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VOL 30, NO. 7 | JULY 2023

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DUNBARTON NEWS ON PAGE 11

HOPKINTON-CONTOOCOOK NEWS ON PAGES 18-19



SELECTMAN ELEANA COLBY BLOCKS FUNDING FOR BOW PIONEERS CLUB

by Chuck Douglas

In December Eleana Colby went after the funding for the Bow Pioneers Snowmobile Club and has held some of the State money up for this year.

The Club is 51 years old and has trails for hiking, walking, and snowmobiling in Bow, Dunbarton, Hopkinton, and Concord open to all.

The State has over two million dollars a year it devotes to improving and maintaining trails for about 100 clubs across the State. In 2022 Pittsburg, up north, received \$202,000 while Bow received \$7,766.

Colby was elected as a selectman in March so now she must represent the town’s overall interest and not just the Club’s opponents. The funds for summer maintenance were held up by the State because of her December 15, 2022, email to the State Bureau of Trails. Luckily, many volunteers will help despite the funding loss she caused.

Over 100 property owners grant permission for the use of their land. Colby is not a property owner in Bow according to tax records.

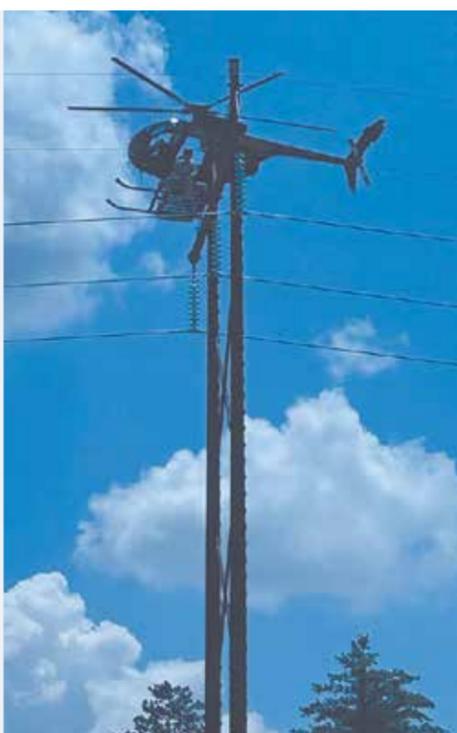
Last October, after receiving a permit from the state’s Fish and Game Department and permission from Town Manager David Stack, members of the

BEAVER DAM | CONTINUED TO PAGE 12

LOW-FLYING HELICOPTER AERIAL INSPECTIONS

Bow resident Douglas Konitzer witnessed an amazing work procedure on power lines at the Town Brush Dump on Allen Road.

Apparently power line inspection by helicopters provides advantages over ground methods – decreasing the amount of time it takes to inspect lines. Helicopters can monitor power lines more quickly and more effectively than using traditional ground methods. Another advantage helicopter linemen provide is that fewer workers are needed to perform the same operations.



BETH CORKUM IS SAU COORDINATOR OF WELLNESS & EQUITY



Eric Anderson Photo

There are a few changes coming to SAU 67. One of our high school counselors, Beth Corkum, has transitioned to become SAU 67’s Coordinator of Wellness and Equity. This is a new position being integrated into the entire district. Beth has worked with many mental health programs and has brought them into several classrooms on occasion. This allows her to introduce and connect students to programs designed to help with their wellbeing.

As the Coordinator of Wellness and Equity, she will be working closely with all four schools in the district to implement wellness programs such as those related to mental health. Furthermore, Beth will be working closely with the student body through already established clubs like DEI (Diversity, Equity, and Inclusion), and working to implement clubs that focus more on mental health.

Beth’s role will be developed more as the new school year approaches. Keep on the lookout for additional information on what the new role intends to bring to the school district. For questions or inquiries, please contact Beth through her email: bcorkum@bownet.org.

FLATLEY EXIT 1 MIXED USE PROJECT BACK BEFORE PLANNING BOARD

On June 15, the John Flatley Company’s proposed mixed use development at Exit 1 South on I-89 went before the Bow Planning board for consultation and public feedback. No decisions were made at the meeting.

Owen Flynn, attorney for the John Flatley Company, explained that last year they had met with the Business Development Commission where they proposed five 4-story buildings with 260 apartments, 76,000 sf of R & D, and 10,000 sf of commercial space. The June 15 revised plan eliminated the apartment buildings and added more retail.

The proposal now consists of 59 housing units: (15) single-family (three bedroom), (20) 55 and over units, and (24) townhomes (two bedroom). Attorney Flynn stated they will retain the total of 70,000 sf of R & D space and will now have 31,900 sf of retail and commercial space. Selectman Mike Wayne said it was his understanding that these were all going to be rental units and Attorney Flynn replied that was correct.

Attorney Flynn the turned the presentation over to Kevin Walker, Engineer for the John Flatley Co. Mr. Walker stated that they would like to submit a conceptual level plan, and initial site plan application, with a fully engineered site plan to follow.

Mr. Walker said that a couple of sticking points with the plan are traffic and water. Municipal water and the NHDOT Exit 1 reconstruction project are a ways off at this point. Initially, they intend to use wells for the housing portion. Once the highway ramp placement plan is in place they will come in with a full site plan, and hopefully they will have water by then too.

The NHDOT is looking at about five years before the I-89 project is completed and the town will have to vote on the water line, hopefully in March 2024. The NHDOT does not want to make any improvements on Logging Hill Road now. Their traffic engineer did a study, and said they could do two portions of the residential and one flex building without a left-hand turn lane on Logging Hill Road.

FLATLEY EXIT | CONTINUED TO PAGE 13

WINNER OF 23 NH PRESS ASSOCIATION AWARDS

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LOW TAXES ARE THE RESULT OF LOW SPENDING

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Printer - Gannett Pub. Services

**Mailing address for news
or notices:** 14 South Street,
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Email: info@thebowtimes.com

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EDITORIALS

61% OF AMERICANS SUPPORT A REAL WAR ON THE CARTELS

by Chuck Douglas

New Hampshire's 2022 drug deaths rose 11% to 486 people. Nationally the push to crush the Mexican drug cartels is widely supported. Republican Senator Tim Scott, of South Carolina, has joined 61% of Americans who want military action.

WHAT CAN WE DO ABOUT THE HOMELESS?

by Chuck Douglas

With the rise in rents and the cost of housing, as well as the end of Covid eviction protections, the number of people who are homeless rose to 582,500 last year, according to the Dept. of Housing and Urban Development.

That number is up 13% since 2020. Not just L.A. or New York, but across the nation, the hopeless individuals, and scared families who find themselves on the street, are not all there due to drugs or mental health issues.

Columbus, Ohio counted 2,337 homeless on January 25, 2023, up 22% over 2022. Rent rises of 68% for apartments in the Phoenix area drove a 7% homeless increase in Maricopa County between 2017 and 2022. Los Angeles County's 75,518 homeless grew by 10% last year.

A new approach to this now decade old problem is simple and effective — give the homeless a home. Studies now show that a place to live is the first step in helping stabilizing the homeless. Leading the way is Houston, Texas with a program called The Way Home.

In 2011, the Houston area had one of the largest homeless populations in the country. With homelessness increasing and dismay over decades of substantial investments without results, the community was propelled into action.

Since 2012, more than 28,000 people who experienced homelessness in the greater Houston area have been housed. This has resulted in a more than a 60% decrease in overall homelessness in just over a decade.

So what changed? In 2012, the city and county came together as a unified regional homeless response system called The Way Home and chose a nonprofit coalition for the homeless of Houston/Harris county as lead agency.

Marc Eichenbaum, special assistant to the Mayor, and Michael Nicolas, CEO of the Coalition, recently explained how the breakthrough occurred in a June 9, CNN interview. They said "we housed the most vulnerable people first. When the average person sees someone experiencing homelessness and struggling with mental illness, they assume that the individual is dangerous or needs hospitalization. Our experience is that most of these folks stabilize in housing with the appropriate level of services."

Moreover, they said they have found that most people "fall into homelessness, because of rapid and unexpected financial losses but that should not result in catastrophe, if only we had the right policies in place. Homelessness often exacerbates mental health deterioration and the need to self medicate. In other words, mental illness is not the driver of homelessness in most cases."

Thus, they embraced the results of Housing First, a strategy focused on getting individuals and families out of homelessness in into permanent housing before helping them address any other problems. "We do this via voluntary wraparound support services, e.g., mental health or substance abuse, counseling, health, care, job training, and so on. The services help keep the person housed, and the housing is what makes the services effective," according to Nicholas and Eichenbaum.

They also got all of the people with a stake in resolving the homeless problem together in the Coalition:

"We decided to work together as a collaborative system, aligned around a standardized set of goals, processes and strategies, rather than as individual organizations and government entities each trying to chip away at the problem. Today, more than 100 entries in the Houston area are working together in combining their efforts and resources to move the needle on reducing homelessness. Our collaboration includes using a centralized database to capture information and track the service needs of people experiencing homelessness and using a standardized assessment to determine which housing and/or service interventions best suit each household."

Prior to collaboration they noted the same endless cycle seen in New Hampshire and elsewhere "where the local mental health authority, the local veterans affairs office, law enforcement and the public health response system, many organizations have responded and attempted to help with limited sustained success."

Not only is it the moral thing to do if you believe — as do I — that you are your brother's keeper, but it saves tax dollars! As the two reformers noted "it is less expensive to Houston individual and provide services (we estimate about \$18,000 per year) then the multiple of cost of putting people in jail, or allowing them to suffer on the streets and being forced to make regular use of our emergency rooms (which national estimates ranch from \$30,000 to \$50,000 and up)."

The three parts of the Housing First children's program are simple, but effective:

"First, we provide an actual home — most often an apartment — with a key, a lease in the person's name, and everything needed to stay in that unit for the long-haul. Second, we give them a subsidy for the rent. Depending on the program, residents may still contribute 30% of their income. Finally, we ensure support services to help the person move forward, psychologically, emotionally and financially."

Does it work? Nicolas and Eichenbaum offer hope to the hundreds of thousands in need:

"Houston has not solved homelessness in its entirety. But by investing in proven, effective intervention — housing — we are making homelessness, rare, brief and nonrecurring for people. In fact, in our latest performance evaluation period, approximately 90% of people we helped house did not fall back into homelessness for at least two years."

It is time for Concord and Merrimack County to look at those folks with the cardboard signs at our intersections not as a lost cause, but a shared responsibility we should begin meeting.

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



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TOWN OF *Bow* ENERGY COMMITTEE



OPPORTUNITY FOR COMMUNITY POWER FOR BOW

The Town of Bow has the opportunity to bring lower electricity prices and more renewable energy options to its residents through community power. Community power is a program by which the town, rather than a major utility, controls the source of its electricity. Establishing community power requires a *community power plan* to be adopted at a Town Meeting and implemented by the Board of Selectmen.

