

The Bow Times

“Of the People, By the People, For the People”

ECRWSS
PRSR STD
U.S. POSTAGE
PAID
PERMIT #130
Portsmouth, NH
POSTAL CUSTOMER

VOL 30, NO. 8 | AUGUST 2023

www.thebowtimes.com | FREE

DUNBARTON NEWS ON PAGE 12-13

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9



\$13,400,000 BOND PROPOSAL FOR COMMUNITY CENTER

At the August 8 Selectmen's meeting, Daniele Albushies, the spokesperson for a committee considering the transformation of the Community Center, said a new structure could be built on the opposite side of the street from the existing building and would provide the town with 31,158 square feet for a multigenerational Community Center.

The new building is expected to cost about \$13.4 million and would be designed to meet Bow's demand for spaces such as pickleball and basketball, among other things.

The committee also presented the board with two alternatives for the modernization of the current Community Center.

The most cost-effective option is to address the essential repairs in the current facility, which is anticipated to cost \$3.76 million.

Another option involves renovation of the existing building, including adding another 7,865 square feet of space. The projected cost for the renovation is \$6.5 million.

Renovation would allow for expanded gym facilities, adequate bathrooms, and multipurpose design in modern air conditioning. However, it would also result in reduced parking and storage at the current site.

Either of the two renovation choices will leave the town without a community center for 12 to 18 months, depending on the extent of the renovation work.

The State Fire Marshal has required that the current community building be brought up to code or a viable plan to do so by 2025 must be approved.

A public hearing will be scheduled.

Eric Anderson | Photo

CONTROVERSY OVER FIVE LOT SUBDIVISIONS IN BOW

The July 20 Planning Board meeting addressed two applications for five lot subdivisions.

178 WOODHILL HOOKSETT ROAD – A note on a 20 year old plan approved on August 28, 2003, said that property could have no further subdivisions on it. The attorney for Strategic Contracting Company said that was an error and he would seek court relief to correct it.

An attorney for two abutters said that an appeal of the 2003 limitation would have to have been appealed within 30 days so it is 20 years too late to raise the issue anew. Other abutters opposed the five lot proposal.

The applicant's attorney asked the Planning Board if he could withdraw the application without prejudice to refile after a court decision, and the Board agreed.

BROWN HILL ROAD – The other five lot subdivision on Brown Hill Road also drew abutter opposition. The parcel involved is a “remainder parcel” as a result of a 1973 subdivision. The standard for highways requires 400 feet of sight distance to allow for an adequate safe stopping distance, but the plan called for only 200 feet on Brown Hill Road.

The Board then heard concerns from three Brown Hill Road residents concerned with speeding and risks to cars coming out onto Brown Hill Road from existing driveways.

The Planning Board scheduled a site walk for August 12 with their next meeting to be held on August 24.

REPUBLICANS SHOULD CHOOSE TO GO FORWARD WITH TIM SCOTT FOR PRESIDENT

An Editorial by Chuck Douglas

Republican primary voters next year can either choose to hear endless claims of fraud (never proven) by the 2020 loser or go forward with a candidate who looks ahead with optimism: South Carolina's Tim Scott.

From a slave heritage, Senator Scott has the character and the spirit of optimism exuding from his smiling presence.

If Republicans choose this principled conservative, they will have a candidate who can pitch his message of growth and forgiveness without the burden and distraction of four criminal trials taking up his time and focus.

The voters of South Carolina, the original site of the Confederacy, keep electing the man of good morals and good character, why can't we join them and move forward with Tim Scott for President?

DRIVER IN 2018 CRASH IN BOW THAT KILLED TYLER SHAW GRANTED PAROLE

A convicted drunk driver was granted parole after serving nearly four years of a 6-12 year prison sentence for killing Tyler Shaw.

Beth and Chris Shaw said they've been pushing for stricter laws for repeat drunk drivers after their son was killed in a crash at Exit 1 on I-89. They said they don't believe public safety was taken into account in this case.

“He was such a happy kid,” Beth Shaw said. “He loved fiercely. He protected people. He was funny. He was smart. He was kind.”

Joseph Leonard, 41, pleaded guilty to negligent homicide and aggravated DWI for the crash and was sentenced to 6 to 12 years behind bars.

Leonard was granted parole last week and is expected to be released from prison within the next two months.

“It's not just about us; it's about the safety of everyone,” Beth Shaw said. “And I'm not sure that was taken into account.”

The Shaws have been advocating for stricter laws since their son's death.

Gov. Chris Sununu signed Tyler Shaw's Law in 2021, which increases sentences for people with previous convictions, sending them to prison for up to 10 to 30 years for harming or killing another person.

JIM DIMICK IS NAMED BOW'S CITIZEN OF THE YEAR



Greg Cordier, President of the Bow Community Men's Club, presents the Citizen of the Year Award to Jim Dimick (left) at a Special Town Meeting held on August 16, 2023 at the Bow High School.

Eric Anderson | Photo

This year's Citizen of the Year, Jim Dimick, was chosen for his devotion to the history of Bow. Jim, an active member of the Bow Heritage Commission since 2016, was instrumental in establishing the Baker Heritage Room at the Baker Free Library.

Eric Anderson | Photo

WINNER OF 23 NH PRESS ASSOCIATION AWARDS
THE BOW TIMES IS DELIVERED FREE TO 4,350 RESIDENCES & BUSINESSES IN BOW AND DUNBARTON

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

Publisher: The Bow Times, LLC

Editor: Chuck Douglas 224-1988

Co-Editor: Debra Douglas

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

Technical Editor:
Jennifer Jameson
jjameson@thebowtimes.com

Billing & Accounts:
Julie Adamson
jeanodeano16@yahoo.com

Distribution Manager:
Joshua Coughlin
josh@thebowtimes.com

Medical Editor:
Richard Johnson, MD

Travel Editor: Chase Binder

Food Editor: Debra Barnes

Wine Editor: Annie Kenney

BHS Sports Editor:
Ryan McCabe

Contributing Writers:
Bow Garden Club - Joyce Kimball
Dunbarton News - Nora LeDuc
Elder Law - Ben Kiniry
Hopkinton News - Kathy Butcher
Photographer - Eric Anderson

Printer - Gannett Pub. Services

**Mailing address for news
or notices:** 14 South Street,
Concord, NH 03301

Email: info@thebowtimes.com

DEADLINES: 1st of each month;
classifieds must be prepaid - cash or
a check payable to The Bow Times.

ADVERTISEMENT ERRORS:
We will be responsible for errors in
advertisements only to the extent
of correcting the same in the next
issue, using space equal to the
items in error.

LETTERS POLICY:

We print letters to the editor
on a space available basis.
Letters should be no more
than 200 words, typed or
e-mailed. Letters must be
signed with an address.

PHOTO SUBMISSIONS:

We encourage individuals and
groups to submit photos of their
events or activities, by email or
call the Technical Editor.

CORRECTIONS POLICY:

We strive to present accurate news
reports. We will correct factual
inaccuracies in our coverage.
We encourage readers to tell us
if we have made a mistake.

Postal Information: Bulk rate
postage paid at Portsmouth, N.H.
Postmaster. Send address changes
to the Bow Times Permit #130.

**A proud member of the
New Hampshire Press
Association**

EDITORIALS

CHUMPS FOR TRUMP

Fueled by tens of thousands of contributions by small donors, former President Donald Trump's political action committee began last year with \$105 million, but now has less than \$4 million after paying tens of millions of dollars in legal fees for Trump and his team.

Governor Ron DeSantis of Florida's spokesman said Trump was grifting off his supporters and that "MAGA grandmas were scammed out of their Social Security checks to pay a billionaire's legal bills."

A good question was posed by former New Hampshire Republican Chairman Steve Duprey who asked, why would someone contribute a pay to the bills of a billionaire who owns his own 757 airliner?

The answer is easy. As P.T. Barnum put it, "a sucker is born every minute."

How true that still is.

DISAPPOINTING DeSANTIS

Six months ago, it looked like Governor Ron DeSantis of Florida was a strong alternative to Donald Trump for GOP primary voters who do not want to debate who won the 2020 election as a losing platform in 2024.

Since January, DeSantis' support has slipped to 18% in the Real Clear Politics average. Reasons abound and all are self-inflicted errors by the candidate.

First, came his statement that the Russian war against Ukraine was a mere "territorial dispute." Unlike two neighbors debating whether a fence is on the other's property, the Russian Army of over 200,000 men forcibly invaded the independent nation of Ukraine, killing over 9000 civilians to date. One country is a dictatorship seeking past empire glory, but the victim, a Pro-Western democracy, had been at peace. Hardly a boundary dispute.

Second, came DeSantis' full-throated defense of course material attempting to show that slavery provided certain job skill training. Armed white men on horseback backed up by whips and dogs while unpaid slaves picked cotton is hardly a Job Corps training program.

Third, the musings about considering vaccine opponent, Robert F. Kennedy, Jr. to head up the Food and Drug Administration and the Center for Disease Control and Prevention is ridiculous. Supporting a whack job is hardly going to get suburban America excited about doing away with measles or polio shots by voting for DeSantis.

Finally, Governor DeSantis is a tense, unsmiling campaigner, who does not even appear comfortable in his own skin.

The anti-woke warrior is too negative and too narrow in his platform to get to the magic 51% in a national election.

CARTEL'S MONSTER TRUCKS CAN OUTFRAN THE GOVERNMENT

The latest fad taken up by cartels like Jalisco New Generation and the Gulf Cartel are heavily armored trucks. By adding 4 inch thick steel plates, bulletproof glass and machine gun turrets, pickup trucks are being turned into armored vehicles.

Known as rhinos or narco tanks they help impose fear in the parts of Mexico they govern by brute force. To take them out, the Mexican Army needs to use rocket launchers.

These vehicles becoming a military style conversion of an Ford F-150 are the latest evidence of the government's failures in Mexico.

The fentanyl from the cartels also killed another 5,000 plus Americans in June.

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

LETTERS TO THE EDITOR

The accusatory headline about the Bow Select Board member who "Blocked the Funding for the Bow Pioneers Snowmobile Club" is inaccurate, to say the least. Before your paper starts naming people responsible for some action, perhaps you need to get the facts straight.

According to a June 8th email sent from Alexis Rudko, Deputy Director, DNCR-Parks & Rec-Trails Bureau to the Bow Pioneers Snowmobile Club, funding was denied because of the snowmobile club's own action or inaction. The Grant in Aid Advisory Committee denied two of the three projects "due to ongoing complaints from citizens/landowners about the club's behavior and actions" and denied one project "because of the lack of written landowner permission." This doesn't sound like any action by any Select Board member "blocked" the club's funding.

As the DNCR email closes, "Once the club demonstrates positive relations with the public (be it landowners or not), the club will then qualify for receiving future funding from the GIA and/or RTP program."

The behavior of the club members and the club not meeting the requirements of the grant program are the reason for the loss of funding. Don't blame others for what they failed to do.

Sandy Crystall, Bow

Bow Times failed in its article on Select Board Member Colby. She does in fact live in Bow, and only checking one source before presenting this as a "fact" was inappropriate. Further, the Bow Times apparently did not make, or certainly did not refer to, any effort to provide both sides of the issue by contacting, or attempting to contact, or at least telling the readers that the Bow Times attempted to contact Select Board Member Colby for the other side of a complex issue. And finally, readers are left wondering about the fundamental question of how one email supposedly stopped the State funding. If it were that easy, there are many things that the State funds that I would love to stop with a simple email.

In general, I deeply appreciate the Bow Times reporting and often appreciate the editorials. But, just like I don't need my peas and my ice cream mixed together at dinner, please don't mix journalism and opinions.

Tom O'Donovan, Bow

(Editor's Note: Last month's article did not say Colby doesn't live in Bow, it said she does not own property in Bow. Her views were well set out in social media.)

In your June issue you described how Houston, Texas is trying to solve its homeless problem. May God give them wisdom. Compassion is Christian, but indolence is epidemic.

About seventy years ago, I was an agricultural student of the University of Maine (G.I. Bill). Among other things, we learned that what the government subsidizes, it gets more of. When the Federal government subsidized corn the farmers planted more corn.

So, I hope Houston has solved its homeless problem, but I am skeptical.

