

# The Bow Times

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## DUNBARTON NEWS ON PAGES 12-13

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15

### BOW FIRE CHIEF BERMAN RETIRES



Chief Eliot J. Berman retired from the Bow Fire Department after 22 years of dedicated service to the town of Bow and Bow Fire Department.

Eliot joined the department as a call member in 2002. He was hired as a full time FF/EMT-I in 2004 and he served as a Captain-Paramedic prior to being named chief in 2021.

Throughout his career, Chief Berman was a paramedic for the Central NH Special Operations Unit (SWAT team).

The Town of Bow and the Bow Fire Department would like to thank Chief

Berman for his exemplary service and wish him well in his new position as the Director of Environmental Health and Safety for Oliver Mechanical, Inc. in Manchester.

### ELEANA COLBY FOUND IN ETHICS VIOLATION

At a meeting of the Selectmen on January 2, 2024, a violation of the town ethics policy was found because Selectman Eleana Colby had voted for her husband to go on the Bow Drinking Water Committee.

Ms. Colby declined to speak and a motion by Selectman Chris Nicolopoulos finding a violation was approved on a 3 to 1 vote.

Selectman Angela Brennan voted no. The matter was contentious and twice Chairman Mike Wayne gavelled the meeting into recesses. Unfortunately, during one of the recesses, Selectman Brennan argued with a citizen and blamed the whole matter on “a small group of immature men who have lost a couple of elections.” What the connection was to Colby casting her vote was not explained.

### APPLICATION FOR 36,000 SQ FT OF NEW MANUFACTURING SPACE

On December 21, 2023, the Bow Planning Board heard from applicant, Rich Geddes, for two 15,000 square foot buildings on River Road that would be suitable for manufacturing, warehouse or construction use. One building would have 6,000 square feet of roof-covered storage.

The public hearing on the two applications will be on January 18, 2024, at 7:00 PM in the Bow Municipal Building.

### ★ ★ ★ NH PRESIDENTIAL PRIMARY ★ ★ ★

#### TUESDAY JANUARY 23RD - PRESIDENTIAL PRIMARY

Bow Community Center  
3 Bow Center Road, BOW, NH 03304

Polls are open from 7:00 AM – 7:00 PM

Bring an acceptable form of photo ID, such as your driver’s license or U.S. passport. You may register to vote on Election Day at the polls. Undeclared persons may vote for any party.

AARP NH has compiled an online Voter Guide for Granite Staters to answer voters’ questions about polling hours, locations, absentee ballots, ID requirements, registration and LOTS more! Go to:

<https://states.aarp.org/new-hampshire/election-voting-guide>



### AVALANCHE ON MT. WASHINGTON SEVERELY INJURES MAN FROM BOW

Dominic Torro, 30 of Bow, was skiing down “Airplane Gully “ with a friend when an avalanche was triggered, according to New Hampshire Fish & Game. Torro’s friend and another unrelated skier, skied over to assist Torro after the avalanche at about 11:30 A.M. on Friday, December 8, 2023.

Torro suffered a life-threatening, lower leg injury requiring a helicopter to extract him.

As the National Guard Helicopter was being mobilized, personnel from Mount Washington State Parks and Mount Washington Auto Road coordinated the ground effort getting a “SnoCat” ready to transport a team up the Auto Road to the summit where they would trek over the ridge and rescue the skier if the helicopter could not.

While waiting for the National Guard Helicopter to arrive, the skiers shoveled out an area on the side slope so that the paramedic and litter that would be lowered down from the National Guard Helicopter would have enough space to load Torro and hoist him into the helicopter while it hovered above.

Torro was flown to Dartmouth Hitchcock Medical Center in Lebanon for treatment of his injuries.

### CHERYL LINDNER APPOINTED BOW’S NEW FINANCE DIRECTOR



The Town of Bow is pleased to announce that Cheryl Lindner has been selected as Finance Director for the Town of Bow. Her first day of work with the Town was November 27.

“I am excited to serve as Finance Director for the Town of Bow,” said the new director. “I am looking forward to working with the municipal team to serve Bow’s residents. It is an honor to be a part of such a welcoming community.”

Cheryl previously served as the Treasury Management Officer for the City of Nashua. Prior to assuming that position, she served as Chief of Staff in the Office of the Mayor. She is a NH Certified Public Manager and is enrolled in the MBA program at Southern New Hampshire University. Cheryl is a member of the of the NH Government Finance Officers Association executive committee, and also serves as a member of the NH Municipal Association Board of Directors.

### EPSOM MAN THREATENS TO KILL BLUE SEAL EMPLOYEES

Kenneth Osborne of Epsom was arrested on December 15, 2023, for allegedly threatening to kill employees at the Blue Seal store in Bow. Osborne, 65, was arrested by Epsom Police and held on preventative detention by the county after his arrest on a Bow warrant. Two years ago, Osborne was arrested after an incident at Petco on Fort Eddy Road in Concord.

### 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

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## EDITORIALS

### NIKKI HALEY FOR PRESIDENT

Republicans have lost the Senate and the White House in the last three years because our leading candidate is running for revenge, not for us.

If you don't want Biden's failed policies to win again, then how about backing a candidate who beats him by 17 points in a recent Wall Street Journal poll? Yes, while Trump and Biden go back and forth by a point or two in the contest, we have a way to get good policies back without the drama, and that means voting for former Governor of South Carolina, Nikki Haley.

A proven conservative who showed her strength on the world stage as Donald Trump's Ambassador to the United Nations, Nikki Haley has the respect and recognition we need at the top of our party's ticket.

Years ago legendary Green Bay Packers coach Vince Lombardi summed up his view on the competitive nature of football when he said "Winning isn't everything, it is the only thing."

I think my fellow Republicans and intelligent undeclared voters want to see a viable candidate come out of our first in the nation primary on January 23. The Trump show is seven years old and the blue suit and red tie need to be put away so the party can govern again.

That can only happen if we have an enthusiastic, tough candidate who has been battle tested. We don't need to be dragged down by invoking Mein Kampf and David Duke. It is hard to believe a former leader of our very racially, ethnically and religiously diverse land came to our state last month and spoke in Durham of people coming here "poisoning the blood of this country." Wow! I have not seen that type of quote except from one of the Ku Klux Klan's Imperial Wizards. And if Trump's bullhorn is calling for a return to an all white Christian America he is over 400 years too late.

A great political party can't win by appealing to Neo Nazis and unreconstructed Southerners. It wins by broad positive appeals to the better nature of your friends and neighbors here and across the other 49 states. Nikki is likable and reasonable. Governor Haley can help us move on to the best of the Trump policies without baggage carts piled high to divert attention. Looking toward winning for the party Nikki Haley says she will do it "with no drama, no vendettas, no whining."

Vince Lombardi was right - let's win for a change!

### THE REAL MEANING OF FROM THE RIVER TO THE SEA

On October 7, 2023, hundreds of Hamas terrorists came out of Gaza and murdered over 1,200 Israeli men, women and children. They kidnapped and abused 240 more. With a population of only 9,400,000 (including Arabs and others), that would proportionately be like killing 42,000 Americans, or about the same number as everyone living in Concord, New Hampshire.

The largest massacre of Jews since Hitler's Holocaust has been met on many streets and campuses with chants of "From The River to the Sea, Palestine Will be Free." Free of what? The Jews.

The river referred to is the Jordan, which separates Israel and the country of Jordan to its east. Between the river and the Mediterranean Sea lie Gaza and Israel. While there was a biblical Israel it ended when various conquerors took over the area, the last being the Ottoman Empire in 1400. There never was a country called Palestine, but that was the name for the area after World War I when the region was administered by Great Britain.

Competing claims for an area not much bigger than Vermont led to rioting between Jews and Arabs in April of 1920, that left nine dead and hundreds injured. Their conflict is thus over a century old.

After World War II, the world came to grips with the magnitude of six million Jews tortured and murdered in the Holocaust. Our country led the effort to create a home for the surviving European Jews in the United Nations which came up with a two state solution for the area inhabited by Christians, Jews and Moslems. While Jews signed on, the Arabs did not, so Israel then declared itself independent in 1948.

Numerous wars since then have led to an area coming under Israeli control known as the West Bank. That territory, taken from Jordan in 1967 after an Arab-Israeli war, runs from Jenin to Bethlehem down to Hebron, all historical Jewish cities.

The Hamas chant "From The River to the Sea, Palestine Will be Free" would mean the destruction of Israel leaving seven million Jews either dead or relocated. While Arabs have many countries to relocate to, the Jewish population of Israel has no place to go.


Ukrainian born Golda Meir, who served as Prime Minister of Israel from 1969-74, met with a visiting U.S. Senator who questioned how Israel could ever survive in a hostile Arab world? Her blunt answer was: "We have no place else to go."

Hamas' intentions are not ambiguous. The group's charter or Covenant of August 18, 1988, says that the "liberation of Palestine is an individual duty of every Moslem (Article 13) and that the Day of Judgment will not come until Moslems fight Jews, and kill them." (Article 7).

Any call to be fair to those who killed 1,200 Jews in October is absurd when you consider what a Hamas-run country from Jordan to the Mediterranean Sea would really mean for Israel.

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






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### ZONING ORDINANCE CHANGES CONSIDERED FOR MARCH TOWN MEETING

On December 7, 2023, the Planning Board met to discuss potential amendments to the Bow Zoning Ordinance to be voted upon on March 12.

**DEFINITION OF ABUTTER** – Karri Makinen, Bow Community Development Director, told the Board that who is an abutter for notice of an applicant’s application differs. For zoning matters, notice goes to abutters who adjoin, or are across the street or any stream.

However, Planning Board rules provide for notice of property “abutters” within 200 feet of the site. It is unclear if any change will be proposed.

**CELL TOWERS** – Currently there is a 90' tower height, but the Board wants to see changes in language in light of the arguments about the reduced coverage at that height.

The Board consensus was that a 90' tower height does not provide adequate coverage based on information provided by a previous applicant. The Board would like to see increasing the tower height on the ballot at the March town meeting. The Board’s recommendation of wording is “a tower height of 190 foot or a height whereby the FAA does not require lighting.”

**IN-LAW APARTMENTS (ADU’s)** – Ms. Makinen said there have been many inquiries at the Community Development Office about detached Accessory Dwelling Units (ADUs). Data from other towns indicate that of the towns that allow ADUs, 108 allow them to be detached and 97 do not. Some towns require a Conditional Use Permit if it is detached allowing the Board to review it and ensure it is compatible. Dunbarton, Hopkinton and Bedford allow detached ADUs. All of our current rules and restrictions, including the size, will still apply and only one ADU per lot is allowed. Some towns require that it is visually compatible with the home.

