

# The Bow Times

"Of the People, By the People, For the People"

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### **DUNBARTON NEWS ON PAGES 8**

#### **DUNBARTON TOWN BUDGET UP 1.15%**

The proposed Dunbarton Town budget is \$3.31 million, with \$148,000 coming from the fund balance surplus to offset costs. If approved, the estimated tax impact rate would be \$4.59, compared to last year's rate of \$4.42 for a 1.15% increase.

Several warrant articles, including the purchase of expensive vehicles such as a new fire engine, ambulance, and dump truck, are funded through a combination of capital reserve funds and surplus from the unassigned fund balance. These articles have no tax impact.

#### **BOW'S ATTORI OFFICIAL SWEARING IN**



Superior Court Justice Mark Attori of Bow was sworn in by colleagues on January 27, 2022, but his "official" swearing in by the governor was late last year and The Bow Times here publishes a photo of that event.

Attori was born in 1959 in Philadelphia and has lived in Bow for many years. He graduated from the University of Virginia School of Law in 1984 and Dickinson College before that. He is the author of over 20 published articles and was a practicing attorney for just short of 30 years before joining the trial bench. Judge Attori was a trial attorney with experience in all levels of all courts including several years with the Criminal Bureau of the Attorney General's Office.

He was a member of the Bow Planning Board from 2004 to 2009.

#### TOWN BUDGET DOWN IN BOW

The proposed operating budget is \$11.4 million, reflecting a 5.2% decrease from last year's \$12 million budget in part due to the end of annual payments of \$1,400,000 to Eversource to settle a tax dispute.

Most of the projects in the warrant articles, such as replacing a drainage culvert on Bow Bog Road, safety improvements at intersections, purchasing a dump truck for the public works department are all planned capital expenses funded from existing reserve funds that the Town has saved over the years.

One warrant article proposes adding \$500,000 to the Community Building Capital Reserve Fund to help pay for the future expansion or renovation of the building on Bow Center Road.

If the Town budget is approved, it will lower the tax rate to \$6.57, a 36-cent decrease.

After approval by the Budget Committee Brock Ehlers, a Budget Committee member, said "I am pleased we could lower Town taxes rather than raise them."

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 10-11

# CONCORD-BOW WATER HOOK-UP FOR BOW JUNCTION TO BE A REALITY

by Chuck Douglas

The multi-decade attempts to get water from Concord to connect to Hall Street and along the Grappone properties on Route 3-A is happening at last. A tentative contract is being fine-tuned by attorneys for Bow and Concord.

Former Mayor Jim Bouley of Concord said that the head of the Bow negotiating team, Selectman Matt Poulin, "was dogged, persistent, and made it happen for Bow."

Selectman Poulin said, "I am proud to say we saved Bow over \$9,000,000 than if we had to build a water tower and pump water over the hills on Route 3-A from Hooksett to Bow Junction."



**Bow Selectman, Matt Poulin** 

Currently Concord Water runs as far as across I-93 to T-Bones Restaurant. When this agreement is finalized, Concord water will run down Route 3-A to Hall Street and along Route 3-A just past the Grappone properties. The rate to be charged must be approved by the State Public Utilities Commission. It will allow hundreds of employees at seven different businesses to have potable water.

Photo| Eric Anderson



# PRESIDENTIAL PRIMARY HAS RECORD TURNOUT

On January 23, 2024, over 400,000 voters showed up at the polls in New Hampshire for the first in the nation Presidential Primary. The Republican ballots totaled 323,166 and the Democratic total was 121,152. While President Joseph Biden received Democrat 62,000 write-ins, the big contest was on the Republican side.

Hopkinton went 56% for former U.N. Ambassador Nikki Haley, who lost statewide to former President Donald Trump 43% to 54%. Bow's vote was 1,384 Haley and 1,018 for Trump or 57% to 42%. Dunbarton went the other way at 575 for Trump and 465 for Haley for a 55% to 44% split.

There were 972 votes cast on the Democratic side in Bow with Congressman Dean Phillips getting 181 votes to Joe Biden's 730 write-in votes. The Bow total Republican vote was 2,457. Photo| Eric Anderson

#### SCHOOL TAX TO GO UP IN BOW

The proposed budget for schools, which includes warrant articles and factors in revenues and credits, amounts to \$23,084.727 of Taxable Appropriations. This reflects a 6.1% increase from last year's budget and 4% salary increase. The Local School Tax Rate is set to increase by \$1.11 per thousand, resulting in a total rate of \$19.47 per thousand.