Harvey Lord, Bow



603-568-3399
TEAMPHINNEY.COM

Andrew
Phinney

Kayla
Phinney

Aaron
Phinney

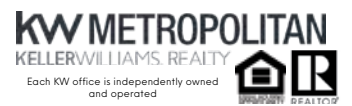
Christina
Grover

BREW SUCCESS WITH US!

Call the Phinney Team today to schedule a coffee consultation and discuss your real estate goals!

With over 20 years of combined experience, we are a dedicated team of real estate professionals. We offer unparalleled expertise, personalized service, and unwavering integrity to guide our clients through property transactions with confidence. We've proudly grown up in this community (go Falcons!) and love to serve our friends and neighbors.

#1 real estate team in sales and volume in the city of Concord!



(603)
227-PAVE

RESIDENTIAL & COMMERCIAL ASPHALT PAVING

A+ Member of the BBB. Top ranked on Angie's list. Check out our 5 star reviews on Google.

Asphalt Driveways

If you're looking for perfect paving services for your new driveway, get in touch with Bow Paving. Our team goes above and beyond for every customer and every job, and we're backed by over 30 years of experience!

Asphalt Parking Lots

For quality parking lots and a great reputation, Bow Paving is the company you need. We offer discounts for senior citizens and veterans. Contact us today for your fast, free estimate. We return all calls the same day.

Family owned and operated.

98 Dow Road Bow, NH 03304 **bowpaving.com**



#1 CERTIFIED PRE-OWNED GM STORE IN THE COUNTRY

137 MANCHESTER ST CONCORD, NH · 603-229-4176 · BANKSAUTOS.COM

THE BOW FIRE DEPARTMENT ROLLS OUT AN INNOVATIVE NEW PROGRAM!

a note from ... **Bow Fire Chief, Eliot Berman**



The Bow Fire Department is always looking for ways to better serve the community and the residents of Bow. With this in mind, I'm very excited to tell you about a new program we are rolling out to protect residents and their property in the most effective way possible — **Community Connect**.

Community Connect is a free program that enables residents to share valuable information that is needed by responders in the case of an emergency. Residents simply create a profile and enter critical

property and occupant information which is then made available to public safety agencies at the time of dispatch.

Community Connect also helps business owners and managers keep people at their commercial properties safe by giving first responders access to critical documents such as evacuation procedures, occupant rosters, hazardous material lists and more. Additionally, designated contacts at properties that joined the program will receive immediate alerts via text message when first responders are dispatched to the building address.

Community Connect is completely voluntary. Residents decide what information they are comfortable sharing. Data provided by residents within Community Connect is 100% secure and is used only to better serve resident during emergency situations.

Our highly trained responders and firefighters tackle emergency events, especially those involving structural fires, methodically. We search as extensively as possible for victims, even when we have been assured that everyone has escaped a burning building, because risking a life is not an option! I encourage you to set up a profile on the Community Connect website. The information you share can limit first responder and citizen injuries due to a lack of information.

PREVENTION. PREPAREDNESS. RESPONSE.



CREATE OR UPDATE YOUR PROFILE TODAY!

1 Create account

Sign in for free and get started doing your part. It just takes your email, phone number and address.

2 Enter the info that matters most

Enter valuable information that can help us assist more effectively during an emergency.

3 Help your Fire Department when seconds count

That's it. Just keep us updated when things change overtime so we can always be prepared.

WHAT KINDS OF INFORMATION CAN I PROVIDE?

For Households

Any information you provide through Community Connect is completely voluntary and based on what you are comfortable sharing. We have made it easy for you to know what may be important by organizing your secure portal into buckets of information you can enter.

For Businesses

Enable your business, school, age-care facility or other public location First Responders with critical information, valuable emergency plans and more - available at a moment's notice in the event of an incident. Stay aware with notifications from First Responders through text messages in the event they are ever dispatched to your property.

HOW SECURE IS MY DATA AND HOW IS IT USED?

Data that you provide Community Connect is secure and is used only for the purpose of better serving you during emergency situations. Your information is never used for any other purpose. All logins are password protected with bank level encryption and security. If you're comfortable logging in to your online bank you'll be comfortable logging in to Community Connect.



Community Connect is **Safe & Secure**

Create a household or business account at www.communityconnect.io/info/nh-townofbow

THE Summer CONCERT SERIES

ENDED ON A HIGH NOTE!

Judging from participant attendance, it was clear that something magical happened this summer. There is something about music that seems to create a sense of connection, generate pride in a community, and bring us closer to each other. Job well done, Rotary Club of Bow!

The season ended on Thursday, August 17th, with the Rockin' Daddios, a fun group of guys who recreate a mood from a simpler time.

Eric Anderson | Photos



The multi-instrumentalist performer, Mr. Aaron gets happy youngsters on the move at his concert held on Thursday, August 10.



The Rockin' Daddios sang some of the best-loved songs of the 50s and 60s in a doo-wop style with an accent on harmonies and fun!



The final concert of the season was well attended with folks eager to have a great time. Some even brought their dancing shoes!



Sugar River Bank
Est. 1895

ELLEN LESSARD
Mortgage Loan Officer
NMLS #1597160
603.227.6011
elessard@sugarriverbank.com
198 Loudon Rd., Concord

BUILD YOUR DREAM WITH US!
CONSTRUCTION LOANS | LAND LOANS
HOME EQUITY LOANS | HOME MORTGAGES

Go to sugarriverbank.com/loans/mortgage to learn more about our Concord and Dartmouth Hospitals and affiliates Mortgage Assistance Benefit Program!

APPLY ONLINE TODAY! SugarRiverBank.com
Member FDIC | Equal Housing Lender

EMBRACING E-STATEMENTS: THE TOP REASONS TO GO PAPERLESS

In an increasingly digital world, the shift towards environmentally friendly practices is more important than ever. One area where individuals can make a significant impact is by opting for e-statements instead of traditional paper statements. Beyond being eco-friendly, e-statements offer numerous advantages, ranging from convenience and accessibility to enhanced security and organization. In this article, we will explore the top reasons to embrace e-statements and bid farewell to paper clutter.

ENVIRONMENTAL CONSERVATION:

By choosing e-statements, you actively contribute to environmental conservation. Paper waste generates significantly to landfill volumes. Switching to electronic statements reduces paper consumption, lessens the demand for tree felling, and lowers your carbon footprint. Recycling paper is a good option for paper but, it can only be recycled so many times before the fibers become unusable and the resulting pulp and chemical byproduct then needs disposal.

ENHANCED SECURITY:

E-statements offer a more secure alternative to paper statements that can be lost, stolen, or intercepted during delivery. With e-statements, data is encrypted and stored securely in password-protected accounts, reducing the risk of sensitive information falling into the wrong hands. It's important to note that if you decide to print them out at home be sure you put them through a good shredder before disposing of them. Sugar River Bank has two shredding events scheduled to assist in safe disposal of personal records like paper statements. The first will be at our Warner branch on September 16, 2023 from 10am to 1pm. The second will be at our Newport location on October 14, 2023 from 10am to 1pm. This service is free to the public.

INSTANT ACCESS AND RETRIEVAL:

Gone are the days of rifling through piles of papers to find an old statement. E-statements are instantly accessible from any device with an internet connection. With a few clicks, you can view, download, or print your statements, making it convenient for personal record-keeping or financial planning. Keeping security at top of mind, please be aware of the risks involved with using public WiFi connections.

STREAMLINED ORGANIZATION:

Embracing e-statements means you can bid farewell to physical file cabinets and storage boxes. Electronic statements allow you to organize your financial records digitally, keeping everything neat, searchable, and easily manageable.

FASTER DELIVERY AND NOTIFICATIONS:

Traditional paper statements can take days to arrive, whereas e-statements are usually available immediately after the end of the statement period. Additionally, you can set up email notifications to alert you when your e-statement is ready, ensuring you never miss important updates. This is true while traveling or during weather emergencies that cause disruption in delivery services.

The advantages of e-statements over traditional paper statements are numerous and compelling. By choosing electronic delivery, you contribute to a sustainable environment, improve data security, and streamline your financial organization. Additionally, e-statements offer convenience, cost savings, and instant accessibility that paper statements simply cannot match. Making the switch to e-statements is not just a personal benefit but a collective step towards a greener, more digitally empowered future. Embrace e-statements today and be part of the movement towards a paperless banking world.

Sugar River Bank
www.sugarriverbank.com
Member FDIC




CREATIVE CLOTHING FOR YOUR LIFESTYLE

BEST OF NH 2023

Personal Styling is Our Specialty

100+ DESIGNERS

GONDWANA & DIVINE CLOTHING CO.
13 N. Main Street, Concord, NH • Open 7 Days
603-228-1101 • Shop at GondwanaClothing.com



ARMY GUARD RETIREE LUNCHEON DATE SET

The NH Army National Guard (NHARNG) 14th Annual Retiree Day Luncheon date has been set for Thursday, September 21, by the luncheon planning committee.

If you are an NHARNG retiree and plan to attend the luncheon you should RSVP no later than September 15th. Retirees who have not attended prior luncheons or have relocated are urged to contact Command Sergeant Major (Ret) David Follansbee via e-mail: dave_follansbee@comcast.net or call 603-623-7757.

This year's luncheon will be at the Joint Force Headquarters building on the State Military Reservation in Concord and will feature a briefing on the current status of the NHARNG as well as exhibits and displays of interest to retirees. A group photo is also planned. The luncheon fee is \$5.00 at the door.

The planning committee asks if you know of someone who has retired from NHARNG to pass this information along.



THINK OUTSIDE THE BOX:

CONTAINER GARDENING
Monday, September 11th
Baker Free Library - 6:00pm to 8:00pm

In this exciting visual lecture by Willa Coroka of Magpie's Apprentice, we'll cover the basics of botany before diving into various garden designs that break the boundaries of limited space and time restraints. Examples to include terraced, vertical, and hydroponic gardens as well as miniature water, up-cycled container, counter-top, and no-yard gardens. No space? No problem. As long as we remember to think outside the box.

This event is a partnership with Bow Garden Club and Baker Free Library.

Registration Required by September 11th
Please visit Baker Free Library Calendar to register.



Talking Trash

by Danielle Ruane

Most of us are aware that grocery stores such as Hannaford, Market Basket and Shaw's will accept plastic shopping bags for recycling. However, did you know that more than plastic grocery bags can be recycled at these locations through the Trex recycling program? Since it was founded, Trex has provided a recycling solution for over 5 billion pounds of plastic film packaging by recycling it into eco-friendly outdoor products such as decking. This collection program is important because plastic bags and other types of film packaging are not accepted in our town's single stream program (those items are not accepted because they become tangled and clog the recycling machinery).

What is accepted: The Trex program accepts all plastic films labeled with #2 or #4 recycling symbol (polyethylene films), pallet wrap and stretch film, wood pellet bags, grocery bags, bread bags, case overwrap, dry cleaning bags, newspaper sleeves, ice bags, Ziplock and other reclosable food storage bags, produce bags, bubble wrap and air pillows, salt bags, cereal box liners and plastic shipping envelopes. All plastic must be clean, dry and free of food residue. The color of the plastic does not affect the recycling process, and colored plastic bags and films are accepted.

What is not accepted: Do not include frozen food bags, candy bar wrappers, chip bags, net or mesh produce bags, pet food bags, degradable plastic bags or film, pre-washed salad mix bags, hot dog or meat packaging, six pack rings, PPE such as plastic gloves or masks, pool covers, lamination film, silage and hay bags, vinyl shower curtains or tablecloths, thick and stiff bedding or linen packaging (they usually come with a zipper), shiny floral wraps, backyard ice rinks or mulch or soil bags. As a general rule, if the package is shiny or makes a crinkly/crunchy sound, it should not be recycled in the bin.

Locations in NH: The list of stores in NH that have bins collected by Trex are Demoulas Market Basket, Hannaford, Kohl's, Ocean State Job Lot, Price Chopper and Shaw's.

Charity Programs: If you are interested in organizing a plastic bag charity event, Trex offers a number of programs. For example, if a school or community program collects 500 pounds of plastic refuse in a six-month span (about 40,500 plastic bags), Trex will donate a high-performance composite bench to the school or community.

BEYOND THE BAG

Recycling Shopping Bags and Other Plastic Film

RECYCLE BEYOND THE BAG

Recycle your household bags & wrap into Trex's Earth-friendly composite decking and railing!