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**ABORTION**

I normally have a medical quiz involving famous people for you to enjoy at the beginning of the new year. However, I am going to challenge you to do some hard thinking because you may have noted that on December 11, 2023, WMUR reported, “State House Democrats announce effort to enshrine abortion rights in New Hampshire Constitution.” I have always tried to avoid making my remarks ‘political’; my comments would be the same irrespective of who is advocating for “abortion rights.” First let me be clear, if it came to an either-or decision, saving the life of the mother over saving the infant in her womb, I support saving the mother. If the developing baby has conditions that are not compatible with life, and the mother chooses abortion over giving birth, I will support her. These are all medical decisions, not political. Then there are criminal acts against a woman: the cases of rape and incest that could justify ending a pregnancy. By the way, that represents only 1.5% of all abortions.

What is ‘political’ is the justification of abortion for any reason that the child is not wanted.

Think about this: the January 2024 issue of National Geographic has a wonderful article on the monarch butterfly. Every aspect of its life cycle and habitat needs to be protected for it to survive. The habitat of the developing human baby is its mother’s womb. While visiting friends in FL, I noted a sign on the beach: A \$500 fine for walking where there were turtle eggs. I am all for protecting turtles and butterflies. I would like to see the same concern for protecting developing babies. Consider the language that is used today: “My body, My right”: in reality the woman’s body is carrying another body, a distinctly separate human being. A woman’s “right” to empty her womb interferes with the “rights” of the baby developing in that womb. How about these slogans: Support “reproductive rights”: I am all for that; every woman has the right to reproduce, or not reproduce. Destroying the developing baby goes way past “reproductive rights.” “Products of conception”: yes, the developing baby is the result of conception, but naming it as a non-person, allows one to do whatever they want with it. Nazi Germany justified killing Jews and others because they were a ‘problem’ that was supposedly interfering with the well-being of German life. During a sad time in US history, many insisted that they owned Black persons, claiming them as their own personal property, and hence they could do what they wanted with them. The native people in America were blocking the desires of the American settlers, hence they were viewed by many as worthless and barbarian. Historically, child sacrifice (as child labor, sale, sex trafficking, or actual ritual sacrifice) has been justified to bring peace and prosperity. It seems to be a human trait; we will find a way to blame others if we don’t have what we want. Our treatment of people is based on how we name them or call them. Think about the rhetoric in the current political campaigns!

If the issue is an “unwanted” pregnancy, it seems to me that a better solution would be prevention of the pregnancy. All methods of birth control should be part of the education of young people: in the home, faith traditions, and school. Let us, as a caring society, help the parent through whatever it is that would initially cause the pregnancy to be viewed as unwanted. For starters, that could begin with child support during pregnancy (as proposed in HB 1027 by Representative Dan Hynes (I) from Bedford, NH). NH does not need a Constitutional Amendment guaranteeing the right to discard developing human babies.

**HOW TO SAFELY USE MOBILE PAYMENT APPS AND SERVICES**

Mobile payment apps and services usage is growing rapidly. The payment systems or apps like Zelle, Venmo, and CashApp let you quickly send and receive money. If you link the service to your bank account it’s almost like handing someone cash. Be sure you know who you are sending money to. Once you send money, it is nearly impossible to get it back.

Here are some tips on how to use the mobile payment apps and services safely.

**MAKE SURE YOU KNOW WHO YOU ARE SENDING MONEY TO**

1. Don’t click on links in an unexpected email, text message or direct message that ask you to send money. Don’t give any personal or sensitive information like your username, pin or password.
2. Confirm that you know the person you are sending money to. formation before you hit send.
3. When sending to someone you know, double check their information before you hit send.

**PROTECT YOUR ACCOUNTS**

1. Use multi-factor authentication. This means you need two or more credentials to get into your account: your password plus something else like an authentication code or fingerprint.
2. Never share your credentials, like a verification code you get via text or authentication app.
3. Set up alerts in the payment app to get transaction notifications outside of the app environment, such as via email or text.
4. Regularly check your payment app and bank accounts to be sure no unauthorized payments have been sent from or accepted by your account.

**IF YOU THINK YOU HAVE PAID A SCAMMER THROUGH A PAYMENT APP**

1. Report it to the payment app or service and ask to reverse the transfer.
2. Contact your financial institution
3. Report it to the Federal Trade Commission at Report Fraud.ftc.gov.

Source: American Banker’s Association, aba.com

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**FLATLEY PULLS PLUG ON I-89 PROJECT**

At the first meeting of the Bow Business Development Commission on January 3, the Commission was told that the Flatley Company is not pursuing its Logging Hill Road, Exit 1 southbound mixed-use project due to water and road layout issues. Changes to Exit 1 southbound will take years to occur.


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9 River Road	1 Bedrooms   1 Bath	884 Square Feet	1 Acre	\$354,900
99 Woodhill Road	3 Bedrooms   2 Baths	1556 Square Feet	1.03 Acres	\$460,000
10 Dean Avenue	3 Bedrooms   3 Baths	2169 Square Feet	1.20 Acres	\$505,000
51 Logging Hill Road	4 Bedrooms   3 Baths	2773 Square Feet	.46 Acres /	\$536,900
51 Woodhill Hooksett Road	3 Bedrooms   3 Baths	2132 Square Feet	2.95 Acres	\$585,000
52 Stone Sled Lane	2 Bedrooms   3 Baths	2729 Square Feet	CONDO	\$677,000
5 Putney Road	5 Bedrooms   4 Baths	3510 Square Feet	2.01 Acres	\$790,000
1 Windsor Road	4 Bedrooms   3 Baths	2904 Square Feet	3.2 Acres	\$790,000

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
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*Sales Data for December 2023 provided by the NHMLS.*




**MEET SHERRI FERNS**


**M**et Sherri, a proud resident of New Hampshire. Having grown up in the Granite State, raising her family in Concord's South end and now residing in Bow, she's developed a deep love for this region and its people. Her passion lies in connecting with people from diverse backgrounds, and her approach is built on creating 'win-win' situations through fairness, transparency, and collaboration.

Whether buying, selling, or investing, she'll focus on your unique real estate needs, ensuring a smooth process throughout your significant life events.

Beyond real estate, she's involved in yoga and supporting women in her community to connect with their intuition. She cherishes building strong, lasting relationships and exploring new opportunities.


If you're embarking on a real estate venture or want to discuss life in New Hampshire, reach out and work with Sherri!

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# THE TRUTH ABOUT GETTING STARTED

by Jim Olson

Happy new year, my friend. As we begin the new year, many are thinking about new weight loss and fitness resolutions. Maybe you are here because you have the same goals as last year.

I am so excited to help you on your weight loss journey this year, but first I need to tell you something important about getting started...

**The best time to start something was yesterday.**

**The second-best time to start is NOW.**

**Wherever you are, it's right time and your perfect place to start.**

**Do not put off the Start.**

**Start NOW, even before you think you are ready.**

**WHY?**

It's easy to get overwhelmed by all the things we think we need to do first. But consider this:

- Nobody starts in the deep end.
- Nobody has all the answers before they start.
- And getting started is often less expensive and faster than you'd imagine.

Taking a different route than we're used to might feel unnatural. The unknown may also be scary, but don't worry! Once you begin something, you build momentum, and then it becomes easier and easier to keep going. You might even be surprised by how much you enjoy doing this new thing once you've started.

When starting anything new, it is important to think about your WHY. Why you started in the first place so you can keep going when things get tough. These questions might help:

**WHAT'S YOUR HEALTH WORTH TO YOU?**

What's being vibrant and active vs couch/bedridden worth when you're older?



**Jim Olson**

What's it worth to be fully present and energized for your kids and grandkids?

What's it worth to feel confident each day of your life?

Can you put a price on living a life where you are medication and ailment-free?

No matter your age, you need to consider these things NOW.

There's nothing more important to invest in.

You deserve to feel good in your body and put yourself first so that you can experience whatever it is that sets your soul on fire!

Just like the journey to any destination, there is more than one route to where you want to go.

Having a fit and healthy body is the best place to start.

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Take your next step, achieve increased strength, energy, and mobility to live an active lifestyle with confidence — and fit in the clothes you want to wear!

Let us be your GPS to guide you on the right path for YOU. You're not everybody else! You're an original and there is not another individual on the planet exactly like you. You tell us what you need and what your goals are and we'll map out the best route to get you there safely, effectively and sustainably — The IF Way.

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

**Apply Today**

[IndividualFitnessllc.com/30](https://IndividualFitnessllc.com/30)



# Travel Time WITH CHASE & BUD | ABOUT ETIAS

## EUROPEAN TRAVEL WILL REQUIRE VISAS IN 2025!

by Chase and Bud Binder

If you thought travel was getting back to post-COVID normal (i.e., no extra protocols or paperwork), think again. ETIAS is coming!



sooner rather than later. As it happens, the EU powers that be aren't going to have the online application process go live until after the 2024 summer Olympics in Paris. So, we all have some time to plan. I have an alert set for May 2024 to renew my passport—plenty of time to get the new one before the ETIAS site goes live in the fall of 2024.

### WHAT IS ETIAS?

**ETIAS—European Travel Information and Authorization System**, is a long-

planned digital registration system that uses biometrics (scans of fingerprints and faces) to authorize entry into the 30 European Union member countries. Citizens of countries who are allowed to travel to EU countries without a visa (that means citizens of the USA, among others) will have to start registering for ETIAS next summer if you are planning to visit an EU country (like Spain, Italy or Greece) from mid-2025 onward, when ETIAS is expected to become active.

### HOW LONG DOES IT LAST?

Now, before you panic—some basics. ETIAS authorization lasts 3 years and does NOT replace your passport. Rather, it is digitally linked to your passport. If you don't have a passport, you can't get an ETIAS authorization. If your passport expires before the 3-year effective period, you can't get it. If your passport gets lost or stolen or you change your name during the effective period, your ETIAS authorization disappears, and you have to start over. Getting ETIAS authorization doesn't mean you can stay indefinitely. It's for short stays of 90 days or less in one 180-day period. So it doesn't replace student visas.

### PASSPORT EXPIRATION KEY ISSUE

So, your very first job is to check your passport's expiration date. In my case, my passport expires in 2025. Bad. Forget getting an ETIAS in 2024 for travel to Europe in 2025 on that passport. My plan? Apply for my renewal

### DO I STILL NEED A PASSPORT?

As for the logistics, after you have successfully gotten your ETIAS authorization, there will be no more collecting cool stamps in Your passport to remind you of your travel throughout Europe. You'll still need to scan your passport, but you'll enter countries via kiosks which will digitally collect and store your fingerprints and facial image. This is basically what Global Entry does.

### AND THE COST?

Each ETIAS authorization costs 7 Euros per application or less than 8 dollars. If you ask a third party to apply (say, a travel agent) they can and will tack on extra fees—but have to use the same system you would use yourself. Officials are strongly recommending that you obtain your ETIAS before booking and paying for EU accommodations/travel from mid-2025 onward. And they also caution that some non-EU countries might require ETIAS authorization as well. The process will apply to all travel modes—airlines, cruise ships, bus tours, self-drive travelers.

**WHERE DO I GET INFORMATION?**

So how to avoid disappointment or embarrassment? Check out the only official online platform at <https://travel-europe.europa.eu/etias>. They have an extensive FAQ section, and this is where you can actually apply. Suggestion: clip this column and keep it on your bulletin board!