The Energy Committee is helping the Town start a new Community Power Committee to write this plan and take the other steps needed to put this program into place. The bulk of the work needed to be done by the community power committee will take place over a period of one to two years. Many other New Hampshire towns have or are also working toward community power; the first of those to launch their programs this spring are realizing savings of 20-40% on their supply rates.

If you are excited to learn about, and be wish to take part in this important project, email us at energycommittee@bownh.gov.

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AQUARION WATER COMPANY ANNOUNCES BOW STUDENT WINNER OF ENVIRONMENTAL CHAMPION AWARD

On June 20, the winners of the 10th annual Aquarion Environmental Champion Awards were announced during a ceremony held at the Great Bay Discovery Center in Greenland.

Aquarion received many nominations from all over the state, spanning four categories: Business, NonProfit Organization, Adult, and Student (Grades 9-12). These awards are designed to honor volunteer initiatives that have made substantial impacts on enhancing environmental quality by preserving, conserving, and rehabilitating New Hampshire's water, air, soil, and habitats for plants and wildlife.

Jacob McDaniel, a student from Bow High School, has earned recognition for both his academic excellence and deep-seated commitment to community service. Excelling in both STEM and Humanities, Jacob's analytical thinking and self-directed learning have earned him praise from his teachers. Despite qualifying to graduate early, he chose to challenge himself with four AP classes during his senior year. Jacob's community engagement is equally impressive, with significant volunteer work with the Harris Center's Amphibian Brigade Team, where he has helped save over 120 amphibians.

His grant from Aquarion was for \$1000.



MEGHAN SHIPPOS ACCEPTED AT MERCHANT MARINE ACADEMY

The Brewster Academy Class of 2023 graduate Meghan Shippos, of Bow, has been accepted to the United States Merchant Marine Academy in Kings Point, New York.

The Merchant Marine Academy's mission is to educate and graduate leaders of exemplary character who are inspired to serve the national security, marine transportation, and the economic needs of the United States as licensed Merchant Marine officers and commissioned officers in the Armed Forces. Shippos is one of approximately 260 appointees selected to attend the Academy from around the nation and the world, out of about 1,800 applicants.

Shippos said, "I am honored to have received this remarkable opportunity to learn and grow in an environment such as the Merchant Marine Academy. After returning home from the Academy Introduction Mission (AIM) at the United States Coast Guard Academy in early July of 2022, I realized how much of an emotional connection I felt towards living a life of purpose with my fellow shipmates and working to achieve a common goal."

Jason Howe, of Bow, earned a Bachelors Degree in Civil Engineering from Roger Williams University in Spring 2023.

Katelin Howe, of Bow, was named to the Dean's List at the Wentworth Institute of Technology both Fall of 2022 and Spring of 2023.



Brenna Novakoski, of Dunbarton, earned a Bachelor of Science Degree from the University of Vermont – College of Agriculture and Life Sciences in Spring 2023.



Bow Young at Heart Club

Upcoming Events

WEDNESDAY, JULY 26, 2023

The Founding Fathers: What Were They Thinking?

Presented by Richard Hesse of the NH Humanities Council
12:30 PM Old Town Hall, 91 Bow Center Road

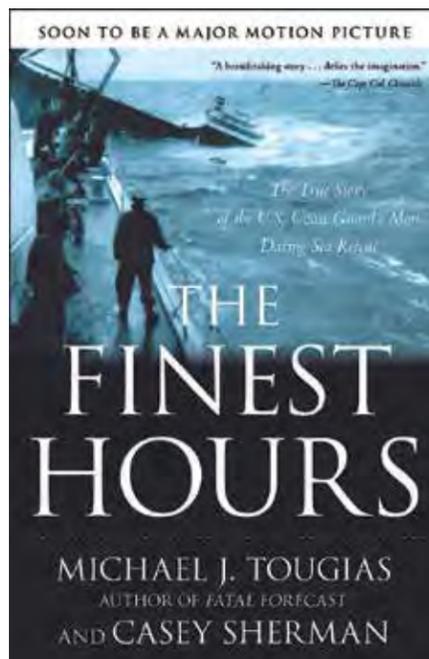
WEDNESDAY, AUGUST 9, 2023

The Finest Hours Slide Presentation

Presented by author Michael Tougias
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.

MICHAEL TOUGIAS TO PRESENT SLIDE PRESENTATION ON THE COAST GUARD'S MOST DARING RESCUE



New York Times bestselling author Michael Tougias will give a slide presentation at the Bow Community Center on his international bestseller *The Finest Hours*. The program is on August 9th at 12:30 (11:30a.m social) and is sponsored by the Bow Young at Heart Group and is free and open to the public. The Disney Corporation has made a movie based on the book, and it stars Chris Pine and Casey Affleck.

On February 18th, 1952 an astonishing maritime event began when a ferocious nor'easter split in half a 500-foot long oil tanker, the *Pendleton*, approximately one mile off the coast of Cape Cod, Massachusetts. Incredibly, just twenty miles away, a second oil tanker, the *Fort Mercer*,

also split in half. On both fractured tankers men were trapped on the severed bows and sterns, and all four sections were sinking in 60-foot seas. Thus began a life and death drama of survival, heroism, and a series of tragic mistakes. Of the 84 seamen aboard the tankers, 70 would be rescued and 14 would lose their lives. The rescue that followed is considered the Coast Guard's greatest small boat rescue.

The author will also discuss the making of the movie, working with the screenwriters, and will share some humorous stories about the actors and his cameo in the movie.

Michael Tougias is author and co-author of 30 books for adults and 9 for young adults. Books include: *Extreme Survival*, *The Finest Hours* (a Disney movie), *Ten Hours Until Dawn*, *Fatal Forecast*, *Overboard*, *And A Storm Too Soon*, *The Waters Between Us*, *King Philips War*, *And There's A Porcupine In My Outhouse!* His latest nature book is *The Waters Between Us: A Boy, A Father, Outdoor Misadventures and the Healing Power of Nature*. Visit www.michaeltougias.com for more information.





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SEVEN MONEY TIPS FOR RECENT GRADUATES TO REVIEW

When recent graduates find themselves in the unknown realm of personal financial responsibility there are several missteps that can create a lot of unnecessary stress and insecurity. Here are seven helpful tips to help establish financial security and peace of mind.

- 1 Create a budget that works for your personal circumstances. There is no shortage of information about how to create a budget. The key is to develop a plan that helps you reach your goals while being able to keep up with your budget along the way.
- 2 Build an emergency fund into your monthly budget. No one can predict the future and saving for emergencies needs to be a priority for building peace-of-mind into your financial life. To help keep that money separate from your spending money you can open a savings account and begin adding to it immediately. When it is connected your mobile banking account you can easily keep track of how it is growing.
- 3 Stay up-to-date on the most recent cyber scams. Cyber criminals are getting more and more advanced in their abilities and methods of defrauding people. Make sure you keep on track with current trends and fraudulent methods. Protect what you have been working hard to establish.
- 4 Pay your bills on time. It may sound obvious but, some have a hard time keeping track of dates and when payments need to be sent out. One way to avoid late payments with added fees and possible credit damage is to set up your automatic bill pay through your mobile banking app. This way your reoccurring bills will get paid on time and you do not have to worry about forgetting about them.
- 5 Understand how credit works. Before you accidentally find yourself too deep in credit card debt, make sure you understand the best practices for credit growth and security. Establishing and maintaining healthy credit is an essential part of your future financial security.
- 6 Learn how to think long term. It may seem like retirement is a life-time away but, planning early makes a big difference in your quality of life during retirement.
- 7 Seek out help from your local bank. Most banks offer online, mobile and text banking tools to manage your account night and day. In Sugar River Bank's Online and Mobile app, customers have the option to use Money Manager, a FREE budgeting tool right in your account. It's easy use to and a convenient way to check balances, pay bills, deposit checks, monitor transaction history and track budgets.

If you need help, a Sugar River Bank Customer Service Representative can help you set up your Money Manager during business hours. SugarRiverBank.com – 1 800-562-3145.

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Rotary Club of Bow

HONORS 2023 AWARD WINNERS AT RECOGNITION CEREMONY



Bow Rotary Club recognized the distinguished service of local residents on June 15. Pictured left to right are: Bill Ames, Community Service Award; Anna Abel, New Generations Award; Carol Niegisch, Club Service Award; Ben Kiniry, Paul Harris Fellow Award; Katrina Lantos Swett, International Service Award; Tim Sweeny, Vocational Service Award. *Eric Anderson | Photo.*

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
70 Red Pine Drive	2 Bedrooms 1 Baths	864 Square Feet	1.10 Acres	\$365,000
28 Hooksett Turnpike	3 Bedrooms 2 Baths	1664 Square Feet	.89 Acres	\$410,000
2 Rosewood Drive	3 Bedrooms 2 Baths	1680 Square Feet	2.05 Acres	\$448,500
10 Pepin Drive	3 Bedrooms 2 Baths	1956 Square Feet	1.02 Acres	\$450,000
39 Allen Road	3 Bedrooms 2 Baths	2936 Square Feet	2.06 Acres	\$459,000
44 Bow Bog Road	3 Bedrooms 3 Baths	2464 Square Feet	2.05 Acres	\$501,000
4 Deer Run Road	3 Bedrooms 2 Baths	2280 Square Feet	3.98 Acres	\$540,000
15 Longview Drive	4 Bedrooms 3 Baths	3150 Square Feet	2.17 Acres	\$635,000
2 Fox Meadow Drive	3 Bedrooms 3 Baths	2480 Square Feet	1.16 Acres	\$640,000
18 Tonga Drive	3 Bedrooms 5 Baths	3826 Square Feet	2.12 Acres	\$675,000
98 Knox Road	4 Bedrooms 3 Baths	2676 Square Feet	3.05 Acres	\$692,500
5 Longview Drive	4 Bedrooms 5 Baths	3971 Square Feet	2.43 Acres	\$821,350
5 Hamilton Court	3 Bedrooms 3 Baths	3246 Square Feet	1.35 Acres	\$840,000

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1017 Meadow Lane	4 Bedrooms 4 Baths	2760 Square Feet	.93 Acres	\$735,000
71 Zachary Drive	3 Bedrooms 4 Baths	2880 Square Feet	2.71 Acres	\$769,000
73 Zachary Drive	3 Bedrooms 4 Baths	2880 Square Feet	3.09 Acres	\$775,000

Sales Data for JUNE 2023 provided by the NHMLS.