FROM THE STORE

- ✓ Produce bags
- ✓ Store bags
- ✓ Ice bags

FROM YOUR PANTRY

- ✓ Ziploc® & other reclosable bags
- ✓ Cereal box liners
- ✓ Case overwrap
- ✓ Bread bags

FROM YOUR FRONT DOOR

- ✓ Newspaper sleeves
- ✓ Dry cleaning bags
- ✓ Bubble wrap
- ✓ Plastic e-commerce mailers

Plastics must be clean, dry and free of food and organic residue

RECYCLED IN AMERICA

NexTrex

trex.com/recycling 1-800-Buy-Trex

More information on the Trex plastic recycling and its charity event programs is available on the NexTrex site at www.nextrex.com.

BOW'S HUNTER DUNCAN PLACES 14TH AT PGA EVENT



Chip Griffin | Photo

Hunter Duncan, who just wrapped up his junior year at Bow High School and helped lead the Falcons to the NHIAA Division II golf championship last fall, narrowly missed finishing in the top 10 at the PGA boys' high school golf national invitational held in Texas last month.

Out of 312 participants, Duncan finished in a four-way tie for 14th place, one stroke out of the top 10.

Duncan was one of seven participants from New Hampshire and was the only one to crack the top 50.

Last October at the D-II Team Championship, Duncan tied for first individually finishing 5-under-par 67 at Moultonborough's Ridgewood Country Club.

FOSTER'S GOLF CAMP

Celebrating 30 Years!

2023

The Ultimate Junior Golf Experience!

2024 Season Pass Pre-Buy on Sale Now \$1,800.00! Only 10 available. Includes all weeks in session!

Ages 7-16 Beginner to Advanced
Choice of weeks from April - August

603-622-1553
www.fostersgolfcamp.com



FIRE UP YOUR METABOLISM!

by Jim Olson

When it comes to losing weight, there are a lot of myths and half-truths out there. Some people swear by crash diets, while others believe that the only way to slim down is to spend hours at the gym. However, the most important factor in weight loss is actually your metabolism.

A lot of people think that metabolism is something we have to live with, that our natural body type will always make us either a “fast” or “slow” metabolizer. But the truth is, there are things we can do to nudge our metabolism in the right direction. And while there may not be a magic bullet for weight loss, increasing our metabolism can definitely help us slim down and feel more energized.

Interval training is a great way to boost your metabolism and get your heart rate up.

By alternating between high-intensity and low-intensity intervals, you can help boost your metabolism and burn more calories in a shorter amount of time. And the best part is that interval training doesn't have to be long or difficult — you can start with just a few minutes of intervals and gradually work your way up.

For example, you might sprint for 30 seconds, then walk for 60 seconds. This type of training has been shown to be more effective than steady-state cardio (like jogging at a consistent pace) in terms of increasing metabolism. One study found that doing 10 four-minute speed bursts with two minutes of slow walking or cycling after each (60 minutes total) three times a week upped the body's ability to use fat as fuel during exercise by 25 percent after six weeks.

If you're new to interval training, start with short bursts of high-intensity exercise followed by longer periods of low-intensity exercise. As you get more comfortable, you can increase the length of your intervals.



Jim Olson

Eating certain foods can also help to boost your metabolism and promote weight loss.

Protein is key, as it helps to build muscle and the more muscle you have, the higher your metabolism will be. Additionally, foods that contain healthy fats like avocados, olive oil, and nuts, and fiber-rich foods like oats, beans, and berries can also help to increase your metabolic rate.

Drinking plenty of water and staying hydrated can also help to boost your metabolism by helping your body convert food into energy more easily. Staying hydrated can also help to flush toxins from your system, keeping you healthy and active.

Lastly, getting enough sleep and reducing stress are important for keeping your metabolism functioning properly.

When we're stressed, our bodies produce the hormone cortisol, which can lead to weight gain. When we are sleep deprived, our bodies have a harder time converting food into energy. So aim for seven to eight hours of sleep each night and find ways to reduce stress in your life.

So if you're looking to fire up your metabolism and lose weight, interval training, eating the right foods, drinking plenty of water, and getting enough sleep are all great places to start.



Take your next step, achieve increased strength, energy, and mobility to live an active lifestyle with confidence.

Boost your energy and strength with a 30-day jumpstart

Want to get a jumpstart in losing those first 10lbs or a metabolism boost towards dropping those last 10lbs?

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



Individual Results Are Guaranteed™

Concord 603-224-8096 // Manchester 603-836-5745 // info@individualfitnessllc.com

Join us for 30 days towards a healthier you!

Your 30-day jumpstart program includes (but is not limited to):

- 12 private personalized training sessions moving at your pace so that you don't “overdo it”
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

Apply Today

IndividualFitnessllc.com/30



COWAN & ZELLERS

REAL ESTATE PROFESSIONALS, LLC.

30 South Main Street
Concord, NH 03301
603-225-3333
info@cowanandzellers.com

Serving Hopkinton and Surrounding Communities.



Hopkinton Real Estate Sales – JULY

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
93 Stacey Drive	2 Bedroom 2 Baths	1,232 Square feet		\$255,000
206 Park Avenue	4 Bedroom 2 Baths	2,168 Square feet	1.78 Acres	\$525,000
137 Gage Hill Road	3 Bedroom 2 Baths	1,800 Square feet	3.3 Acres	\$577,000
84 Gage Hill Road	3 Bedroom 2 Baths	2,885 Square feet	2.96 Acres	\$613,000
55 Buckingham Lane	4 Bedroom 4 Baths	3,561 Square feet	5.73 Acres	\$700,000

LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!



Calvin Herst



Rolf Gesen



Suzanne Zellers-Beck



Sandy Heino



Molly Hardenbergh

THE AREA'S #1 INDEPENDENT REAL ESTATE COMPANY

Based on combined Real Estate Sales in Merrimack County, MLS for 3 years 2018 – 2020!



HOPKINTON - CONTOOCCOOK **TOWN CRIER**

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

TWO VILLAGES ♥ ONE HEART

HAWKS ALUMNI 2023 SOCCER matches are set for Saturday August 19th. Men will play at 5:00 pm, women kickoff around 6:15 pm. Due to softball games scheduled at the high school, the alumni matches will be played at Houston Fields. All are welcome!

CLOTHING SWAP on August 26th from 10am-2pm at the Slusser Center. There are two drop off days for teen/student clothes: August 17th 2-4pm and August 22nd 5-7pm. Clothes to donate should be gently used and clean. The clothing swap is being coordinated by a high school student to help other students in the community. Please contact humanservices@hopkinton-nh.gov or 603-746-8244 with questions.

LINDON RAYTON Plan to join naturalist and educator Linden Rayton, for a month of fall preschool fun outdoors with a special emphasis on the trees around us! Space is limited.

Register at www.HopkintonRec.com. Fall is a great time to learn about woodland mushrooms! Join Linden Rayton, for an Adult Mushroom Walk on October 21 or 22 (or register for both days!) www.HopkintonRec.com.

BOHANAN FARM TRAILS The Town of Hopkinton owns 24 properties and has a conservation easement on the Bohanan Farm. There are a wide variety of recreation areas with trails for hiking, cross country skiing, and snow shoeing. Our trails require frequent maintenance due to blow downs and increasingly extreme weather events. We have active trail stewards (frequent walkers who monitor sections of trails and report maintenance requirements) and an informal trail crew. If you are trail users and are interested in either steward responsibilities or opportunities as “crew” to assist with maintenance, please contact cleve.kapala@comcast.net. Trail descriptions and maps are on the Conservation Commission website - <https://hopkintonconservationland.org/list-view/>.

MURDER MYSTERY DINNER is back and this time it is 80's Rock Concert Style! The Poison Rattenstein Concert is coming to town, and you are invited to the show! Unfortunately, an unexpected murder is putting a damper on this totally tubular night. Test your murder solving skills by gathering information, trading clues with other concert goers, and solving the crime so the concert can rock on. Join us for murder, mystery, dinner and adult beverages! Tickets are discounted before August 27th so register now at www.HopkintonRec.com.

SHARED HARVEST OF HOPKINTON is in full swing. Donate fresh garden vegetables and eggs from your garden. Donations are accepted from 3-5:30pm at the Slusser Center. Donation dates: August 16th & 30th. All donations go to the Food Pantry.

CONTOOCCOOK FARMERS MARKET is open for the season. Join us every Saturday 9-12 at Riverway Park in downtown Contoocook. Life music every week.

END OF SUMMER CONCERT SERIES Thursdays from 6-8pm at The Lewellen Bandstand (downtown Contoocook). A free family friendly event. Beer Garden and Food. August 24th April Cushman. August 31st The Luggnuts. September 7th Senie Hunt Project.

BEECH HILL FARM The Corn Mazes are open! This year's themes Rainforest Jumble and Amazing US Jeopardy. The mazes are open daily from noon until dusk through October 31. For more information visit - www.beechhillfarm.com.

TWO VILLAGES ART SOCIETY The latest exhibition will feature the work of six well-established artists working in different mediums, from wood to weaving. Twenty years ago, they began meeting in Hopkinton to share their passion for art. They called their gathering of five friends Salon de Cinq. Their exhibit, “Salon de Cinq, So Long,” honors a two-decade tradition. The exhibit opens with an opening reception with the artists on Saturday, August 5 from 12:00-2:00 featuring light refreshment and live music by Joe Gattuso. The gallery is open to the public free of charge Thursday through Sunday from 12:00 - 4:00. Salon de Cinq will be on display and for sale through September 2, 2023.

THE POLICE OFFICERS' ASSOCIATION of Hopkinton presents the **2nd Annual Fall Festival** on September 16th, at Elm Brook Park. This is a **free event**. 2:00 PM Cornhole Tournament, 3:00 PM Food Trucks, 3:30 PM Will Hatch & Co., 5:30 PM Peabody's Coal Train, followed by fireworks at 7:45 PM!



CLOTHING SWAP

On Saturday, 26 August At 10 AM to 2 PM

41 Houston Drive
Contoocook, NH 03229

Drop off clothes at **SLUSSER CENTER**
on **August 17th** from 2:00 – 4:00 PM
and on **August 22nd** from 5:00 – 7:00 PM

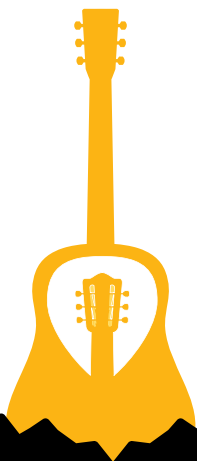
Donate gently used, and clean clothing
for community wide clothing swap.

Please contact
humanservices@hopkinton-nh.gov
or call (603) 746-8244



End of Summer Concert Series

THURSDAYS
6-8:00 PM
A FREE
FAMILY
FRIENDLY
EVENT



AUGUST 24
APRIL CUSHMAN

AUGUST 31
THE LUGGNUTS

SEPTEMBER 7
SENIE HUNT
PROJECT

AT THE LEWELLEN BANDSTAND BY THE CONTOOCCOOK RIVER
(in downtown Contoocook behind the train depot by the covered bridge)

Beer Garden & Food

All concerts are free of charge thanks to the Town of Hopkinton Merle Dustin Fund and:

HOPKINTON POLICE DEPT.

JUNE 2023 ARREST LOG

8 Arrests 6 Accidents 227 Traffic Stops

- 7/03** James Fortier, 63, of 384 Burnham Intervale Road, Hopkinton, was arrested for Domestic Violence; Fear of Bodily Injury, Criminal Trespass and Criminal Threatening – Conduct.
- 7/03** Linda Damann, 70, of 141 Krzyzaniak Lane, Hopkinton, was arrested for DUI.
- 7/07** Tanya Roy, 38, of 369 Foster Hill Road, Henniker, was arrested for DUI.
- 7/11** Kyle Brissette, 28, of 274 North Bennington Road, Bennington, was arrested for Drive After Revocation/Suspension, Control Drug: Sched 1-4; Possession and Transport Drugs in Motor Vehicle.
- 7/16** Jeremy Carter, 51, of 25 Cedar Street, Hopkinton, was arrested on Warrant.
- 7/16** Ian McLaughlin, 62, of 16 Pleasant Lane, Warner, was arrested for DUI-3rd, Drive After Revocation/Suspension; DUI.
- 07/21** Samuel Child, 47, of 30 Woodland Drive, Hopkinton, was arrested for Criminal Trespass, Resist Arrest/Detention, Simple Assault; Bodily Injury.
- 07/22** Steven Flynn, 38, of 197 Rolfe Pond Drive, Hopkinton, was charged with Disorderly Conduct.

