experiencing poor mental health outcomes, including symptoms of depression and anxiety. A study conducted among 10,904 14-year-olds found that greater social media use predicted poor sleep online, harassment, poor body image, low self-esteem, and higher depressive symptom scores with a larger association for girls than boys.

### HARMFUL CONTENT AFFECTS OUR CHILDREN AND GRANDCHILDREN

"Extreme, inappropriate, and harmful content continues to be easily and widely accessible by children and adolescents. This can be spread through direct pushes, unwanted content exchanges, and algorithmic designs. In certain tragic cases, childhood deaths have been linked to suicide- and self-harm-related content and risk-taking challenges on social media platforms," said the report.

Social media may also perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls. When asked about the impact of social media on their body image, nearly half (46%) of adolescents aged 13-17 said social media makes them feel worse, 40% said it makes them feel neither better nor worse, and only 14% said it makes them feel better. 64% of adolescents are "often" or "sometimes" exposed to hate-based content.

### PHYSICAL IMPACT OF SOCIAL MEDIA

Excessive use of social media can harm children and adolescents by disrupting important, healthy behaviors. Some researchers believe that social media exposure can overstimulate the reward center in the brain, and when the stimulation becomes excessive, can trigger pathways comparable to addiction. Brain development is a critical factor to consider when assessing the risk for harm. Adolescents ages, 10 to 19, are undergoing a highly sensitive period of brain development. Furthermore, in early adolescence, when identities and a sense of self-worth are forming, brain development is especially susceptible to social pressures, peer opinions, and peer comparison.

Sleep is essential for the healthy development of adolescents. A systematic review of 42 studies on the effects of excessive social media use found a consistent relationship between social media use and poor sleep quality, reduced sleep duration, sleep difficulties, and depression among youth. Problematic social media use has also been linked to both self-reported and diagnosed attention-deficit/ hyperactivity disorder (ADHD) in adolescents.

### SUNUNU TAKES ACTION

Gov. Chris Sununu has given the state officials 90 days to come up with the guidelines advertising residence of the dangers that social media platforms supposedly pose to New Hampshire's youth.

In a June 6 executive order, Sununu directs the Department of Education to propose guidelines within 90 days for a curriculum, addressing this issue that would be included with all K-12 health education courses in the state. "New Hampshire's children are the future of our state in our nation, and we are making every effort to ensure necessary changes are made to prevent harm by these platforms," Sununu said in a statement.

### CONCLUSION

The hours our children or grandchildren spend staring at a cell phone each day can negatively affect sleep, brain development and proper social interaction. Parents need to monitor and curb excessive usage to prevent a pandemic of depression in stunted development. As the Surgeon General said: "Children only have one childhood, and every day, every month, every year matters in the life and development of a child."

## EDITORIAL

### CARTEL UPDATE

The Washington Post on March 24, 2023, reported that 550 Americans were reported missing in Mexico up from 324 three years ago. If that many Americans were missing in the Middle East, we would be all over it. So why do we leave them behind because they are in Mexico?

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

"THE WORLD IS A DANGEROUS PLACE TO LIVE; NOT BECAUSE OF THE PEOPLE WHO  
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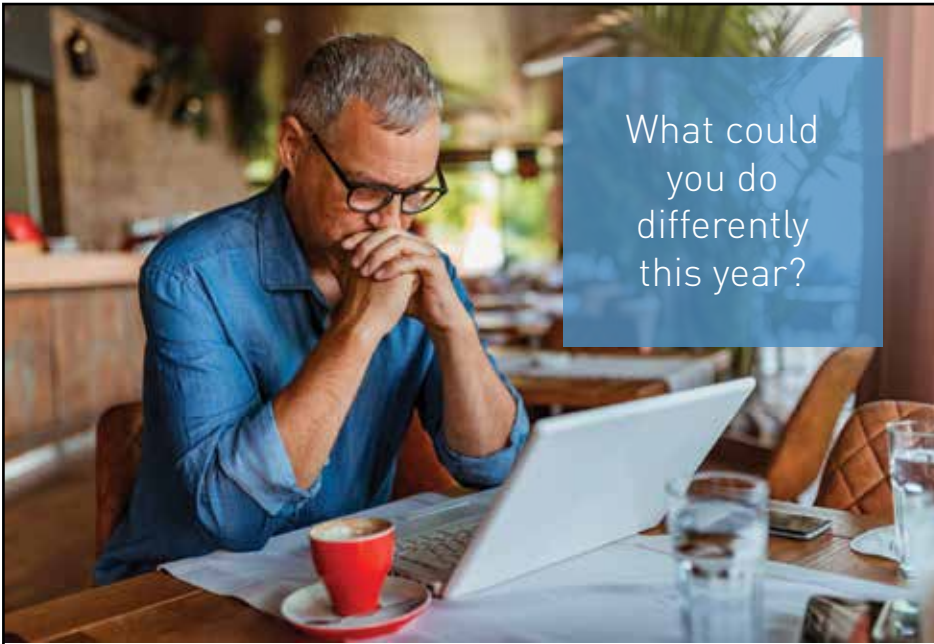
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**PERSONALIZED BOOKS FOR FIRST GRADERS!**

Rotary members read to students at Bow and Dunbarton elementary schools. The children loved the personalized books Rotarians presented to them as a gift that encourages them to love reading! Students, teachers, and Rotarians had a great time!



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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## Bow Celebrates Memorial Day

On 29 May, the community honored the service members and families who sacrificed so much in service to our great nation. The ceremony, while solemn, was also celebratory. Attendees were given the opportunity to reflect on just how much our fallen heroes gave to preserve our great nation and then celebrate their service. LTC (ret) John Graham, our keynote speaker, delivered thought provoking remarks and the Concord Coachmen provided great music. The event concluded with a picnic hosted by the Men's Club.

Special thanks to all who attended and to those who made the day a success.



Eric Anderson | Photos



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## THE HOUSING MARKET IN NEW HAMPSHIRE REMAINS CHALLENGING

If you have been looking for a home to buy you understand the current housing market better than most. Have you considered the benefits to buying land and building your dream home? If this sounds a little scary let us help demystify some of the process and help you see how building could be the perfect solution.

**What is the difference between a Construction Loan and other types of Mortgage Loans? Are there different types of Construction Loans?**  
A Construction Loan is used to finance the cost to build a home, whereas other mortgage loans are used to purchase homes or refinance current loans.

A “1-Step Construction Loan” at Sugar River Bank is our most popular product today. This loan provides for payments of interest only during the construction period and then converts automatically to a permanent loan once construction is complete. The process requires only a single loan application and one closing.

A traditional 12-month, interest only, construction loan is also an option. This option requires a second loan application and closing to obtain a permanent mortgage after construction is complete.

**What are the top reasons a consumer would choose to build over purchasing an existing home?**

Many borrowers chose new construction as they can build their home exactly to their specifications. However, construction loans become even more popular due to the shortage of existing housing inventory. In these situations, many borrowers determine that building their own home is the best option.

**Is a Construction Loan a good option for First-Time buyers?**

While new construction is an option for first time homebuyers, it may be overwhelming to some. Typically, first time homebuyers are looking at purchasing existing houses as they are the most anxious to quickly move into their new home. Regardless, the choice is best determined by each homebuyer. It is important for all homebuyers to work closely with their mortgage professional to understand all loan options before deciding.

**What are the top items a borrower needs to do in advance to prepare for a Construction Loan?**

Before you build, you need to find and purchase land. You may not even be ready to build right away but, buying the perfect piece of land and waiting for the right time to build is an option. Your real estate agent can help you narrow down what kind of land you want to find. Take some time and narrow down exactly what you want for your new home.

Shop around for a builder that can deliver on the build but also, make sure you can work well with them and make sure you get answers to all your questions. Building a home requires the ability to communicate freely.

Your lender is an important part of the entire process. Identify a local lender who is experienced in construction lending. At Sugar River Bank we have lenders who live in the communities we serve. Our experienced construction loan team is dedicated to working closely with borrowers to educate and assist them throughout the entire loan process.

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Front L to R: Chairman Michael Wayne and Vice Chair Christopher Nicolopoulos, Standing in back L to R: Selectwoman Eleana Colby, Selectman Matthew Poulin and Selectwoman Angela Brennan.  
Eric Anderson | Photo



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## DUNBARTON POLICE DEPARTMENT



### MAY 2023 ARREST LOG

**5/7** Vincent Bailey, 18, Dunbarton, was charged with operating after revocation/suspension - reckless operation conviction, operating an OHRV on a public way, and operating an unregistered OHRV.

**5/8** Justin Gonzales, 20, Weare, was charged with transporting alcoholic beverages by a minor, unlawful possession of alcohol, unlawful activities (littering), possession and use of tobacco products by minors, and default or breach of bail conditions.

**5/8** Ashley Brust, 19, Henniker, was charged with unlawful possession of alcohol and unlawful activities (littering).

**5/12** Robert Murdoch, 50, Dunbarton, was taken into custody on a Rockingham County Superior Court arrest warrant for non-compliance with court orders/contempt.

**5/23** Brian Pike, 34, Dunbarton, was taken into custody on a Merrimack County Superior Court arrest warrant for non-appearance on the original charges of possession of a controlled/narcotic drug, driving after revocation/suspension – subsequent offense and suspended registrations.