**WINNER OF 23 NH PRESS ASSOCIATION AWARDS** 

# LOW TAXES ARE THE RESULT OF LOW SPENDING

### The Bow Times

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

#### ADVERTISEMENT ERRORS:

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

#### LETTERS POLICY:

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

#### PHOTO SUBMISSIONS:

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

#### CORRECTIONS POLICY:

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

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# **EDITORIAL**

#### GAZANS - WHERE ARE YOUR ARAB BROTHERS?

As the battle to crush Hamas terrorists in Gaza continues, the two million people living there should be asking one question: Where are our Arab brothers to help with jobs and the grim future?

Rather than expecting the United Nations or the United States to rebuild the territory they should be helped by their fellow Arabic speaking Muslim neighbors.

The Arab world is quite robust with 22 countries in the League of Arab States for a total of 473,000,000 people. The countries vary from Egypt (109 million people) to Iraq's 43 million and Saudi Arabia's 36 million down to Kuwait's 4 million.

With trillions of dollars in oil, why wouldn't Saudi Arabia take in its Sunni Muslim brothers, put them to work, and let most of the 2 million Gazans relocate there?

Basically, very few people born in Saudi Arabia even work. According to United States embassy numbers 75% of all people employed in Saudi are not from there. A recent count showed there were 11 million foreign workers in that country with the largest contingents of temporary workers from the following countries:

India 1,894,000 Indonesia 1,294,000 Pakistan 1,123,000 Bangladesh 967,000 Egypt 728,000. Syria 623,000

With huge unemployment before the current war, the only hope for the Sunni and Arabic speaking folks in Gaza is for them to replace some of the millions of foreign workers in Saudi Arabia who do not "fit in" there but hold work permits.

Is it better to use Gaza as a "cause" against Israel or to be true brothers and take them in, give them jobs, and let them enjoy progress? An employed family is better off than decades more of U.N. charity in the deserts of Gaza where joining Hamas is the only career path for young men.

According to Forbes magazine, Saudi Arabia has 270 billion barrels of oil left. Seems like more than enough to employ all of their Arab brothers in Gaza.

Chuck Douglas
For a free press, je suis Charlie

## LETTERS TO THE EDITOR

Dear Editor,

My name is Jeffrey Knight and I put my name in to run for school board in the town of Bow. I have decided to withdraw my name this year and instead I will continue to help the school board as an advisor on their construction type projects and their CIP projects. I am currently on the Budget committee and plan on running again for that position next year and hope to get your support.

This year, I would like to ask you to support two candidates for the select board position.

The first person is Matt Poulin, who is currently a select board member and is running for reelection. Matt has given a tremendous amount of time in his time on the board and will continue to move the town of bow in the right direction.

The second person is Brock Ehlers and I have had the pleasure to serve on the budget committee with Brock over the past few years. Brock is a Banker and very committed to the town and I have found him to offer good suggestions during the budget process. Brock and Matt both know how to comprise to get things done for the town of Bow and I hope you will help on this coming election day and give them you support.

Thank you,

Jeffrey Knight, Bow Resident

Dear Editor,

This is my story. By sharing it, my hope is that the it reachews the right officials and our community can make our town stronger, and even better.

Domestic violence reared its ugly head in my life, and because of it, my children and I are facing homelessness in about two weeks. I came to this town four years ago with hopes of a brighter future. I pursued a career in the school system so I could raise my children. I love my job, I love our town, I love my community and the feeling has been reciprocated.

I contacted the Bow Welfare Office looking for housing options and resources, and was greeted with disgust and annoyance. I was told that I was absolutely not going to be able to stay here in town, but should be looking in Franklin or Manchester. As I've started my five hour a day search, I have come to find that the housing crisis is much more dire than I realized. With very few vacancies and needing three times the monthly rent as a deposit, I started looking for State help. I have applied to 13 shelters, Family Promise, Waypoint and several other organizations. I do not meet the income requirements for Bow's own "low" income housing on Dicandra Drive by about 1000 dollars.

Everyone's hands are tied. But why?

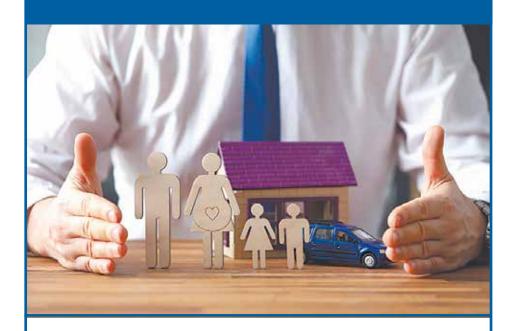
As a single mother of three beautiful, smart, and children, I am not giving up this fight. I hate to say goodbye to my little town of Bow. But I fear that soon I will have to rip my children out of the arms of security and head into the unknown.