POLICE OFFICERS' ASSOCIATION
OF HOPKINTON PRESENTS

THE 2ND ANNUAL FALL FESTIVAL

- 2:00 CORNHOLE TOURNAMENT
- 3:00 FOOD TRUCKS
- 3:30 WILL HATCH & CO.
- 5:30 PEABODY'S COAL TRAIN
- 7:45 FIREWORKS

16TH

SEPTEMBER
ELM BROOK PARK



USA Auto Body & Heavy Equipment

603-223-1757

Family Owned Business for 38 years,
which lets us provide you with
Quality, Price & Service.

We are not operated by managers
that are here today and gone tomorrow.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

- INSURANCE ESTIMATES
- EXPERT COLLISION REPAIR
- ALL HEAVY EQUIPMENT
- FAST TURN AROUND
- BED LINERS
- BOATS, ATV'S & CAMPERS
- SPECIALIZE IN ROCKERS, CAB CORNERS & WHEEL WELLS
- CAMPER PROTECTIVE ROOF COATING (GUARANTEED TO NEVER LEAK)
- FRAME REPAIR WITH PR15 PROTECTIVE COATING

FAMILY OWNED & OPERATED

8 GORDON ROAD, BOW NH



FORMER BOW FOOTBALL PLAYERS HONOR NICK OUELLETTE THROUGH **CAMP 55**



When Ryan Lover asked his former Bow football teammate Teddy Pfeifle to help him run a football camp last summer, it was a no-brainer. After all, this was not your typical football camp. It would be called Camp 55 in honor of their friend Nick Ouellette, who wore number 55 as a member of the Falcons. Nick and his younger brother, Gavin, died in a vehicle accident in 2022.

Camp 55 welcomes youngsters from first through eighth grade, mostly from Bow but also from neighboring towns such as Hopkinton and Hillsboro.

Participants will run through conditioning drills and plays Lover and Pfeifle ran as Bow varsity players. The experience these players develop over the course of the summer means more opportunities to build and grow during the season. The youngest participants have the chance to see how the older kids approach things, giving them something to aspire to. Running through plays from the Bow playbook also serves a valuable purpose; when the kids at the camp start playing for the varsity program, they are already familiar with plays and how to run them.

Even though Pfeifle will begin his sophomore year at Bentley University and Lover's about to start his freshman year at Southern New Hampshire University, this weekend won't be the last of Camp 55. Initially expected to be just a one-summer project, they plan to continue the program into a third summer next year and beyond.

Abby Lange's

WALK FOR THE ANIMALS



Raffle ticket pre-sales begin Friday, Sept 1st!

SUNDAY, OCTOBER 1, 2023



NORTHEAST DELTA DENTAL, 1 DENTAL DRIVE, CONCORD
8:30 AM Registration • 10:00 AM Walk Kicks Off

Register at pmspca.org

Presented by





Silk Farm Road
Concord, NH
(603) 856-8756
popememorialsPCA.org

Roof Stain Removal



Get a **ROOF SHAMPOO**

603-682-3747

www.RoofWashNH.com

HUCKLEBERRY

Propane Heating Oil

"Local, honest and committed to keeping you warm."

796-2007

License #MBE1000505

We Deliver: PROPANE • OIL • KEROSENE DIESEL

Proudly Serving Bow for 20 Years!

READ ALL EDITIONS OF THE BOW TIMES ONLINE!
www.thebowtimes.com

THE Music LADY

FOR THE LOVE OF MUSIC



There are many songs that became hits long after they were written. Sometimes it's not until a song is featured in a popular movie, or until a particular singer records it, or until the right arranger re-works it that it finally has that break-through into popularity. In this edition we focus on just such a song that was written in 1946 and languished for a decade, until the original lyricist re-wrote the words that turned it into an instant hit. Let's travel together to the magical paradise of "Shangri-La."

The inspiration for writing this song is from James Hilton's 1933 novel "Lost Horizon," which was about a "valley of hidden delight." In the 1930's and 40's, the term "Shangri-La" was the slang word for heaven, or paradise. In 1946, composers Robert Maxwell and bandleader Marty Malneck were inspired to write the beautiful music for the song "Shangri-La" based on Hilton's novel. Carl Sigman was asked to write the lyrics. The song was performed by Marty Malneck's band and a few singers, but it just didn't catch on that well.

Almost a decade later, Carl Sigman was asked to go back to the original lyrics and make them better. By now, Carl had more experience as a lyricist, and the perfect lyrics came to him. He changed the first line of the song to "Your kisses take me, to Shangri-La." From this point on, the rest of the lyrics just "flowed like wine." "Shangri-La" became a huge hit when it was recorded by "The Four Coins," followed by recordings by Peggy Lee and most famously by "The Lettermen." Carl Sigman had also written the lyrics to many other songs, including "Ebb Tide," "It's All In The Game," and "Where Do I Begin" (the theme song from the movie "Love Story.") He was inducted into the Songwriters Hall Of Fame in 1972.

Listen to a YouTube of The Lettermen's recording of "Shangri-La." You'll hear all the magical ingredients that were mixed together to create this masterpiece that takes us to a musical paradise.

Bow Community Mens Club ANNUAL LOBSTER FEST

Saturday October 7, 2023, 5:00 - 8:00
Bow Community Building

This year there will be dine-in and grab-and-go options*

Menu Includes:

Lobster Plate, \$30.00

Extra Lobster, \$12.00

"Fresh Off The Boat" 1 1/2 lb. Lobster

Bowl of Fresh Clams

Clam Chowdah

Or

Chicken Plate, \$16.00

1/2 Barbecue Chicken

Potato Salad

Both Meals Include:

Fresh New Hampshire Corn on the Cob
& Beverage

Kid's Plate, \$2.00 Hot Dog,

Chips & Corn on the Cob & Beverage

Tickets can be pre-ordered on our website:
bowmensclub.org

Contact: Dik Dagavarian 856-7268
or Charlie Griswold 228-9621



Bow Young at Heart Club

Upcoming Events

WEDNESDAY, AUGUST 23, 2023

Ice Cream Social & Bingo

11:30 AM - 12:30 PM Old Town Hall, 91 Bow Center Road

WEDNESDAY, SEPTEMBER 13, 2023

**New England Lighthouses
and the People Who Kept Them**

Presented by Jeremy D'Entremont

Jeremy will tell the stories of New England's historic lighthouses, primarily focusing on the dramatic stories of lighthouse keepers and their families. This event is sponsored by NH Humanities and the public is invited to attend.

Social hour 11:30 AM - 12:20 PM

Bring your own lunch, dessert is provided.

Their will also be a book and jigsaw puzzle at this meeting.

The public is always welcome to attend meetings. Membership is open to all residents 55 and older.

Together, We CAN End Homelessness

We would like to thank Chuck Douglas for highlighting the important topic of homelessness in his piece "What Can We Do About the Homeless?" published in the July edition of The Bow Times.

Each person who is unhoused is an individual first, with a unique set of circumstances that have led to homelessness. People experiencing homelessness are a part of our community — research shows that 80% of unhoused persons grew up in the local area or lived there for a year or more before they became unhoused.

The descent into homelessness is not necessarily the direct result of bad choices: far more often, a sudden illness or accident, a lost job, or falling into debt and getting evicted begins a spiral that is difficult to escape from. In our current expensive and competitive housing market, combined with higher costs of living, stagnant wages, and inadequate healthcare, more people are finding themselves right on the edge between housed and unhoused.

While homelessness is a big and complex problem, it is not too big or too complex to solve in our community. Working together, we CAN end homelessness: the solution is permanent housing where individuals can access the support they need.

To learn more about CCEH or how you can help end homelessness, please visit our website at:

www.concordhomeless.org.



603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE

ericcooke137@gmail.com

54 Woodhill Road

Bow NH 03304



www.facebook.com/E.CookePlumbingandheating.com

Nora's DUNBARTON NEWS



DCC BEYOND THE BOOK The Dunbarton Congregational Church (DCC) Book group: Beyond the Book will be reading *Beneficence* by Meredith Hall. "After a sudden and terrible loss, how does a loving family find their way back to the goodness and peace they once shared? Reviewers and readers have called this literary historical novel 'hauntingly beautiful,' 'a masterpiece of compassion,' 'a page-turner and an artistic triumph.'" Discussion will be Thurs. Sept 7, 7pm to 8pm. For location or questions, contact barbbennett51@gmail.com

CHAIR YOGA On Thursday, August 31 and Thursday, September 14 at 11:00 AM, come to Chair Yoga with Sherry in the Upper Town Hall space. Be prepared to carry up a chair from downstairs. Sponsored by the library. Please wear comfy clothes. All are welcome.

MUM SALE Dunbarton Garden Club will be have their annual Mum Sale at Page's Country Store & Deli, 15 Concord Stage Road, Dunbarton. September 7th thru the 10th, on Thursday, 12:00 PM to 6:00 PM. Friday, and Saturday 9:00 AM to 6:00 PM. On Sunday from 9:00 AM to 4:00 PM. DGC will have mums 3 for \$20.00 as well as asters, decorative cabbages, corn stalks, pumpkins and perhaps, hay bales. Dunbarton Garden Club sponsors the ROOTS Club that is held at Dunbarton Elem. School in the spring and summer to encourage student interest in gardening. Please support the DGC with their fundraiser so that the club can continue to give back to the Dunbarton community.

SPIRESIDE COFFEE HOUSE OPEN MIC will be held on Saturday, September 19, in the Congregational Church across from the Dunbarton Town Hall. Performers please sign up when the doors open at 6:00 PM. Donation of \$5.00. Show starts at 6:30 PM and ends at 10:30 PM. Snacks are available to purchase. Come enjoy the local talent and a fun night.

ADULT BOOK GROUP The Dunbarton Library Adult Book Group will be reading *The Maid* by Nita Prose. It is a #1 New York Times bestseller and Good Morning America Book Club pick. This cozy whodunit introduces a one-of-a-kind heroine who will steal your heart. Book discussion will be at noon on September 20. Check with the library to see if the books have arrived and the location of the discussion.

PEOPLE FOR THE STEEPLE You may have noticed that the steeple on the historic Dunbarton Congregational Church, built in 1836, has been looking sad in recent years. So, the DCC is happy to announce that they have begun a "People for the Steeple" campaign to do the necessary renovations to preserve the steeple. The work is scheduled to begin this summer by the Robert Morgan Company - SteepleKeeper.com. The church would like to extend an invitation to help them reach their goal of \$25,000. Donations will help defray the cost of the renovations, and unused funds will go toward additional exterior preservation of the church. Any amount will be greatly appreciated! Please donate on their website at dunbartonucc.org/giving. Checks should be made out to Dunbarton Congregational Church are also welcome. Mail to: Treasurer, Dunbarton Congregational Church, 6 Stark Hwy N, Dunbarton, NH 03046. Please write "steeple fund" on the memo. Call 603-774-4601 for more information or questions! Thank You.

Nora LeDuc

dtowncrier@gmail.com • 603-774-3141

DUNBARTON POLICE DEPARTMENT



JULY 2023 ARREST LOG

7/12: Aidan Chouinard, 21, Goffstown, was charged with conduct after an accident from a Dunbarton PD warrant.

7/20: Robert Hersey, 54, Weare, was charged with conduct after an accident from a Dunbarton PD warrant.

7/23: Jeremy Cruz, 37, Manchester, was taken into custody on an electronic bench warrant out of Candia District Court for non-appearance in court on an original charge of theft by unauthorized taking and the additional charges of driving after revocation/suspension, non-inspection, and an equipment violation.

7/28: Aaron Lewis, 44, Goffstown, was taken into custody for operating after revocation/suspension – refusal of implied consent.