FIRST QUARTER HONORS		
BISHOP BRADY		
HIGH HONOR ROLL		
Sophia Chimienti	Grade 9	Hopkinton
Rebekah Itt	Grade 9	Bow
Earl Mitchell	Grade 9	Hopkinton
Joseph Richardson	Grade 10	Bow
Ana Badau	Grade 12	Hopkinton
Paul Badau	Grade 12	Hopkinton
Meghann Geige	Grade 12	Hopkinton
Caroline Michaud	Grade 12	Dunbarton
HONOR ROLL		
Alexis Bryant	Grade 9	Bow
Ashlyn Bryant	Grade 9	Bow
Landen Krause	Grade 9	Bow
Elias Glasser	Grade 10	Hopkinton
Gwyneth mclaughlin	Grade 10	Bow
Claire Chimienti	Grade 11	Hopkinton
Talon Perkins	Grade 11	Dunbarton
Emma Richardson	Grade 11	Bow
Evan Dow	Grade 12	Bow

# DROP THE F\*BOMB

## TALK TO YOUR KIDS ABOUT FENTANYL

Fentanyl is a powerful, synthetic opioid. It's killing young people - BUT many of them don't even know it exists.

**Fentanyl is 50 times stronger than heroin.** Think your child would never encounter fentanyl? You might be surprised! Young people today are under a lot of pressure, and some of them choose to experiment with drugs.

In 2020, 76% of drug deaths in people 15-24 involved fentanyl.

Most kids aren't seeking fentanyl, they get it by accident. Just teaching them that it is hidden in fake pills and other drugs empowers them and helps them stay safe. And it opens the door to conversations with you about healthier ways to deal with stress.

**For more information visit the National Ad Council at:**

**DropTheFBomb.com**



THE  *Music* LADY  
FOR THE LOVE OF MUSIC



“Have You Never Been Mellow?” Well, “If You Love Me Let Me Know,” and then “Let’s Get Physical” because “You’re The One That I Want,” and “I’m Hopelessly Devoted To You.”

Olivia Newton-John was born in England in 1948 and her family moved to Australia when she was 5 years old. Her successful musical career took her to the USA in 1975, where she went on to earn 4 Grammy Awards and had 15 top-ten singles, including 5 number one singles. As much as we love her singing voice, who can forget her character of Sandy in the 1985 movie-musical “Grease?”

Olivia almost declined the role of Sandy. Also being considered for the role were Susan Dey, Marie Osmond and Carrie Fisher. At age 29, Olivia wasn’t sure if she wanted to play the role of a teenager. (John Travolta’s role of Danny Zucko almost went to Henry Winkler, aka “The Fonz”). Even the director of “Grease” wasn’t sure if Olivia was right for the role of Sandy, because of her “good girl image” and her English/Australian accent. But her singing voice was so brilliant and her chemistry with John Travolta was so magical, he offered her the role. To explain her accent, the story line was changed to reflect that Sandy was an Australian exchange student. Adding to her hesitation for doing “Grease” was the fact that she had previously been in a movie called “Too-morrow” that had been a total flop. “I was very anxious about making another film because my music career was going so well, and I didn’t want to mess it up by doing a movie that might not be that good.” “Grease” ended up being the highest grossing live-action, movie-musical of all, up to that time. It even beat the world record of “Sound Of Music” from 20 years before. The movie has remained popular across the generations ever since it was released in 1985 and has grossed \$396 million to date.

Olivia died at age 73 in 2022 from breast cancer. She decided to go public with her diagnosis in 2019 and head off any leaks to the media. “I’m making this announcement myself, to save enquiring minds 95 cents.” Before she died, she auctioned off the black leather jacket and tight pants that she wore in the finale of “Grease,” and donated the money to cancer research. Sara Blakey, who is the founder of “Spanx,” paid \$405,700 for the outfit.

Of her good girl image, Olivia said “there’s a rumor going around that I’m Miss Goody-two-shoes from Australia. We’ll, that’s a laugh. I’m really Miss Goody-two-shoes from England!”

In the final scene of “Grease,” Olivia’s character of Sandy had transformed from “good girl” to “sexy slut.” As she strutted out in those skin-tight black pants and skimpy top, she dropped her cigarette on the ground and put it out with the stiletto heel of her shoe and delivered that memorable movie quote to a dumbstruck Danny Zucko , “Tell me about it, Stud.”

**SCHOOL NEWS**

**Safety Upgrades** - Bow will receive a share of \$585,000 in federal money for two projects to aid school safety. The money is divided among several school districts in addition to Bow.

**Bus Drivers** - After a full-court press to hire drivers last fall, the Bow School Board on December 4, 2023, received the good news that the positions are now fully staffed.

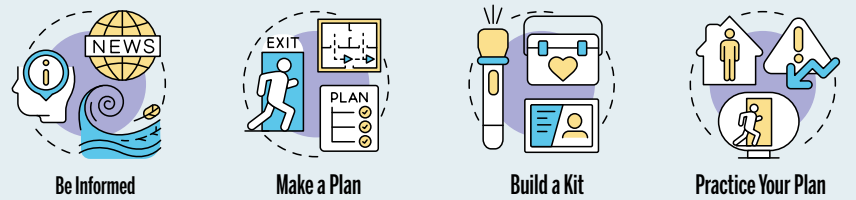
**Girls’ Hockey** - At the December 4, 2023, meeting of the Bow School Board, Nick Leiden of Knox Road came to discuss a possible girls hockey team. Chairman Bryce Larabee said the board had polled the parents and found that not enough girls were interested to form a team nor were other schools interested.

2023

## Congratulations BOW SCHOLARS for Academic Excellence

**Michelle Eweka and Mark Folsom** were named to the Dean’s List at The University of Connecticut for the spring 2023 semester.

**BEING PREPARED SAVES LIVES!**



**A MESSAGE FROM THE BOW OFFICE OF EMERGENCY MANAGEMENT**

**Are You Ready?** Emergencies can happen at any time. Being prepared saves lives! Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. The best way to make you and your family safer is to be prepared before an emergency occurs.

We encourage everyone to:

1. Be Informed,
2. Make a Plan,
3. Build a Kit,
4. Practice and Maintain Your Plan and Kit.

These simple steps can make a difference in ensuring your safety and the safety of your loved ones in an emergency. Bow Emergency Management is committed to fostering, promoting, and maintaining partnerships to protect our community from all hazards.

Please visit <https://www.ready.gov/> for information on how to create an emergency plan for your household.



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**THOUGHT OF THE DAY**

*A married man should forget his mistakes.  
There’s no use in two people  
remembering the same thing!*



# THE TOWN OF BOW POLICE DEPARTMENT



## BOW POLICE DEPARTMENT DECEMBER 2023 ARREST LOG (FELONIES AND MISDEMEANORS)



**12/1** James Hepburn, 47, of Lowell, MA was arrested for forgery.

**12/6** Jason Doucette, 40, of Bow, was arrested for 2nd-degree assault and domestic violence-related simple assault.

**12/9** Bryan Morse, 35, of Manchester, was arrested on a warrant for possession of a controlled drug.

**12/11** Richard Williams, 46, of Hooksett, was arrested on a warrant for operating while deemed a habitual offender.

**12/14** Brian King, 33, of Weare, was arrested for violation of a domestic violence-related order of protection.

**12/15** Kenneth Osborne, 67, Epsom, was arrested for criminal threatening- violent crime and criminal threatening against a person.

**12/18** Ryan O'Donnell, 42, Bow, was arrested for domestic violence-related simple assault.

**12/19** Timothy White, 38, Penacook, was arrested for Violation of a Domestic Violence Order of Protection

**12/26** Travis Murphy, 32, Concord, was arrested on an electronic bench warrant for non-appearance in court.

**12/31** Amy Jensen, 34, of Hookset, was summoned for operating after suspension or revocation.

*In addition: 1 Involuntary Emergency Admission and 2 juvenile arrests.*

## SWEARING IN CEREMONY

On January 2, 2024, we had hosted a swearing-in ceremony for new officers. We are pleased to welcome four new officers and one new Sergeant to our ranks at the Bow Police Department. We had a great turnout of family and friends for the new officers. The ceremonial swearing-in was conducted by Chief Ken Miller.



Being sworn in from left to right: Officer Joseph Rheume, a non-certified officer starts the NH Police Academy on January 8th, 2024; Officer Ashlyn Levine, a non-certified officer starts the NH Police Academy on January 8th, 2024; Officer Jonathan Behning, a Certified Officer from Anchorage Alaska Police Department; Officer J. Ricardo Saint-Marc, a Certified Officer from Newington NH Police Department; and Sergeant Austin Goodman, a Certified Officer from Manchester NH Police Department.



Group photo from left to right: Officer Joseph Rheume; Officer Ashlyn Levine; Sergeant Austin Goodman; Chief Ken Miller; Officer J. Ricardo Saint-Marc; Lieutenant Phil Lamy and Officer Harry Handy. Photos by Eric Anderson



## CHIEF MICHAEL FRENCH DIES

Our department was saddened to learn that former Goffstown Police Chief Michael T. French died on December 24, 2023, after a brief illness.

Chief French served the Town of Bow as the interim police administrator from April 2021 to November 2021. On his first day serving the Bow Police

Department he immediately became part of the Bow Police family. Chief French was extremely professional and brought his years of experience to identify policy and procedure changes that made the police department operate more efficiently. During his 8 months as police administrator, Chief French was fundamental in making important changes that set the Bow Police Department up for success.

During the 2022 Bow Police Department awards ceremony, Chief Ken Miller presented Chief French with a Department Service Award that honored his service to the Town of Bow. Chief French will be incredibly missed by all those he served with and all of us at the Bow Police Department send our deepest condolences to his family, friends, and the Goffstown Police Department.

He served with the Town of Goffstown Police Department for thirty-five years, retiring as Chief of Police. For more than fifty years, Michael passionately volunteered his time and talents with Camp Fatima Exceptional Citizens' Week, serving as Resident Director for twenty of those years.

## BOW PD HOSTS FBI-LEEDA



Congratulations to the Graduates and Trilogy Award recipients of the FBI-LEEDA Command Leadership Institute. On December 21, 2023, officers from all over New England attended the training, including our newest Sergeant, Austin Goodman, (standing left of the FBI banner).

FBI-LEEDA continues to provide exceptional training to officers around the the country. We look forward to hosting more of these trainings in the future.





THE BOW TIMES  
**TaleSpinner**

## AMERICAN IDOL

by Bow Resident Paul Pomeroy

It wasn't until I overheard a conversation at a recent family gathering about the TV show "American Idol" that I realized how far from the pop-culture mainstream I have drifted. Oh sure I've heard of the program. And as I surfed the channels I occasionally would catch one of the contestants performing. But I was totally unaware of the depth of meaning this program has to so many people. There was a degree of reverence in the tone of the individuals as they spoke of Iam and Megan. They quoted statistics that can't possibly be true. *More people voted for the American Idol than voted in the last presidential election!* As I walked away I commented smugly to myself about the intelligence of the American voter and where their priorities lie.