Note: A 37 year old Bow mother whose name is known to the publisher wrote this letter.



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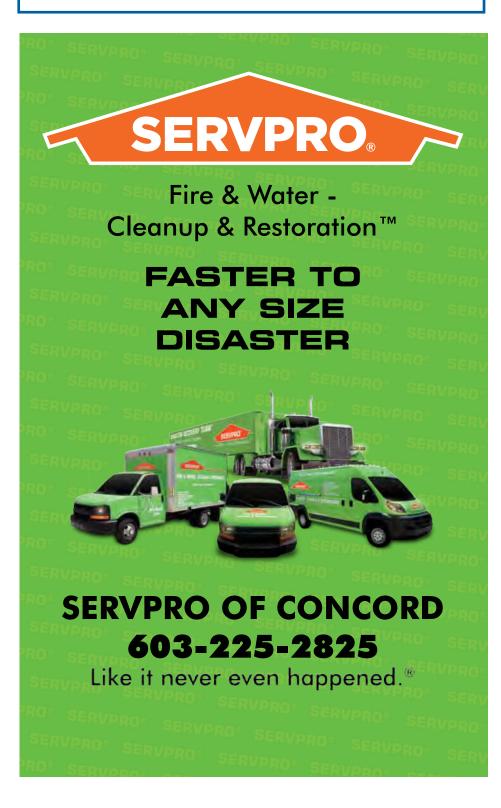


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- Maintain excellent schools



# for SELECTMAN

#### **Meet Brock Ehlers**

Brock is a banking professional and current member of the Bow Budget Committee. He serves as treasurer and board Member of the Michael Jon and Eric Ryan Rush Foundation for Children. Brock wants to see Bow remain a safe, vibrant, and affordable community and will use his finance background to help get the most for your tax dollar.

- ★ U.S. Navy Veteran
- ★ Magna Cum Laude with a BS and Business and MBA from SNHU
- ★ Current Bow Budget Committee member
- ★ Currently serving as Treasurer and Board Member of the Michael Jon and Eric
- ★ Ryan Rush Foundation for Children (Non-profit raising money for the needs of Children across NH)
- ★ Co-coordinator of the **Bow School Ski Program**

To learn more, a sign for your yard, or a ride to polls – please call me at 603-988-8649

Political Advertisement paid for by Brock Ehlers,





Concord District Nursing Assoc. was formed to serve the health needs of underserved residents of Concord, New Hampshire. Now known as Granite VNA, the agency has grown to become NH's largest not-for-profit home health and hospice provider.

Katherine Hill, shown in the photo, was the agency's first nurse. Hill traveled by foot, bicycle, horsedrawn carriage and streetcar to visit patients throughout the city.

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# **BREW SUCCESS** WITH US!

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

With over 20 years of combined experience we are a dedicated team of real estate professionals. We offer unparalleled expertise, personalized service, and 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** 





#### **LESS THAN 20% DOWN?** MORTGAGE INSURANCE IS THERE TO HELP.

A long time ago, a significant obstacle to purchasing a home was the borrower's inability to save for that 20% down payment. Mortgage Insurance was a financial product created as an insurance policy to limit the liability a lender would have if a loan defaulted. This helped lenders facilitate making mortgage loans with less than 20% down from

The mortgage insurance industry began in the early 1900's but failed in the 1930's during the Great Depression. At that time, the rate of default on mortgages was almost 50%. It wasn't until the 1950's when Mortgage Guaranty Insurance Corporation formed that the mortgage insurance industry was "re-born." Since then, several other providers have emerged to round out the offerings.

With private mortgage insurance, a buyer could consider buying a home well before saving for a 20% down payment. By doing this, a buyer is building equity sooner in life and able to own a home rather than to continue to rent. This could also allow the buyer who had 20% down to potentially buy more home by using mortgage insurance.

The monthly mortgage insurance costs will vary depending on credit score, loan to value, the length of the mortgage, etc. There may also be discounts available based on status as a first-time homebuyer.

In most cases, mortgage insurance is not a life-of-the-loan cost. For conventional loans, once your mortgage loan to value is down to 80%, you can request cancellation of the mortgage insurance policy through your lender/servicer. Getting your loan to value down to 80% can be achieved in several ways: by making regular payments along the payment schedule, making additional payments to principal, making improvements to your home such as adding a garage, or as appraised values simply rise.