During the month of July, 21 traffic citations were issued for offenses that included speed, stop sign, non-inspection, and unregistered vehicle. Police responded to 16 medical emergencies/assist EMS incidents, 7 burglar alarms, 7 motor vehicle collisions/vehicles off the road, 7 suspicious activity/persons/vehicles and 1 unattended/untimely death (not all calls for service included). Police also conducted 21 vacant property checks and 51 directed patrols related to traffic enforcement, recreational area checks, etc.

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.

COMMUNITY INVOLVEMENT

No matter how busy we are, we are always happy to make time for **Story Time on the Common** at the Dunbarton Public Library! The event had a great turnout with many enthusiastic youngsters.

As always, our thanks to the Dunbarton Library Director, Mary Girard for hosting and facilitating this enjoyable community program!

Chief Remillard is pictured reading to a group of children.



JOIN US AT DUNBARTON ELEMENTARY FOR THE **BIKE Rodeo**

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



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

WOMEN'S SAFETY CLINIC

Sponsored by the Dunbarton Police Department

Wednesday, September 20th | 6:00 – 8:00 PM
Held at the Dunbarton Elementary School
20 Robert Rogers Road, Dunbarton



ATTEND FOR FREE

Come join the **DUNBARTON POLICE DEPARTMENT** and **THE TRAINING STATION** for a night focused around safety and empowerment.



- Phase 1 - AWARENESS
- Phase 2 - AVOIDANCE
- Phase 3 - PREVENTION
- Phase 4 - FIGHTING BACK

The workshop will teach basic moves and maneuvers for protecting yourself against an attacker. It will be taught by Christina Dow, co-owner of The Training Station.



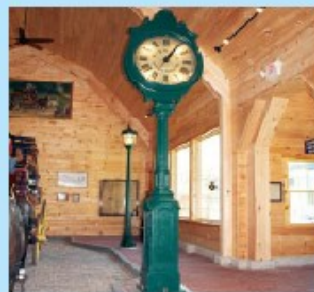
Pre-registration required: Contact Chief Chris Remillard at: chrisremillard@gsinet.net

THE TRAINING STATION
FITNESS & MARTIAL ARTS



FAMILY OWNED SINCE 1940

HEATING OIL · PROPANE · SERVICE · INSTALLATIONS



Johnny Prescott

Heating Oil  Propane

122 Airport Road, Concord, NH * 603-225-5991 * www.prescottoil.com

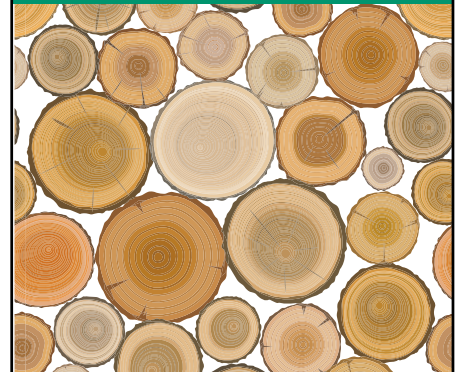
Seasoned Cord Wood


\$375.00 per Cord
1.5 cord minimum
Cut | Split | Delivered



J and M Morse Trucking LLC
Henniker, NH
603-428-3423

Servicing the area since 1986





**DIPPOLD
&
DENNEHY**
REAL ESTATE GROUP

PROFESSIONAL
EXPERIENCED
LOCAL MARKET EXPERTS

4 NE AVENUE, BOW NH 03304
603-333-0070
WWW.DIPPOLDDENNEHY.COM

SALES UPDATE – APRIL 2023
SERVING OUR CLIENTS WITH INTEGRITY AND EXCELLENCE.



ANN DIPPOLD, PRINCIPAL BROKER
Cell: 603-491-7753
ann@dippolddennehy.com



JOYA DENNEHY, REALTOR
Cell: 603-303-4288
joya@dippolddennehy.com



HEATHER MANN, REALTOR
Cell: 603-344-1401
heather@dippolddennehy.com



BIANCA CONTRERAS, REALTOR
Cell: 603-491-8849
bianca@dippolddennehy.com

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
29 Logging Hill Road	2 Bedrooms 1 Baths	936 Square Feet	2.30 Acres	\$325,000
48 Bow Center Road	3 Bedrooms 1 Baths	1512 Square Feet	.93 Acres	\$364,900
9 Woodhill Road	2 Bedrooms 2 Baths	1904 Square Feet	1.10 Acres	\$440,000
2 Edgewood Drive	3 Bedrooms 2 Baths	1944 Square Feet	2 Acres	\$490,000
134 Hooksett Turnpike	4 Bedrooms 3 Baths	1952 Square Feet	2 Acres	\$501,000
91 Bow Bog Road	3 Bedrooms 2 Baths	2124 Square Feet	1.01 Acres	\$536,000
3 Poor Richards Drive	4 Bedrooms 4 Baths	3001 Square Feet	1.50 Acres	\$556,000
447 Page Road	2 Bedrooms 3 Baths	2699 Square Feet	2.11 Acres	\$567,000
183 Bow Bog Road	3 Bedrooms 3 Baths	2472 Square Feet	3.74 Acres	\$577,000
23 Clearview Drive	4 Bedrooms 3 Baths	2964 Square Feet	2 Acres	\$605,000
17 Lewis Lane	2 Bedrooms 2 Baths	1824 Square Feet	CONDO	\$635,000
7 Surrey Coach Lane	4 Bedrooms 3 Baths	3494 Square Feet	2.53 Acres	\$640,000
25 S. Bow Dunbarton Road	4 Bedrooms 4 Baths	3042 Square Feet	3.58 Acres	\$761,500
13 Audley Divide	4 Bedrooms 4 Baths	4347 Square Feet	3.66 Acres	\$1,300,000

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1209 Black Brook Road	3 Bedrooms 2 Baths	1578 Square Feet	1.13 Acres	\$475,000
324 Stark Highway North	5 Bedrooms 3 Baths	3657 Square Feet	1.20 Acres	\$485,000
70 Rangeway Road	4 Bedrooms 2 Baths	1638 Square Feet	5.03 Acres	\$510,000
17 Clifford Farm Road	3 Bedrooms 3 Baths	2813 Square Feet	5.01 Acres	\$625,000

Sales Data for JULY 2023 provided by the NHMLS.



BOW HIGH SCHOOL BOYS SOCCER PREPARES FOR UPCOMING FALL SEASON!

The Bow High School Boys soccer players wrapped up their summer league activities on August 3 in Henniker. The Boys soccer program is led this year by new coach, Josh Smith, and will begin pre-season activities on August 14. In their opening game against Kingswood on August 25, they'll try to get the season off to a winning start!



Pictured in photo, left to right: Seniors entering final season as Falcons, and all former Bow Soccer Club players: Aaron Barrieau, Colby Smith, Brodie O'Neil, Elias Berrigan, Austin Beaulieu, and Wes Michaelis (missing Anthony Ray).

Discounts for Students with a "B" or Better Average



RELIABLE INSURANCE SOLUTIONS, LLC

Auto • Home • Life • Commercial

Matt Poulin 603-568-2535 (cell)
6 Garvins Falls Road 603-715-2975 (office)
Concord, NH 03301 info@ReliableInsSolutions.com

FREE COMPREHENSIVE REVIEW OF YOUR INSURANCE NEEDS
www.ReliableInsSolutions.com



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



FEATURED EVENT



Thinking Outside the Box: Container Gardening

Monday, September 11th | 6:00pm

Exciting visual lecture by Willa Coroka of *Magpie's Apprentice*, we'll cover the basics of botany before diving into various garden designs that break the boundaries of limited space and time restraints. Examples to include terraced, vertical, and hydroponic gardens as well as miniature water, up-cycled container, counter-top, and no-yard gardens. No space? No prob-

lem. As long as we remember to think outside the box.

Thinking Outside the Box is in partnership with the Bow Garden Club.

STORYTIMES

Preschool Storytime | Tuesdays | 10:30am

Encourage school readiness with a storytime for active bodies and minds! Explore interactive stories, songs, and activities that help to promote early literacy learning while addressing attention, coordination and motor development. Each storytime includes songs, instrument play and movement activities, and ends with open play time, allowing children and their families to socialize. Recommended for Ages 3-5. The fall session will run from September 13 - October 25, 2023. **Registration is required to reserve your child's space.**

Family Storytime | Wednesdays and Thursdays | 10:30am

Explore a new topic each week with stories, songs and rhymes designed to spark your child's imagination and create the foundations for early literacy. Each storytime ends with open play time, allowing families to meet and socialize. Select sessions will include craft and/or sensory activities. This program is offered twice per week; please register for one session only. Recommended for Ages 18 Months - 3 Years; siblings welcome.

Baby Stay & Play | Friday, Sept. 29th | 11:00am

A monthly lapsit storytime for our youngest patrons. Babies, in the company of a parent or caregiver, will enjoy stories, songs, bounces and bubbles, followed by plenty of open play time using the library's collection of toys and manipulatives. Parents and caregivers are invited to connect at this informal program. Recommended for 3 - 18 Months.

CHILDREN'S PROGRAMMING

Nature Explorers | Thursday, Sept. 7 | 4:00pm

Become a nature explorer with this new after-school club! Meeting monthly, this group will learn about animals, plant life, weather and the natural world. Create and fill your own nature journal as we explore the great outdoors, with hands-on art projects, science experiments, games and activities. Recommended for Grades 2 and Up.

Art Lab | Wednesday, Sept. 13 | 3:30pm

A program for young artists, creators, and storytime graduates. Listen to a new story each month, then take part in sensory, art, and engineering activities designed to inspire our creativity and curiosity. Activities may include mixed media projects and painting, so come prepared to get messy! Recommended for Grades K-4, in the company of a parent or caregiver. Younger children may need assistance with certain projects. Registration is required. Please register for every session you wish to attend.

I Survived Book Club | Thursday, Sept. 21 | 4:00pm

Learn about history's most incredible battles, man-made mishaps and natural disasters with books from the *"I Survived"* series, written by Lauren Tarshis! A new book will be selected for discussion each month, with copies provided by the library. Following each discussion, readers will explore each topic through STEAM-based activities and experiments. Recommended for readers in Grades 3-6, or children reading at those grade levels. September's book selection is *"I Survived the Galveston Hurricane."* Pick up your copy at the library to read along!

Registration is required to reserve a space for your child. Please register for every meeting you plan to attend.

ADULT PROGRAMMING

Beat the Librarians Trivia Night

Thursday, August 31st | 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 Craft Night | Tuesday, Sept. 5th | 6:00pm

Enjoy creating a new craft every month in the BFL Adult Craft Club. Materials will be provided. Registration is required to reserve your spot. To learn more, visit our website.

NH Saves Button Up Workshop with Bow Energy Committee

Tuesday, Sept. 12th | 6:00pm

The NH Saves Button Up Workshop is all about improving the energy efficiency of your home. Speaker, Ted Stiles will cover energy saving tips and NH Saves energy efficiency programs. Learn about saving electricity, insulation and air sealing, energy audit and weatherization programs, rebates on electric and gas appliances, and other incentives from NH's energy utilities.



Adult Book Talk Tuesday, Sept. 19th 12:30pm & 6:30pm

The Adult Book Talk Group takes place on the third Tuesday of September. We will be discussing *The Night Watchman* by Louise Erdrich. Copies of the book are now available at the Circulation Desk to check out.



The White Rock Book Group meeting will be at White Rock Senior Center on August 19th at 3:00 PM.



Love mysteries? Then please 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 Sept. 5th at 1:00 PM.

IN THE GALLERY

September Exhibit: Greater Concord Photography Club August 25 – September 29

Members of the Greater Concord Photography Club will exhibit images captured "Around New England" in their first group appearance at the Baker Free Library Art Gallery. Visit the library to browse the exhibit through the month of September.

An Artist Meet & Greet will be held Wednesday, September 6, from 6:00-8:00 PM. The public is welcome to attend to meet the photographers and browse the exhibit.

If you are interested in being a Featured Artist in the Gallery in 2024, contact Amelia at amelia@bakerfreelib.org.



Borrow more than just books!

With a library card, families can now borrow Tinker Kits from the Baker Free Library. These kits include two books each on a scientific topic, as well as games, toys and manipulatives that help children explore and engage with the world around them. Currently, the library circulates 7 Tinker Kits:

Magnetism Kit for Ages 3-6

Nature Kit for Ages 4+

Coding Kit for Ages 7+

Piano Kit for Ages 5+

Ukulele Kit for Ages 5+

Ocean Kit (2) for Ages 4+

Visit our website and simply scroll down under Events and Programs at:

bowbakerfreelibrary.org

UNMARKED GRAVES IN SOUTH BOW Ordway Cemetery

GPR REVEALS UNMARKED GRAVES

Submitted by Evan Goley former Bow resident.