THE TOWN OF BOW ORGANIZATIONAL GOALS FOR FY2023-24

The goal setting process builds Board consensus on policies and projects that impact Town residents, businesses and the community as a whole. The goals and objectives identified will become part of the Board and Town Manager’s ongoing action plan moving forward throughout the fiscal year.

To view the objectives and status of Municipal Services, Human Resources and Relationships, Business Development, and the Management of Bow’s Infrastructure go to www.bownh.gov.



Culvert upgrade work in-progress on Dunbarton Center Road prior to its being resurfaced. Photo courtesy of Eric Anderson.



Community Development Director Karri Makinen and Selectman Matt Poulin visited Blue Seal and Feed in a continued effort to promote business in Bow. Mike Yanski and John Maynard explained in detail how they mix certain products for farms in the area. They also noted that Blue Seal provides hay testing and is the last feed mixing facility in NH.

Blue Seal is located at 520 Hall Street in Bow | Phone is 603-225-0323



L to R: Matt Poulin, Karri Makinen & Mike Yanski John Maynard

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

AVOIDING THE DREADED MIDDLE-AGE SPREAD!

by Jim Olson

TIPS FOR STAYING FIT & HEALTHY

It's no secret that as we age, it becomes harder to stay fit and healthy. One of the most common problems people face in their 40s and 50s is weight gain, especially around the middle. The "middle-age spread" is caused by a combination of factors, including hormonal changes, a decline in physical activity, and changes in the way the body stores and uses energy. This can lead to a number of health problems down the road, so it's important to take steps now to avoid it.

How can you avoid or reverse the "middle-age spread?"

There are a few things you can do to avoid or reverse the "middle-age spread":

STAY ACTIVE: Exercise is one of the best ways to prevent weight gain. It helps to burn calories and keep your metabolism going. Try to get at least 30 minutes of moderate exercise most days of the week. Walking, biking, swimming, and gardening are all great ways to stay active.

EAT A HEALTHY DIET: Eating a healthy diet is important for keeping your weight in check. Make sure to eat plenty of fruits, vegetables, and whole grains. Avoid processed foods, sugary drinks, and excessive amounts of saturated and unhealthy fats.

GET ENOUGH SLEEP: Getting enough sleep is crucial for maintaining your health. Lack of sleep can lead to weight gain and other health problems. aim for seven to eight hours of sleep each night.

MANAGE STRESS: Stress can lead to weight gain, so it's important to find ways to manage it effectively. Try exercise, meditation, or deep breathing exercises to help you relax.

What are some other ways to stay fit and healthy as you age?

Here are a few other things you can do to stay fit and healthy as you age:

LIMIT ALCOHOL: Drinking alcohol in moderation is generally safe, but excessive drinking can lead to a number of health problems, including weight gain. If you drink alcohol, aim for no more than one drink per day for women and two drinks per day for men.



Jim Olson

DON'T SMOKE: Smoking is a major risk factor for a number of diseases, including heart disease, stroke, and cancer. If you smoke, quitting is the best thing you can do for your health.

GET REGULAR CHECKUPS: Regular checkups with your doctor can help catch potential health problems before they become serious. Be sure to schedule a checkup at least once every year.

Look towards midlife with excitement, not dread.

It's important to remember that not everyone will experience weight gain in middle age. If you are at a healthy weight, you can still follow these tips to help you stay fit and healthy. And if you do start to gain weight, don't despair.

With a little effort, you can get back on track and avoid the health problems that come with being overweight.



AVOIDING THE MIDDLE-AGE SPREAD!

It does not have to be hard. Just get up and get moving. You don't have to go crazy - 30 minutes a day is enough. And you can break it up if you need to - 10 minutes, three times a day - just enough to get your heart racing.

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BOW'S PAUL HOGAN HONORED BY PLYMOUTH STATE

PSU director of development John Scheinman presented Paul Hogan of Bow, with the Raymond S. Burton Public Service Award, which honors individuals who, like Burton, loved and respected the role of education, cared deeply about the state and its citizenry, and devoted their service to the public good.

Hogan has dedicated his life to education and coaching. Prior to graduating from Plymouth State College in 1979, he followed in his father's footsteps and began his career teaching and coaching at PSU.

"Like Ray, Paul takes great pride in moving others forward," said Scheinman. "If you are part of Paul's life, you are part of his family, whether it is a person who may not be talented enough to make the team or someone who might have been diagnosed with a disorder - Paul Hogan found a role for you on his team and made you part of the family."



Pictured (from left) are PSU Director of Alumni Relations Rodney Ekstrom, PSU President Donald L. Birx, Ph.D., Paul Hogan, and PSU Director of Development John Scheinman.



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Rotary  Club of Bow

SUMMER

CONCERT SERIES 2023



JULY 20 – SUPERNOTHING

Sponsored by Bow Plumbing & Heating & Capitol Chiropractic

Supernothing is a 5-piece Reggae/Rock band influenced by artists such as Sublime, Bob Marley, The Elovaters, The Movement, Dirty Heads, and more! They occasionally bring elements of hip hop, funk, ska, and punk to the table as well. Bring your dancing shoes for upbeat tempos turning into heavy punk bridges.



AUGUST 10 –BOW JUNCTION

Sponsored by Labrie Agency & Merrimack Co. Savings Bank

Bow Junction is a quartet based in central NH delivering a diverse blend of hard driving bluegrass and folk with a touch of Celtic and gospel. Combining a respect for the traditional with an ear for innovation, this seasoned band has been entertaining audiences at town fairs, church halls, and concert stages since 2003.

AUGUST 17 – ROCKIN’ DADDIOS

Sponsored by The Mercier Group, PC & UBS Financial Services- The Rockin’ Daddios bring back some of the best loved songs of the fifties and sixties that bring us back to a more innocent time of our lives when kids didn’t grow up as fast and the influence of the media was not as prevalent. Sung in a doo-wop style with the accent on harmonies and fun, their performances are family friendly and guaranteed to warm your heart and bring a smile to your face.

Concerts are being held at the Town Gazebo/Bandstand on Thursday evenings beginning at 6:30 PM and running until about 8 PM.

NOTE: Should there be inclement weather, the show will go on with the concerts being held in the Bow Community Center – just across Knox Road.

The Bow Rotary Club thanks all residents who continue to support our efforts for the community. Photos courtesy of Eric Anderson.



JULY 27 – THE FREESE BROTHERS BIG BAND

Sponsored by Century 2 & Cobb Hill Construction

The Freese Brothers Big Band is in its 42nd year of keeping the sound of swing and classic Big Band music alive in NH. The band offers a lively program incorporating the classic sounds of Duke Ellington, Benny Goodman, Count Basie, Frank Sinatra, the Dorsey Brothers and Glenn Miller, with contemporary tunes arranged for Big Band performances.

AUGUST 3 – MR. AARON

Sponsored by Crisp Law Firm PLLC & The Kiniry Law Firm

Mr. Aaron is a multi-instrumentalist, performer & composer making music and videos for kids and their grown-ups, ages 0-100. He’s a proud father of three amazing girls, and a long-time professional musician with a career playing in bands, musical theatre, and more.

YOUR CD IS MATURING SOON. WHAT'S NEXT

Provided by Dominic Lucente

If you have a certificate of deposit (CD) that is maturing soon, it's time to make a decision.

Your CD has been collecting interest for months or years. Should you roll it over to another CD, deposit it into another account, cash it out and spend it—or invest it? Before you decide what to do, it helps to understand all of your options.

First and foremost, it's important to know that your bank or credit union will likely rollover your CD *automatically* at the end of the term. It's possible their new interest rate could be less competitive than what you are earning on the current CD or those available from other institutions.

You may have elected to cash out the CD and earned interest when you set it up, but it's definitely a good idea to make sure before the CD has matured. The bank or credit union is required to notify you in advance of the CD maturing and you may have a grace period—generally one to two weeks—to act on your decision, but it helps to have a plan first.

WEIGHING YOUR OPTIONS

Let your bank renew your CD. This is likely the easiest option—but not necessarily the best, depending on the rates and terms. If you do decide to renew and the rates are good, you may want to take advantage of the grace period and add more funds to your CD.

Withdraw your CD funds and get a different CD. It's worth shopping around, especially in an era of higher rates like we are experiencing now. A variety of websites, like NerdWallet, Bankrate, Forbes, Investopedia, US News, and SmartAsset, should allow you to review rates and hold periods to consider. We also have seen an increased interest in brokered CDs that we can offer clients (more on this below).

Withdraw and spend your CD funds. Maybe you'd like to buy a new car or take a well-earned vacation in the next month or two. If that's the case, you might want to move your CD funds into a checking or savings account during the grace period so it will be more accessible.

Move your funds to a traditional investment account. If you're willing to accept more risk for potentially higher returns, this may be an intriguing option.

BANK CDS VS. BROKERED CDS

CDs are extremely low-risk products and are insured by the FDIC (if they are held with an FDIC-insured institution). There is generally no market risk with a CD, and their interest rates vary based on market conditions, but are fixed for the term of the CD. CD terms usually range from three months to five years, and can be a great choice for someone who wants to lock-in an investment for a set amount of time, with set returns.

There is a downside, though, if you need to access your CD funds before maturity. Early withdrawal penalties for CDs vary by institution, and are typically calculated as a set period of interest earned, such as 90 days or six months.

What you may not be aware of is that we as financial advisors can explore CD rates at multiple FDIC-insured institutions for you and purchase them in your investment account.

The major difference between what we refer to as brokered CDs and bank CDs is that the way in which liquidity is gained prior to maturity is by selling the CD on the open market. As a result of this and the variability of interest rates, it is possible to lose principal when selling. If you have plenty of liquidity elsewhere though, brokered CDs can potentially provide higher rates than bank CDs.

BEYOND CDS

Of course, when you're investing for the long term, your best option may be talking to us and moving your maturing CD funds into an investment account. A CNBC article from April 2023 pointed out that CDs were paying above 4% in a high-interest environment. So, while CDs may be considered a lower risk investment, they typically reward you with less of a return over a longer period of time. The breadth of investments available with different risk and return characteristics, may be a better fit for longer-term goals like retirement or college.

Ultimately, it's worth reaching out to us to discuss all of the available options for your maturing CD so we can help you find the best fit for those funds.

This material is for general information only and is not intended to provide specific advice or recommendations for any individual. There is no assurance that the views or strategies discussed are suitable for all investors or will yield positive outcomes. CDs are FDIC Insured to specific limits and offer a fixed rate of return if held to maturity, whereas investing in securities is subject to market risk including loss of principal. All performance referenced is historical and is no guarantee of future results. All indices are unmanaged and may not be invested into directly.