But as I drove home I began to see things a little more clearly. Later, as I did a little research into the intricacies of the program, I realized that it is I who has completely missed the sheer genius of the whole thing. For in "American Idol" we have the perfect microcosm of the American dream.

Our whole political system should take notice. Talk about your election reform!

For seven years I had a rather long commute to and from work. As I drove through the states of Pennsylvania, New Jersey and Delaware I had the opportunity to hear countless political ads, national and local, on the radio. And they pretty much had the same format. Candidate A's campaign would pay for an ad that told you nothing about candidate A. But it had plenty to say about candidate B:

"Did you know that Candidate B hates all poor people!?"

"Really?"

"Yep. Hates 'em. And children. She voted 17 times to take food out of their mouths while supporting giving guns to terrorists."

"Why that dirty no good..."

I didn't know who candidate B was but I knew I didn't like her! But then B's camp told me a few things about candidate A.

"Did you know that candidate A hates women?"

"All women? Even my mom?"

"Especially your mom... And he and his friends plan on casting all minority people back into slavery."

"That filthy, low life,..."

I never liked either candidate. It always seemed to come down to who stunk the least!

Suppose that this style of competition became popular on American Idol.

"Iam, what do you plan to sing for us tonight?"

"Well Ryan, I'm not going to sing anything tonight. Instead I'm going to use my 15 minutes to tell you and our audience some things you probably didn't know about Megan. Nasty things."

"And Megan, How about you?"

"Well let me tell you that Iam is no angel either." I have enough dirt on him to fill my 15 minutes and plenty more after that."

I'm guessing that aside from a few die-hards that love to watch blood-letting (mostly C-span watchers) it won't fly. That is because the American Idol people have it right. Start off with a bunch of people and eliminate those with the least talent first. The remaining group gets to perform weekly in front of all America. The competition is intense, friendly, and based on performance. What a novel idea! Suppose we insisted on this approach for our aspiring politicians to follow. The primaries would enable us to weed out the wheat from the chaff rather quickly – who had some talent and who was there for comic relief. Then the competition begins in earnest. Each week each candidate would get up in front of this huge audience and discuss the pros and cons of an issue. What he or she feels and how he or she would deal with the situation. We could have kind, open-minded judges, assuming we could find a few in and around Washington. And, of course, we would need the political equivalent of Simon's mean spirited, over-inflated, egotistical opinion of each discussion. I'm thinking we wouldn't have any problem finding a slew of these in and around Washington. But no matter what the judges think, it will be the people who vote. The people who will decide based on what they have seen over weeks of performances. And I don't care if they vote more than once! As long as they vote based on what they have observed and not on a Tucker Carlson harangue or a Rachael Maddow misinfo-mercial.

Just imagine that first Tuesday, November evening 2024. Joe Biden and Donald Trump will be standing together by their walkers, holding hands, waiting for the final tally. And regardless of the outcome, they will hug each other, knowing that they will have done their best in a spirit of respect and cooperation. And knowing that even though they may have come in second, there will be a lucrative talk show circuit contract awaiting them. Or at least a job as Secretary of State.

And America will celebrate.

And our enemies will not.

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



### CLOTHING & TEXTILE RECYCLING PROGRAM

**HELPSY Home Pick-up on Wednesdays**  
★ **Three Bag Minimum**

The Town of Bow is proud to continue to partner with HELPSY to offer free home pick-up of clothing and household textiles to residents. These pickups will now happen in Bow on the **SECOND WEDNESDAY** of the month.

Sign up at [www.helpsy.co/bownh](http://www.helpsy.co/bownh). Once a timeslot is booked a driver will be scheduled to pick-up on the selected date. Clothing and textiles should be clean, dry, bagged and left outside close to the street prior to 7 am the morning of pickup.

For pick-up and a list of acceptable items please visit:  
[www.helpsy.co/bownh](http://www.helpsy.co/bownh)

**WINTER WONDER**  
CHILDREN'S CONCERT  
WITH **MR. AARON!**

**SATURDAY, JANUARY 20 | 10:30AM**

**ALL AGES!**

Baker Free LIBRARY



## NORA'S DUNBARTON TOWNCRIER NEWS



**SURVIVAL STORY OF MOOSE** The Dunbarton Public Library and New Hampshire Fish and Wildlife Stewards present *The Survival Story of Moose in New Hampshire* with Carrie Carbonneau, Wildlife Steward on Thursday, January 25, 6:00pm in the Upper Town Hall. (Snow date will be Thursday, February 8th) Join a state Fish and Wildlife steward and learn about the natural history of moose, where they are most likely to be found in the state and how climate change is impacting their survival. Hear that moose are skilled swimmers, that parasites decrease their rate of survival, what their current population numbers are, and learn how to help the largest member of the deer family. **Please Note:** For more information, cancellations, or postponements, please see the library's Facebook page. In case of snow, please see WMUR cancellations. Thank you very much.

**MR. T FROM READING TO DOGS** will be at the library from 2:30pm to 4:00pm on Thursday, January 25, and Thursday, February 8, for grades 1 through 4. Please call the library (603-774-3546) to register for 15 minutes of reading.

**CHAIR YOGA WITH SHERRY GAMBLE** will be held Thursdays: Jan. 25 and Feb 8 at 11am. Come early and take up a chair to the second floor of the town hall. Sponsored by the library. FMI 603-774-3546. Look for cancellations on their Facebook page or website. All are welcome.

**BEYOND THE BOOK** This month, the Congregational Church Beyond the Book group is reading, *Awe: The New Science of Everyday Wonder and How it Can Transform Your Life* by Dacher Keltner. "From a foremost expert on the science of emotions and consultant to Pixar's Inside Out, a groundbreaking and essential exploration into the history, science, and greater understanding of awe. Awe is mysterious. How do we begin to quantify the goose bumps we feel when we see the Grand Canyon, or the utter amazement when we watch a child walk for the first time?" Discussion will be Thurs, Feb 1 on Zoom. For the Zoom link contact barbbennett51@gmail.com. All are welcome.

**DUNBARTON ELEMENTARY PTO** meeting will be held Mon Feb 5, 6:30pm to 7:30 pm in the DES teacher's lounge. A Zoom link will also be provided for those that prefer to attend virtually. Agendas will be sent out on ParentSquare. FMI: info@dunbartonpto.com

**OPEN MIC AT THE SPIRESIDE COFFEE HOUSE** on Sat. Feb 17. \$5 donation at the door. Doors open at 4:30pm. Performances begin at 5pm at the Dunbarton Congregational Church, 6 Stark Highway North, Dunbarton, NH. Musicians, poets and storytellers are welcome. Coffee, tea, soup, and snacks are available. Donations appreciated for refreshments. Important note: the FEB Coffee House starts an hour earlier. Please check the website or FB page for weather cancellations. <https://www.facebook.com/SpiresideCoffeehouse?mibextid=ZbWKwL> or contact Lizz@dunbartonucc.org with questions.

**THE PUBLIC LIBRARY BOOK GROUP** will be reading: *The Lost Apothecary* by Sarah Penner. "A female apothecary secretly dispenses poisons to liberate women from the men who have wronged them setting three lives across centuries on a dangerous collision course." Discussion will be Wed. Feb 21 at noon in the library. FMI or weather-related cancellation please contact the library or check their Facebook page or website.



## DUNBARTON HISTORIANS EMBARK ON A TREASURE HUNT

More than a dozen folks, armed with metal detectors and small garden spades, combed the woods in Dunbarton on December 23, 2023. Their mission was to find and document the exact location of a watchtower that once stood at the top of Mills Hill, with an elevation of 900 feet.

Bill Nichols, group leader, stated it was in the early 1950s, when the government was focusing on Civil Defense that they launched "Operation Skywatch." Observatory towers, sometimes known as air raid observation posts, were manned 24/7 to alert the Ground Observer Corps (GOC) of anything notable. At the start date of July 14, 1952, Merrimack County had 15 GOC observatory posts, including in Dunbarton. Often, members of the town's American Legion post participated in these efforts. While the tower may have been erected earlier, proof of location or age has not yet been rediscovered in Dunbarton. A Historical Awareness Committee member noted that the lookout tower depicted on the 2013 Town Report was actually the tower at Mt. Uncanoonuc in Goffstown.

During the morning search, nothing substantiating its location was found. A few hits with the metal detectors, but nothing conclusive turned up. The group will attempt to gather more information and try again. They are asking for the community's help. If you have any information, contact Alison Vallieres, DHS President, at 603-774-3681 or fancyiris@gsinet.net or Donna Dunn, DHAC Chair, at 603-774-4567 or dunnccottage@gmail.com. Submitted by Lindsey Mills Merrill.



Nora LeDuc

dtowncrier@gmail.com • 603-774-3141



# DUNBARTON POLICE DEPARTMENT

## SEPTEMBER 2023 ARREST LOG

**12/17** Marcy Wells, 54, Loudon, was taken into custody for operating while a certified habitual offender, disobeying an officer, and driving after revocation/suspension – DUI conviction, alcohol ignition interlock circumvention, driving without giving proof, driver’s license prohibitions, and driving after revocation/suspension.

**12/19** Sheri Ogrodowski, 33, Weare, was charged with driving after revocation/suspension and suspended registrations.

During the month of December 10 traffic citations were issued for offenses that included speed, non-inspection, and unregistered vehicle. For our complete December, 2023 Monthly Report please visit our Facebook page or website.

*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.*



## 15 YEARS IN SERVICE!

Chief Chris Remillard marks his 15th year in service to the residents of Dunbarton. Chief Remillard is the longest serving full-time officer in the history of the Dunbarton Police Department. His career with the Department began as an auxiliary officer in 2008. At this time, he was also working as a part-time Marine Patrol Officer with the NH Department of Safety. Chief Remillard has served as a full-time officer since 2010. He was promoted to

sergeant and sworn in as our police chief in 2022.

Chief Remillard has always held himself to the highest standards and earned a reputation as a top-notch, highly respected law enforcement professional. Congratulations Chief Remillard!

## GINGERBREAD COOKIE CAPER

Another Gingerbread Cookie Caper was solved in Mrs. Campbell’s second grade class! These outstanding Junior Detectives helped gather evidence which included a partial shoe print and hand print. Then, they interviewed several suspects. Nurse Emily ultimately gave a full confession and returned the gingerbread cookie! Great job, class!



The Internet Crimes Against Children Task Force and the Dunbarton Police Department present

## SOCIAL MEDIA: A Predators Playground



**PRESENTATION DESCRIPTION:** Learn about the dangers that face teens every day. We’ll discuss how computers, cell phones, iPads, digital cameras, gaming systems, social networking applications, and internet blogs all play a role in placing students and families at risk. This 1.5 hour presentation is specifically geared towards parents, educators and community leaders who are looking to better understand the technology available to teens today and the way in which child predators use it to exploit them.