From what his deceased mother, Alice Ordway Goley, had told him and from his genealogy research, Evan Goley, who grew up in Bow, surmised that there are several unmarked graves in the Ordway Cemetery in South Bow.

Recently, Evan contracted with Bob Perry of Topographics in Hudson, to use Ground Penetrating Radar (GPR) to determine if there were any unmarked graves in the Ordway Cemetery. The result of the GPR scanning indicated that there were at least four (4) and possibly five (5) graves that were unmarked.



The scanning can only locate the unmarked graves. **Who is buried** at those locations can only be left to speculation. State death records from both New Hampshire and Massachusetts mention 3 individuals who were buried in the cemetery, yet there are no markers for them.

Bob will issue a final GPR report and GPS mapping of the cemetery a copy of which will be given to the town of Bow by way of Tim Sweeney, the Director of Public Works and town Sexton.

Evan Goley has hopes that in the future, permanent granite grave markers will be placed at the site of these unmarked graves.

Top photo: Bob Perry using GPR to locate unmarked graves.
Bottom photo: GPS being used to map the cemetery.
Photos courtesy Dennis Ordway.



ADAMS LOCK & SAFE

603-224-1652

RESIDENTIAL, COMMERCIAL & ACCESSORIES



130 Hall Street, Concord NH
www.adamslock.com

ROCK SOLID ON SECURITY

Backed by more than 50 years of experience, Adams Lock & Safe is a trusted source for all home & business security needs.

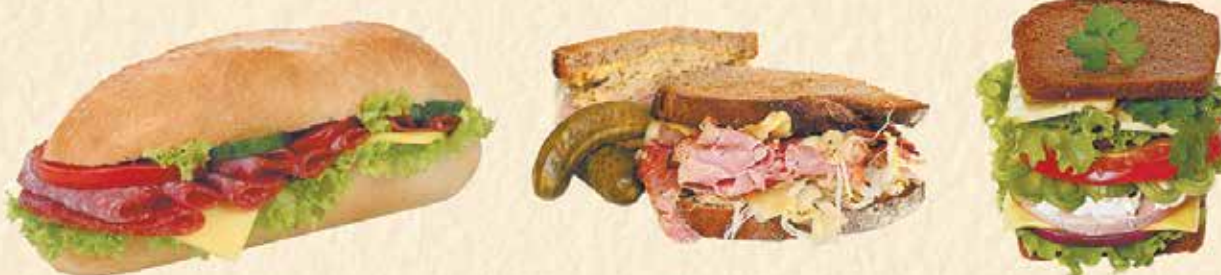
- Duplication of most electronic keys
- Replacement of broken or worn locks
- Key cutting and door lock service

== FLANAGAN'S ==

SOUTH ENDER

DELI MARKET

Always Hand-Crafted & Delicious



Made to Order Hot and Cold Sandwiches



Salads

Homemade Soups

Grab & Go Dinners

250 South Street, Concord **603.856.8020**

**TAKEOUT
BREAKFAST
ITEMS**

6:30 – 11:00 AM



Breakfast Sandwiches,
Donuts, & Muffins



Dessert Items

**DELI OPEN Mon - Fri
6:30 AM – 3:00 PM
Saturday 8:00 AM – 3:00 PM**

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



BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor



COLE MCLAUGHLIN committed to Norwich University following Bow Football's dominant 2022 campaign. McLaughlin primarily played on the defensive line, consistently wreaking havoc on opposing offenses. The biggest player on the football team, standing at 6'3 and roughly 270 pounds, other teams were forced to game plan for the standout. McLaughlin stated, "I chose Norwich University because once I get my degree in criminal justice, I plan on joining the United States Marine Corps as an officer. After I am done serving my country, I plan on joining an agency in either the Department of Defense or the Department of Homeland Security to further help and aid my country in both its interests at home and abroad!" Not only did McLaughlin make an impact on the gridiron, but off the field as well. "During my time at Bow, I tried to help in the community by starting a patio project that raised \$10,000 for the Ouellette scholarship while simultaneously building a memorial to all of the Falcons who are no longer with us." He continued, "I am proud to have been a member of the student senate as well as volunteering both inside and outside of my school community." McLaughlin has had a very special impact on the Bow community, and he has an exciting future ahead of him at Norwich.



HANNAH MCGONIGLE committed to play Division 1 softball at the University at Buffalo in September of 2022. In her three seasons as a Falcon, McGonigle has led the transformation of the softball program from a non-playoff contender to a top-seeded team and will graduate a career leader in multiple offensive and defensive categories including hits, RBIs, home runs, strikeouts, batting average, and ERA. She has also worked year-round to promote softball development at the youth levels through player camps and coach clinics in partnership with the Bow Athletic Club and other local and regional organizations. When asked about her recruiting process and her decision to commit to Buffalo, McGonigle responded, "I chose Buffalo because as soon as I stepped on campus, I felt at home. Not to mention our coaching staff is top tier! I saw the environment they worked to create, and I knew I wanted to be a part of it. I went to a recruitment camp in January of 2021, and met the girl who would eventually end up being my roommate. We talked all weekend and got to know each other, and I am so grateful we ended up going to Buffalo together. I'm excited to see how college and college athletics shape me as a person. I hope to be the player that my coaches can count on no matter what the situation is."

MAYA BROCHU committed to play both cross country and track at UMass Amherst. During her time at Bow, she ran cross country, indoor and outdoor track. She's accumulated numerous accolades over the course of her 4 years at Bow High School. She is a three-time New England Championship Qualifier for cross country and track and a three-time DII All-State recipient. She holds personal records of 18:48 in the 5k for cross country and 11:07 in the 3200m for track. Brochu said, "I am very excited to get the opportunity to continue my athletic career in college! I hope to gain more knowledge and experience surrounding my sport and improve my times in both cross country and track. I also study nutrition at the School of Public Health and Health Sciences." She stated, "During my time at UMass, I plan to follow the Dietetics Tract in the nutrition program and get my Master's in order to become a Registered Dietician (RD)." An exceptionally successful multi-sport athlete, Maya Brochu will certainly continue to rack up countless more accolades at the D1 level.

McGonigle has represented Bow High School at the state level (2021 2nd Team All-State; 2022 1st Team All-State; 2022 NHIAA D2 Player of the Year runner-up) and has also represented NH softball at the national level (2022 NFCA 1st Team All-Region; 2022 NFCA 2nd Team All-American; NSCA High School All-American Strength & Conditioning Athlete of the Year in both 2021 and 2023). At Buffalo, McGonigle will be trading in the pitching circle for the outfield. "I'm ready to make a name for myself. I want to be the best at everything I do. I always knew if I set my mind to it, I could play D1 softball, and so I did. To be honest, I never let myself consider any other outcome." Through her talent and leadership, McGonigle is leaving Bow softball in a much better and more respected place than when she started, both at high school and in the greater community.

FALCONS FLY FOREVER!

COULD A TRADE SCHOOL BE IN YOUR FUTURE?

Provided by Dominic Lucente

When high school seniors start to get their college acceptance letters, some students (and their parents) measure their success rate by how well-known and respected the colleges that accepted them are. Did they get into an Ivy League school? One of their state's top colleges? Or, will they be going to trade school? Wherever they are headed, there are reasons to celebrate—and prepare.

TRADE SCHOOLS ARE OFTEN OVERLOOKED

Parents who've attended four-year colleges typically create the expectation that this is also what their children should do. But trade school is also a good option for some students—even though it is often overlooked. Trade schools help fill high-demand jobs, which you probably realize if you've tried to hire an electrician or contractor lately.

A trade school can also provide a faster, more affordable path to a well-paying career than what you may find at standard colleges. They offer hands-on training, smaller class sizes, faster completion—and often lead to apprenticeships and entry-level positions immediately after graduation. And, unlike standard colleges, they don't require you to take general education courses that don't apply to the field you are studying. If you're studying to be an electrician or avionics technician, for example, you don't need to take the standard liberal arts courses required by most colleges.

COST COMPARISONS

According to the Education Data Initiative, the average cost of attendance for a student living on campus at a public, four-year, in-state institution is \$25,707 per year – or \$102,828 over four years. Out-of-state students pay an average of \$44,014 per year—or \$176,056 over four years. Private, nonprofit university students pay \$54,501 per year or \$218,004 over four years.¹

Trade schools, on the other hand, cost as little as \$5,000 a year.² And, because trade school programs are typically completed in 18-24 months, the cost of education is significantly less.

Trade schools lead to a range of jobs in many fields and industries. For example, with a two-year degree, you could become a radiation therapist, respiratory therapist, dental hygienist, avionics technician, cardiovascular technologist, electric power-line installer/ repairer – or something else. The annual mean salary range for these positions was \$62,020 to \$94,000 in 2021.³

FOLLOW YOUR PATH

It's not always easy to choose trade schools over four-year colleges, which are typically held up by parents, friends, and high school teachers as the one true path to success. Some people even attach a stigma to trade schools, thinking they're primarily for students who aren't as smart or as motivated as those who go to a traditional college. Anyone who thinks this way hasn't experienced the satisfaction of putting their trade to work to help others – and their community – while making a comfortable living.

Dominic may be reached at 603.645.8131

or Dominic.lucente@LPL.com

Dlucente.com

IMPORTANT DISCLOSURES

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. Investing involves risks including possible loss of principal. This material was prepared by LPL Financial.

Securities and advisory services offered through LPL Financial (LPL), a registered investment advisor and broker-dealer (member FINRA/SIPC). Insurance products are offered through LPL or its licensed affiliates. To the extent you are receiving investment advice from a separately registered independent investment advisor that is not an LPL Financial affiliate, please note LPL Financial makes no representation with respect to such entity.

Not Insured by FDIC/NCUA or Any Other Government Agency Not Bank/Credit Union Guaranteed Not Bank/Credit Union Deposits or Obligations May Lose Value.

Citations.

- Education Data Initiative: Average Cost of College & Tuition: April 3, 2023*
- Forbes: Trade Schools Vs. Traditional College: What You Should Know, Feb. 21, 2022*
- U.S. Bureau of Labor Statistics: May 2021 National Occupational Employment and Wage Estimates*



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®

CERTIFIED FINANCIAL PLANNER™

NORTHEAST PLANNING ASSOCIATES, INC.

425 Hooksett Road · Manchester, NH 03104

(603) 645-8131 · dominic.lucente@lpl.com

www.dlucente.com



23-222 Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or their affiliates, which are separate entities from, and not affiliates of the credit union, are:

Not Insured by NCUA or Other Government Agency | Not Credit Union Guaranteed | Not Credit Union Deposits or Obligations | May Lose Value



**Allied Insurance
Agency Inc.**

Your protection is our profession.

HOME - AUTO - MOTORCYCLE - BOAT - RV - LIFE - BUSINESS



We can be **Your Local**
Independent Insurance Agency.
Let our experience work for you.

500 South St Bow, NH

603-224-5394

alliedia.com

Visit us on
Facebook



AI AND MEDICINE

Let me open by stating clearly that I know very little about computer science and nothing about Artificial Intelligence (AI). I read with great interest the article “AI Poised to Revolutionize Surgery” that was in the June 2023 issue of the *American College of Surgeons Bulletin*. To try to understand some of this science, I had to do some reading and discovered that there has been a sharp rise in AI’s ability and uses. One of the reasons for the actors’ strike in California is fear that AI could replace them. So, I’m thinking: will AI replace me as a surgeon? On the IBM website (www.ibm.com/impact/ai-ethics) I learned that in 1950 Alan Turing (often called the father of computer science) asked, “Can computers think?” The IBM website explained that AI combines computer science and extensive datasets to solve problems and make predictions. Systems with more than three layers in a neural network (yes, that is what they call it) can do “deep” learning. They can generate realistic images and speech. It can “ingest” unstructured data and automatically determine what is more important and separate it from data from other sources.