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SOMETIMES A LITTLE SUMMER RAIN CAN BE

A Good Thing



We've all been there: your plan for a summer day is interrupted by a sudden downpour, from a soggy trip to the beach to a deluge during a wedding. Your best bet when you see an iffy weather report? Plan for anything and make the best of whatever comes.

That's how we approach your financial future. You have goals & dreams that we create a path to, but into each life a little rain must fall. When the clouds open up, we'll be there.

We Don't Just Expect The Unexpected,
WE PLAN FOR IT.



Dominic M. Lucente, CFP®, RFC®
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DUNBARTON POLICE DEPARTMENT



JUNE 2023 ARREST LOG

- 6/9:** Mark Darrah, 64, Weare, was charged with false report of a motor vehicle accident and negligent operation from a Dunbarton PD warrant.
- 6/15:** Vanessa Semeraro, 24, Manchester, was charged with operating without a valid license and suspended registrations.
- 6/16:** Paul Frechette, 43, Weare, was charged with driving after revocation/suspension, suspended registrations, operating without a valid license, and change of address.
- 6/24:** Andrew Morris, 40, Enfield, was taken into custody on a charge of domestic violence – assault for Enfield PD.
- 6/25:** Andrew Morris, 40, Enfield, was taken into custody on a charge of violation of a protection order – penalty for Enfield PD.
- 6/28:** Joseph Dipietro, 79, Concord, was charged with operating without a valid license and suspended registrations.

During the month of June, three (3) individuals were taken into protective custody (drugs, alcohol and/or mental health) and nineteen (19) traffic citations were issued for offenses that included speed, non-inspection, and unregistered vehicle.

Please note that juvenile arrests/charges are not included (RSA 169-B:35), the identity of those taken into protective custody are not included (RSA 91-A:5, IV), and all defendants are presumed innocent unless and until proven guilty in a court of law.

MARK YOUR CALENDARS!

**6TH ANNUAL
DUNBARTON
POLICE
COMMUNITY
BICYCLE
RODEO**



**SUNDAY, AUGUST 27TH from 1:00 – 3:00 PM
at DUNBARTON ELEMENTARY SCHOOL**

WHAT IS A BICYCLE RODEO?

This free, family-friendly event is open to all ages and all levels of riding experience. Participants will have the opportunity to visit with their local police and fire departments, ride through a skills and agility course, discuss bicycle safety and enjoy a cold treat provided by the Dunbarton Elementary PTO!

Thanks to a grant from the Children’s Hospital at Dartmouth (CHaD), the Dunbarton Police Department will be passing out a limited supply of free multi-sport bicycle helmets and related safety equipment on a first come, first served basis. S&W Sports will be conducting free bicycle safety inspections!



This event is being held in partnership with Dunbarton Elementary School, the Dunbarton Elementary PTO, the Dunbarton Fire Department and S&W Sports.

Nora's DUNBARTON NEWS



LEGO BUILD PARTIES will be held the following Thurs afternoons inside the library: July 20 and Aug 3, 2:00pm to 3:00pm. Drop by to free build and create! All ages are welcome.

READ ALOUD TO MR. T, a registered/certified therapy dog from Therapy Dogs International, Chapter 205. Children in Grade K to 4 who register will have a 20-minute session. Please call the library-603-774-3546 to get a spot for Thurs, July 27 at 11:00 am or need more info.

BEYOND THE BOOK The Dunbarton Congregational Church’s Beyond the Book group will discuss their monthly book choice *Before The Coffee Gets Cold*: by Toshikazu Kawaguchi. Discussion is scheduled for Thurs Aug 3, 7 pm to 8pm. Please email barbbennett51@gmail.com for location.

DUNBARTON GARDEN CLUB will hold its monthly meeting on Mon, Aug 7, at 6:30 pm at the Town Hall’s 2nd floor, 1004 School St, Dunbarton NH. Refreshments will be served, and the public is invited. Contact dgc03046@gmail.com if you have any questions.

SPIRESIDE COFFEE HOUSE will hold Open Mic on Sat, Aug 19, at the Congregational Church in the Town Center across from the Town Hall. Performers please sign up at 6pm when the door opens. Music begins at 6:30pm until 10:30pm. Donation is \$5.00. Snacks and drinks are available for purchase during the evening. FMI: lizz@dunbartonucc.org.

MEET AND GREET BLADES, the Boston Bruins Mascot, Summer Reading Wrap Up Party on Thurs, August 3, NOON to 1:00pm. Our library has been selected to receive a visit from BLADES, the Boston Bruins Mascot. Meet at the band stand shortly before 12:00pm because Blades will be escorted to the band stand by Chief Wiggin and Chief Remillard right at 12:00 PM. A special story, music, photographs with Blades, and sno cones will be served up. When you read, you score! One (or maybe two) lucky Summer Reading participants will win the opportunity to ride with Blades on the UTV over from the Fire Department. Please bring something to sit on, snacks and water, sunblock and bug spray. In case of rain, meet upstairs. FMI contact the library.

RIDERS AND DRIVERS NEEDED for Dunbarton Area. The Volunteer Driver Program provides services to residents of Belknap-Merrimack County (excluding Hooksett and including the towns of Hillsborough, Deering, and Windsor) who are unable to obtain reliable transportation due to age or disability.

Service hours are Mon through Fri, 9:00 AM to 5:00 PM. FMI or to register, call 603.225.1989. They are looking for rider and driver volunteers. Riders qualify if you are 60 years or older or a person with disabilities. They provide rides to medical appts, grocery stores, shopping.

WHAT TO DO? Register for the program and schedule your ride by calling the MST Dispatcher-603.225.1989. Fares: by donation. Drivers can opt in for mile reimbursement, must have a dependable vehicle, be 21 years or older, have a valid NH license, insurance, and a desire to help someone in your community.

You set your own hours and how many trips you are able to provide. Drivers Call to Register. FMI Visit: www.bm-cp.org.

Nora LeDuc

dtowncrier@gmail.com • 603-774-3141

THE Music LADY

FOR THE LOVE OF MUSIC



How's this for an impressive list of musical compositions: "Diana," "Lonely Boy," "My Way," "Puppy Love," "Put Your Head On My Shoulder," "You Are My Destiny," "You're Having My Baby," "She's A Lady," "The Times Of Your Life," the theme song for The Tonight Show with Johnny Carson, and many, many more totaling 900! All of these songs were written by Paul Anka.

Paul was born in Canada in 1941 into a very supportive family that encouraged him to pursue his dream of becoming a singer, songwriter and actor. He became a teen idol in 1957 when he wrote and recorded "Diana," which became a #1 hit song in Canada and the US. This was followed by four more hits that made it to the top 20 in 1958. In 1959 he wrote "It Doesn't Matter Anymore" for Buddy Holly, which Holly recorded just before he died in a plane crash. Paul gave Holly's heartbroken widow all of his composer royalties. "It's the least I can do."

In the 1960's Paul wrote the lyrics for "My Way" for his close friend, Frank Sinatra, which became one of Frank's biggest hits. In the 1970's Paul wrote "She's A Lady" for Tom Jones and that recording became Tom's biggest hit. Many other famous singers have recorded Paul's songs, including Michael Jackson, Celine Dion, Kenny G, Patti LaBelle and Peter Cetera. Paul is credited for discovering fellow Canadian, Michael Buble.

At age 82, Paul Anka's touring concerts are scheduled well into 2024. He has sold 10 million albums globally over his six-decade career. The highlight of his career was writing for Frank Sinatra. "There's been a lot of songs, a lot of notes, but there was nothing like writing for Ol' Blue Eyes."



BEAVER DAM | CONTINUED FROM PAGE 1

Bow Pioneers Snowmobile Club removed a beaver dam in Bow to reduce the risk of flooding to a bridge that is used by snowmobiles in the winter.

Almost a year has passed since the removal of the beaver dam and efforts to restore the drained pond are still ongoing, including a recent meeting between the town and state Department of Environmental Services.

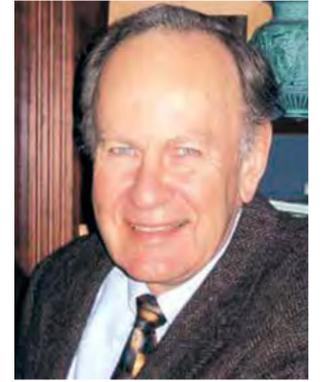
Concerned abutters from Page Road, Pepin and Pine Crest Drive, as well as members of the select board sought strategies from state officials to encourage water to collect in the pond situated on town-owned land, which could attract new beavers to live there.

Mark Sanborn, the Assistant Commissioner of DES, clarified that the role of the state agency is to provide guidance on what is permissible within the statutes and regulations, rather than give advice on specific courses of action.

After hearing several concerns, Sanborn urged the town and abutters to reach a consensus and put forth a formal document, allowing the state agency to review the proposal and provide feedback during a pre-application meeting.

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JUNETEENTH

Since I am writing this article on Juneteenth, (you will read it in July!) I thought it would be good to take a break from disease and trauma and acknowledge the great contributions that African American physicians have made in the advancement of medicine, research, and public health in the US. In no way will I do justice to the countless African Americans who have made the world healthier, but I will introduce you to four. I suspect you will not have heard of them, but I trust you will find yourself thanking them for their efforts to make our collective lives better.

Myra A. Logan, M.D. was born in Tuskegee, Alabama in 1908. She got her medical degree from New York Medical College. Most of her surgery was done at Harlem Hospital. In 1943 she was the first woman to perform open heart surgery. She was a classical pianist and a strong advocate for antidiscrimination legislation. ⁽¹⁾

Samuel Lee Kountz, M.D. was born in Arkansas in 1930. He earned his M.D. degree from the University of Arkansas School of Medicine. He completed a surgical residency at Stanford, and then served on the faculty. He was known and awarded for his work in renal transplantation. ⁽²⁾

Jane C. Wright, M.D. earned her medical degree, with honors, from New York Medical College in an accelerated three-year program. She was director of Cancer Chemotherapy Research at New York University and a founding member of the American Society of Clinical Oncology (ASCO), which today has over 40,000 oncology professionals members. In 1967 she became a full professor of surgery and associate dean at NY Medical College making her the highest ranked Black woman at a medical institution. ⁽³⁾

Omari Hodge, M.D. earned his medical degree from Morehouse School of Medicine and is certified by The American Board of Family Medicine. He has been an associate program director with North Georgia Health System, worked with refugees and provided medical care in third world countries. He is currently President-Elect of the Christian Medical and Dental Associations which has over 15 thousand members worldwide.