**Tuesday, January 30th 2024**

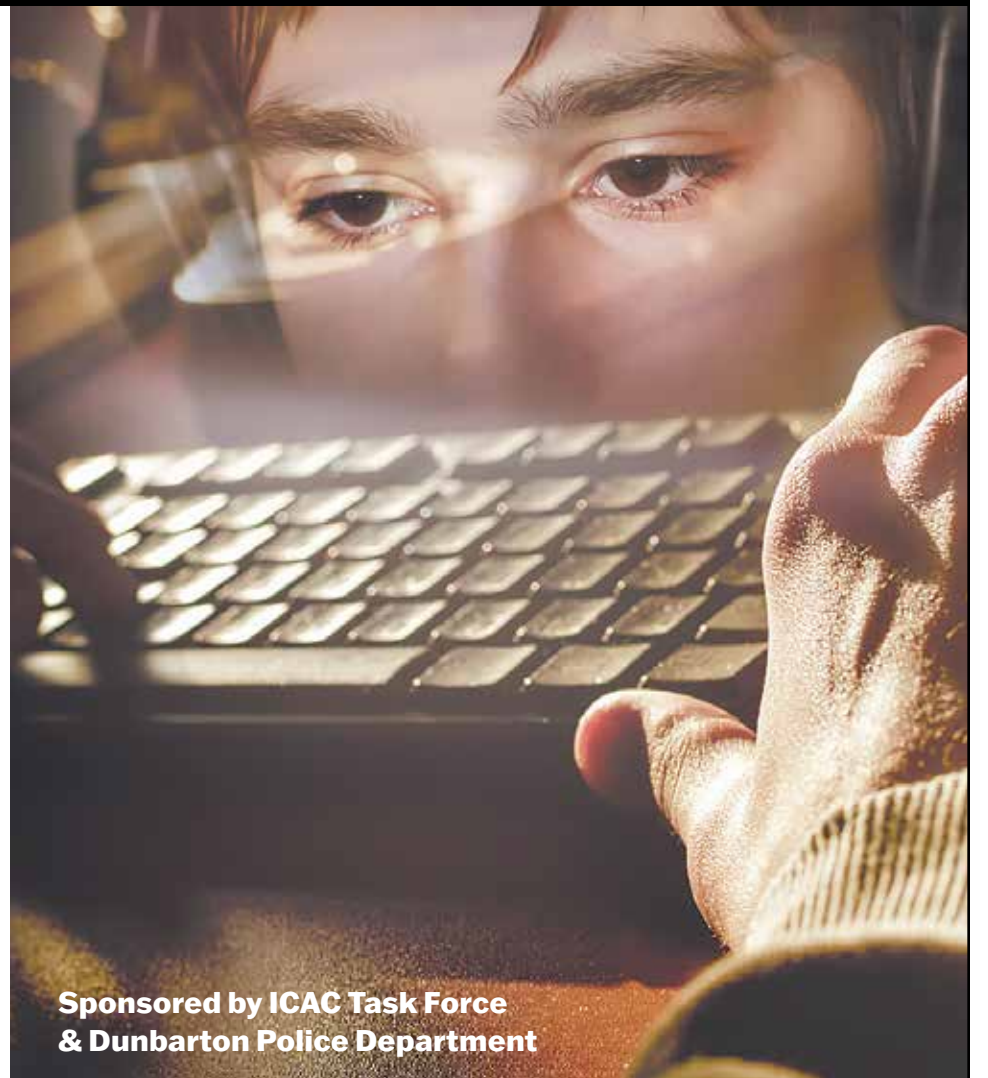
**6:00 PM – 7:30 PM**

Dunbarton Elementary School Library  
20 Robert Rogers Road, Dunbarton NH

**RSVP IS REQUIRED!**

please e-mail Chief  
Christopher Remillard at  
[chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net)

**The New Hampshire Internet Crimes Against Children Task Force** (NH ICAC) was established in 1998, it is responsible for investigating cases of child sexual exploitation involving the use of high technology throughout New Hampshire. The Task Force enables law enforcement agencies to work together to acquire technical skills, specialized equipment, and resources to effectively investigate and prosecute offenders.



Sponsored by ICAC Task Force & Dunbarton Police Department





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## Real Estate Sales in Hopkinton – DECEMBER 2023

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
235 Tucker Drive	3 Bedrooms   2 Baths	1374 Square Feet	.56 Acre	\$239,900
285 Pinewood Drive	4 Bedrooms   2 Baths	1538 Square Feet	.59 Acre	\$300,000
813 Pine Street	3 Bedrooms   1 Baths	1144 Square Feet	1.9 Acres	\$445,000
44 Garrison Lane	3 Bedrooms   2 Baths	1237 Square Feet	.70 Acre	\$450,000
767 Kearsarge Avenue	3 Bedrooms   3 Baths	2196 Square Feet	3 Acres	\$717,000
159 Clarke Lane	4 Bedrooms   4 Baths	4067 Square Feet	3 Acres	\$890,000

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

**TWO VILLAGES ♥ ONE HEART**

**TWO VILLAGES ART SOCIETY** Hopkinton is fortunate to have Two Villages Art Society (TVAS). This year, with your support, we presented nine art exhibitions and sales, held two member shows, presented Best of Show and Merit Awards, gave more than 50 artists a showcase for their work, provided art experiences for hundreds of visitors, including “art campers”, hosted monthly Artist Circles and Drawing, expanded opportunities to shop locally while supporting artists, welcomed a new president and three new board members, added enthusiastic new volunteers, and music w/reception soloists, winter concerts, and provided the Contookuleles practice space. More information available at: <https://www.twovillagesart.org/>

**WITCHING HOUR PROVISIONS** Hopkinton is also fortunate to have Witching Hour Provisions. By refiling over 61,000 ounces at Witching Hour Provisions, you kept over 3,800 16 ounce plastic containers out of the landfill. Your small changes made a big difference! More information available at: <https://www.witchinghourprovisions.com/>

**WIN \$100 GIFT CARD** Bring in your gently used Der Markt bags and boxes for your chance to win a \$100 Gift Card! We will give you one raffle ticket per item - the more items, the greater your chance to win. Winning raffle ticket will be drawn February 1st. For each box or bag a \$1 donation will be made of the Contoocook Carry Community Fund.

**FULL MOON HIKE** Naturalist Linden Rayton is holding her special Full Moon Hike on February 23! Join us for this night hike under the full moon. Sign up now as space is limited and will fill up quickly! [www.HopkintonRec.com](http://www.HopkintonRec.com). Join naturalist, Linden Rayton, for Winter Animal Tracking on Wednesdays in February! Space is limited so register early! [www.HopkintonRec.com](http://www.HopkintonRec.com)

**THE CONTOOKULELES** is New Hampshire's newest ukulele meetup group. We are all about learning, making music, and most of all, having fun! New members are always welcome. We typically meet the first and third Tuesdays of the month from 6:00-8:00 in the Community Room at the Hopkinton Town Library. For more, check out The Contookuleles on Meetup - <https://meetu.ps/c/51TCC/10w3Cx/a>

**HOPKINTON TOWN LIBRARY** Winter reading for youth has started and will continue through February 29th. Stop by the Hopkinton Town Library for a bookmark to start counting your hours toward festive patches to add to your tote!



**TUMBLE BOOKS** TumbleBooks, a world leader in online children's books, is a collection of animated talking picture books, read-alongs, ebooks, graphic novels, non-fiction, videos, language learning and educational puzzles and games. TumbleBooks are easy to use, and feature unlimited access from home! You can read as many books as you want, when you want, and on any device. There are no check-outs, holds, or downloads. Books are available instantly.

For more information visit our website at [www.hopkintontownlibrary.org](http://www.hopkintontownlibrary.org) or go to [www.tumblebooklibrary.com](http://www.tumblebooklibrary.com).

★ ★ ★ **NH PRESIDENTIAL PRIMARY** ★ ★ ★

**2024 NH PRESIDENTIAL PRIMARY ELECTION** will be held on Tuesday, January 23, 2024, from 7:00 a.m. to 7:00 p.m., at the Hopkinton Middle/High School Gymnasium (297 Park Avenue). If you will be unable to vote in person on Tuesday, January 23, 2024, you may submit an absentee ballot request. If you have any questions, please contact the Town Clerk/Tax Collector's Office at [tctc@hopkinton-nh.gov](mailto:tctc@hopkinton-nh.gov) or (603) 746-3180.

**LINDA MAI'S ARTWORK** Hopkinton Historical Society is currently selling some of Linda Mai's artwork that she made before she passed in November. The proceeds will be given to a charity in Linda's memory.



FEBRUARY 3 - MARCH 2, 2024  
**SUSAN ROCK**  
AN ARTIST'S MUSINGS  
ON LINCOLN & MIXED MEDIA

Bow artist Susan Rock is a multimedia artist working in watercolor and fiber. Widely exhibiting throughout New Hampshire, she received an Artist of Merit Award at TVAS' 2022 Summer Member Show for her water color, “Beach House.”



Her artwork also expresses her interest in President Abraham Lincoln: “I thought about our current national dilemmas and I find similarities and hope for the future through Lincoln’s words and my art.”

An avid gardener, Rock often paints still life arrangements and garden scenes. Susan’s work in this exhibit ranges from

botanicals to animals to portraits.



Mark your calendar and join TVAS for FREE Art Events

**ARTISTS CIRCLE** 1st Thursday | 6:60 to 8:00 PM

**DRAWING NIGHT** 3rd Thursday | 6:00 to 8:00 PM

**HOPKINTON POLICE DEPARTMENT  
DECEMBER 2023 ARREST LOG**

**13 Arrests • 9 Accidents • 295 Traffic Stops**

**12/01** James Hepburn, 47, of 89 Agawam Street, Lowell, MA was arrested for Forgery Government Instrument, Check, etc.

**12/01** Nathan Jamieson, 30, of 12 Hall Ave, Apt 5, Henniker, NH was arrested for Control Drug: Sched 1-4; Possession and Transport Drugs in Motor Vehicle.

**12/07** Domenic Cuoco, 52, of 6636 Thorman Road, Port Charlotte, FL was arrested for Domestic Violence; Simple Assault – Bodily Injury.

**12/09** Andres Rolando, 27, of 201 Jones Street, Apt 4, Tabor City, NC was arrested for License Required; Operate without Valid License.

**12/10** Gregory O’Neil, 41, of 44 Shamrock Lane, Jefferson, VT was arrested for DUI.

**12/13** John Penny, 57, of 45 School Street, Hillsboro, NH was arrested on two Warrants.

**12/14** Melissa Gosselin, 41, of 15 Dallen Road, Tilton, NH was arrested on a Warrant.

**12/16** Carlos Nicolosi, 21, of 15 Reserve Place, Concord, NH was arrested on DUI and Conduct After Accident; Colleen Adams, 32, of 115 Lower Straw Road, Hopkinton, NH was arrested for Conduct After Accident, Drive After Revocation/Suspension and Suspension of Vehicle Registration.