**5/24** Joseph French, 60, Dunbarton, was charged with driving or operating under the influence of drugs or liquor, open container, and yellow line.

**5/26** Andy Williams, 58, Manchester, was taken into custody on a Bedford PD warrant for theft by unauthorized taking, a Merrimack County Superior Court arrest warrant for non-appearance on the original charge of willful concealment, and an Electronic Bench Warrant out of Candia District Court for non-appearance on the original charges of operating with an expired license greater than 12 months and operating after revocation/suspension – subsequent offense.

**5/27** Robert Anthony, 30, Greenville, was charged with driving after revocation/suspension and operating without a valid license

**5/27** Nicholas Memahon, 27, Lancaster, was taken into custody on an Electronic Bench Warrant out of Berlin District Court for non-appearance on the original charge of a town ordinance violation.

During the month of May, one (1) individual was issued a nuisance, menace or vicious dog summons and thirty-one (31) traffic citations were issued for offenses that included speed, non-inspection, and unregistered vehicle.

*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.*

## Nora's DUNBARTON NEWS



**DUNBARTON SPIRESIDE OPEN MIC** will be held Saturday, June 17 and Sat. July 15 at the Congregational Church in the Town Center, 6 Stark Highway North. Please come and enjoy an evening of 8 to 10 performers from musicians, poets to storytellers. Doors open at 6pm. Performers, please sign-in as you enter. Show starts at 6:30pm. FMI contact Lizz@dunbartonucc.org.

**ALL TOGETHER NOW!** The Summer Reading Program and activities is tentatively scheduled for Tuesday, June 20 to Friday, August 4. Check out the schedule at: [www.dunbartonlibrary.org/summer-reading-2023.html](http://www.dunbartonlibrary.org/summer-reading-2023.html). FMI call the library at 603-774-3546.

**DUNBARTON LIBRARY BOOK GROUP** is scheduled to meet on Wednesday, June 21 at noon to discuss *My Dear Hamilton* by Stephanie Dray. Come to the front foyer of the library. FMI call the library at 603-774-3546. The group will be on break over the summer. See you in September.

**CHAIR YOGA** with Sherry Gamble will be Thursday, June 29 at 11am. Wear comfy clothes. Meet in the library foyer to decide if you will be in or out. Chairs are provided. Sponsored by the library. All are welcome.

**DCC BEYOND THE BOOK** This month, the group will be reading *Before The Coffee Gets Cold*, by Toshikazu Kawaguchi. "Heartwarming, wistful, mysterious and delightfully quirky, Toshikazu Kawaguchi's internationally bestselling novel explores the age-old question: What would you change if you could travel back in time?" Discussion is scheduled for Thursday, July 6, from 7 to 8 PM. Please email [barbbennett51@gmail.com](mailto:barbbennett51@gmail.com) for location.

**MEMORIAL DAY CEREMONIES** Dunbarton's American Legion Post #116 held two Memorial Day Ceremonies on May 29, 2023. A wreath laying ceremony was conducted at 11:00 AM on Dunbarton's Town Common where wreaths were placed on the four War Memorials and a fifth wreath at the Center Cemetery. The second ceremony was conducted at 1:00 PM at the Community Center with a speech by CDR Charles Frost, and a performance by the Hopkinton Band. Scout Troop 75 participated by assisting with wreath placement on the WWI, WWII, Korean, Vietnam War Memorials, and at the Center Cemetery. Several members of the community attended and enjoyed each of the ceremonies.



American Legion members in the photo from left to right are Don Larsen, Annette Buford-Frost, Mike Kaminski, Chuck Frost, Fred Mullen, Norm Roberge, and John Gola. Photograph taken by Enid Larsen.

Nora LeDuc

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A highly visible and public location for these exchanges eliminates the need to meet at a private residence and reduces the risk of victimization and crime.

# SUMMER IS A GREAT TIME TO BEGIN NEW THINGS!

by Jim Olson

You know what I love about summer? It's when I feel the most energized. It's the time of year when I feel I can make some big changes. When the sun is out. When I find myself outside and doing more (rather than being stuck in my usual routine). That's when I find myself motivated to accomplish a few goals.

Hopefully, you feel the same way, because I'd sure like to challenge you to make this your *summer for change*.

**Summer is a great time to begin new things, especially a new exercise program.**

Summertime is the perfect time to make some changes in your life. The weather is nicer, you have more free time, and you're likely to be more motivated since summer is seen as a time for fun and relaxation. So why not use this opportunity to make some positive changes in your life?

- In summer we tend to have more energy.
- Longer days mean more light for activities.
- Warm weather inspires lots of outdoor activities.
- Research shows that our caloric intake tends to decrease in the summer, making it easier to lose weight, especially if your activity increases.

This summer could be the beginning of you beginning a new, healthier, stronger, and more vibrant chapter in your life. And, since it's summer, you already have a leg up!

**Summer Fitness Tip: Practice random acts of fitness**

Sneak in little bits of exercise with some summer-friendly activities. For example:

- Washing the car for 30 minutes burns about 100 calories
- Gardening burns 128 calories



Jim Olson

- Other options: Throwing a Frisbee, Walking the Dog, Playing a Game of Volleyball (all about 100 calories)
- Mowing the lawn about (176 calories)
- Biking around the neighborhood (192 calories), or hula-hooping, which burns about 50 calories in just 10 minutes.

The key to adding physical activity into your day is to do it in a way that's enjoyable, so you'll be more likely to stick with it. Start slow and gradually increase the amount of time you are active.

Set some goals for yourself and try to meet them. Remember, any activity is better than none, even small changes can make a big difference in your overall health.

**So what are you waiting for?**

Get out there and enjoy the summer while getting healthy and fit at the same time!

If you need help making changes in your life, then book your free consult at [individualfitnessllc.com](http://individualfitnessllc.com). Let us tell you exactly what we can do to help you reach your goals.

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by Kathleen Butcher  
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**CONTOOCCOOK AMERICAN LEGION** is accepting donations of durable medical equipment for our Loaners Closet. Equipment being accepted include: canes, 4-wheel walkers, commodes, wheelchairs, bed rails, shower chairs, and more. The Legion is located at 169 Boundtree Road; there is an area for donations on the left side of building. If you have any questions, please contact Kathie Trantham at [Kathleen.tranthm@comcast.net](mailto:Kathleen.tranthm@comcast.net).

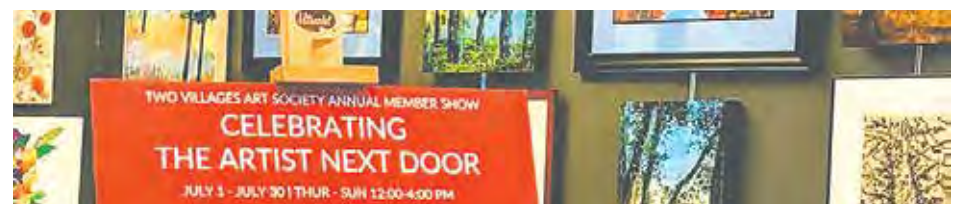
**RED CROSS BLOOD DRIVE** at St Andrew's Episcopal Church on Wednesday 6/21 from 130-630pm. Register at [RedCrossBlood.org](http://RedCrossBlood.org) or 1-800-RED-CROSS.

**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 go to [www.hopkinton-nh.gov/slusser-center/pages/dial-ride](http://www.hopkinton-nh.gov/slusser-center/pages/dial-ride).

**TWEEN SCHOOL 'N HOME PROGRAM** provides after school child-care for students kindergarten through sixth grade. The program operates during the school year out of the Harold Martin School multi-purpose room (gym). HMS students enrolled in the program just head downstairs at the end of the day. Maple Street students are bused over after school. While enrollment for the next school year is full, there is a waiting list. The program typically is able to bring some children off the waitlist before school begins or during the school year. We are looking for 3-4 individuals to join the TSNH Board. Time commitment for Board members is fairly small. The Board meets four times a year for about an hour in person or on Zoom. I'm happy to talk with anyone who wants to know more about

this opportunity. In addition, we are hiring staff for the fall. Hours are 2:15-5:30 on school days. This is a great opportunity for high school students (must be at least 16) or community members who are looking for fun, part-time work. If you have an interest in serving on the board or working in the program, please contact Jaime Corwin, TSNH Board President, at email [-jaime.corwin@gmail.com](mailto:-jaime.corwin@gmail.com).

**CALLING ALL BAKERS!** The annual July 4th Tooky Cookie contest is just around the corner! Details are online at: [www.HopkintonRec.com](http://www.HopkintonRec.com).



**THE TWO VILLAGES ART SOCIETY** gallery current exhibit celebrates the member artists at the core of who we are. The show features over 30 New Hampshire artists working in different mediums. Many of these artists have exhibited widely, while others are in the earlier stages of their journey. They are all extremely talented, and we are thrilled to share their work with the community. Celebrating the Artist Next Door will be on view through June 17. TVAS gallery at 846 Main Street in Contoocook is free and open to the public Thursday through Sunday from noon to 4:00. To learn more about about TVAS and to become a member please visit [www.twovillagesart.org](http://www.twovillagesart.org).