Although Blacks make up 13.6% of the US population, only 5.7% of US doctors are Black. ⁽⁴⁾ According to the National Academies of Sciences, Engineering and Medicine, there are more African American students attending medical schools today compared to 30 years ago; that increase is due to more black women. The proportion of men among African American medical students has decreased by more than 38 percent over this same period. In fact, fewer black men entered medical school in 2014 than in 1978. As we celebrate Juneteenth and freedom and equality and equal opportunity, we acknowledge the great contribution of Black physicians. We have much more work yet to do.

1. www.nymc.edu/school-of-medicine-som/som-alumni-profiles/alumni-in-memorium/myra-adele-logan/
2. www.chaamp.virginia.edu/node/4146
3. www.nymc.edu/school-of-medicine-som/som-alumni-profiles/alumni-in-memorium/jane-cooke-wright/
4. CNN 21 February, 2023

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BOW MEMORIAL SCHOOL HONOR ROLL First Semester 2022-2023



GRADE 7 ~ HIGH HONORS

Margaret Adams, Anthony Albushies, Lauren Andrews, Allison Baier, Caden Bechtold, Autumn Betteridge, Kylie Bourgoine, Shannon Boyle, Ross Brennan, Olivia Cochran, Lillian Cray, Ava Dawson, Anne-Marie Fay, Jacob Filkins, Liliane Fontaine, Bryce Frette, Benjamin Gilbert, Brianna Gravel, Riley Helling, Brody Hinck, Connor Holland, Reanne Hubbard, Lia Karanouh, Austin Keefe, Delaney Kelly, George Kohl, Samuel Kohl, Amanda Kropp, Maddison Lavoie, Alexis Maiorino, Sofia McCullough, Ayla Palmer, Alexis Pelletier, Ava Popielarz, Reece Porter, Piper Price, Addison Rader, Benjamin Reardon, Marissa Reyes, Kate Roberge, Ian Sandahl, Grace Sartorelli, Jack Shulman, Brian Vance, Eliza Wullenweber, Umi Zahn

GRADE 7 ~ HONORS

Garrett Abberton, Elizabeth Abbott, Readan Adams, Aria Belanger, Cavot Blaney, Branden Bosquez, Sophie Brooks, Wes Catenza, Joseph Cattabriga, Autumn Clough, Matison Couto, Bryce Cronin, Conor Curtis, Julianna Cusson, Chyann Dalbec, Bohdan Davis, Graceyn DeCosta, Anthony DiRocco, Vita-Rose Flagg, Abigail Fontaine, Harrison Fournier, Aleksandra Graham-Binder, Mily Jacobson, Elise Jacques, Jaeden Kennedy, Aiden Klardie, Ryan Laliberte, Jonathan Landry, Jordyn Leonard, Kaylee Leonard, Molly McKinnon, Alexis Mumford, Madelyn Nault, Dylan Oosterveen, Alexander Perry, Caden Phillips, Matthew Radomski, Colby Rae, Jennifer Ramirez, Lucille Rancatore, Cody Richards, Isaac Roz, Sydney Scofield, Gavin Simon, Mary Valas, Peyton Vaughn, Brindle Whittaker

GRADE 8 ~ HIGH HONORS

Sean Atwell, Morgan Aubrey, Grace Ayers, Isabella Blomgren, Zachary Cannon, Trey Catenza, Laura Ciminesi, Milo Cocola, Brylie Gelinis, Nicholas Greene, Ethan Herrick, Alexander Hickman, Andrew Jewell, Samuel Kelso, Troy Konstantakos, Charlotte Lewis, Cassidy Madigan, Cadence Malone, Annabelle Maxwell, Kaylee McGill, Nathaniel McKee, Meghan McKeen, Emina Muminovic, Lea Parente, Madison Pfister, Estelle Piar, Rowan Schlosser, Emma Stocks, Jordin Testa, William Thomas, Sean Walton, Oliver Weiss, Charlotte Weiss, Claire Wilke, Camden Wilson, Camille Wullenweber, Anna Zerba

GRADE 8 ~ HONORS

Gabriel Abberton, Gwendolyn Barrieau, Dale Berg, Cooper Christopher, Kyle Cimis, Chase Crowell, Charlotte Duncan, Madelyn Fish, Jacob Gancarz, Charles Garland, Bryce Gervais, Jacob Hammond, Madelyn Hebert, Kaylee Jacques, Caitlyn Johnson, Shire Kelley, Landen Krause, Shelby Ledbetter, Benjamin Lewis, Jacob Littlefield, Clayton Nadzan, Shane Rabalais, Callum Richardson, Ryleigh Riggs, Addison Rodger, Joshua Roos, Charlie Sarette, Lucas Slayton, Trevor St. Cyr, Vera Virta, Owen Wright, Liam Wyman, Sophia Zink

FLATLEY EXIT | CONTINUED FROM PAGE 1

Vice Chair Sandy Crystall asked if they would connect to municipal water eventually and Mr. Walker said they would put water lines in the roadways for that eventuality. Mr. Walker stated that the number of school age children would decrease from the previous proposal due to the reduced number of residential units. The estimated number of school children would be reduced to approximately 11-15 students. Chair Berube said that people move to Bow for the schools, meaning that the number of school-aged children may be higher than in similar developments in other communities.

Chair Don Berube opened the meeting to the attending public to ask questions.

Jackie Peterson - Fiddlehead Circle, Bow: Ms. Peterson inquired if the 55 and over units were rentals and Mr. Walker replied that they were. Ms. Peterson inquired if they bring the water in who is paying for that. Mr. Berube stated that this is part of the Tax Increment Finance (TIF) District and some funding would come from the increased tax revenue from the development.

Sheldon McKinley - Logging Hill Road, Bow: Mr. McKinley lives directly across from the main entrance and is concerned about the traffic and some of it turning into his driveway.

Carrie Young - Logging Hill Road, Bow: Ms. Young asked what parts of the buildings would they be looking out at from their homes. Mr. Walker said it would be the backs of the buildings, but they would supplement landscaping berms, and evergreens so they will not be looking at any dumpsters.

BAKER FREE LIBRARY MUSEUM PASS

Baker Free Library is pleased to offer museum passes to the many institutions in New Hampshire and Massachusetts. There is no fee to borrow a pass, but the borrower must have a current Baker Free Library card in good standing and be at least 18 years of age. Give us a call or stop in to reserve a pass today!

- Children's Museum of NH (Dover), Currier Museum of Art (Manchester), Historic New England (New England), McAuliffe-Shepard Discovery Center (Concord), NH State Parks, Seacoast Science Center (Rye), SEE Science Center (Manchester), Squam Lakes Natural Science Center (Holderness), Museum of Science (Boston) Museum of Fine Arts (Boston), Museum Pass Highlight - Historic New England

HISTORIC NEW ENGLAND

Explore our region's past through historic homes, landscapes, artifacts, stories, and more. Tour more than three dozen historic sites and discover the stories of the people who shaped New England. The library pass offers Free Admission for two adults and their children under 18yr. to all Historic New England sites.



Sites Pictured: Hamilton House - South Berwick, ME; Lyman Estate Greenhouses - Waltham, MA; Beauport the Sleeper-McCann House - Gloucester, MA; Gropius House - Lincoln, MA

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BOW HAZARD MITIGATION PLAN UPDATE BEGINS

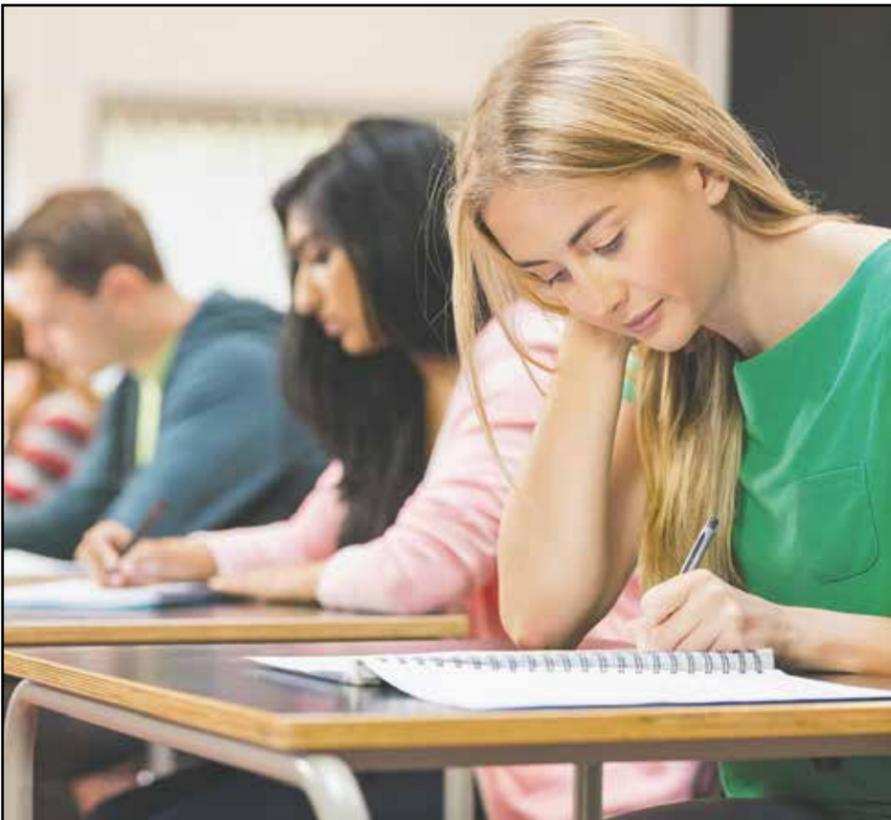
by Lee Kimball

The Town's Hazard Mitigation Committee will soon be meeting to update the Bow Hazard Mitigation Plan from 2018. Every 5 years, the Plan must be updated and approved to current requirements to ensure the Town's continued eligibility for federal disaster recovery and mitigation grant project funding. Recent past and potential natural disasters, severe weather events, and other hazard events will be assessed, and critical facilities, vulnerable areas and populations will be identified. The Committee will review existing mitigation capabilities and develop long-term risk reduction mitigation actions to help alleviate the impact of these events to Bow's people, buildings, and property.

The Hazard Mitigation Committee will hold a work session remotely via Zoom Webinar on Tuesday, August , 2023 from 9:00 to 11:00 AM.

The draft of Bow Hazard Mitigation Update 2024 document is anticipated to be completed before the end of the year. All unique perspectives from stakeholders, engaged citizens, businesses, and organizations are invited to participate in the Hazard Mitigation Committee's discussion and decision making.

For more information, Lee Kimball, Emergency Management Director or (603) 223-3940 or v email to lkimball@bownh.gov.



share your *student's*
achievements

If your child is a student at college, we welcome you to send news about them so friends, family and neighbors can share important milestones in their life. Use The Bow Times to feature your child's academic achievements, artistic endeavors or sports accomplishments!