**12/12** Sarah Moeckel, 43, of 3 Woodchuck Terrace, Franconia, NH was arrested on a Warrant.

**12/24** Tyler Kraytenburg, 32, of 77 Bush Hill Road, Hudson, NH was arrested for Simple Assault, Bodily Injury, Disorderly Conduct and Reckless Operation, Criminal Mischief and Breach of Bail.

**12/27** Tia Murphy, 37, of 732 South Stark Highway, Weare, NH was arrested for DUI.



### WINTER TIPS from the Town of Bow Department of Public Works

- 1 Please make sure to remove temporary basketball hoops away from the road.
- 2 Move parked cars and trailers away from and off the Town's right of way.
- 3 Make sure your mailbox is clear, visible, and structurally sound before we experience heavy snow and ice. Residents should clear snow from the mailbox area after each plowing.
- 4 When plowing your driveway please do NOT plow snow across the road, this is prohibited by State RSAs. Doing so only creates hazards for drivers and makes it hard to keep our roads clean.
- 5 Shovel snow from the top or bottom of the driveway to the right as you are facing the road. This will reduce the amount of snow placed in your driveway during the next plowing.
- 6 On trash pickup days make sure to keep your green and blue bins off the travel way or in the driveway so the plow will not hit them.
- 7 All cemeteries closed for the winter season and will reopen on April 15, 2024. Cemetery roadways are NOT plowed.

**We appreciate your help with these issues,  
and we hope you have a safe winter.**



Matt Poulin

6 Garvins Falls Road  
Concord, NH 03301

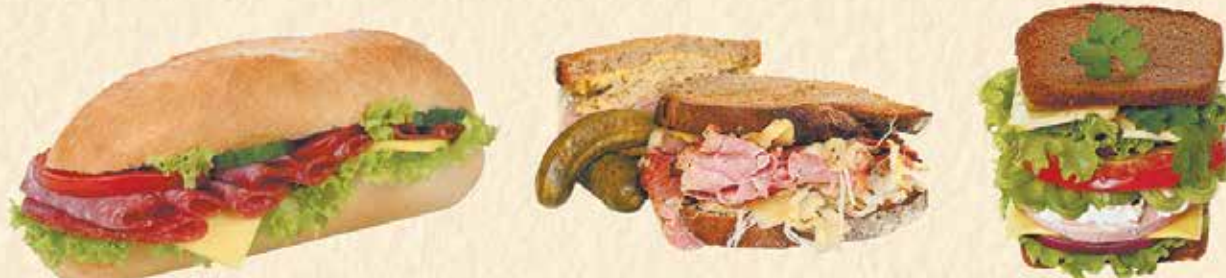


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# FLANAGAN'S SOUTH ENDER DELI MARKET

**Always Hand-Crafted & Delicious**



Made to Order Hot and Cold Sandwiches



Salads



Homemade Soups



Grab & Go Dinners

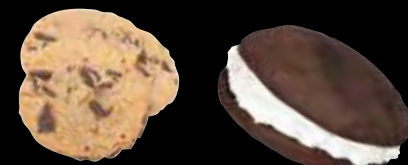
250 South Street, Concord **603.856.8020**

### 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**





**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!

**Happy New Year from the Phinney Team!** With over 20 years of combined experience we are a dedicated team of real estate professionals. We offer unparalleled expertise, personalized service, and an 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.

**Greater Concord's  
PREMIERE  
REAL ESTATE TEAM!**



## Talking Trash

by Danielle Ruane

### THRASHING THE TRASH

There are four “R’s” when it comes to waste reduction: Refuse, Reduce, Reuse and Recycle. The first three “R’s” are the most effective methods. No matter which “R” you choose, here are some ways in Bow to help reduce trash:

**RESIDENTIAL COMPOST DROP-OFF BINS** (at Bow Community Building, Knox Road Side) The compost drop-off program is free for all Bow residents, and it accepts all types of residential food scraps including fruit and vegetable scraps, meat, fish, dairy scraps, pasta, rice and bread scraps. Other compostable items such as hair or fur, cut flowers (no yard waste) and certified compostable products are accepted.

The composting drop-off program is a pilot program with Renewal Garden and Compost, and due to the positive feedback received from residents, the Board of Selectmen voted to extend the program through December of 2024 (when a decision will be made to continue, expand or discontinue the program). The Bow Recycling and Solid Waste Committee still encourages residents to participate in back-yard composting, but the compost drop-off bins provide an opportunity for residents to compost when it is not feasible to have a compost bin or pile at their homes.

**TERRACYCLE BINS** (Bow Community Bldg., Knox Road Side) The Terracycle program provides an option for hard-to-recycle waste that is not accepted by the town’s single-stream recycling program. The items currently collected include dental and personal care products, snack and other food squeeze pouches and lids, disposable razors and spray bottle trigger heads. The programs for Solo cups (and other rigid plastic cups) and reusable plastic and glass food storage containers were recently discontinued. For more information about items accepted, please visit the town’s website.

The waste collected in the bins is sent to Terracycle, where it is sorted and sent to third-party partners to process the materials. Plastics are turned into items such as outdoor furniture, decking and athletic fields. These programs are free of charge with shipping paid by the companies sponsoring the different collections.

**PLASTIC BAGS AND FILM** (at Bow Community Building, Knox Road Side and Baker Free Library) There are now bins outside the community building and in the Bow library for a Trex collection program which accepts plastic bags and film such as grocery bags, bread bags, pallet wrap and stretch film, wood pellet bags, case overwrap, dry cleaning bags, newspaper sleeves, ice bags, reclosable food storage bags, bubble wrap and air pillows, salt bags, cereal

box liners and plastic shipping envelopes. The color of the plastic does not affect the recycling process, and colored plastic bags and films are accepted. All plastic must be clean, dry and free of food residue.

The collection is overseen by a Bow resident for a fundraiser organized by the Daughters of the American Revolution, and if enough plastic bags and film are collected, the organization will receive a composite bench from Trex which will be donated to a youth program. For more information about items accepted, please visit [www.nextrex.com](http://www.nextrex.com).

**HELPSY** The town partners with HELPSY for home pick-up of textiles and used clothing on the second Wednesday of the month. There is a three bag minimum for each pickup. HELPSY accepts clean, dry, and bagged textiles regardless of condition even if stained or torn. HELPSY will even accept items such as suitcases and backpacks, shoes, bedding, costumes, and stuffed animals. Please visit [www.helpsy.co/bownh](http://www.helpsy.co/bownh) to sign up for a pick-up.

**BOW RECYCLING AND SOLID WASTE COMMITTEE** encourages residents to donate clothing to charitable organizations in the community, or to use clothing drop-off containers at the Bow Community Building (the Bow PTO container) and the container at the Bow Mills Methodist Church.

**BOW COMMUNITY SWAP SHOP-FACEBOOK** For those on Facebook, the Bow the Community Swap Shop group is an excellent way to give away free items when decluttering. There are almost no limits to what is posted on the swap shop. Items include cleaning and garden supplies, furniture, seasonal decorations, toys, paper bags from Hannaford, etc.

For more information, please visit the town’s website at <https://bownh.gov/289/Trash-Recycling-Services> or email [bowrecycles@gmail.com](mailto:bowrecycles@gmail.com).



Eric Anderson Photo





# BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor  Sports Photos | Chip Griffin



## ATHLETES FEATURED IN UPCOMING THEATRE PRODUCTION OF CLUE!

In an exciting mix of athleticism and creativity, five student-athletes from Bow High School are poised to bring a new dimension to the stage in the production of Clue. While the conventional expectation that high school athletes usually steer clear of the theater program, these exceptional student-athletes are challenging the prevailing societal norms at a public high school.



**KATIE McCABE** (Miss Scarlet): Katie McCabe, a junior at Bow High School, was cast as “Miss Scarlet” in the school’s production of Clue. She said, “This character has very different morals and beliefs than I do, yet a role I have greatly enjoyed acting in. The challenge is always exciting!”

McCabe is not only one of the best players on the tennis team, she is one of Bow’s most talented students. As a junior, McCabe has achieved a

lot in her three years at Bow. A vice President of National Honor Society, Head Delegate of Harvard Model UN, involved in numerous clubs while taking multiple advanced placement courses, she manages well over a 4.0 gpa. Recently, McCabe also won the Poetry Out Loud contest where she will now compete in the state competition.

As to why she decided to partake in both theatre and sports, she stated, “I am involved in theater and athletics because I am genuinely passionate about them.” She continued, “I decided to do tennis my freshman year on a whim almost, joining the team on the last day that the signups were open. It’s worked out great, I’m so happy I did it. But I’ve always had a passion for theatre.”

**OWEN MILLER** (Chief of Police): Owen Miller, will be playing the “Chief of Police.” One of the best athletes on both the Indoor and outdoor track teams, the senior captain loves mixing theatre with sports. Miller states, “I am doing both theater and sports because I enjoy staying involved and active each day. Theater brings me a lot of joy and it’s a lot of fun to participate in, while sports keep me active and in shape.”



Despite the long hours, Miller’s passion for both shines through. “But overall, I enjoy it a lot because I really like doing both. They have a lot of similarities, I believe, because in both instances it is a group of people trying to work together to create a successful final product. For theater, it is the show, and for sports, it is whatever championship game or state meet.”

Clue is a hilarious farce-meets-murder mystery. The tale begins at a remote mansion, where six mysterious guests assemble for an unusual dinner party where murder and blackmail are on the menu. When their host turns up dead, they all become suspects. Come see the students of Bow High School bring a beloved board game to life.

**DATES:**

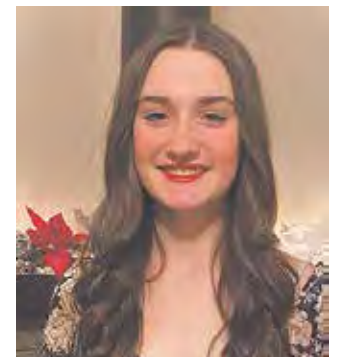
Friday, February 2nd 7PM  
 Saturday, February 3rd 7PM  
 Sunday, February 4th 2PM

**Where:** Bow HS Auditorium

**Tickets:** Students/Seniors \$10  
 General public \$15  
 Tickets at the door

**EMILY FAUTEUX** (Yvette, the French maid):

A junior at Bow High School, Emily Fauteux is a ten year figure skater and member of the BHS Indoor Track and Field Team. She is set to play the role of Yvette, the French maid.



Fauteux says, “Mixing sports and theater is certainly an interesting experience. They are extremely different in some ways, but in others they are the same.” She continues, “While the theater community is more outgoing compared to some of the serious athletes, both groups of people are fun to be around and full of wonderful people.”

A strong student-athlete and talented figure skater, Fauteux is ready for the show to begin. “I can’t wait to finally share the production of Clue with my community! It has been a long process, but I know it will be very rewarding.”



**WILLIAM ALBUSHIES** (The Cop):

A sophomore wrestler at Bow High School, William Albushies will play “The Cop.” While it may not be a huge role, Albushies loves it. He mentioned, “While my role isn’t huge, I’m just happy to be there and spend time with my friends.”