**JUNE IS NATIONAL DAIRY MONTH!** At Contoocook Creamery we are proud to be NH's family dairy and a 5th generation farm. 100% of our milk is from our cows, bottled on our farm, and delivered directly to our retail partners throughout NH. To celebrate, support, and learn more about our farm check out the link [www.contoocookcreamery.com](http://www.contoocookcreamery.com).

**BOYS LAX CLINIC** is ready to go! Geared for boys ages 6-14, these lacrosse sessions are a perfect way to work on general and position specific skills while helping to support the Hopkinton Boys Lacrosse team with their fundraising efforts. Details are online at: [www.HopkintonRec.com](http://www.HopkintonRec.com).

**WRITING CAMP FOR STUDENTS** entering grades 3 through high school will be offered at Harold Martin School June 26 -30 and August 14-18. Writing Camp is a time for students who love to write and create to spend a week sharing their experiences with others. Led by Joan Follansbee and Trish Walton, two long-time Hopkinton teachers, students will have the opportunity to write, read, and share in a supportive environment. For more information email [trishwalton65@gmail.com](mailto:trishwalton65@gmail.com) or [joanfol-lansbee1970@gmail.com](mailto:joanfol-lansbee1970@gmail.com).



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## HOPKINTON POLICE DEPT.

### MAY 2023 ARREST LOG

**11 Arrests 4 Accidents 307 Traffic Stops**

**05/03** Joshua Robinson, 42, of 384 Briar Hill Road, Hopkinton, was arrested for DUI.

**05/04** Samantha Blackey, 37, of 34 Lilac Lane, Hopkinton, was arrested for Criminal Mischief.

**05/08** Dorothy Moran, 50, of 68 Stacey Drive, Hopkinton, was arrested for DUI.

**05/09** Samantha Blackey, 37, of 34 Lilac Lane, Hopkinton, was arrested for Breach of Bail and Stalking; Domestic Violence; Order.

**05/09** Thomas Whitney, 51, of 36 Swartz Ave, Hillsboro, was arrested for DUI and Reckless Operation.

**05/16** Alyson Orchard, 26, of 612 Western Ave, Henniker, was arrested for DUI

**05/19** Eric Johnson, 34, of 3 West Diane Drive, Keene, was arrested for Drive After Revocation/Suspension - Subsequent.

**05/24** Jasmine Hughes, 21, of 1380 Putney Road, Brattleboro, VT arrested for Controlled Drug: Sched 1-4; Possession, License Required; Operate without Valid License and Deal/Possess Prescription Drugs.

**05/25** Samuel Webb, 27, of 28 Meadow Road, Augusta, ME was arrested for Control Drug: Sched 1-4; Possession and Transport Drugs in Motor Vehicle.

**05/27** Ryan Young, 30, of 21 Observatory Road, Haverhill, MA was arrested for Criminal Trespass, Burglary - Night/Home/Weapon and Control Drug; Sched 1-4; Possession.

**05/27** Keith Chandler, 32, of 31 Spring Street, Franklin, was arrested for DUI, Conduct After Accident, Reckless Conduct - Domestic Violence; Deadly Weapon and Domestic Violence; Simple Assault; Physical Contact.

## THIRD QUARTER HONORS

# BISHOP BRADY

### HIGH HONOR ROLL

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

### HONOR ROLL

Gwyneth McLaughlin	Grade 9	Bow
Ana Badau	Grade 11	Hopkinton
Dmitry Nefedov	Grade 12	Bow

**60<sup>th</sup> ANNIVERSARY**

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# AMERICAN PICKERS

American Pickers are excited to return to New Hampshire! They plan to film episodes of The History Channel hit television series throughout your area in August 2023.

**AMERICAN PICKERS ARE LOOKING FOR LARGE, RARE COLLECTIONS & THINGS THEY'VE NEVER SEEN BEFORE.**

To be considered, please contact us at: [AmericanPickers@cineflix.com](mailto:AmericanPickers@cineflix.com) or leave a voicemail at 646-493-2184 or you can visit [www.facebook.com/GotAPick/](http://www.facebook.com/GotAPick/)

**Please let us know:**

- Your Name, Town and State
- Your preferred phone number
- Where your collection is located
- A description of your items

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Saturday 8:00 AM – 3:00 PM**

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

# BOW FIRE DEPARTMENT

## MAY 2023 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 13 Basic Life Support Transports
- 25 Advanced Life Support Transports
- 8 Non-Transport Care Refusal
- 1 Paramedic Intercepts
- 28 Fires/Hazardous Conditions/Alarms
- 9 Service Call Incidents/Good Intent
- 8 Overlapping Incidents
- 83 Total Calls for the Month

### FIREWORKS

Each year, fireworks injure thousands and cause thousands of fires.

Fireworks cause an estimated **19,500** reported fires in the U.S. each year.

U.S. hospital emergency rooms saw an estimated 9,100 people for fireworks-related injuries in 2018.

Fireworks Injuries by Body Part

Eye **19%**

Arm **4%**

Hand or Finger **28%**

Head, Face or Ear **15%**

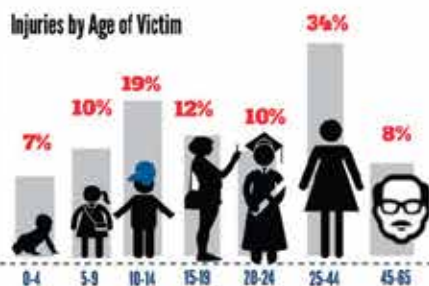
Trunk or Other **10%**

Leg **24%**



**Burns** accounted for 44% of the fireworks injuries seen in the month around July 4th.

Fireworks Injuries: Demographics



MALES ACCOUNT FOR **64%** OF FIREWORKS-RELATED INJURIES

More than **one-third (36%)** of the victims of fireworks injuries were under age 15.

About 28% of fires started by fireworks each year, are reported on Independence Day.

COURTESY OF THE BOW FIRE DEPARTMENT

## THE BOW SOCCER CLUB U13 GIRLS WIN U14 DIVISION 1 NHSL CHAMPIONSHIP!

Bow Soccer Club's U13 Girls team concluded the Spring 2023NH Soccer League season by winning the U14 Division 1 Championship.

This group competed an age level up this spring and made it to the semi-finals on June 3rd when they beat the Suncook/Pembroke U14 Girls by a score of 3-2, with goals scored by Sadie Pelletier, Marissa Reyes, and Addie Rader. Then in the Finals match on June 4th, versus the Fremont/Sanborn U14 Girls, Bow once again came out victorious by a score of 2-0, with goals from Ava Popielarz and Marissa Reyes.



Pictured in their Championship T-Shirts are as follows: **Front Row** L-R: Brylee Coffman, Mily Jacobson, Celia Roberge, Marissa Reyes, Kyleigh Duval, Sadie Pelletier, Addie Rader. **Back Row** L-R: Ashlyn Blethen, Autumn Betteridge, Ava Popielarz, Lyndsay Walden, Zoey Lupien, Reanne Hubbard, Pippa Lang, and Jordyn Leonard. Missing from the photo were Lauren Andrews and Matison Couto. The team was coached by Don Hubbard and Nate Reyes. Photo | Randi Burns.

## BOW HERITAGE COMMISSION

Members of the Bow Heritage Commission are working to beautify the Lower Level at the Municipal Building for the new home of the Bow Heritage Commission.

David Lindquist serves as the team leader, who along with Jim Dimick, Dik Dagavarian, and Don Fournier have worked for the past three months as volunteers scraping old paint, patching holes, cleaning all of the surfaces, priming, painting both the wall surfaces and the trim work, remounting shelving on the wall, and moving some of the furniture into place. There will be more to come as this space begins to evolve.

The Bow Heritage Commission wishes to thank the Select Board for making this space available for the collection, preservation, and exhibition of the Town of Bow's rich heritage as we prepare to celebrate the Town's 300th Anniversary on May 20th, 2027.



Pictured left to right are Jim Dimick, Dik Dagavarian, David Lindquist, and Don Fournier. Eric Anderson | Photo

# THE 12th ANNUAL BOW ROTARY CAR SHOW WINNERS

## THE 2023 BOW ROTARY CAR SHOW WAS A GREAT SUCCESS!



The Bow Rotary held its Annual Car Show on May 20, 2023. Rain was predicted, but it held off until winners were announced and received their trophies. Over 100 vehicles were on the field.

Best in Show was a 1992 Jeep Cherokee, owned by Gina Colandreo, while the People's Choice award was won by a 1962 Chevy Corvette, owned by Tony Rouin. *Other class winners are shown in the accompanying pictures.*

Bow's Middle School **Earlyact** students had baked goods for sale. Bow High School's **Interact** students helped park and direct cars, serve at the Food Tent, and assist with Registration and the Raffle.

Bow Rotary thanks all the sponsors, trophy sponsors, the owners and those who came to see this year's crop of great vehicles. It was a great time, and we look forward to it every year.

All photos (save the Class K-Mopar) were graciously provided by Eric Anderson!