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LIFE'S JOURNEY

by Bow Resident Paul Pomeroy

Gravity pulls steadily on the sand
The lowest grains hurry toward the opening
And fall with energy, randomness
Through the greatest distance
Through the greatest time
With no appreciation for the grains that follow
Those along the central plane descend more slowly
Aware of their descent
Aware of those that have already passed through
Barely aware of those above
Moving relentlessly lower
But too caught up in the process to truly appreciate it
And the grains sitting highest in the globe
Have the greatest time to contemplate the movement
Knowing that they will eventually have the shortest fall
Before they reach their final destination
Understanding that their descent happens much too quickly
Before they end somewhere on the mound
Pity that once we get the hang of it
We can't flip it over and try it again.

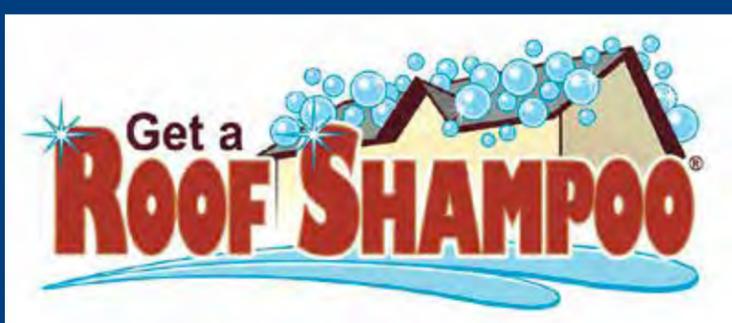
PASSAGE

by Bow Resident Nadeane Mannion

She raps with ancient fingers
lifts the rusting latch
enters like a resident
the domain of childhood past.
Through corridors of darkness
down avenues of time
she's found a secret passage
it's just a slip of mind.

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.

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



FEATURED EVENT

Children's Concert with Judy Pancoast, and Ice Cream Party Thursday, August 10th | 5:00-6:00pm

Grammy-nominated children's musician Judy Pancoast returns to New Hampshire to sing about "Finding Your Voice" with our youngest patrons. Through song and storytelling, Judy will share how she found her voice as a songwriter while encouraging the children to dance, move, and find their own voices! Following the performance, everyone is invited to enjoy their own ice cream sundae as we celebrate the end of another fantastic summer. All ages welcome!

SUMMER READING PROGRAM FINALE

CHILDREN'S CONCERT WITH JUDY PANCOAST!

Ice Cream Sundaes To Follow

Grammy-nominated children's musician Judy Pancoast returns to New Hampshire to sing about "Finding Your Voice" with our youngest patrons. Through song and storytelling, Judy will share how she found her voice as a songwriter while encouraging the children to dance, move, and find their own voices! Following the performance, everyone is invited to enjoy their own ice cream sundae as we celebrate the end of another fantastic summer. All ages welcome!

THURSDAY, AUGUST 10
SHOW BEGINS AT 5:30PM

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 | Wednesdays 7/26, 8/9 | 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!



ERIC ANDERSON | PHOTO

Ruff Readers | Thursday Afternoons | *Times Vary

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.

ADULT PROGRAMMING

Beat the Librarians Trivia Night | Thursday, July 27th | 6:00pm

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

Adult Book Talk | Tuesday, August 8th | 12:30pm & 6:30pm

The Adult Book Talk Group takes place on the second Tuesday of August. We will be discussing *Inheritance* by Dani Shapiro. 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 August 15th 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 August 1st 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 it had 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.

LIBRARY DIGITAL RESOURCES

Explore the digital resources Baker Free Library has to offer. Free to Baker Free Library card holders, get access to a large variety of ebooks, audiobooks, magazines, comics, movies, and even historical documents from HeritageQuest and Ancestry Library Edition. If you have any questions or trouble logging on, give us a call at (603) 224-7113

Talking Trash

by Danielle Ruane

TERRACYCLE AND COMPOST COLLECTION IN BOW

The Bow Recycling and Solid Waste Committee is pleased to announce new initiatives to provide residents a convenient solution to recycle traditionally non-recyclable waste, as well as to drop off food scraps for composting.

TERRACYCLE – TerraCycle is a company that offers free recycling solutions for hard-to-recycle waste by working with companies who fund the recycling process. There are now four containers located outside the Bow Community Building (Knox Road side) to collect items for the TerraCycle program. The items being collected are not currently accepted by our Town's single-stream recycling program. The items being collected are:

1. ORAL AND PERSONAL CARE PRODUCTS: Empty toothpaste tubes and caps, toothbrushes, floss containers, soap packaging, and deodorant containers and caps.

2. SOLO AND OTHER BRANDS OF RIGID PLASTIC #6 CUPS: Solo and other brands of rigid plastic #6 cups. Liquid or products should be removed as much as possible before placing in the bin. Although clear cups are accepted by TerraCycle, these items can be recycled in our town's single-stream program. The red and other colored cups are not accepted by our town's single-stream program and should be recycled through TerraCycle.

3. RUBBERMAID & OTHER BRANDS OF PLASTIC & GLASS FOOD CONTAINERS: All brands of reusable plastic and glass food storage containers, including black #5 takeout containers. Any product in the containers should be removed as much as possible before placing in the bin. This TerraCycle program does not accept single-use branded food packaging like yogurt or sour cream containers, margarine tubs, etc.

4. PLASTIC SQUEEZE POUCHES AND LIDS: All brands of snack and other food squeeze pouches and lids. Any remaining product should be emptied into the garbage before placing in the bins. Caps can (and hopefully will) be replaced on the pouches before placing in bin, or they can also be placed in the bin unattached.

The waste our town collects in these bins will be sent to Terracycle, where it will be sorted, aggregated and then sent to third-party partners to process the materials. Plastics are often shredded or ground, and then melted and reformatted into pellets, flakes or a powder format to be turned into outdoor furniture and decking, shipping pallets, watering cans, storage containers, playground and athletic fields, and more.

COMPOST DROP-OFF Beginning July 12, 2023, the residents in Bow can drop off food scraps for composting. There will be two 65-gallon compost bins located outside of the Bow Community Center (Knox Road side). The bins will be collected and emptied weekly (usually on Tuesdays) by Renewal Garden and Compost.

The compost drop-off program accepts all types of residential food scraps including fruit and vegetable scraps, coffee grounds, coffee filters, loose tea bags, meat, fish, dairy scraps, eggs, eggshells, nuts, shells, nut butters, pasta, rice and bread scraps. Other compostable items such as hair or fur, cut flowers (no yard waste) and certified compostable products are accepted. Please do not include yard waste, non-food products, animal or pet waste or ashes from fire or grill.

The availability for drop-off is on a "first come, first served" basis. If the bins are full when you arrive, please find an alternative for your food scraps. One alternative is Work Song Farm on Beech Hill Road in Hopkinton, which will accept food scraps from Bow residents when the bins are full. If you are dropping off food scraps at Work Song Farm, please follow the farm's compost program rules such as no stickers and no take-out or other containers, even if compostable.

Bow's drop-off program is being implemented on a six-month trial basis, at which time a recommendation will be made to the Board of Selectmen to continue, expand or discontinue the program. The Bow Recycling and Solid Waste Committee still strongly encourages residents to participate in back-yard composting, but fortunately, the compost drop-off program provides an opportunity for residents to compost when it is not feasible to have a compost bin or pile at their homes.

RENEWAL GARDEN AND COMPOST also offers a weekly home pickup service (for a fee). For any resident interested signing up for the home pick up service, please visit www.renewalcompost.com. If you have questions about the town's compost or TerraCycle drop-off program, please email bowrecycles@gmail.com.

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Dessert 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



We want to hear from you!
What would make Bow an even better place to live?

What would make Bow an even better place to live?

This question is not about the library; but rather, about Bow as a place to live, work, play, and learn. In order for us to go as far as we can as your library as we develop our next Strategic Plan, we want to hear from everyone in Bow about Bow – what the issues are; what you wish you could do in Bow that you cannot do (yet); what your ideal community looks like?

Please take a moment to think about this question, and send your response to us through our very simple one-question survey available on our website.

www.bowbakerfreelibrary.org

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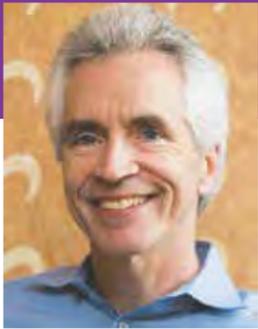
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Hopkinton Real Estate Sales – JUNE

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
247 Rolfe Pond Road	2 Bedroom 1 Baths	712 Square Feet	0.18 Acres	\$167,500
40 Emerson Hill Road	2 Bedroom 3 Baths	1,889 Square Feet	3.1 Acres	\$350,000
66 Garrison Lane	2 Bedroom 2 Baths	2,099 Square Feet	0.83 Acres	\$480,000
99 Gage Hill Road	2 Bedroom 1 Baths	1,683 Square Feet	5.1 Acres	\$530,000
202 South Shore Drive	2 Bedroom 3 Baths	1,752 Square Feet	1.8 Acres	\$556,000
265– 28 & 16–28 Upper Straw Road			69.83 Acres	\$575,000
312 Sugar Hill Road	4 Bedroom 2 Baths	2,542 Square Feet	5.06 Acres	\$684,300
000 Gould Hill Road			20.15 Acres	\$799,000
1030 Briar Hill Road	5 Bedroom 5 Baths	4,928 Square Feet	47 Acres	\$1,480,000

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HOPKINTON - CONTOOCCOOK
TOWN CRIER
by Kathleen Butcher
724-3452, kathb123@comcast.net

TWO VILLAGES ♥ ONE HEART

TWO VILLAGES ART SOCIETY Congratulations to local artist Andrew Heath for an amazing opening of his first solo show, (Ir)Reverent, on display at Two Villages Art Society. Meet the artist at the gallery on Saturday July 22 between noon and 4:00 PM. (Ir)Reverent is on display through July 29 at TVAS gallery 846 Main Street in Contoocook. Gallery hours are Thursday through Sunday from noon to 4:00 PM.

WRITING CAMP for students entering grades 3 through high school will be offered at Harold Martin School 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 or joanfollansbee1970@gmail.com.



FARM Fresh
Contoocook
Farmers' Market

CONTOOCCOOK FARMERS MARKET is in full swing for the season. Join us every Saturday 9:00 AM to noon at Riverway Park in downtown Contoocook. Life music every week.



BEECH HILL FARM & ICE CREAM BARN is open for the season! If you're in the moo-d for some 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. Thanks for supporting local farms!