The decision to balance both theater and sports stems from William’s love for both acting and wrestling: “I do both theater and sports because I enjoy acting, and I like making people laugh.

Being in a comedy such as Clue, I can act and make people laugh at the same time! I do sports because I think fitness is very important in a healthy lifestyle, and without it, there would be a gap in my life I don’t think I could only fill with theater. I really enjoy being physical and using my body, so wrestling was perfect for me.”



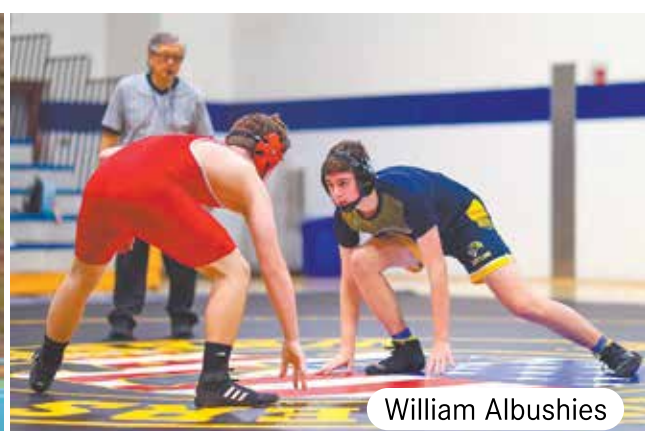
**RYAN MCCABE** (Mr. Boddy):

Ryan McCabe, a senior at Bow High School, was cast as “Mr. Boddy.” The football and lacrosse captain, McCabe had an outstanding senior campaign on the gridiron, leading the state in multiple statistical categories at Tight End. McCabe’s lacrosse season looks just as bright, as he hopes to build off of their record breaking success last year.

As to why he finally decided to try out for the play, he stated, “I take pride in not being like everyone else. I’m not going to fit in, why would I want to? I love to break boundaries and disrupt the norms. That’s what I do, that’s what I’m all about.”



Katie McCabe



William Albushies



Ryan McCabe





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



## FEATURED EVENT

**Winter Wonder Children's Concert with Mr. Aaron!**  
**Saturday, January 20th | 10:30am**

Beat the winter blues with an interactive musical concert for kids, featuring children's musician Mr. Aaron! We'll sing in the season with our favorite winter songs and Mr. Aaron originals. Together, we'll go "super sledding," sing about snowflakes, and dance in the (imaginary) snow!

This concert is expected to last 50-60 minutes, and is recommended for children aged 2-10 in the company of a parent or caregiver, but open to all who'd like to attend. Registration is not required.

## YOUTH PROGRAMMING

**Storytimes | Winter Session | January 16 – February 20, 2023**

Registration is required for the winter session to reserve your child's space through our Online Calendar.

**Preschool Storytime | Every Tuesday Morning | 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.

**Family Storytime | Every Thursday Morning | 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.

## AFTER SCHOOL PROGRAMS

**"I Survived" Book Club | Thursday, January 18th | 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.

**Nature Explorers | Thursday, Feb. 1st | 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, Feb. 14th | 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.

## ADULT PROGRAMMING

**Whodunits | Tuesday, Feb. 6th | 1:00pm**

Love mysteries? Join the Whodunits to sleuth through a new one every month! This mystery-exclusive book club meets at White Rock Senior Center on the first Tuesday of every month.

**February Book Discussion: *Devil's Peak* by Deon Meyer**

**Book Talk at BFL | Tuesday, Feb. 13th | 12:30pm & 6:30pm**

Do you love to read? Are you willing to try books outside your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Group is for you!

**White Rock Book Group | Tuesday, Feb. 20th | 1:00pm**

Do you want to read outside of your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Talk at White Rock Senior Center is for you!

**February Book Discussion: | *The Guncl* by Steven Rowley**

**Peaceful Pages: A Mind, Body & Soul Book Club**

**Thursday, February 15th | 6:00pm – 8pm**

Introducing the newest addition to Baker Free Library's Book Club lineup, Peaceful Pages. Guided by owner and founder of Yogistrong, Josephine Fanelli, discover new ways to nurture your mind, body, and soul through the power of literature and mindfulness every month.

Whether you're an avid reader or simply looking for a new way to explore personal growth, Peaceful Pages offers a unique and engaging experience. Each month, Josephine will lead the group in a discussion of a different book that focuses on themes of mindfulness, self-care, and inner peace. Alongside the book discussion, participants will also engage in meditation and movement exercises designed to deepen their understanding of the book's messages and cultivate a sense of calm and centeredness.

**February's Book Discussion | *Wintering: The Power of Rest and Retreat in Difficult Times* by Katharine May**

## IN THE GALLERY

**Winter Exhibit – Carolyn Sherman | January 27<sup>th</sup> – March 1<sup>st</sup>**

I have been painting under the guidance of Sylvia Brofos since 2000. Inspiration stems from a variety of subjects which catch my eye, or challenge me for one reason or another. My enjoyment of the water color medium comes from the versatility of the paint, the movement of the paint in water and on paper, the varying degrees of color intensity and the challenge in using the medium itself. I often incorporate the use of pen and ink as outline to make a subject pop or give emphasis. It gives me pleasure to show my paintings in Concord and its surrounding communities.

**IditaRead Winter Reading Challenge | February 5<sup>th</sup> – March 15<sup>th</sup>**

Can you read for 1,000 minutes in just six weeks? Sign up for the library's IditaRead Winter Reading Challenge, and race your rider across the finish line! Between February 5 and March 15, track any and all reading you complete to make your way across the famous Iditarod Trail. Reading of any kind counts: magazines, graphic novels, even audiobooks!

The IditaRead challenge is open to all ages.

A 6-WEEK READING CHALLENGE FOR ALL AGES!

# IDITAREAD

## WINTER READING CHALLENGE

**Can you read for 1,000 minutes in just six weeks? Sign up for the library's IditaRead Winter Reading Challenge, and race your rider to the finish line!**

**FEB 05 - MAR 15**



# BOW FIRE DEPARTMENT

## JANUARY 2024 RESPONSE ACTIVITY LOG



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

## Wood & Pellet Stove Safety

As the temperature drops outside, wood and pellet stoves may be fired up inside the home. What you may not realize is that heating equipment is one of the leading causes of home fires during the winter months.

- »»» Have a QUALIFIED professional install stoves, chimney connectors, and chimneys.
- »»» Stoves should be listed by a qualified testing laboratory.
- »»» In wood stoves, burn only DRY, seasoned wood. In pellet stoves, burn only dry, seasoned wood pellets.
- »»» Have your chimney and stove INSPECTED and cleaned by a certified chimney sweep every fall just before heating season.
- »»» CLEAN the inside of your stove periodically using a wire brush.
- »»» Allow ashes to COOL before disposing of them. Place ashes in a covered metal container. Keep the container at least 10 feet away from the home and other buildings.
- »»» Keep a CLOSE EYE on children whenever a wood or pellet stove is being used. Remind them to stay at least 3 feet away from the stove.
- »»» Stoves need SPACE. Keep anything that can burn at least 3 feet away from the stove.
- »»» INSTALL and maintain **carbon monoxide alarms** (CO) outside each sleeping area and on every level of the home. For the best protection, interconnect the CO alarms. When one sounds, they all sound.

### SMOKE ALARM SENSE

Install and maintain smoke alarms on EVERY level of your home, outside each separate sleeping area and inside each bedroom. For the best protection, interconnect the alarms. When one sounds, they all sound. TEST all smoke alarms at least monthly.



Your Source for SAFETY Information  
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

**BOW FIRE DEPARTMENT**

## COLD WEATHER SAFETY TIPS FROM THE BOW FIRE DEPARTMENT

### HEATING

Heating is a leading cause of US home fires and home fire injuries and third leading cause of home fire deaths. December, January and February are the peak months for heating fires. Space heaters are a popular appliance to provide additional heating at home, but can cause a significant fire hazard when placed too close to flammable materials. They account for one-third of the fires, as well as the vast majority of deaths and injuries in home fires caused by heating equipment. Chimneys and heating systems should be inspected and cleaned each year before they are fired up for the season.

### CARBON MONOXIDE

Carbon Monoxide, often called the invisible killer, carbon monoxide (CO) is an odorless, colorless gas created when fuels such as gasoline, wood, coal, propane, etc. do not burn completely. In the home, heating and cooking equipment that burn fuel are potential sources of CO. Carbon monoxide incidents are more common during the winter months, and in residential properties.

### WINTER STORMS

Most of the U.S. is at risk for winter storms, which can cause dangerous and sometimes life-threatening conditions. Blinding wind-driven snow, extreme cold, icy road conditions, downed trees and power lines can all wreak havoc on our daily schedules. Home fires occur more in the winter than in any other season, and heating equipment is involved in one of every six reported home fires, and one in every five home fire deaths.

### GENERATORS

Portable generators are useful during power outages, however, many homeowners are unaware that the improper use of portable generators can be risky. The most common dangers associated with portable generators are carbon monoxide (CO) poisoning, electrical shock or electrocution, and fire hazards. According to a 2013 Consumer Product Safety Commission report, half of the generator-related deaths happened in the four coldest months of the year, November through February, and portable generators were involved in the majority of carbon monoxide deaths involving engine-driven tools.

### ELECTRICAL

Electrical home fires are a leading cause of home fires in the U.S. Roughly half of all home electrical fires involved electrical distribution or lighting equipment, while nearly another half involved other known types of equipment like washer or dryer fans, and portable or stationary space heaters.

### VENTING SYSTEMS

Snow-covered vents outside your home pose a danger. Significant snow accumulation can impede the safe venting of hazardous carbon monoxide gases as well as the operation of appliances. If snow builds up over the vent pipes, the built-in safety switches in your heating system will automatically turn off the system, leaving you without heat until the system can be re-set.

Checking the air intake and exhaust vents should be included in winter maintenance.





## OBITUARIES

### LESLIE ANN BOYLAN

Leslie Ann Cronin Boylan, 76, of Bow, passed away peacefully on Thursday December 7, 2023, next to her loving husband, Michael, after battling a prolonged illness.

Born in Brooklyn, New York, on December 30, 1948, she was the eldest of four children of Agnes and Richard Cronin.

She started her career in law by becoming a police officer with the Nassau County Police Department, retiring as a sergeant after 20 years. Upon retiring, she and her husband, Michael, relocated to Bow to continue to raise their children. Leslie continued to serve her community while in Bow, serving on many committees and becoming the Supervisor of the Checklist for some time.

She is survived by her husband of 45 years, Michael Boylan, her daughter, Erin Boylan, and her husband, William Marois, of Manchester, her son, Brian Boylan, and his wife, Katherine, of Andover, Mass., stepson, Michael Boylan Jr., and his wife, Heidi, of Manchester.

In lieu of flowers, the family asks that you make a donation in her name to the following causes: The McDonough Scholarship Foundation, 61 North Street, Manchester, N.H. or CASA of New Hampshire, 138 Coolidge Avenue, Manchester, N.H. 03102.