**Class A – Early to 1930's**  
Charlie & Mickey Linatsas - 1931 Ford Model A



**Class B – 1940's**  
Terry Cramer - 1949 Chevy Station Wagon



**Class C - 1950's**  
Bill Wilusz - 1959 Chevy Convertible



**Class D - 1960's**  
Ray Weatherbee - 1968 Pontiac Convertible



**Class E - 1970's**  
Phil Bonafide - 1970 Pontiac GTO



**Class F - 1980's**  
Kenneth Braham - 1987 Buick Grand Nat'l



**Class G - 1990's & Newer**  
Wayne Elliott - 2020 Porche Spyder



**Class H - Camaro**  
Kevin Jordan - 1967 Chevy Camaro RS



**Class I - Corvette**  
Tony DeRouin - 1962 Chevy Corvette



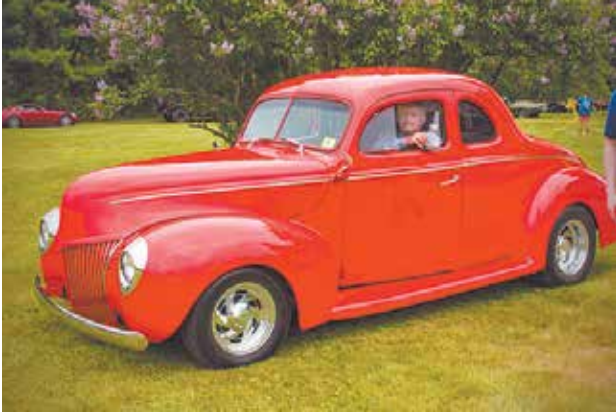
**Class J - Import**  
Pedro Melende - Nissan Figaro



**Class K - Mopar**  
Chris McNamara - 1966 Dodge Dart



**Class L - Mustang**  
Rich Elliott - 1967 Ford Mustang



**Class M - Hot Rod**  
John Urdi - 1939 Ford Coupe



**Class N - Survivor**  
Geordan Rule - 1962 Grand Prix Pontiac



**Class O - Truck**  
Jonah Palmer - 1966 Ford Bronco



**Class P - Motorcycle**  
Bobby Arnold - 1969 Triumph Bonneville



**Class R - British**  
Steve & Bill Rule - 1958 Paramount MK7



**Class S - Muscle Cars**  
Jeffrey Maynard - 2020 Dodge Challenger



**People's Choice**  
Tony DeRouin - 1962 Chevy Corvette



**Best in Show**  
Gina Colandreo - 1992 Jeep Cherokee

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## STATE TO RESETTLE UP TO 400 UKRAINIANS

New Hampshire will devote more than \$500,000 in federal funds to help resettle up to 400 Ukrainian refugees in the state over the next three years, after an Executive Council vote on May 31.

The council approved contracts with two organizations—which will provide services to match refugees with housing, health care, and job opportunities.

The contracts will help serve between 200 and 400 refugees in total, including the 175 that had arrived in the state as of November, according to a written explanation by the Department of Health and Human Services.

The two agencies will offer services to help Ukrainians complete resumes and schedule interviews for jobs, enroll children in New Hampshire schools and daycares, and connect to American sponsors who can provide housing. The agencies will help sign up residents for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), fuel assistance, and Head Start, an early childhood development program.

About 1,000 New Hampshire residents have applied to be sponsors.

## NEW HAMPSHIRE HISTORY COMES TO LIFE AT BOW ELEMENTARY!

by Kathy Gage and Lori Krueger, Principal

For many years the fourth graders at Bow Elementary School have researched, written, and performed an original play about New Hampshire history. After a hiatus due to COVID, the children were able to once again showcase their knowledge of NH history and civics during a live musical production at Bow High School on June 7th in front of a large audience.

Fourth graders at Bow Elementary spend the entire year learning about the history of the Granite State. Students also learn about the differences between the local, state, and federal government, along with the three branches and their basic responsibilities. Each class is then responsible for more deeply researching a specific time period. They are our experts and responsible for writing the entire script for that section of the play. This year's focus included: The Abenaki, Explorers & Early Settlers of NH, Life and Jobs in Colonial NH, N.H.'s Role in the American Revolution, the Mill Workers of Manchester, and the civic duty and responsibilities of modern day citizens of Bow, NH.

After the script is completed, the classes then learn songs that go along with each time period to bring a musical element into the show. Students enjoy working with various community members as they play live accompaniment to the pieces. Costumes and props are found and made based on their research, students dedicate themselves to learning their lines, rehearsals happen, and then it's showtime. The performance is the culminating activity to a wonderful year of learning and showcases their understanding of these important topics. It also represents a true integration of the content they have learned and the skills they have gained as students.

The fourth graders also visit the New Hampshire State House each year. This year they had the opportunity to meet Representatives Hall and Brennan, Senator Whitley, Secretary of State David Scanlan, and Governor Chris Sununu. All of these people were extremely impressed with the students' knowledge of civics in the Granite State.

**Bravo, fourth graders of Bow Elementary!**

## THE Music LADY

FOR THE LOVE OF MUSIC



Today we remember a musical icon, who wrote musical arrangements for hundreds of singers, who wrote and conducted the scores for 31 films, who wrote the theme songs for 32 TV shows, who composed, arranged, conducted, and produced over 135 Gold and Platinum albums, who worked with over 20 symphony orchestras and numerous Broadway shows, and enjoyed a career that spanned six decades. The name of this behind-the-scenes, unsung hero (no pun intended) is Jimmie Haskell.

A great arrangement can make or break the success of any musical composition. Arranging music and creating signature sounds were at the heart of Jimmie Haskell's exceptional talents.

Artists who sang his arrangements, include Barbara Streisand, Tina Turner, Michael Jackson, Celine Dion, KD Lang, Boyz-II-Men, Etta James, Billy Joel, B.B. King, Gladys Knight, Sheryl Crow, Elvis Presley, Bobbie Gentry, The Bee Gees, Neil Diamond, Cher, John Denver, Jose Feliciano, Dean Martin, Pat Boone, Glen Campbell, Sam Cooke, the Everly Brothers, Bobby Darin, Fats Domino, Bette Midler, Rick Nelson, Linda Ronstadt, Simon and Garfunkel, Engelbert Humperdinck and many more!

The films and TV shows that featured his music include "Pulp Fiction," "Meet The Parents," "The Color Purple," "Ferris Bueller's Day Off," "The Doris Day Show," "The Tonight Show," "The Andy Williams Show," "Laverne And Shirley," "Hollywood Squares" and many others!

Over his career, Jimmie Haskell received many awards, including 3 Grammys and an Emmy. One of his most memorable arrangements was Chicago's "If You Leave Me Now." He orchestrated this arrangement with a horn section, violins, woodwinds, acoustic guitars and conga shakers for that instantly recognizable sound. This single topped the "Billboard Hot 100" list in 1976 for two weeks and won Grammy Awards for best arrangement and best pop vocal performance by Peter Cetera, and was nominated for record of the year. Another example of Jimmie's award winning talent for arranging is Bobbie Gentry's "Ode To Billie Joe," which earned Grammys for both himself and Bobby Gentry. Jimmie arranged and produced 76 records for Rick Nelson, including the hit songs "Lonesome Town," "Hello Mary Lou," "It's Late" and "Garden Party."

During his lifetime from 1936-2016, Jimmie Haskell never achieved the name recognition and world-wide acclaim of those who performed his musical compositions and arrangements. However, his contributions to our enjoyment of such a vast array of musical genres, for so many years, is truly incomparable, and now, perhaps even a bit more memorable.



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programs and events at  
[bowbakerfreelibrary.org](http://bowbakerfreelibrary.org)



## FEATURED EVENT

### Summer Reading Program 2023 'Find Your Voice' | 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!

## CHILDREN'S PROGRAMMING

### Maker Mondays | Every Monday Beginning June 19th | 2:30pm

Throughout the summer, join us for a drop-in craft session every Monday afternoon from 2:30-4:00pm. Make a guided project led by one of our librarians, or create something totally unique using the library's collection of craft supplies!

### Summer Movie Sing-along | Wednesday, June 21st | 2pm

Beat the heat with a free family movie on select Wednesday afternoons. Join us in the MCSB Room for a musical movie, and come prepared to sing along! Refreshments and popcorn will be provided.

### Drop-In Stay & Play | Every Tuesday | 10:30am

One morning a week, join us for an hour of open play time in the library's MCSB Room. The library's collection of toys and manipulatives will be available for children to use. The room will be open for an hour; feel free to drop by for any or all of our play time. Recommended for ages 2-6, but all are welcome.

### Shimmy and Shake Storytime | Every Thursday | 10:30am

A weekly storytime for active bodies and minds! Explore stories, songs, and activities that address attention, coordination and movement, while promoting early literacy concepts. Each storytime includes music and songs, instrument play and movement activities, and ends with a family dance party!

### Ruff Readers | Every Thursday Beginning June 22<sup>nd</sup> | 2pm

Children can gain confidence and improve literacy skills by reading aloud to a one-of-a-kind audience! Reserve a 15-minute time slot for your child to read to one of our canine volunteers, certified through Therapy Dogs International.



### Comics Workshop with Marek Bennett Wednesday, June 28th | 4pm

Come create comics with award-winning cartoonist and graphic novelist Marek Bennett at this special workshop for kids! No experience needed. Recommended for ages 7 and up. Please register to reserve your spot!

## ADULT PROGRAMMING

### Managing Hemlock Woolly Adelgid | Thursday, June 22nd | 6:00pm

Join Ryan Crandall, NH Forest Health Specialist and the Bow Conservation Commission to learn to identify, report, and prevent the spread of the Hemlock Woolly Adelgid as well as other invasive pests in your community.