You also don't necessarily have to ask for the Mortgage Insurance policy to be cancelled. The Homeowners Protection Act has provisions for automatic cancellation after you reach 78% loan to value rather than 80% where you would have to request it. In both cases, just make sure you've made your mortgage payments on time! If you currently have mortgage insurance, check with your servicer on any additional requirements they may have.

If you've wanted to buy a home or upgrade to a home that's a better fit, please contact me or a lender on my team for more information. We can also work to get you pre-qualified or even pre-approved. If you're not quite ready, we can help guide you on your next steps to get you closer to buying a home sooner than you think.

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Pictured left-right: Ryan Anastasi, Catherine Minihan, Marcy Kelley, Barbara Griffin. Photo by Eric Anderson

#### **BOW ROTARY CLUB** STILL ATTRACTING **NEW MEMBERS**

Bow Rotary is pleased to announce we have added four new, highly talented members since this past July 1<sup>st</sup>. Our "active" membership now stands at 44, plus 7 "honorary," which brings our membership up to 51 in total. Since March of 2022, Bow Rotary has added 9 new members. However, we unfortunately lost 6 members due to job changes and one death during that time.

One of the hidden benefits of COVID was that corporations had to become willing to let employees work from home. It reduced the risk of infections in the office place and even reduced the cost of maintaining office space. They also found that employees were just as productive and tended to work more hours while working from home than when in the office environment. New tools like Zoom made remote meetings, interactions, and decisions still very effective. Today, Bow Rotary is holding in-person meetings with Zoom as an option.

Covid also caused people to take pause and think about what is most important to them and their families. They missed the comradery from the office environment, so they tried to find it elsewhere. They looked for ways to be outdoors. People flooded the state parks and beaches. They bought campers and RV's because they could now work from a campground with good Wi-Fi service. They started to homeschool their children because online learning wasn't working for them. They also didn't want the risk of the kids bringing COVID home from school.

Working remotely, they now were spending more time in the community. They became more aware of the needs in the community, and they wanted to help find ways to reduce those needs. People started to look at local organizations that help fill those needs, like Rotary.

Up until this time, many non-profit and civic organizations were losing membership and financial support. The community started to really see the value in what they provided.

Bow Rotary is lucky that our organization is growing, and our new members bring important skills and a real dedication to community service.





Thank you Bow! I was honored to have the privilege of representing you all as selectman. Our little town has been an oasis in an ever-changing world. I want to start off by thanking those who have undertaken the responsibility of leading Bow. Working in government requires sacrifice and spending time away from family. Your contributions will not soon be forgotten.

I have decided to run for election one last time. Change is inevitable and I believe my previous six years actively involved in local government gives me a decisive advantage regarding the future of our town. I have worked tirelessly with the business community and our town business development division promoting Bow. I have suc-

cessfully established relationships with neighboring towns, but I feel there is more work to be done. We need to bolster regional development of infrastructure and leverage the sharing of resources. During my tenure I was part of a team that proudly saved the town of Bow millions of dollars in bonds by negotiating a water connection to Bow Junction, thus settling a longtime dispute with the city of Concord.

Allow me the privilege of representing Bow for three more years. By working together, we can protect the town of Bow from irreparable harm while continuing to grow stronger for future generations.

#### I respectfully ask for your vote — Matthew Poulin.

Political advertisement paid for by Matt Poulin, 20 Hampshire Hills Drive, Bow.

# **YOUR JOURNEY TO GOOD HEALTH & FITNESS!**

by Jim Olson

Most people view working out as a chore, but it doesn't have to be that way. Instead of looking at exercise as a chore or a hassle, start looking at it as a privilege. Do you know how lucky you are to be able to do physical activity? If you are able to exercise, be grateful for the privilege!

How you feel about exercise matters just as much as the act of exercise. The more positive you are about working out, the better results you will see.

Think of the positive changes — body and mind that you'll get:

#### Lose excess fat

The number on your scale will go down and so will your blood pressure. Your metabolism will speed up and your risk for diabetes, heart

disease, stroke and certain cancers will decrease. You'll sleep better at night and have more energy during the day. And most importantly, you won't be as self-conscious about how others see you.

#### **Build muscle**

Having more muscle helps your body to burn more calories, even when you're at rest. This means that you'll be able to lose weight more easily, and you'll also be less likely to gain it back. Muscle is also important for overall health and vitality.