What are some of the ways AI is currently working for you and me? If you have ever spoken to Siri, you are using AI. If you wonder why certain ads appear on your phone or computer, AI has determined what you might like or need for your upcoming plans, be it travel, a construction project, or simply your current shopping pattern. AI does not only have image recognition but based on image and video data it can take action. This ability allows it to drive your car and read the x-rays your physician ordered. Are you investing in the stock market? AI has probably made trades on your behalf and without your input. When I visited a relative’s dairy farm in Sweden, we watched cows being milked by AI; there was no human involvement in the entire process.



Since AI can recognize patterns, classify images, or detect objects or defects from ‘normal’, AI is most useful in the medical specialties of radiology, pathology, and dermatology. In one study it took 4 hours for radiologists to read through hundreds of x-rays while AI read the same number of x-rays in 90 seconds. All with similar accuracy. AI can analyze data to determine the risk and potential outcome of a surgical procedure. AI can watch surgery being performed and anticipate the next 15 to 30 seconds and give oversight or guidance to the surgeon. But this is what astounded me; the journal article I was reading stated that last year, at The Johns Hopkins University, the first laparoscopic surgery was performed *without human help*. The surgery involved reconnecting two ends of a pig intestine.* What will happen to the art of surgery!

How all this data is being used raises many ethical questions involving privacy, business practices, and government oversight.

* *Scientific American* 26 January 2022.

Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC
 Drywall Installation & Finishing

(603) 496-2893

Matthew Cleveland

H2O PROGRAM FOR KIDS AND ADOLESCENTS

Helping Heal with Others, or H2O, bereavement program for children (ages 6-18) and their families, is **Saturday, September 9, at 9:30 AM to noon at the Boys and Girls Club of Central NH, 55 Bradley Street in Concord.** H2O is held on the second Saturday of each month at the same time.

H2O is a monthly program that provides bereaved children (age 6-18) and their families with coping skills and peer support that enables them to experience and process their grief. Accompanying adults are requested to stay on site and participate in a concurrent, supportive program. Sessions may include art, music, creative and expressive activities, stress management, drumming, pet therapy and more.

Registration is required. Please call (603) 224-4093 or (800) 924-8620, ext. 82822 or visit www.granitevna.org.

SPOUSAL/PARTNER LOSS GROUP

Granite VNA Spousal/Partner Loss Group begins Tuesday, **September 12 from 4. to 5:30 p.m. in the parlor at Wesley United Methodist Church, 79 Clinton Street in Concord.**

This group offers a safe space for mutual support and understanding as well as an opportunity to share ideas and strategies that may be helpful in your grief journey.

Registration is required. All community members are welcome to attend. This program is offered at no charge. Masks optional. To register, call 603-224-4093, ext. 82828 or visit www.granitevna.org/griefsupport.

GRANITE VNA MONTHLY IMMUNIZATION CLINIC

Granite VNA offers a monthly Immunization Clinic for children and adults who are uninsured, underserved, and who have no access to these needed services in order to lead a healthy lifestyle.

The next clinic will be held on **Monday, September 11, at St. Paul’s Episcopal Church Outreach Center at 21 Centre Street in Concord from 1 to 4 p.m.** Appointments are required. The clinic is held on the first Monday of each month at the same time.

Children must be accompanied by a parent or guardian. Please bring an immunization record with you.

Eligibility is determined by the NH Immunization Program screening tool. A fee of \$10 is requested for vaccine administration. For an appointment call **Granite VNA at (603) 224-4093 or (800) 924-8620, ext. 85815.**

BOW FIRE DEPARTMENT

JULY 2023 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 11 Basic Life Support Transports
- 17 Advanced Life Support Transports
- 15 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 16 Fires/Hazardous Conditions/Alarms
- 25 Service Call Incidents/Good Intent
- 13 Overlapping Incidents
- 84 Total Calls for the Month

A PERFECT SUMMER COOL DOWN!

We helped beat the heat! On one hot and sunny July day, C-Shift Captain Greg Aucoin and FF/Paramedic Steve Shirk visited the Bow Recreation Center with Engine 2 to provide the ultimate cool down for some happy fans. It was a perfect day for it and everyone had fun!



WE ARE
HIRING

**THE TOWN OF BOW
FIRE DEPARTMENT**

FULL-TIME FIREFIGHTER/EMS PROVIDER

The Bow Fire Department is seeking qualified applicants for a Full-Time Firefighter/EMS Provider (AEMT or Paramedic preferred).

Minimum Qualifications to Apply Include:

- 18 years of age.
- High School Diploma or Equivalent.
- NH Licensed at the EMT level (AEMT within one year of appointment).
- Pro-Board Firefighter II Certification or Equivalent.
- Current Candidate Physical Ability Test (CPAT) certification.
- A Valid NH Driver's License with (CDL-Preferred).
- Highly motivated and shows a commitment to the town of Bow, our residents, and the department.

Lateral transfers accepted. Applicants must comply with NH Fire Standards and Training Commissions Rule Part 700.

Applicants must pass a resume review, an oral board interview, an extensive background investigation, and an NFPA 1582 medical examination.

Successful completion of a physical agility test, NFPA 1582 medical examination every two years, AEMT within one year, and CDL within six months of hire will be a condition of continued employment.

Additional consideration given to applicants with paramedic certification.

Compensation is based on credentials and experience.

Please submit resume and cover letter to: Bow Fire Department, Attention Chief Eliot Berman, 10 Grandview Road, Bow, NH 03304, or by email to: eberman@bownh.gov.

The deadline for resume and cover letter is September 11, 2023. The Town of Bow is an Equal Opportunity Employer.

Travel

with The Bow Times



Retired Fire Chief Mitchell Harrington and Bow Fire Chief Eliot Berman read the Bow Times in Washington, DC outside the Watergate Hotel.

BOW EMERGENCY SERVICES



CALL IF YOU CAN

TEXT IF YOU CAN'T

**HOME
FIRE
ESCAPE
PLAN**



**Make and practice
your fire escape plan!**

THE TOWN OF BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT JUNE 2023 ARREST LOG



- 7/1** Albert Cassella, 68, Hooksett, was arrested for driving while intoxicated and disobeying an officer.
- 7/2** David Lucia, 55, Manchester, was arrested on two counts of possession of controlled a drug; Thomas Vasquez, 55, Manchester, was summoned for driving after suspension.
- 7/3** Pamela Sprizza, 45, Salem, was summoned for operating without a valid license.
- 7/6** Tad Abbott, 40, Northwood, was arrested on a warrant for felon in possession and driving while intoxicated; Alicia Coady, 33, Salem, MA, was arrested for driving while intoxicated.
- 7/7** Joseph Tchinkokolo, 37, Manchester, was summoned for driving with a suspended registration and driving on a suspended license; Joshua Campos, 29, Concord, was arrested for operating while deemed a habitual offender.
- 7/8** Jorge Preciado, 49, Epsom, was summoned for driving after suspension or revocation; Donald Loveland, 62 Bow, was summoned for driving with suspended registrations and driving on a suspended license.
- 7/9** Adam Laguardia, 34, Hopkinton, was summoned for driving after suspension or revocation; Shawna Nichols, 21, Weare, summoned for driving after suspension or revocation.
- 7/10** Nathan Chernis, 32, Concord, was arrested on a warrant for criminal trespass.
- 7/11** Aaron McClean, 23, Loudon, was arrested for reckless driving; Robert Witham, 23, Andover, was arrested for breach of bail, misuse of plates, and unregistered vehicle; Breanna Fredette, 19, Andover, was arrested for a domestic violence-related charge of stalking.
- 7/15** Kathleen Rand, 38, Derry, was arrested for driving with suspended registration and driving on a suspended license; Gregory Hurst, 53, Henniker, was arrested on a warrant for criminal mischief; Brandon Dumont, 41, Nashua, was arrested on a warrant for two counts of felon in possession of a dangerous weapon; Alexis Dimond, 22, Bow, was summoned for driving with a suspended registration and driving on a suspended license.
- 7/16** Abdoul Zongo, 28, Concord, was arrested for disobeying an officer and two counts of reckless operation; Eddie Maldonado, 18, Washington, was summoned for operating without a valid license.
- 7/17** Dennis Pringle, 28, Rochester, was summonsed for operating without a valid license; Djimmy Movoto, 43, Concord, was arrested for driving while intoxicated.
- 7/19** Tiffany Lemire, 41, Manchester, was arrested for operating while a habitual offender, disobeying an officer, false report to law enforcement, and on a warrant for theft by unauthorized taking.
- 7/21** Crystal Iaci, 41, Derry, was arrested on a warrant for criminal threatening.
- 7/22** Loakim Gingras, 25, Concord, was summoned for driving with suspended vehicle registration; Patrick Claude, 33, Lehigh Acre, FL was summoned for operating without a valid license; Trevor Moore, 25, Concord, was arrested for driving while intoxicated.
- 7/23** Kenneth Santana, 36, Billerica, MA was summoned for operating without a valid license; Timothy Whitehead, 26, Nashua, was summoned for driving with a suspended registration and driving on a suspended license.
- 7/24** Tammy Sweat, 55, Epsom, was arrested on a warrant for issuing bad checks; Rajesh Parsa, 27, Manchester, was summoned for driving with suspended registration and driving on a suspended license.
- 7/26** Jesse Fish, 42, Scarborough, ME was arrested for reckless conduct; Thomas Baker, 26, Concord, was summoned for driving with suspended registration and driving on a suspended license; Kyle Macarthur, 42, Bow, was arrested for driving while intoxicated, 2nd Offense.
- 7/28** Roger Brooks, 28, Claremont, was arrested for driving with suspended registration, driving on a suspended license, and on a warrant for driving after suspension.
- 7/29** Michael Sawyer, 41, Portland, ME, was arrested for domestic violence related simple assault and criminal mischief.



ANNUAL NATIONAL NIGHT OUT

The first Tuesday of August marked the Annual National Night Out event that was celebrated in Concord on Tuesday, August 1, 2023. The Bow Police Department was part of this awesome community event.

This event, for all ages, is held across the country to heighten crime and drug prevention awareness, strengthen neighborhood and community police relationships, and send a message to criminals that neighborhoods are organized and fighting back against crime.

National Night Out provides a great opportunity to bring police and neighbors together under positive circumstances.



Officer Peterson, Officer Nelson, and MPO LeBlanc, and represented the Bow Police Department at the 2023 Concord National Night Out.

WORKING TOGETHER FOR INTERNET SAFETY

Internet Crimes Against Children (ICAC)



The best tool we have to prevent Internet crimes against children is education. Educating the public through the development and delivery of public awareness and prevention programs is one of the many important initiatives of the Bow Police Department and the ICAC Task Force Program.

The ICAC Program was developed in response to the increasing number of children and teenagers using the Internet and other technology, the proliferation of child sexual abuse images available electronically, and the heightened on-line activity by predators seeking unsupervised contact with potential underage victims. The ICAC Program has increased law enforcement's capacity to combat technology facilitated crimes against children at every level.



Bow Police Detective, Tyler Coady, is a member of the Regional Internet Crimes Against Children Task Force. Detective Coady can cover internet safety with presentations to our schools and community and guide both parents and youth to available information, ideas for engagement, and more in-depth safety resources.



There is a mailbox in the front foyer of the Police Department. It is video monitored and is available 24 hours a day for paperwork drop off. Items accepted in this mailbox include: Parking tickets with exact fee, Pistol permit applications, Statements, Vacant House Check (VHC) forms.



EVELYN H. CHASE

Evelyn H. Chase, 92, of Hopkinton, passed away July 10, 2023, at Merrimack County Nursing Home after a decade long slow dance with dementia.

“Evie” was born in New Haven, CT in the spring of 1931. She was the first American-born child of German immigrants Sophie and F. W. Herman Husemann. She was the youngest of four children by ten years. She grew up in rural Connecticut where she enjoyed exploring the fields and woods, and reading.

In 1958, she met Horace Gair Chase during a social at the Unitarian Universalist Church in Westport, CT. They married in the fall of 1961 and settled in Hopkinton to raise their family.

Her favorite holidays were Halloween and Christmas. She had fun decorating the house for the holidays making sure that Christmas was particularly memorable.

Evie was preceded in death by her husband Gair Chase in 2005. She is survived by her son George Chase and his wife Patricia; daughter Ellen and her husband Mark Lucard and daughter Katherine and her husband Andrew LeMay.