### Books in Bloom

#### June 23<sup>rd</sup> | Opening Reception | 5-7pm

#### June 24th | Exhibition | 10am-2pm

The Bow Garden Club, in cooperation with Baker Free Library, invite you to the 2023 Books in Bloom Exhibition featuring creative floral designs paired with books. The theme this year is 'Find Your Voice' to correlate with the BFL Summer Reading Program.

Each book with its accompanying floral arrangement will be displayed in the Lower Level of the library on Saturday from 10am-2pm. This event is free and open to the public.

### Spark! Adult Craft Club | Tuesday, July 11th | 6:00pm

Join us for a Summer Edition of our monthly Adult Craft Club! 'Find Your Voice' and express your creativity through the art you create. Registration is required for each session. Space is limited. All art materials are provided by the library.

July 11th - Mixed Media Mantras

### Adult Book Talk

#### Tuesday, July 11th | 12:30pm & 6:30pm

The Adult Book Talk Group takes place on the second Tuesday of July. We will be discussing *The Stranger in the Lifeboat* by Mitch Albom. 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 July 18th at 1pm.

Love mysteries? Contact Amy at [amy@bakerfreelib.org](mailto:amy@bakerfreelib.org) to learn about the mystery-themed book club, the **Whodunits!** The Whodunits' next meeting is at White Rock Senior Center on July 5th at 1pm.

## IN THE GALLERY

### Summer Exhibit: Christina Landry-Boullion

#### June 19 – August 25

As an international Artist and Art Educator with years of experience teaching and creating nationally and globally, Christina is thrilled to be here in Bow. She grew up in the humid, hot, south that prepared her well for West Africa and Southeast Asia adventures. These experiences have influenced her love of nature and cultural arts. As a new Bow community member, she is inspired by seasonal changes happening within her garden, engaging in a dynamic community while helping others explore new creative skills and sharpening existing ones in the various classes and workshops she conducts.

"Having my work and the work of my Student Artists is an honor. The collection of work is from 2022 and 2023. I work in tandem with the seasons and try to offer that experience to those who take my classes. I'm in awe of the diversity and ability in my students. It is no small feat as an adult to try something new and explore something different. You have to be courageous to put yourself out there, knowing that you might fail. These students do it with grace and enthusiasm. I have seen them grow, change and blossom, and it is just as spectacular as anything my garden could produce."

If you are interested in being a Featured Artist in the Gallery in 2024, contact Amelia at [amelia@bakerfreelib.org](mailto:amelia@bakerfreelib.org)

**Books in Bloom**  
June 23<sup>rd</sup>-24<sup>th</sup>  
BAKER FREE LIBRARY  
509 SOUTH STREET  
BOW, NH

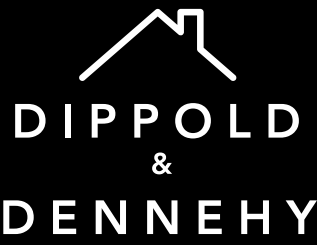
The Bow Garden Club, in cooperation with Baker Free Library, invite you to the 2023 Books in Bloom Exhibition featuring creative floral designs paired with books. The theme this year is "Find Your Voice" to correlate with the BFL Summer Reading Program.

Light refreshments will be served at the Opening Reception on Friday evening from 5-7pm. Each book with its accompanying floral arrangement will be displayed in the Lower Level of the library on Saturday from 10am-2pm.

This event is free and open to the public.

June 23<sup>rd</sup>  
Opening Reception 5-7pm

June 24<sup>th</sup>  
Exhibition 10am-2pm



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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
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23 Knox Road	3 Bedrooms   2 Baths	1392 Square Feet	1 Acre	\$395,000
17 Hooksett Turnpike	2 Bedrooms   2 Baths	1280 Square Feet	1 Acre	\$410,000
2 Everett Ave	3 Bedrooms   1 Baths	1527 Square Feet	.85 Acres	\$425,000
28 Bow Bog Road	3 Bedrooms   2 Baths	1785 Square Feet	1 Acre	\$425,000
14 & 16 Ridgewood Drive	3 Bedrooms   3 Baths	2316 Square Feet	2.3 Acres	\$467,000
4 Van Ger Drive	3 Bedrooms   3 Baths	2472 Square Feet	1.02 Acres	\$500,000
9 Heidi Lane	4 Bedrooms   6 Baths	5373 Square Feet	2.89 Acres	\$995,000

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
23 Jewett Road	2 Bedrooms   2 Baths	1750 Square Feet	7.8 Acres	\$412,500
5 Stephanie Road	2 Bedrooms   3 Baths	1488 Square Feet	.17 Acre	\$420,000
51 Story Hill Road	4 Bedrooms   4 Baths	3793 Square Feet	5 Acres	\$830,000

Sales Data for MAY 2023 provided by the NHMLS. 

## The completion of the Pavilion at the Richard Hanson Recreation Area was a stellar achievement — another example of our members selfless commitment to the community.



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Eric Anderson | Photos





The Richard Hanson Recreation Area work-site.

Dean Cascadden staining boards.





## BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor

### FALCON SPORTS STARS COMMIT TO UNIVERSITIES



#### CHRISTOPHER YVARS TO FRANCISCAN UNIVERSITY

Chris committed to play college Tennis at Franciscan University in November of 2022. Yvars has had incredible success at Bow on the Tennis Court, only losing in two singles matches during his time at Bow, while qualifying and finishing in the top 32 in the state tournament during his junior year campaign. He also qualified for the top 32 for the state doubles tournament. A senior captain

on the tennis team, Yvars had been both a great leader and standout athlete. Yvars is likely to be selected for both singles and doubles state tournaments at the end of the season. When asked about his college decision, Yvars stated, "I chose Franciscan because I knew when I visited that this was going to be a place to challenge myself academically, in sports and in my faith." He would go on, "When I shadowed the tennis team, everyone was very inviting. At first, I wasn't sure if college athletics was for me, but seeing how I really could grow as a player and person on this team, it was a no brainer." Yvars is extremely excited to make an immediate impact for Franciscan. "I already have been told by some of the players and coaches on the team that I will be making a big impact to their lineup for the better and I am excited to put those words into action." He then said, "It appears we will have a really competitive team in the fall when I go, so I'm excited to be in that atmosphere again and try and help contribute any way I can to win a college championship." While the Bow tennis season is nearly complete, Yvars will certainly have a deep run in both the singles and doubles tournaments.



#### SUSANNA ZAHN TO UNIVERSITY OF NEW HAMPSHIRE

Susanna committed to play division one cross country at the University of New Hampshire in December of 2022. A staple of the Bow Track Team, Zahn has been one of the most successful athletes in Bow sports history. Zahn is the 3200m state champ, xc individual state champ, school record holder in the 3200m and xc 5k, holds 2 course records in xc, won 6 out of 7 races in her senior xc campaign prior to getting injured,

and is ranked individually #1 in NH and #3 in New England. When asked why she chose UNH, Zahn said, "I chose UNH because I knew that it could be a program where I could train hard and reach my athletic goals and still balance academics." She would go on, "The team had a really positive culture, and I really liked the coach's philosophy around training and competing." In college, Zahn will be focusing on running the 5k and 10k distances and is super excited! "I am super excited to run in college and I am extremely excited to run with such a hard-working group of athletes and to push myself to the next level!"

Zahn's astounding successes will not be forgotten as she leaves as one of the highest ranked athletes to ever play a sport for Bow.

### BOY'S FALCON TENNIS FINISH SECOND IN PHENOMENAL SEASON

The Boy's Falcon Tennis team had an incredible season, coming up just short in the championship game. The squad finished the regular season 12-2 with their only losses against Lebanon. The Falcons held the second seed heading into the playoffs with both Dominik Jurcins and Cy Yvars leading the team as the standout players. Jurcins, who had a stellar senior year campaign, holds the number one singles position on the team, with his only two losses against Lebanon. Yvars, who is committed to play college tennis at Franciscan University, holds the number two singles position, but has recorded wins at the one position as well. Yvars has only one loss in the year and has proven himself as one of the best players in the state. Both Jurcins and Yvars are on track to qualify for both the individual state tournament and the doubles state tournament. Aaron Barrieau, Sam Fauteux and Ben Rondeau have also been key players this season. Rondeau, who holds the number three position, has been extremely consistent, coming up big in a win against Portsmouth. Trevor Abel has also played an important role at the number six position. Abel had a major match deciding victory against Winnacunnet. He also had an incredible comeback victory against



Goffstown, improving the team to 8-1. The Falcons went into the playoffs on a roll, with a decisive win in the quarterfinals against Souhegan, 9-0. The semifinals against Oyster River was a battle, but Jurcins and Yvars helped the team move on to the championship with a strong doubles victory. Yvars stated regarding the championship game, "Going in, it was going to be tough mentally considering we lost to Lebanon the last two years in the playoffs, but we felt prepared as we have been preparing for a rematch with Lebanon for a while and everyone was very

hyped and motivated." However, the match didn't go in Bow's favor, losing 7-2. "The score really did not show the whole story though as if we had won #3 and #6 singles or even one of those would have been a whole different game mentally going into doubles" Yvars stated. "I was really proud of the effort everyone put into the season, this was a big moment for us and I feel like everyone really gave it their all even though we didn't get the result we wanted." The Boys' Tennis team had a remarkable season, making history as the first team to compete in a championship game since moving up to division 2.