#### **Increase metabolism**

When you increase your metabolism, you're able to burn more calories throughout the day. This means that you'll be able to lose weight more easily, and you'll also be less likely to gain weight in the future. In addition, a high metabolism can help to protect against diseases such as cancer.

#### **Decrease stress**

When you're feeling stressed, exercise can be a great way to release that tension and feel more relaxed. Not only does it help to clear your mind and improve your mood, but it can also have long-term benefits for your health. Regular exercise has been shown to lower stress levels, boost your immune system, and improve your overall mood.



Jim Olson

#### **Decrease blood pressure**

When you work out, your blood pressure decreases. This is because the activity causes your heart to beat faster and pump more blood through your body. When your blood pressure is lower, you're at a lower risk for heart disease, stroke, and other health problems.

#### **Healthier sleep habits**

Exercise helps promote better sleep habits, so by working out regularly, you'll be more likely to get the shut-eye you need. Getting a good night's sleep is crucial for overall health and wellbeing. When you're well-rested, you'll have more energy and be able to work out harder and longer. You'll also be less likely to get sick, which can derail your fitness goals.

#### Feel better about yourself

When you exercise, your body releases endorphins, which are hormones that make you feel good. Not only does this mean that you'll feel happier and more relaxed after a workout, but it can also help to reduce stress and anxiety. In addition, exercise can help to boost your self-esteem and confidence.

#### **Increased energy**

Not only do the endorphins released during exercise improve your mood, they also give you more energy to tackle the day. So if you're feeling tired and run down, a good workout could be just what you need to perk yourself up.

#### A positive opportunity for change

The more you appreciate what you have, the better life will be for you. When you look at exercise as something that other people don't get to do, then you'll be happier about working out. Physical activity is not a privilege that everyone has, so when you are able to work out and move your body in any way you choose, make the most of it!



# Boost your energy and strength with a 30-day jumpstart

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- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
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- 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

# NORA'S DUNBARTON NEWS



MR. T FROM READING TO DOGS will be at the library from 2:30pm to 4:00pm on Thursday, February 22 and Thursday, March 7 for grades 1 to 4. Please call the library (603-774-3546) to register for 20 minutes of reading.

WINTER VACATION-NO SCHOOL ON: Monday, February 26 through Friday, March 1.

**CHAIR YOGA WITH SHERRY GAMBLE** will be held Thursdays: Feb 29 and March 28 at 11am. Come early and take up a chair to the second floor of the town hall. Sponsored by the library.

For more information call 603-774-3546. Look for cancellations on their Facebook page or website. All are welcome.

WILDLIFE PHOTOGRAPHER DREW GROVES-Date Changed to: Thursday, February 29, at 6:30pm in the Upper Town Hall, sponsored by the library. Dunbarton photographer Drew Groves will discuss his photography and techniques, as well as some prime locations on Dunbarton Conservation land where he gets many great shots. His photography is currently in the library on display.

**BEYOND THE BOOK GROUP** The Congregational Church: Beyond the Book group is reading, Demon Copperhead, by Barbara Kingsolver. "Winner of the 2023 Pulitzer Prize for Fiction, An Oprah's Book Club Selection, An Instant Wall Street Journal Bestseller, A #1 Washington Post Bestseller." Discussion is Thursday, March 7. For the location, Church Vestry or Zoom link, contact barbbennett51@gmail.com.

**DUNBARTON ELEMENTARY PTO** meeting will be held Monday, March 11, 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.



IT'S OPEN MIC AT THE SPIRESIDE **COFFEE HOUSE** on Saturday, March 16. \$5.00 donation at the door. Doors open at **4:30pm.** Performances begin at 5:00 PM at the Dunbarton Congregational Church, 6 Stark Highway North, in Dunbarton. Musicians, singers, poets, and storytellers are welcome. Coffee, tea, soup, and snacks

are available. Donations appreciated for refreshments.

**IMPORTANT NOTE:** The February Coffee House starts an hour earlier. Please check website or Facebook page, for weather cancellations at www.facebook.com/SpiresideCoffeehouse, or please contact Lizz@ dunbartonucc.org with questions.

**4-H ROBOTICS CLUB** Congratulations to Dunbarton and Bow 4-H Robotics Club, also known as FIRST Robotics Team Ov3R1y KOMp13X. The FTC (FIRST Tech Challenge) had a long and hardfought battle at recent competition and came out with the highest award at the qualifier competition in Bedford, NH. The Inspire Award. This allows for an automatic advance to State Competition in a few weeks.