Memorial contributions may be made to one's favorite charity.

JUNE KNOTT CONDO

June Knott Condo of Contoocook passed away peacefully at age 93 on July 25, 2023. She was born June 12, 1930 in Scranton, Pennsylvania, to Mildred and Charles Knott. She grew up in Scranton and graduated from West Scranton Senior High in 1948. Spurgeon (Spurg) Condo and she married in 1966.

June worked as an executive secretary, eventually retiring from Honeywell Corporation. Following Spurg's retirement they settled in Contoocook in 1997. Both were very active in the Penn State Alumni Association, and June was an avid fan of Penn State football and the New England Patriots.

June was preceded in death by her beloved husband Spurg in 2011. Surviving family members are her sister Mildred Reid, stepdaughter Peggy Condo Buntz, grandchildren Andrea Buntz Neiman (Chris) and Eric Buntz (Crystal), and great-grandsons Henry and Emmett Buntz.

Memorial contributions can be made to the Slusser Senior Center (checks c/o Town of Hopkinton, 330 Main Street, Hopkinton NH 03229).

GEOFFREY C MIRANTZ

Geoffrey C. Mirantz, 79, died Wednesday, July 26, 2023, at his home in Contoocook. He was born February 25, 1944, in Boston, to Mortimer C. and Gladys B. Mirantz.

Geoffrey graduated from St. Paul's High School in Concord and attended Franklin & Marshall College in Lancaster, Pennsylvania.

He spent the majority of his working life as an on-the-road salesman for Electrolux and Mobile Media Paging among others. Geoff loved being on the road!

Geoff loved woodworking! He was very proud of his intricately crafted cutting boards and other items he sold at several local craft shows and farmers markets in both Contoocook and Henniker.

Geoff is survived by his spouse of 54 years, Joan Mirantz, his son Michael Mirantz, and sister Susan Hite of Cary, North Carolina.

For those who wish to, contributions can be made to Granite VNA Hospice in memory of Geoffrey.



OUT OF MY ELEMENT

by Bow Resident Paul Pomeroy

I am afraid it's hopeless. I just don't get the fashion thing. It has always been this huge unsolvable puzzle that makes rocket science seem like child's play in comparison.

It got worse recently when I went outlet shopping with my wife—something that I almost *never* do.

Here's how the scene plays out:

We go into a clothing store. And there lying on a table is an array of button-down collar shirts. The sign reads *Special – Three shirts for \$189.99.*

“Gotta be a mistake” I'm thinking so I ask the saleslady about the sign. She assures me that the sign is correct and that the sale is really a great deal because the shirts usually sell for **\$79.99.**

“**APIECE!?**” I ask.

“Yes” she replies.

Wow. I'm thinking must be made out of silk and cashmere with some gold threads running through by American workers with a great shop boss. So I pick up the shirt and read the label... **100% cotton. Made in Malaysia.**

Now I'm really confused. Last week my wife bought me a button-down collar shirt at Macy's for \$9.99. I read the label... **100% cotton. Made in Indonesia.**

I'm thinking those poor workers in Indonesia could get better union reps or maybe try and move to Malaysia!!

Then I ask my wife why someone would pay \$80 for a shirt when they could get one for ten bucks.

“Better Quality” she says.

“So they'll last longer?” I ask.

“Right” she says.

Ohhhhh! I might be on to something here. My shirts cost around \$10 apiece and last a minimum of six years. By extrapolation the \$80 shirt should last almost what — 50 years!!! I do some quick calculations... my wife's age, a woman's life expectancy in the New England region, health records.....

If she buys a couple of shirts today, she'll never have to buy another one for the rest of her life!

So I start over to encourage her to buy a couple of these \$80 shirts. But I see another table containing button down collar shirts with a sign that reads **Half Off.** Not only that. There is another sign directly under the first one that reads **Take an Additional 60% off marked price.** I pick up a shirt and read the label... **100% Cotton. Made in Malaysia.** But these shirts now cost \$16. Huh???

So I ask my lovely wife:

“How come these shirts don't cost \$80?”

“They did in October” she tells me. “But the colors are not in style for spring.”

“Still better Quality”

“Yep”

“Last a million times longer”

“Yep”

“But you can only wear them for five months before they go out of style?”

“That's Right.”

So by now I'm dazed. I start walking toward the door. I just want to get to the sporting good store where they speak a language and use math that I can understand. I almost made it too. But...

“Wait” she says. “I want to check out these new sweaters.”

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: nmannon1@comcast.net.



PLUMBING
and
HEATING Corp.

MBE0000478

SPECIALIZING IN RESIDENTIAL & COMMERCIAL MARKETS.
ONE SINGULAR MISSION – TO DELIVER QUALITY SERVICE!

603.225.6929

3 BOW BOG ROAD, BOW, NH 03304



REFUGEES FROM UKRAINE NEED YOUR HELP

by Debra Douglas

I recently delivered six bags and boxes of sheets, pillowcases, duvets, and clothes from a friend in Hopkinton to the church location where new Ukrainian refugee families can be fitted out for a life here.

My friend Svetlana Chychka told me that since last summer 20 families with children have been resettled in the Manchester area. "All the men now have jobs and are working as much overtime as they can to earn money." With the lowest unemployment rate in history at 1.7% this should not be surprising here in New Hampshire.

"The only hiccup" reports Svetlana "is we forgot about the 4th of July fireworks. So many of our children were terrified that the Russians were doing their night bombing again." All the horror of the Russian war those children experienced was brought back in their young memories.

Another problem, for which we have yet to discover a solution, is that each family needs a car to provide transportation to interviews, work, schools, doctor visits, shopping and daily chores. They do not have a credit history when they arrive here with which they can get loans for a family vehicle. They only need \$5,000 to \$8,000 for 10-year-old minivans or SUVs.



Volodymyr Prasko pictured here (on left) with Chuck Douglas, picks up furniture in Bow.



Svetlana Chychka (left) with Debra Douglas works to assist Ukrainian families in resettling.

Today Svetlana texted me that two families have qualified for the **Comcast Essentials Program** that allows the purchase of new Dell laptop computers for \$149.99. As I have explained before, these computers give them the resources to learn English (primary) and apply for jobs and driver's licenses. We have purchased four for families and our former neighbor has helped with buying additional computers for the newest residents. There are a few more families arriving soon who will need computers as well as mattresses, kitchen tables with chairs, sofas, and basic furniture needs.

Please contact Svetlana Chychka at 603.661.3227 or at schychka@gmail.com if you are inclined to help our new residents. They are very grateful for any help that you might give them.



QUOTE FOR THE MONTH

"Each and every one of you has the power, the will and the capacity to make a difference in the world in which you live."

HARRY BELAFONTE Singer, Actor, & Civil Rights Activist



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 |

KDD Painting

603-494-7581 • 603-451-1260
CELL OFFICE

RESIDENTIAL & COMMERCIAL PAINTING • POWER WASHING



KDD Painting is a reliable, experienced, paint contractor specializing in high quality interior and exterior painting & power washing services at affordable pricing.

A+ Better Business Bureau rating.
For a FREE quote call Craig or Keith D'Alessandro.

For information visit our website at www.kddpainting.com



PROFESSIONAL RESIDENTIAL & COMMERCIAL
POWER WASHING, SOFT WASH & ROOF CLEANING

CONTACT US TODAY FOR A FREE CONSULTATION

603-715-6195 SPRAYFORCEPW.COM

WALKWAYS | DECKS | PATIOS | DRIVEWAYS | STAIN & GRAFFITI REMOVAL & MORE...

Big Bear EXCAVATION

We Repair & Replace
Septic Systems
Remove Stumps
Back Yards
Additions & Garages

www.BigBearExcavationNH.com

FREE ESTIMATES



Call Dick Siciak
603-228-9535

7 Branch Londonderry Turnpike W.
Bow, New Hampshire 03304





2023
F-150
XL & XLT Models

UP TO \$4,000 BELOW MSRP⁽¹⁾

+3.9% APR⁽²⁾
FOR 60 MOS

(1) Discount to include up to \$3,000 dealer discount and, \$1,000 Retail Trade Assist on 2023 Ford F-150 XL and XLT (PGM #30848). Not all buyers will qualify for Ford Credit financing. 3.9% APR financing for 60 months at \$18.37 per month per \$1,000 financed regardless of down payment (PGM #20030). Residency restrictions apply. For all offers take new retail delivery from an authorized Ford Dealer's stock by 9/4/23. See dealer for qualifications and complete details.

(2) 3.9% financing available up to 60 months on 2023 Ford F-150 XL 2023 Ford F-150 XLT. Offer subject to credit approval through Ford Credit. Vehicle price excludes any tax title, registration fees, or dealer administration fee of \$599. See dealer for complete details restrictions exceptions and qualifications. Offer ends 9/4/23.

1317 NH-3A
Bow, NH



BOW
AUTO PARTS

OUR QUALITY IS THE DIFFERENCE!



Used Auto Parts That Last Longer.
We use digital tracking in our climate-controlled warehouse to ensure that your used car parts or used truck parts orders are fulfilled promptly and accurately.

Quality Used Parts To Save You Money Found In Seconds.
Bow Auto Parts provides fast delivery and friendly, responsive service to customers. We're your local source for well-cared for top-quality parts for both *used car parts* and *used truck parts*.

603-224-8400
www.bowautoparts.com

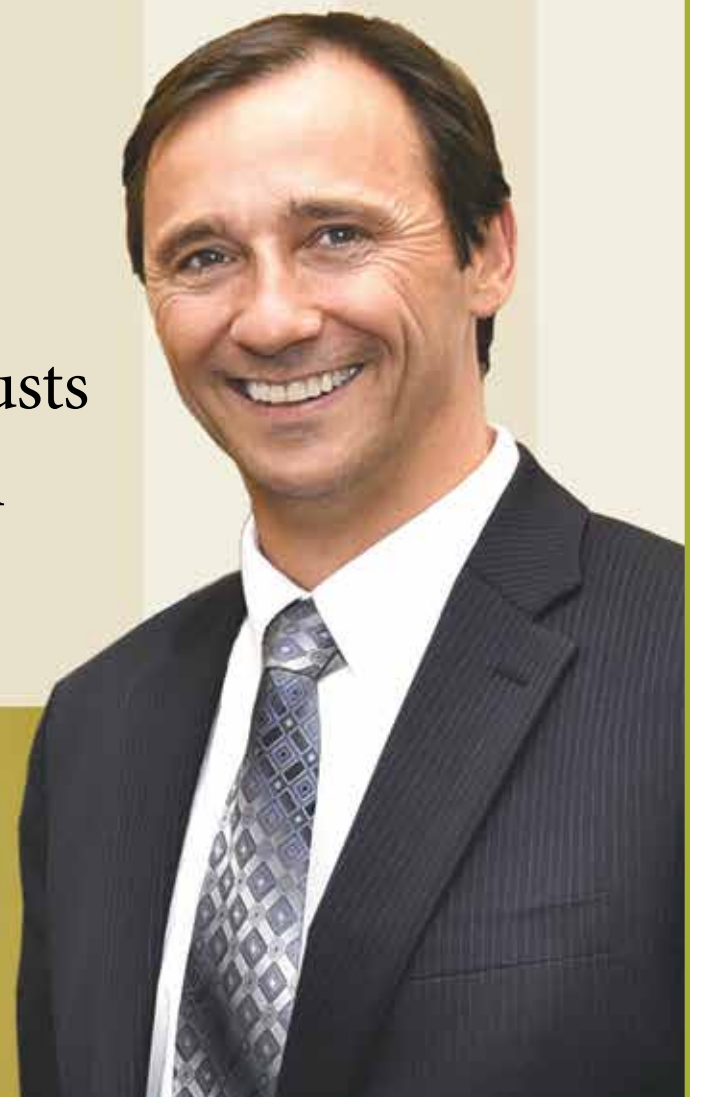
"A Proud Sponsor of Bow Youth Sports"

Providing Peace of Mind, One Family at a Time.

ATTORNEY BENJAMIN JOHN KINIRY



- Estate Planning
- Elder Law
- Probate Law
- Special Needs Trusts
- Veterans Pension
- Guardianships



888-471-2903

9 Van Ger Drive | Bow, New Hampshire 03304

Email: ben@kinirylawfirm.com

www.kinirylawfirm.com