# BOW & HOPKINTON HIGH SCHOOL SPORTS

## BOW GIRLS' LACROSSE

### *Bow Takes Division III Girls' Lacrosse Victory*

Bow girls on June 6 powered from start to finish to claim the DIII title with a 20-6 win over No. 2 St. Thomas at Laconia's Bank of NH Stadium.

"We came out on fire." Bow head coach Chris Raabe said. "It is great momentum when you get those first couple goals and you settle into your game. We controlled the pace of the game the entire game."

Sophomore Ella Gray (three goals), seniors Lyndsey LaPerle (two goals) and Bella LaPerle (two assists), junior Maia Kimball (two goals, assist), sophomore Kylie McKee (goal) and freshman Ella Trefethen (two assists) all contributed to the scoring. Senior goalie Elena Roy made 10 saves.

It's the first championship. The program has one since 2009 and ends an undefeated season against D-III competition. The Falcons outscored their opponents, 334-86, over their 19 games.

## BOW D-II GIRLS' TENNIS

### *May 26 Bow 9, Timberlane 0*

**Key players:** Bow - Jaden Glace (8-0 win at No. D), Katie McCabe (8-1 win at No. 3).

**Highlights:** Glace and McCabe set the tone early with strong wins, and Grace Modzeleski (8-2) and Sudy Chakraborty (8-3) also, won in singles in the preliminary round match. Bow advances to the quarterfinals against Number 1 Oyster River.

### *Quarterfinal Defeat May 27 Oyster River 7, Bow 2*

**Key players:** Bow - Grace Modzeleski (8-2 win at No. 2), Rachel Pelletier (9-7 win at No. 5 after trailing 3-6).



Chip Griffin | Photo

## BOW BASEBALL

### *Division II Bow Baseball*

On June 2, Bow's team beat Pelham 5 to 0 to secure a second round spot in the Division II playoffs. The Falcons jumped out to an early 3-0 lead after a sacrifice bunt from Zachary Cross, drove in Owen Weber and Luke Wilkie. Then a Jake Riordan sac fly brought Cam Evans to the plate. This paved the way for No. 7 Bow to defeat No. 10 Pelham in a 5-0 shutout.

Unfortunately, at the quarterfinals on June 3, number two, Hollis-Brookline beat the Bow Falcons 3 to 1 to end Bow's season.

**Key players:** Dillan Abbate (3 IP, 2 R, 5 H, 1 K, 1 BB), Mark Folsom (3 IP, 1 R, 2 H, 3 K, 4 BB), Cam Evans (hit), Zach Cross (hit), Luke Wilkie (run, HBP).

## BOW GIRLS' SOFTBALL

On June 1, the Bow Falcons girls team lost in a 4 to 3 squeaker to the Cougars of ConVal Coach Jen Boyden expressed her disappointment, but was happy for a 10-7 season. They have three graduating seniors: McGonigle, Kiah and Clark. McGonigle is off to play softball at the University of Buffalo. Boyden is sorry to see them leave, but hopeful for the large incoming class of 11 freshmen.



Chip Griffin | Photo

## HOPKINTON BOYS' LACROSSE

Hopkinton Beats Bow Boys' Lacrosse Team and Wins Championship.

On June 7, Bow and Hopkinton faced off for the Division III Boys' Lacrosse semifinal game. During the regular season Bow beat Hopkinton 10-2 and 8-4. The Falcon's luck ran out in the semifinal when the team lost 11-10.

The loss marks the end to the careers of six seniors: Jones, Ben Berube, Owen Walton, Owen Guertin, Patrick Wachsmuth and Canyon Batchelder. And while they might not be able to leave the program with a championship, "they leave behind a program that's in exponentially better shape than it was when they arrived," said head coach Devin Calkins.

On June 11, Hopkinton went on to the championship game against Campbell winning the Division III crown by 7-4.

Hopkinton senior John Despres broke a 4-4 tie with 4:01 left in regulation, and Patrick Buss and Merrick Chapin followed with goals to propel the fifth-seeded Hawks to a victory over No. 2 Campbell.

"It took a lot," Hopkinton coach Deacon Blue said. "In the preseason, we had a sloppy offense. We were 5-5 at one point and we were kind of struggling. But we bounced back. changed our offense earlier in the year and the boys really took to it. It was a lot of quick passing and selflessness."

## HOPKINTON GIRLS' SOFTBALL

Hopkinton's Hawks beat Newfound team 12 to 2 on June 1 to win the quarterfinals.

**Key players:** Steph Elrick (7 IP, 2 R, 6 H), Kyanna Landry (2-for-3, HR, 2 runs, 3 RBIs), Annie Morrall (2-for-3, run, RBI), Beth Taylor (defense), Sammi Goldblatt (defense).

Then on June 3, the Hawks beat Monadnock 13 to 4 to play Prospect Mountain for the semifinals at Plymouth State College.

**Key players:** Maddie Carmichael (3-for-3, HR, 4 RBI, 3 runs), Steph Elrick (7 IP, 2 ER, 8 K; 2-for-5, triple, 3 RBI), Beth Taylor (2-for-3), HR, 3 RBI, run), Lizz Holmes (catch).




## GRAPPONE FORD CELEBRATES FUTURE FARMER SCHOLARSHIP RECIPIENTS

Grappone Ford is delighted to announce the selection of Ambrose Panteli from Pinkerton Academy and Dominique Yasharian from Winnisquam High School as the distinguished recipients of the Ford Trucks-Built Ford Tough Dealer Scholarship John Grappone Ford in partnership with the renowned National FFA Scholarship Program. Recognizing their exceptional achievements and unwavering dedication, both students will be awarded a \$1,000 scholarship.


This scholarship is a remarkable initiative to support outstanding students who embody the principles of leadership, personal growth, and career success through agricultural education, as championed by the National FFA Organization.

Grappone Ford is proud to support Panteli and Yasharian's academic journey and wishes them continued success in all their endeavors.




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**BOW MAN ACCUSED OF CHILD SEX CRIMES**

An eight-month investigation by the Concord Police Department’s Computer Crimes Unit led to an arrest on June 5 when 41-year-old Justin Spaulding of Bow turned himself in to face charges related to possession of child sexual abuse.

Spaulding was charged with 10 counts of possession of child sex abuse images on the internet, police said, after he turned himself in to Concord police on an outstanding warrant.

Bow police and The New Hampshire Internet Crimes Against Children (ICAC) Task Force assisted Concord police with its investigation, which began last October. According to authorities, police suspected that Spaulding was sharing illegal photographs on the internet.

Police said that “Over the course of several months, search warrants were executed, interviews were conducted, and evidence was examined. As a result of the investigation, probable cause was established to charge Spaulding.”

Anyone with information on these charges should call Detective Alex Harbitz of the Criminal Investigations Division at 225-8600.

Tips can also be submitted anonymously through the Concord Regional Crimeline at 226-3100, or online at concordregionalcrimeline.com.

**ZONTA CLUB OF CONCORD**

MEMBER OF ZONTA INTERNATIONAL

**MARKET DAYS BOOK SALE**

The Zonta Club of Concord will be selling new, gently used and vintage books at Market Days June 22-24, in front of and downstairs at the Hilltop Consignment Gallery, 56 North Main Street.

All proceeds will benefit the many scholarships Zonta awards to help empower local women and girls.

Browse the thousands of books we have available, and get your summer reading while supporting a worthy cause!

Club membership information will also be available in the booth.

The ZONTA Club of Concord is a member of an Zonta International, a non-profit serving Concord since 1959. Our mission is to empower and build a better world for women and girls.

For more information, please feel free to contact Janice Severance at 603.229.0211 or email to: zontaclubofconcordnh@gmail.com



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## BONE HEALTH

The bones in our body (known as the skeletal system) support us ..... literally all our soft tissue organs are supported and protected by bone. Bone is a place where blood cells (red cells, white cells, and platelets) are produced. Fat cells are stored in bone and can be released when energy needs require it. Our bones store calcium, which is necessary for the normal functioning of many systems: notably muscle contraction and the passage of signals along nerves. The calcium that is stored in bone is what gives bone its strength; without it, bones become weak and brittle.

The cells that make new bone and repair damaged bone are called osteoblasts. The cells that break down bone and help shape the bone are called osteoclasts.

That is a simple outline of bone. Intertwined with these basic concepts are the parathyroid glands that regulate the activity of both osteoblasts and osteoclasts and thus modulate the circulating levels of calcium. Fibroblast growth factor 23 (secreted by osteoblasts and osteocytes) plays a critical role in regulating phosphate and calcium metabolism by regulating renal function and parathyroid function. Changing osteoblast or osteoclast activity alters glucose metabolism, and lipocalin 2, a hormone secreted by osteoblasts, regulates energy metabolism. Bone also affects brain development, regulates male fertility, and the growth and function of muscle. So, you see, bone is more than just a structural framework.