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

# DUNBARTON POLICE DEPARTMENT

### JANUARY 2024 ARREST LOG

01/8: Michael Leroux, 42, Goffstown, was taken into custody by Manchester PD on a Dunbarton PD warrant for disobeying an officer, driving after revocation/suspension – DUI conviction, driving without giving proof, and reckless conduct; place another in danger.

01/10: Julie Clark, 20, Manchester, was charged with criminal mischief (vandalism) from a Dunbarton PD warrant.

01/14: Diane Lemay-Caron, 53, Belmont, was taken into custody for driving after revocation/suspension, suspended registrations, operating with a valid license, highway markings, and a warrant out of Franklin District Court for violation of a court order.

**01/18:** David Malaquias, 43, Manchester, was charged with driving after revocation/suspension, unregistered vehicle, operating without a valid license, driver's license prohibitions, and driving without giving proof.

01/19: Lawrence Diaz, 43, Manchester, was charged with suspended registrations and non-inspection.

**01/20:** Joshua Rheaume, 19, Dunbarton, was charged with operating after revocation/suspension.

01/22: Edward McKenna, 42, Bow, was taken into custody for driving or operating under the influence of drugs or liquor, open container, and speed.

01/23: Abigail Corbit, 45, Dunbarton, was taken into custody on a Dunbarton PD warrant for bail jumping. 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.

During the month of January, 21 traffic citations were issued for offenses that included speed, non-inspection, misuse of plates, unregistered vehicle, and open container. For our complete January, 2024 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.

# "SOCIAL MEDIA: A PREDATOR'S PLAYGROUND"





On Tuesday, January 30th 2024 Detective Lieutenant Eric Kinsman (Portsmouth PD) and Deputy Matt Fleming (Hillsborough County SO) of the New Hampshire Internet Crimes Against Children (ICAC) Task Force presented their "Social Media: A Predator's Playground" course to members of the public. This presentation discussed technology available to teens today and the way in which child predators use it to exploit them. Niko, Deputy Fleming's Electronic Stor-

age Detection (ESD) K9, was on hand for some amazing demonstrations!

The event was held in the Dunbarton Elementary School Library. Thanks to the Dunbarton Elementary Parent-Teacher Organization, onsite childcare was provided.

The Dunbarton Police Department is a proud affiliate agency of New Hampshire ICAC. To learn more about ICAC and their mission, for more information please visit: https://cert.safekids.org.



FREE | www.thebowtimes.com

2023

# Congratulations **BOW SCHOLARS** for Academic Excellence

KATELIN HOWE, of Bow, was named to the Dean's List at Wentworth Institute of Technology for the Fall 2023 Semester with a 4.0 GPA.

#### **BOW HIGH SCHOOL WINS A STEM PRIZE**

For 14 years, Samsung has sponsored a STEM competition for schools across the nation. This year, 300 schools were chosen and five were in New Hampshire. The area schools: Bow, Concord and Merrimack Valley each won a package for \$2500 in technology and classroom school supplies.

The next step in the Science, Technology, Engineering and Mathematics competition is the selection of three national winners of \$100,000 each from Samsung as well as state champion to receive \$12,000.

## LINDSEY NERBONNE **TO RUN BOSTON MARATHON**



Lindsey Nerbonne, a Bow, NH native, has joined The Greater Boston Food Bank's Boston Marathon team. On April 15, she'll run the historic marathon in support of GBFB's efforts to address hunger across Eastern MA.

She attended Bow High School. She received her bachelor's degree from UNH where she played three years on the Field Hockey team and was named to the All-Conference Team

in her senior season. She has also earned a master's in business administration at Southern New Hampshire University and a master's in nutrition at Metropolitan State University of Denver.

Lindsey has competed in endurance events for the past five years. Her first endurance running event was the 2018 Boston Marathon. And this year she returns to run this historic marathon because of how special it is to her.

Supporters can contribute to Nerbonne's campaign at: www.givengain.com/champion/lindsey-nerbonne-908337

### **WORLD'S FAIR AT BOW HIGH SCHOOL**

Bow 10th and 11th graders picked a nation out of a hat and then had to show they had learned the history and culture of over 130 nations.

School hallways were decorated with flags and symbols of the countries they randomly chose.

The event has been going on for 20 years and is fun and educational.

Representing Bulgaria, sophomores Melinda Becirovic and Phoebe Abdulah set up their table showcasing a traditional coffee to symbolize the country 's caffeinated culture and a plate of Lokoum, a traditional sweet made from wheat starch and nuts.