DIAL-A-RIDE a volunteer organization providing free rides to residents in Hopkinton or Contoocook, needs 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 need to schedule a ride, or have an interest in volunteering, please call the Slusser Center at 603-746-4357. Office hours are Monday, Wednesday, and Friday 10:00 AM to Noon. For additional information about Dial-A-Ride - <https://www.hopkinton-nh.gov/slusser-center/pages/dial-ride>

STEAM STUDIO - Join the STEAM movement: where science, technology, engineering and math collide with art! Construct kinetic wind-powered sculptures, kaleidoscopes, and crystal solutions. Make squishy dough circuits to wire your own light-up creation and build a hydroponic garden. Get messy with colors, chemicals and creations to create cool rainbow slime, density tubes and sparkling salt crystals. Construct a binary code key chain, 3-D nature boxes and things that glow in the dark. Grades K-5 at Harold Martin School, Aug 7-11th 9:00 AM to 4:00 PM. Details are online at: www.HopkintonRec.com.

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



DONNA DUNLOP RETIRES AS HOPKINTON LIBRARY DIRECTOR

During her 15 years of service, Donna Dunlop has brought the Hopkinton library through numerous challenges, including a rebuilding project after fire sparked by lightning and navigating the challenges brought on by the pandemic.

Dunlop, who retired in May expressed her gratitude for the support she received from the community and the library staff.

Taking over as library director is Rose Jansen, a 34-year old resident of Warner who previously served as library service coordinator for the Library of Henniker.

HOPKINTON YOUTH SPORTS ASSOCIATION has been serving Hopkinton and Contoocook, since 1987. HYSA is a volunteer organization whose mission is to provide athletic opportunities for youths in Hopkinton and Contoocook, in an atmosphere that is positive, instructional, and fun. All of the work needed for HYSA to fulfill this mission is carried out by dedicated volunteers, to whom the community and Board is incredibly grateful. Registration for 2023 fall field hockey and soccer is open! Information: <https://hysasportsnh.com/>.

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.

FIRST THURSDAYS 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 PM on the first Thursday of the month. Come shop the Village for discounts, make and take goodies, wine, and much more!

SHARED HARVEST OF HOPKINTON has resumed for the summer. Donate fresh garden vegetables and eggs from your garden. Donations are accepted from 3-5:30 PM at the Slusser Center. Donation dates: July 19th, August 2nd, 16th, 30th. All donations go to the Food Pantry.

CARTER MOUNTAIN BRASS BAND performs at the Gazebo on Sunday, July 30 at 3:00 PM. This concert is free to the public!

HOPKINTON POLICE DEPT.

JUNE 2023 ARREST LOG

6 Arrests 5 Accidents 323 Traffic Stops

06/05 James Swalgen, 32, of 1214 Route 3A, Bow, was arrested on Breach of Bail and Breach of Bail.

06/10 Stephen Johnson, 38, of 295 E. Penacook Rd., Hopkinton, was arrested for DUI-2nd and Open Container.

06/12 Isaac Ireland, 21, of 6 Pleasant Street, Antrim, was charged with Disobeying an Officer, Stop signs; Yield Signs, and Uninspected Vehicle.

06/18 Allen Reed, 42, of 71 Hutchins Street, Concord, arrested for DUI-3rd, Operate After Certified Habitual Offender, Falsify Physical Evidence—alter, destroy, hide, Drive After Revocation/Suspension; DUI and Open Container.

06/22 Jeremy Carter, 38, of 337 Little Tooky Road, Hopkinton, was arrested on Warrant.

06/23 Stephen Jones, 71, of 410 Stumpfield Road, Hopkinton, was charged with Reckless Operation and Fail to Drive on Right Side of Road.

FORGOTTEN COURTESIES WE ALL NEED TO PRACTICE.

- **Be on time**— chronic lateness sends the message to others that their time is not important to you. Letting someone know that you're running late shows that you do care about them... and their time.
- **Let people finish what they're saying**— cutting someone off mid-sentence gives the impression that you don't care about what the other person is saying.
- **RSVP to events**— letting your host know if you're coming helps him/her plan how much food and drink to provide.
- **Park within the lines**— encroaching on another parking spot even for just a few minutes has a domino effect.
- **Use your table manners**— chew silently with your mouth closed, keep your elbows off the table, do not reach across someone else's plate.
- **Put down your phone**— and interact with those around you not only is it polite, it can be rewarding.



Bow Garden Club News



OUR ANNUAL SPRING PLANT SALE



A huge “Thank You” to the residents of the Town of Bow and others for making our 2023 annual Spring Plant Sale another great success! This year we included a Children’s Potting Station too. By request, we had even more plants to offer our customers this year than last, however the beautiful weather on the Saturday of Memorial Day Weekend proved to be just too much competition, leaving us with a good number of plants left for sale and needing good homes! Okay, Plan B: After a little “meeting of the minds”, we decided to reopen our plant sale to the public on Monday to coincide with the town’s Memorial Day Observance. Using Facebook and word-of-mouth we advertised our first ever “Plant Lover Clearance Sale” and Bow residents came through once again and in the end, we were virtually sold out. This community support provides a nice little profit for our club, affording us the opportunity to continue with our civic beautifications and projects within the Town of Bow for another year. We appreciate your patronage and all the support you give us each and every year.

A huge “Thank You” to the residents of the Town of Bow and others for making our 2023 annual Spring Plant Sale another great success! This year we included a Children’s Potting Station too. By request, we had even more plants to offer our customers this year than last, however the beautiful weather on the Saturday of Memorial Day Weekend proved to be just too much competition, leaving us with a good number of plants left for sale and needing good homes! Okay, Plan B: After a little “meeting of the minds”, we decided to reopen our plant sale to the public on Monday to coincide with the town’s Memorial Day Observance. Using Facebook and word-of-mouth we advertised our first ever “Plant Lover Clearance Sale” and Bow residents came through once again and in the end, we were virtually sold out. This community support provides a nice little profit for our club, affording us the opportunity to continue with our civic beautifications and projects within the Town of Bow for another year. We appreciate your patronage and all the support you give us each and every year.



Children’s Potting Station

COMMUNITY BUILDING CONTAINER GARDENING PROJECT

What started as just an idea back in June of 2022 became a reality this year as there are now seventeen (17) decorative containers overflowing with flowering plants and greenery “sprucing up” the south side of the Bow Community Building. I hope you agree that the results of this project are a vast improvement from the overgrown weed patch that although cleaned up periodically, remained overgrown and unattractive. A huge “Thank You” goes out to Kris Reynolds of Karmic Landscapes who volunteered his equipment and crew to dig up the entire area, removing all the weeds and replacing them with a layer of landscape fabric and a bed of decorative river rock. Seventeen (17) businesses and individuals donated a pre-set amount to sponsor the purchase of either a small, medium or large container to be grouped in a pattern along the river rock bed. The containers were designed and planted with over 100 (one hundred) plants just in time for Memorial Monday. We hope you like our Container Gardener Project which was financed in part by a \$1,000 Plant America grant offered by National Garden Clubs, Inc.! Engraved sponsorship plates will be in place by the end of July but in the meantime please see the listing of sponsors for the BGC Container Project below, in alphabetical order.

Landscaping Work generously donated by



- American National Insurance
- Anderson, Eric & Keryn
- Baker Free Library
- Bow Community Men’s Club
- Bow Plumbing & Heating
- Bow Rotary Club
- Dippold & Dennehy Real Estate Group
- E. Cooke Plumbing & Heating
- Echelon Planning Group
- Flewelling, Erika & Vinny
- Graponne Automotive Group
- Mannion, Nadeane L.
- Moira Blais Massage Therapy
- Northeast Delta Dental
- Pitco Frialator
- Sheepdog Enterprises
- Wayne, Debra & Mike

BOOKS IN BLOOM

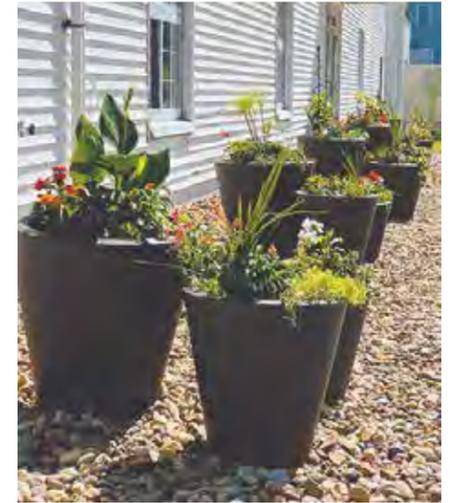
Sixteen participants designed floral arrangements interpreting a particular book for the “Books In Bloom” event held on June 23 – 24 at the Baker Free Library. This was a cooperative effort between the Bow Garden Club and the Baker Free Library. The theme of the books to be interpreted in floral design was “Find Your Voice” and the designers were asked to select a book that they felt embraced the power of one’s voice, i.e., activists, artists, writers, musicians, etc. and to capture the subject of the book, its title, its message and/or its book jacket to reflect their book in floral design.



Floral Designs for “Books in Bloom” at the Baker Free Library



Before



Completed!

PETALS 2 PAINT

Three of our members—two of them brand new members of the garden club, signed up to design floral arrangements interpreting art pieces at the annual Petals 2 Paint exhibition held at the LaBelle Winery in Amherst on June 14-16. Twenty designers representing garden clubs from around the state participated in this 20th anniversary exhibition.



By BGC Member, Suzanne Savage



By BGC Member, Carol Barleon



By BGC Member, Joyce Kimball

THE TOWN OF BOW POLICE DEPARTMENT



A NOTABLE ARREST

Bow Police Officer's conducted a motor vehicle stop for an inspection violation. The driver was arrested on a parole violation warrant. The arrestee was transported to the Merrimack County Jail and was later transferred to the New Hampshire State Prison.

A search warrant was completed on a backpack found in the vehicle, which led to the seizure of approximately 100 grams of Fentanyl, 15 grams of Crack Cocaine, a small amount of Methamphetamine, packaging materials, a digital scale, and a stolen handgun.

BOW POLICE DEPARTMENT JUNE 2023 ARREST LOG



6/2 Mikayla Stevens, 25, Concord, arrested for Criminal Trespass; Daune Hardy Jr., 45, Concord, was arrested for Criminal Trespass

6/3 David Nelson, 35, Nashua, was arrested on a warrant for Violation of Court Order; Hanah Moses, 22, Concord, was arrested for Driving After Suspension; Leslie McCormack, 66, Bradford, was summoned for operating Without a valid license.

6/4 Joshua Roy, 33, Penacook, arrested for driving under the influence.

6/5 Daisey Lumbra, 31, Hartford, VT, was summoned for Operating after revocation or suspension.