### WILLIAM (BILL) H. BRESLIN

William (Bill) H. Breslin of Bow, passed away May 18, 2023. Bill was born on February 18, 1947, in Worcester, MA., and his family moved to Concord a few years later.

Bill went through the Concord public school system and attended Concord High School where he was captain of the football team and member of the Honor Society, graduating in 1965.

Upon graduation, Bill attended Columbia University as well as taking additional classes at the University of New Hampshire. He would go on to have a long and successful career as an engineer with Bell Telephone Company.

An extremely intelligent man, Bill was also an avid reader of history throughout his life. Bill had many dear friends that he treated as an extended part of his family and was an original member of the "Crew". His love and care for not only his friends, but their children as well, will always be remembered and missed.

Bill is predeceased by his parents, Thomas and Olga Breslin, and has an older brother, Edward Breslin.

### GAYLE F. JENOVESE

Gayle Frances Jenovese, age 83, of Bow passed away on December 31, 2023. Gayle was born on October 4, 1940, in Groveton to the late William and Sis Byrne. She was the beloved wife of the late Peter Jenovese, with whom she shared 54 years of marriage. Gayle was a loving and devoted mother to her son Peter and daughter Patricia and her husband Jerry and her daughter in-law Sandy Jenovese. Gayle cherished her grandchildren Kristin, Allison, Michael, Rebecca, Patrick, and great grandchild Cody. She was predeceased by her daughter Mary Jayne and granddaughters Emily, Elise, and Patricia.

Gayle began her career in the insurance industry, working for the Independent Insurance Agency. Also working at Cleveland Waters and Bass. She dedicated herself to providing excellent service to her clients. In her spare time, Gayle was an active member of St. Peters Church in Concord, where she found solace and community.

### HENRY B. LUPIEN

Henry "Hank" B. Lupien III, 82, of Bow, passed away peacefully on January 2, 2024, after a period of declining health.

Hank was born April 11, 1941, in Manchester to the late Stella (Auclair) Bartemus and Henry B. Lupien Jr.

Hank graduated from Concord High School in 1959. Hank joined the Air Force in 1960 and served until 1962. Hank began his career with NYNEX for 30-plus years before his move to Merrimack County Sheriff's Office for 20 plus years, where he worked until his retirement.

Hank enjoyed swimming, going to YMCA (70-plus years), snow and water skiing, sports cars, trips to the ocean and spending time with family.

Hank is predeceased by his stepmom, Doris Lupien; stepdad, George Bartemus; his brother, Chris Lupien; brothers-in-law, Mac Bruce, Michael and Paul Burdette.

Hank is survived by his children, daughter Melissa Coulombe and her husband, Ernest, of Penacook; his son, Gregory Lupien and his wife, Sara, of Bow; and four grandchildren, Michael, Matthew, Jessica Coulombe and Zoey Lupien.

In lieu of flowers, the family asks that you consider making a donation to the YMCA of Concord, N.H.

### JOAN MARIE (SCIBISZ) PIKE

Joan Marie Pike (Scibisz) of Hopkinton, passed away peacefully at the Granite VNA Hospice House in Concord on January 4th, 2024. Joan, born March 11, 1938, and raised in Beverly, MA, was the beloved daughter of the late Wanda (Phillipov) and Michael Scibisz. She graduated from Beverly High School, North Shore Community College, and various Real Estate programs.

In 1982, she earned her Real Estate license and opened her office, Town Crier Properties in Contoocook, where she remained a Real Estate broker until 2015, working with many clients.

Joan married Bernard "Barney" Pike, of Beverly, MA, on March 8, 1959, and had 2 sons, Steve and Brian.

Joan was predeceased by her brother-in-law Patrick Quinnett, and is survived by her husband Barney Pike; son Stephen Pike and his wife Darlene of Penacook and son Brian Pike of Windham.

Flowers are welcome or in lieu of flowers, donations in Joan's memory may be made to the Granite State VNA Hospice House, 240 Pleasant Street, Concord, NH 03301.

### DAVID L. SANDOE, III

David L. Sandoe, III, of Bow, died December 28, 2023.

David was born August 8, 1930, in Washington, D.C. He served in the Navy and received four good conduct medals, 6 Naval Reserve meritorious service medals, national defense service medal, naval reserve medal, and armed forces reserve medal. He was married to the late Lila Pennock for 55 years.

David pursued a career as a linotype operator in Silver Springs MD, then as a proofreader at Rumford Press in Concord, all the while serving in the Naval Reserve.

David is survived by his two children, Mark Sandoe (Sherrel), Lori Cleasby (Mike) and two grandchildren, Jeff Cleasby (Katie) and Jennifer Johnson (Dean) and two great grandchildren Lila and Dean Johnson and many nieces and nephews. He is also survived by his youngest brother Paul who is currently living in Charleston, SC. He is predeceased by his brother John, formerly of Ocean Pines, MD.



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CONVERSATIONS

#### END-OF-LIFE CONVERSATIONS

Wednesday, February 14, 11:30 AM at Granite Ledges of Concord, 151 Langley Parkway, Concord

Meaningful end-of-life conversations with a loved one can be a great honor to them and a gift to yourself. Though it can be uncomfortable, the sooner these conversations begin the more prepared we are to help ensure we all spend our final months, days, and moments of life in a way that best suits our wishes.

Patricia O'Connor, nurse practitioner, end-of-life expert, and author of "Navigating Life's Final Journey" will share her knowledge and experiences supporting families through the difficult, yet important conversations we all must have as we design our own path for the end of life.



**REGISTRATION IS REQUIRED.** A light lunch will be provided. Space is limited. For information visit [www.granitevna.org](http://www.granitevna.org).



# 2024 CHANGES SECURE ACT 2.0 PROVISIONS – WHAT’S NEW FOR 2024

Provided by Dominic Lucente

On December 23, 2022, Congress **officially passed SECURE** (Setting Every Community Up for Retirement Enhancement) 2.0 as part of a \$1.7 trillion omnibus spending package, with the bill signed into law by President Biden eight days later on December 29th. The legislation was aimed at helping Americans better prepare for their financial future while strengthening the retirement system for both employers and employees.

Some of the provisions of SECURE 2.0 are scheduled to be put in place in 2024 and beyond. Let’s take a look a couple of those upcoming changes.

## ABILITY TO ROLL UNUSED DOLLARS IN A 529 COLLEGE SAVINGS ACCOUNT TO A ROTH IRA IN THE BENEFICIARY’S NAME.

Prior to the Act, unused savings in a 529 account could either be held for another family member or withdrawn for non-education purposes and earnings subject to taxation and penalty. SECURE 2.0 allows for up to \$35,000 (lifetime) of unused 529 funds to help jumpstart retirement savings for a beneficiary in the form of a Roth IRA. There are several requirements including that the 529 must have been funded for at least 15 years. If this is of interest to you, we are happy to discuss details.

## DESIGNATED ROTH IRA ACCOUNTS UNDER A QUALIFIED RETIREMENT PLAN (i.e., 401 K) WILL NOT BE SUBJECT TO RMDs DURING A PARTICIPANT’S LIFETIME.

Prior to the SECURE Act 2.0, any Roth dollars that remained in a participant’s 401(k) were subject to required minimum distributions (RMDs). This was the main difference between a Roth 401(k) and a Roth IRA as RMDs are not required for a Roth IRA during the owner’s lifetime. The SECURE Act 2.0 simply aligned the requirements between the two types of retirement accounts for those who maintain dollars in their employer’s/form employer’s retirement plan.

## ALL CATCH-UP CONTRIBUTIONS FOR THOSE 50+ ARE SUBJECT TO ROTH TREATMENT FOR THOSE EARNING MORE THAN \$145,000.

Originally there was an effective date of January 1, 2024 for this provision, which would no longer allow additional tax deduction for catch-up contributions for those individuals earning more than \$145,000. Due to administrative challenges for retirement plan custodians, there is a delay in this provision’s effectiveness to January 1, 2026.

## SOCIAL SECURITY COST-OF-LIVING ADJUSTMENT ANNOUNCED FOR 2024

According to the Social Security Administration, the 71 million Americans who receive Social Security benefit and Supplemental Security Income (SSI) payments will see an increase of 3.2% next year. This is an average increase of approximately \$50/month in payments.

While we wait for official 2024 numbers for tax brackets and contribution limits, based on the most recent inflation data, multiple finance and accounting firms have calculated their own estimates. Here’s a summary of some potential changes next year according to Thomson Reuters\*:

- Standard Deduction may increase to \$29,200 (filing jointly) and \$14,600 (single).
- Regular IRA/Roth IRA contributions limits expected to increase to \$7,000.
- Income limits for various retirement contributions may increase between \$8,000 and \$12,000.
- Federal Estate and Gift Tax Exemption expected to increase to \$13,610,000.

Remember, these are estimates and the final numbers will come later. Should you have any questions in the meantime, you can always reach out to us.

**Dominic may be reached at 603.645.8131  
or [Dominic.lucente@LPL.com](mailto:Dominic.lucente@LPL.com)  
[Dlucente.com](http://Dlucente.com)**



Some things in life are inevitable, like New England snowstorms, economic ups and downs, and retirement. Just as you prepare for winter by tuning up the snow blower, stacking wood and getting out your snow tires, preparation for both retirement and life’s unexpected situations is crucial to your financial well-being. Let our experience help you craft a comprehensive financial plan that gets you ready both for the retirement you deserve and those unexpected events along the way.

## This Is What We Plan For.



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### BUDGET COMMITTEE BEGINS WORK

The town manager has drafted a preliminary plan for a budget that should take the town budget from \$11,183,384 to \$11,739,385. Because of the end of payments to Eversource for the tax abatement settlement of \$1,400,000, the tax rate would decline from \$7.15 to \$7.11 on the municipal side.

Members of the Budget Committee are:

MEMBER	SEAT
Mattiace, Andrew	Chair
Knight, Jeffrey	Vice Chair
Kiniry, Ben	Budget Member
Ehlers, Brock	Budget Member
Knapp, William	Budget Member
Standafer, Michael	Budget Member
Nicolopoulos, Chris	Selectman Representative
Strong-Rain, Jennifer	School Board Representative
Colby, Elena	Selectman Alternate
Osterloh, Martin	School Board Alternate
Lindner, Cheryl	Finance Director
Ford, Duane	Business Administrator



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- |                              |                                  |
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| 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              |

READ ALL EDITIONS OF THE BOW TIMES ONLINE!  
[www.thebowtimes.com](http://www.thebowtimes.com)



### Bow Young at Heart Club

#### Upcoming Events

WEDNESDAY, JANUARY 24, 2024

Lee Kimball, Director of Bow Emergency Management  
12:30 PM Old Town Hall, 91 Bow Center Road

WEDNESDAY, FEBRUARY 14, 2024

Matt Dodge of the Bow Rotary  
12:30 PM Old Town Hall, 91 Bow Center Road

Social hour 11:30 AM - 12:20 PM  
Bring your own lunch, dessert is provided.

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

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