"It's really interesting to get a sense of other cultures, backgrounds and their history," said Abdulah. "In an environment like this, going around and being able to talk with other kids and learn things you didn't really know is great."

This unique opportunity allows students to learn about other countries but also encourages them to explore new activities, such as cooking and baking while honing their organizational skills.

#### **SELLAR CHIROPRACTIC CLINIC**

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ne of the most notable figures in popular music over the last 70 years is Stevie Wonder. This musical genius is a legendary singer, multi-instrumentalist, songwriter, and record producer who has won 25 Grammy Awards, an Academy Award, a Golden Globe Award, the Kennedy Center Honor and is in both the Rock and Roll and Songwriters Hall of Fame. He plays the keyboard, harmonica, synthesizer, drums and clavinet, and sings jazz, soul, funk, pop, rock and gospel.

Born Stevland Hardaway Morris in 1950 in Saginaw, Michigan, Stevie was the 3rd of 5 children. He was not blind at birth, but because he was born 6-weeks prematurely, he had to be put in an incubator with an oxygen-rich atmosphere for an extended period of time that caused detached retinas in both eyes and left him blind. He was a musical child prodigy who began singing and playing instruments by age 6 and was signed with Motown Records when he was only 11 years old. Motown changed the name of this "boy wonder" to Stevie Wonder. During his first year with Motown, he became the youngest musician ever to top the charts with a # 1 hit called "Fingertips." At age 26, he won his first Grammy Award for album of the year, entitled "Songs In The Key Of Life." From this early success, his music career continued to skyrocket up to the present day, and resulted in all the above mentioned awards and the sale of over 100 million records

Stevie has written well over 100 songs, including "My Cherie Amour," "You Are The Sunshine Of My Life," "Signed, Sealed, Delivered," "Uptight (Everything's Alright)," "I Just Called To Say I Love You," "From The Bottom Of My Heart" and "Isn't She Lovely." He wrote "She Knocks Me Off My Feet" for Michael Jackson. He has been awarded honorary doctorate degrees from Howard University, Brown, Rutgers, Oberlin, Tulane, Yale and Wayne State.

His political activism in the 1980's helped pave the way to making Martin Luther King, Jr's birthday a Federal holiday. In 2009 he was named a United Nations Messenger Of Peace. He received the Presidential Medal of Freedom in 2014.

For one of the most influential musicians of the second half of the 20th century whose career began in his early childhood, could there possibly be a more fitting name for this "boy wonder" than Stevie Wonder?



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#### Real Estate Sales in Hopkinton – JANUARY 2024

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTA	AGE ACREAC	GE PRICE
35 Indian Ridge Road	2 Bedrooms   1 Baths	1112 Square F	eet .29 A	Acre \$350,000
4 Pinewood Drive	2 Bedrooms   1 Baths	1800 Square F	eet .62 A	Acre \$369,000
520 South Road	2 Bedrooms   2 Baths	1598 Square F	eet 1 A	Acre \$416,900
837 Hopkinton Road	4 Bedrooms   3 Baths	3159 Square F	eet 3.97 <i>A</i>	Acres \$599,000
63 Roberts Road	3 Bedrooms   3 Baths	2706 Square F	eet 1.3 A	Acres \$657,000

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**TWO VILLAGES ART SOCIETY** The upcoming exhibition features the work of Susan Rock, of Bow. The exhibit, "An Artist's Musings on Lincoln Today and Mixed Media," is free and open to the public. Two Villages Art Society's gallery is open to the public free of charge Thursday through Sunday from 12:00 - 4:00. The exhibit closes March 2, 2024. Two Villages Art Society is a non-profit, member-driven art association with a gallery located at 846 Main Street in Hopkinton's Contoocook Village. It was voted Best of NH (art galleries) by New Hampshire Magazine in 2022. Membership is open to all and admission to exhibits is free. For more information visit: www.twovillagesart.org.

# **Happening** at the hopkinton town library!

**BOOK DISCUSSION GROUP** Hopkinton Town Library Book Discussion Group is reading The Memoirs of Stockholm Sven by Nathaniel Ian Miller. The discussion will be February 21, 1pm at the library. Copies of the book, including audiobook, are available at the library and for sale at Main Street Bookends and Gibson's. The book stores offer a discount if you tell them it's for this group.

#### WINTER READING CHALLENGE

The adult and teen cozy winter reading challenge is now through March 15th. Pick up a bookmark at the library, check off the challenges you complete, and submit it with your name and contact information. Every check mark is an entry for our raffle drawing!