One of the most common bone diseases is osteoporosis. You guessed it; it means porous bone! Before bone gets to that stage it passes through a phase of low bone density called osteopenia. It is estimated that some 12.3 million Americans have osteoporosis (1). The problem with both conditions is that they are silent.....until you break a bone. Although a fracture can occur in any bone, the most common fractures occur in the spine and hip. The predicted cost of osteoporosis and fractures will exceed \$25 billion by 2025 (2). From birth to when you are in your 20s your bones are getting stronger, but after that all of us will lose bone mass faster than we can build it up. Besides age, gender plays a role; women are about four times more likely to develop osteoporosis than men. Family history may well play a role as does body type (the thinner you are, the thinner your bones are). Underlying GI problems like celiac disease and inflammatory bowel diseases can inhibit absorption of calcium from the intestines.

So, what is one to do? First, be aware that after your 20s you are losing bone strength. Weight bearing, resistance, and balance exercises help slow down bone loss. A healthy diet that contains adequate calcium and vitamin D is important. Those at risk for osteoporosis, such as postmenopausal women and men older than 50, should be taking at least 1200 mg of calcium daily (3). Many medications, given for other reasons, can accelerate bone loss. You guessed it; smoking and excessive alcohol consumption increase calcium loss. Finally, the Bone Health & Osteoporosis Foundation recommends that anyone over age 50 who has broken a bone or has risk factors for osteoporosis get a DEXA scan, a special type of x-ray that evaluates bone density. Also, any woman over age 60 or man over age 70 should have a baseline DEXA scan regardless of risk factors. Speak to your health care professional about screening for osteoporosis, what exercises and diet are appropriate for you, and whether you need medical management of osteoporosis with a bisphosphonate that inhibits bone resorption.

1. Osteoporosis Int. 2022 Oct;33(10):2049-2102.
2. Bone Health & Osteoporosis Foundation 2023
3. J. Clin Endocrinology/Metabolism 2011

For a deeper dive into bone physiology check out:  
[www.ncbi.nlm.nih.gov/pmc/articles/PMC6429025/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC6429025/)

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## TONSORIAL SPLENDOR

by Bow Resident Paul Pomeroy

So I went to the Barber Shop today. Well not really the Barber Shop. I'm not sure if that's the right name for it. But it's that same place that skinny kid who plays in a band goes. The kid who gets what we used to call a crew cut and then goes on TV and tells everybody how good the hair cut makes him feel and look.

And my wife Trish came with me. As a rule she never accompanies me when I go for a haircut but we were going to The Mall of New Hampshire to walk and maybe do some shopping. On our way she takes out her phone, pushes a few buttons, and when we stop at the next red light she sticks a picture of this really nice looking guy in front of my face and tells me that I should get my hair cut like him.

Now I know some guys really take their hair seriously. In fact it borders on a religion with my son. But not for me. Not since 7<sup>th</sup> grade when I had this really cool curl I used to put in the middle of my forehead. So I say "sure, why not?" knowing full well that I ain't ever gonna look like that dude when the haircut is over. I mean I took a peak in the mirror when I got out of the shower this morning. Not a pretty sight!

When we get there Trish shows the young girl the picture and the girl takes me back and proceeds to cut my hair. When she's done she tells me what shampoo to use and then shows me a jar of this special conditioner made just for my type of hair. I listened intently. I didn't have the heart to tell her that the only product touching this head will be whatever bar of handsoap is on sale at Market Basket this week.

So out we go to the waiting room. Trish takes a look. She didn't say anything. She just shrugged. That "Well we gave it a shot" kind of shrug and we left.

And went to the mall to walk with the other old people.

No one noticed my hair

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](mailto:nmannion1@comcast.net).

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# THE TOWN OF BOW POLICE DEPARTMENT



## BOW POLICE DEPARTMENT MARCH 2023 ARREST LOG



**5/1** Eric Mayville, 46, Webster, was arrested on a charge of domestic-related simple assault; William Warman, 48, Franklin, was arrested on a warrant for three counts of possession of a controlled drug.

**5/3** Taeh Koehler, 25, Allenstown, was arrested for credit card fraud, receiving stolen property, and breach of bail; William Warman, 48, Franklin, was arrested for seven counts of possession of a controlled drug and possession of a controlled drug with intent to sell; Cody Ugarte, 19, Henniker, was arrested for aggravated driving while intoxicated, disobeying an officer, reckless operation, and operating without lights.

**5/6** Shawn Defeo, 53, Keene, was arrested on a warrant for failure to appear in court and driving after suspension or revocation.

**5/8** Jenna Lewis, 43, Concord, was arrested on a warrant for possession of a controlled drug; Ashley Dustin, 25, Manchester, was arrested for making a false report to law enforcement, obstruction of government administration, littering, and seven electronic bench warrants for possession of a controlled drug and failure to appear in court.

**5/10** Scott Murphy, 50, Bow, arrested on two counts of witness tampering.

**5/11** Logan Markham, 23, Tilton, was arrested for possession of a controlled drug.

**5/13** Deborah Roberts, 55, Claremont, was arrested for operating while deemed a habitual offender and driving under the influence.

**5/14** David Pepper, 72, Weare, arrested for driving under the influence.

**5/15** Kristen Brown Wooster, 31, Tilton, was arrested for aggravated driving under the influence; Eric Arnesen, 57, Canaan, was arrested on a charge of domestic-related simple assault.

**5/16** Perry Filkins, 35, Weare, arrested for driving under the influence.

**5/17** James Curran, 35, Bradford, was arrested for theft by unauthorized taking.

**5/20** Samuel King, 33, Concord, was arrested for driving after suspension or revocation.

**5/21** Shi Xun, 55, Bow, was arrested on a count of domestic-related simple assault; Steven Bergeron, 34, Hooksett, was arrested for driving after suspension subsequent.

**5/22** Ryan Odonnell, 42, Bow, was arrested for simple assault, resisting arrest, and obstruction of government administration; Henry Ladd, 57, Bow, was arrested for driving after suspension, and misuse of plates.

**5/23** Amy Jensen, 33, Bow, was summonsed for driving after suspension or revocation.

**5/26** Shelia Berube, 54, was arrested on two counts of possession of a controlled drug; David Baron, 36, Pepperell, MA was arrested for operating while deemed a habitual offender.

**5/28** Keith King, 50, Manchester, was arrested for driving after suspension or revocation- subsequent offense.

**5/29** Marissa Powell, 33, Manchester, was arrested on a warrant for two counts of possession of a controlled drug.

**5/30** Adam Roz, 49, Franklin, was arrested on a parole warrant.

**5/31** Logan Markham, 23, Tilton, was arrested for criminal trespass. Corissa Markham, 51, Concord, was arrested for criminal trespass.

## MEMORIAL DAY CEREMONIES HONOR THE FALLEN



Members of the Bow Fire Department and the Bow Police Department attended the Bow Community Men's Club Annual Memorial Day Ceremony and Community picnic. The weather was perfect and the turnout was great. Photo courtesy Eric Anderson.



K9 Boris was happy to join the Bow Police Department and greet folks who visited Memorial Day events.



The Annual Touch a Truck event on Saturday, June 17th was a great opportunity kids to meet an officer and check out some of Department's Police equipment! Photos courtesy Eric Anderson.



On Thursday June 1st, the **Law Enforcement Torch Run** was held throughout the state to support of the NH Special Olympics.



## OBITUARIES

### NANCY BERNIER

Nancy L Bernier, 80, of Bow died May 29, 2023, after a period of declining health.

Born September 13, 1942, in Manchester, she was the daughter of Kenneth & Sophie Allen. Nancy grew up in Manchester and attended local schools. She spent the last 30 years of her life in Bow.

Nancy is survived by her son David Bernier of Manchester; her grandchildren Nicole Bernier of Bow and Ryan Bernier of Bedford; her great-granddaughters Evelyn, Alivia & Violet; her brothers William Allen and Kenneth Allen; and her nieces and nephews.

She was predeceased by her husband of 50 years James Bernier.

### EDNA CLARA ELLE

Edna Clara Elle, 68, of Bow passed away on Saturday, May 13, 2023, after a lengthy and courageous battle with Multiple Sclerosis.

Edna was born on January 15, 1955, in New York City, daughter of the late Edgar Elle and Clara Elle. She was a stepdaughter to the late Nunzio Ruvitoso. She was also predeceased by a brother, Phillip Noland, and a sister, Ellen Ruvitoso.

Edna is survived by her son Mason Elle-Gelernter and her daughter Adele Elle-Gelernter. She is also survived by her partner of many years, Bill Fanny, who provided care for her as MS made it more and more difficult for her to manage on her own. Edna is also survived by her sister Trish Schiesser, two nieces, Patti and Mandy Schiesser, and a nephew, Whitney Schiesser.

Edna graduated from Syracuse University with a BFA in Advertising Chemistry. Later, she earned her Masters degree in Communications from Emerson University.

Edna worked for Digital Equipment Corporation, first as a graphic designer, and later as an authoring tools designer. Edna then worked for Oracle Corporation as a Senior Principal Program Manager where she was an architect and designer of authoring and translation tools used corporate-wide.

Memorial contributions may be made in Edna's name to Journey Forward, 5 Shawmut Road, Canton, MA 02021. Journey Forward is an organization that specializes in spinal injuries. They provided physical therapy to Edna.

### MARGARET GATTIS

Maragaret Aranosian Gatti, of Bow passed away May 16, 2023, at Concord Hospital. She was predeceased by her husband of 45 years, Bill Gattis.

She was born in Concord, the daughter of Oscar and Mary Aranosian.

After graduating from Concord High School, she went on to study at the Concord Business School. After graduation, she worked for the probation department at the State of New Hampshire for many years.