6/6 Kevin Driscoll, 51, Concord, was for possession of controlled drug and False report to Law Enforcement

6/8 Joel Dumond, 48, Manchester, was arrested for operating after revocation or suspension; Kerilynn Blake, 32, Franklin, was arrested on four counts of possession of a controlled drug and possession of controlled drugs with intent to distribute.

6/10 Patrick Ambuka, 46, Manchester, was summoned for operating after revocation or suspension.

6/12 Giovanni Perez-Borges, 29, Keene, was summoned for operating without a valid license.

6/13 Eric Mayville, 46, Webster was arrested for stalking.

6/15 Brandon Long, 39, Henniker, arrested for violation of a domestic violence order.

6/16 Ian Murray, 31, Concord, was arrested for stalking.

6/17 Raymond Cekala, 56, Rochester, was arrested on a warrant on two counts of failure to appear in court.

6/20 Barbara Sefton, 67, Plymouth, arrested for hindering apprehension.

6/21 Heather Gilman, 39, Manchester, was summoned for driving after suspension or revocation.

6/22 Corrisa Markham, 51, Tilton, was arrested for criminal trespass; Raymond Cekala, 56, Rochester, was arrested for possession of a controlled drug, operating after suspension and obstruction of government administration.

6/25 Joseph Schultz, 29, Penacook, arrested on a warrant for failure to appear in court.

6/28 Adam Roz, 48, Concord, arrested on five counts of possession of a controlled drug, felonious use of a firearm, and receiving stolen property.

6/30 Jennifer Boudle, 36, Bow, was arrested on a warrant for failure to appear in court.



There was a great turnout for the annual Touch-A-Truck event on June 17th at the Baker Free Library.

Despite the weather, this family-friendly event gave children the chance to explore, climb, and TOUCH vehicles of all shapes and sizes.

We wish to extend sincere appreciation to all the town department employees and volunteers who worked together to make the Bow Touch-A-Truck a successful and amazing event! And we want to give a shout out to Eric Anderson for his time, talent, and great photos!





OBITUARIES



COPING WITH LOSS ONE STEP AT A TIME

Grief is a complex emotion. And when you're in the throes of it, you may find it difficult to do almost anything else, even complete simple tasks. It's common to feel indecisive, even about trivial matters. Many people just want the pain to end but are convinced it never will.

But life goes on, and you, the one grieving, need to go on, too. Though you may not be able to function at pre-loss capacity for a while, there are steps you can take to ensure your life does not fall apart while you're in the midst of your grief. Experts advise: be kind to yourself, be patient with yourself, find a listening post, and surround yourself with loved ones.

Remember that grieving is not completed in a day or a month or a year. It takes time — sometimes a very long time. And the only way forward is to put one step in front of the other.



REV., KENNETH A. BOYLE

Reverend Kenneth A. Boyle (88) passed away peacefully by the side of his loving wife, Dale S. Boyle, on July 5, 2023, at his home in Hopkinton. The son of Etta and Milton Boyle, Ken grew up in Melrose, MA.

Through his ministry and devotion, Ken touched the lives of thousands of people. Ken deeply loved family, friends, and God. He served as a minister for over 57 years in multiple parishes.

He is survived by his children Kenneth (Virginia) Boyle Jr., Evangeline Boyle, Brenda (Mark) Paradis, and Michael (Danielle) Leighton. He is also survived by his stepchildren Kathryn (Thomas Pink) Wilson and Jennifer (James) Fitzgerald. He was predeceased by his son Bradford Boyle and daughter Denise Young.

In lieu of flowers, donations may be made to First Baptist Church of Medford, MA, or St. Judes Hospital.

LOUIS DEBERIO, JR.

Louis DeBerui Jr., of Tewksbury and Dunbarton, passed away on Thursday, June 15, 2023.

Louis grew up in Somerville and Woburn and was a graduate of Woburn Memorial High School. He graduated from Northeastern University. A proud veteran, Louis served in the United States Army Reserve from 1970 to 1976. He worked for many years as a computer programmer.

Louis enjoyed his home in Dunbarton, New Hampshire, and was President of the Lake Gorham Association for over 30 years. He was a major player in eliminating invasive milfoil from Gorham Pond. He was an active parishioner at St. Williams Church in Tewksbury. He will be deeply missed by his loving family and many friends.

Family and friends celebrated Louis's life at the Cota Funeral Home, 335 Park St., North Reading, Ma. on Wednesday, June 21, 2023.

Please consider making a donation in Louis' memory to the American Diabetes Association, 330 Congress St., Boston, MA 02210 or online at www.diabetes.org or to the MSPCA, Attn: Donations, 350 South Huntington Ave., Boston, MA 02130 or online at www.mspca.org.

RAYMOND K. GOURLEY

Raymond Keith Gourley, 88, of Bow passed away peacefully on June 12th, 2023, at his home after battling a long illness with Parkinson's disease.

Ray was born in Concord on January 26, 1935, to the late Keith and Yvonne (Roy) Gourley. After attending St. John's in Concord he enlisted in the US Army serving from 1953-1961, during that time he spent one year stationed in Germany.

He worked at Seal Tannery in Manchester until he landed Polly Susan, doing what he loved best, baking. He then went to work as a baker at NH State Hospital and then YDC where he worked until his retirement at the age of 62. Following his retirement he worked part-time at Bow Transfer Station for 14 years.

He is survived by his wife Jerilyn (Alley) Gourley; 7 children, Raymond Gourley Jr, Lisa Rideout, Kim Slatton all of Concord, Dana Gourley of Loudon, Stephanie Anderson and her husband Philip of Dunbarton, Dale Gourley and his wife Tracy of Pittsfield, Noel Gourley and his wife Danyelle of Concord; 15 grandchildren, 15 great grandchildren and 1 great-great grandson.

In lieu of flowers donations may be made to Granite VNA Hospice, 30 Pillsbury Street, Concord, NH 03301, or to Pope Memorial SPCA, 94 Silk Farm Road, Concord, NH 03301.

RONALD KENNETH HAIGH

Ronald Kenneth Haigh passed away peacefully in his home in Bow, after several years of declining health. He was born in Lawrence, MA, in 1934 to Maurice H. Haigh and Dona Romprey Haigh of Salem. Ron grew up in Salem where he was an active Boy Scout attaining the rank of Eagle Scout. Ron enlisted in the US Army serving during the Korean War and spending two years in Japan where he learned how to speak Japanese. After his tour of duty, he married his high school sweetheart, Nancy Anne Cate, in 1955.

Ron graduated from UNH in 1962 with a degree in Mechanical Engineering. During his career he worked for several companies developing medical and scientific equipment including: electron microscopes; lasers for surveying, police radar, and vision correction; and machines to make microchips for computers.

Ron was predeceased by his parents, sisters, Lorraine and Maureen, as well as many aunts, uncles and cousins.

He is survived by his wife, Nancy, and four children, Ronald Jr, Timothy, Amy Fassett (James) and Christopher (Jennifer Haskell).

In lieu of flowers, a donation may be made to Baker Free Library Foundation, 509 South Street, Bow, 03304 or through the donate link at bakerfreefoundation.org.

RONALD C. ROBICHAUD

Ronald C. Robichaud, age 87, died June 13, 2023 in Bow, after a period of declining health.

Ronald was born in Franklin to Wildie and Louise (Vigneault) Robichaud and was a lifelong resident, moving to Tilton in 2014 and recently relocated to Bow.

He was a graduate of Franklin High School class of 1955 and went on to honorably serve four years in the US Air Force in the Korean Conflict. Ronald retired from a lifelong career as a pressman at Concord Litho.

Ronald's experience in the military played a very important role in his life. He was passionate about his country, his flag and his fellow veterans. He volunteered at the Veterans Home in Tilton and he was a parishioner of St. Paul's Church and was a life member of the Knights of Columbus 4th degree.

Ronald is survived by his loving wife of fourteen years, Simone (LaBonte) Robichaud of Bow, three sons, Michael and his wife Terry of Northfield, Stephen and his wife Mary Jo of Tilton and Mark and his wife Heidi of Franklin. He also leaves ten dearly loved grandchildren and great grandchildren.

In lieu of flowers, donations may be made to Parkinson's Foundation of New England, 200 SE 1st Street Suite 800 Miami, FL 33131 or Wildlife Heritage Foundation of NH, 54 Portsmouth Street, Concord, NH 03301.

BOW FIRE DEPARTMENT

JUNE 2023 RESPONSE ACTIVITY LOG



- 3 Search and Rescue
- 13 Basic Life Support Transports
- 13 Advanced Life Support Transports
- 37 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 20 Fires/Hazardous Conditions/Alarms
- 16 Service Call Incidents/Good Intent
- 12 Overlapping Incidents
- 102 Total Calls for the Month

POOL SAFETY

TIPS FROM THE BOW FIRE DEPARTMENT



1 Always Have Adult Supervision of Children In & Around the Pool

An adult should be always dedicated to supervising children when they are playing in and around the pool. The designated supervisor should remain close to the pool and attentive to everything going on. The adult supervisor should only leave if another adult is present to take his or her place.

2 No One Should Swim Alone

Regardless of whether you're a great swimmer or not, and no matter how old or young you are, no one should ever swim alone. Accidents can happen to anyone at any time. But when they happen in the pool, the result can be tragic.

3 Always Have Safety Equipment Nearby and Easily Accessible

Hopefully you never have to use it, but when you do, every second counts. Safety equipment that isn't used for a long time can become buried behind pool toys, equipment or furniture. Make sure it is always visible and nothing is in the way to stop or slow you from getting it.

4 Plan & Practice Emergency Procedures

It will help improve your response to an emergency if you plan your procedures and practice them before an emergency happens.

5 Establish Rules & Safe Behaviors

Whether it's 'no running on the deck' or 'stay away from the drain covers in the pool', you should write down rules and safe behaviors and make sure everyone understands them. Remember to think about every circumstance, including get out of the pool if you hear thunder and/or see lightning and stay out for at least 30 minutes after the last thunder and lightning you see or hear. No running on the pool deck or near the pool. Safe diving rules.

6 Regularly Check the Fence Around the Pool

Children can get through surprisingly small openings when they are motivated. And small openings can open in many types of pool fencing. When you're inspecting the fence, don't just look for a gap, but think like a child and look for a way to get in the pool.

7 Put Away Pool Toys When They Are Not in Use

There's nothing more inviting for a child than a colorful toy bobbing invitingly in the pool. Even toys left on the deck can draw children closer to the pool when no one's around.

8 Consider CPR & First Aid Courses

This may not be a rule, but it will improve pool safety. We encourage everyone to learn CPR & First Aid. At a minimum, the pool owner or the adult who is most often the dedicated pool supervisor should take basic First Aid and CPR courses and refresh them regularly.

COURTESY OF THE BOW FIRE DEPARTMENT



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

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