She was a very successful business owner. Working together with her siblings, she had a long career managing and operating the Aranosian Oil Company. Margaret's true love was spending time with her family.

She is survived by her brother, John Aranosian, her nephews, Floyd Hayes and his wife Suzanne, Jeffrey Torrence, Gary Torrence, her nieces Mary Austin, Cathy Aranosian and Mary Aranosian.

In lieu of flowers, donations may be made in Maragaret's memory to the Armenian Apostolic Church at Hye Pointe, 1280 Boston Rd, Haverhill, MA.

### GERALD B. GELINAS SR.

The family of Gerald Gelinas Sr., of Dunbarton is sad to announce his passing, due to a sudden illness.

Born in Manchester, the son of Frank and Zelda (Goulet), Gerald attended local schools, graduating from Bishop Bradley High School. He Resided in Dunbarton NH, with his wife Deborah (Fyfe), and was a small business owner specializing in the salvage auto business.

He was predeceased by his parents, wife, three brothers (Daniel, Norman, and Arthur) a daughter (Cynthia) a grandson (Nathan) and first wife (Nancy).

He is survived by his children, Pam, Mark, Christine, Mary, Gerald Jr. (Beau), Beth, Jessica, Bradley, Alan, and Timothy and their families.

He lived seasonally in Florida and Maine, and frequented local flea markets, auto shows, and eateries whenever a Sunday drive brought him near one. He enjoyed time with family and friends and had an infectious smile that would light up a room.

In lieu of flowers, memorial donations may be made to Boston Children's Hospital, in his name.

### BARBARA D. HALLETT

Barbara D Hallett, of Bow was reunited with her beloved husband, Richard, on May 22, 2023. She was born in Norfolk, VA on March 15, 1943, the daughter of Joseph G and Jennie (Schubert) Raskin.

She graduated from Manchester Central High School and was employed by the VA Administration in Manchester until her retirement from this first career. Her second career was as a Realtor for the Norwood Realty in the late 1980's. In 1992 she opened Hearthside Realty with her business partner and friend, Irene Vincent. She lost her beloved husband, Richard Hallett, in 1997 and retired from residential real estate to manage their commercial real estate holdings.

Barbara Hallett lived in her dream house in Bow and residing in summer on Merrymeeting Lake in New Durham.

Barbara is survived by her daughter, Joanne M Hebert of Manchester; her niece, Joy Lynn Raskin of Bedford; three sisters-in-law, Judy Raskin, Rose Raskin and Kathy Raskin; her nephew, Michael VanNoordt of Maryland; her loving friends, Carolyn Hartnett and Irene Vincent.

Contributions in Barbara's memory may be made to the SPCA.

### CAROL ANN HARMAN

Carol A. Harman (Swiderski), of Bow passed away peacefully with family members by her side on May 15, 2023.

She was born in Chicopee, MA on October 8, 1942. She was the eldest of two children to Peter and Julie Swiderski.

After graduating from Chicopee High School in 1960, Carol got her first of many secretarial positions. Carol was especially proud of her 24 year career at Sanders/BAE as an executive Administrative Assistant. In her first marriage in the 1960's and 70's, Carol was always the coolest, young mom in the neighborhood.

In 1982, Carol married her second husband George Harman. Throughout her life what Carol cherished most was enjoying time with family, particularly her children and seven grandchildren.

She and George enjoyed a quiet retirement life at their beautiful log home in Dunbarton. Raising and caring for her dachshunds was an important part of her life. Carol also loved gardening and was a member of the Dunbarton Garden Club.

Carol is survived by her husband George of 40 years, sons Gary Galica (Sara) and Michael Galica (Lisbeth Aldazabal), step-daughters Jane Soddors (Dave) and Kerry Harman (Michael Chase) and grandchildren Peter and Nolan Galica, Sabine and Calvin Chase, Nate and Chris Soddors and Ava Galica.

In lieu of flowers, memorial contributions may be made to the Alzheimer's Association.

### ERKKI JAAKKO TORNIKOSKI

Erkki J. Tornikoski, resident of Dunbarton, passed away at his home in Dunbarton, on May 6, 2023 at the age of 81.

Born in Toholampi, Finland, Erkki moved to the United States in 1967. He lived in Fitchburg, MA where he worked in Construction for over 35 years. He was an active participant in the Finnish-American Community both in Fitchburg, MA and in Lantana, FL where he retired.

Erkki is survived by his son Mika Tornikoski and his wife Christie, his daughter Aliisa Wright and her husband Jeff, and his sisters Liisa Tanhuala and Marja-Leena Keranen of Finland and their families.

### KEITH DAMIAN WALLACE

Keith Wallace of Hopkinton died on June 6th, 2023.

Keith was born in Boston, MA on November 20th, 1955, to George C. and Rena M. (Cappelluzzo) Wallace. He was raised in Medford, MA.

After Keith's retirement from PC Connection he and June took on new volunteer opportunities with the Hopkinton Lions Club. He joined the Contoocook Riverway Association, which helped to restore and maintain the historic local depot and railcar in town.

Keith married June Puleo in 1978. They began a family in Billerica, MA. It was Keith's love for the outdoors, compelled him to relocate his family to Contoocook, in the mid 80's.

Keith is survived by his wife June (Puleo) Wallace of Contoocook; his daughter Laurabeth Wallace-Martin and her husband Raymond Martin II and their children Clara Wallace-Fournier and Fynne Martin of Chichester; son Mark Wallace and his wife Adriana Wallace and their children Nicholas and Tessa, of Little Elm, TX and son Brian Wallace and his wife Katie Moritz and their son Ulysses Wallace of St. Johnsbury, VT.

In lieu of flowers, the family requests donations be made in Keith's memory to the Hopkinton NH Lions Club, PO Box 185, Contoocook, NH 03229.



# Summer CONCERT SERIES

The 2023 Bow Rotary FREE Summer Concert Series lineup.

All concerts, weather permitting, will be held at the Bow Gazebo, 1 Knox Road – 6:30 - 8:00 PM.

Bring your chair or blanket and share these great free concerts with your friends and neighbors.

In case of rain, the concert will be held in the Bow Community Building across from Knox Road

DATE	BAND
July 13	Bowzos Band
July 20	Supernothing
July 27	Freese Brothers
August 3	Mr. Aaron
August 10	Bow Junction
August 17	Rockin' Daddios



## Granite VNA

603.224.4093  
www.granitevna.org

### A MATTER OF BALANCE ONLINE PROGRAM

Falls are common as people age, but it does not have to be that way. Learn simple ways to reduce risk of falling during this program.

Granite VNA is offering “A Matter of Balance - Virtual Translation,” an online falls prevention program that helps adults view falls and the fear of falling as controllable, change the environment to reduce fall risk factors, and exercise to increase strength and balance. Program is Mondays beginning July 10, at 9:30 to 11:30am. The Program introduction is Friday, July 7 at 9:30 to 11:30am.

Our eight-week “A Matter of Balance – Virtual Translation” classes provide the tools needed to gain confidence and learn simple fall prevention strategies. The program is being held in partnership with Elkins Public Library.

To register, please call (603) 224-4093, ext. 5815 or visit [www.granitevna.org/onlineprograms](http://www.granitevna.org/onlineprograms).

Registration is required and space is limited. Please note that a computer, laptop, or mobile device with a camera and microphone are required to participate. Once your registration is confirmed, you will receive a link to the program.

Technical instruction is available to participate in the group.

For a complete list of upcoming programs and to register, visit [www.granitevna.org/calendar](http://www.granitevna.org/calendar).



MEMBER OF ZONTA INTERNATIONAL

### MARKET DAYS BOOK SALE

The Zonta Club of Concord will be selling new, gently used and vintage books at Market Days June 22-24, in front of and downstairs at the Hilltop Consignment Gallery, 56 North Main Street.

All proceeds will benefit the many scholarships Zonta awards to help empower local women and girls.

Browse the thousands of books we have available, and get your summer reading while supporting a worthy cause!

Club membership information will also be available in the booth.

The ZONTA Club of Concord is a member of an Zonta International, a non-profit serving Concord since 1959. Our mission is to empower and build a better world for women and girls.

For more information, please feel free to contact Janice Severance at 603.229.0211 or email to: [zontaclubofconcordnh@gmail.com](mailto:zontaclubofconcordnh@gmail.com)

Pick up a copy of  
**The Bow Times**  
at one these 28 locations!

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



### Upcoming Events

JUNE 28, 2023

#### Summer Pot Luck Luncheon

11:30 am - 2:30 PM Old Town Hall, 91 Bow Center Road

JULY 12, 2023

#### NH Bindery

Bow resident, Tom Ives will speak on book binding and his local business the NH Bindery.

12:30 PM Old Town Hall, Bow Center Road

The public is always welcome to attend meetings. Membership is open to all residents 55 and older. All meetings begin at 11:30 am with a social hour, bring your own lunch, dessert is provided.

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(2) 0% APR financing is available for up to 36 months on 2023 F-150 XLT Regular Cab, Super Cab, Super Crew models. This offer is subject to credit approval through Ford Motor Credit Company. Please consult the dealer for complete details, including restrictions, exceptions, and qualifications. This offer ends on 07/05/2023.

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9 Van Ger Drive | Bow, New Hampshire 03304  
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