**FREE TAX RETURN PREPARATION** is available on Wednesdays and Thursdays, at Hopkinton Town Library's Community Room. Go online to www.nhtaxhelp.org or call 2-1-1 to make an appointment.

#### **BOB WOOLNER PRESENTATION** — 26 YEAR COLLECTION OF **CARDINGAN MOUNTAIN**

Robert "Bob" Woolner taught 7th grade geography at HMHS for many years. He is known for his many trips to Cardigan Mountain for a beginning-ofschool-year field trip. He has collected photos, both B&W and color, dating back to 1998! One photo from each year will be presented in his visual display at the library through March 31st!

#### THE PASS-ALONG PROGRAM It's

that time of year again where we begin collecting spring and summer items for the Neighbor to Neighbor Children's Clothing Sale, proceeds benefit the Passalong program to help foster families. Clothing can be dropped off at Countryside Community Church, 815 Main Street in



Contoocook from 8:00-10:00 on the following dates: February 17, March 16, and April 13. Clothing Sale Date May 18th. To arrange for a pickup, please text/email Jiselle at (603) 218-9600 or jiselleb@yahoo.com.



#### 5 Arrests • 13 Accidents • 315 Traffic Stops

**01/01** Jacob Bumford, 28, of 813 Pine Street, Hopkinton, was arrested for Suspension of Vehicle Registration and Drive After Revocation/Suspension - Admin License Suspension.

**01/03** Jordan Lopez Coello, 22, of 847 Atwells Ave, Providence, RI was arrested for License Required; Op without Valid License and Suspension of Vehicle Registration.

01/12 Emma Huddleston, 18, of 53 Cressey Street, Henniker, was charged with Drive After Revocation/Suspension.

01/17 Susan Hopkins, 70, of 501 Broad Cove Road, Hopkinton, was arrested for DUI, Conduct After Accident and another DUI.

01/26 Daniel Story, 56, of 328 Gage Hill Road, Hopkinton, was arrested for DUI.



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# HOPKINTON ALPINE SKIERS

At the end of January at Proctor Academy, area ski teams took each other on for the 16th Annual Capital Cup title.

**WIN 16TH CAPITAL CUP** 

Junior Merrick Chapin led the Hopkinton boys to a 1-2-4 finish in the boys' slalom to lead the Hawks to a commanding lead in that event and the Hopkinton girls kept up with Concord enough to maintain it as the Hopkinton Alpine ski team claimed the 16th annual Capital Cup title at Proctor Academy on Monday.

The Capital Cup, directed by Concord High head coach George Golden, combines both the boys' and girls' team scores to decide which program can claim Capital Area bragging rights.

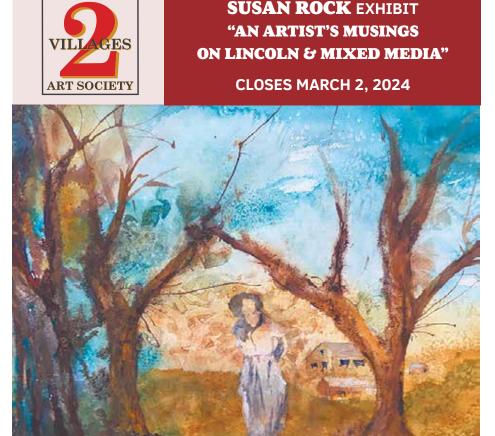
The Hawks had a combined score of 766 points, followed by Concord at 748, Bow at 733, Bishop Brady at 657 and Pembroke scored 633. Hopkinton (386), Bow (370) and Concord (364) owned the top three boys' team scores, while Concord (384), led by girls' slalom winner Mika Taylor prevailed.



Skiing • Snowboarding • Snowtubing • Lessons • Kids Programs Monday, Feb. 26; Tuesday, Feb. 27 and Wednesday Feb. 28

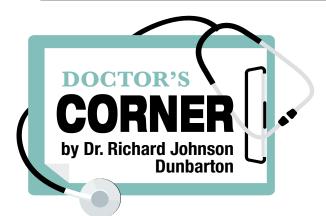
For Ages 7 to 14 years old. All Abilities. Camps are 6 hours per day, 9:30am to 3:30pm and include Lunch options and a Camp T-Shirt.

School Vacation weeks are a great time for kids to come out, spend some time on the slopes, have fun with other kids and enjoy some great winter exercise. For information visit www.patspeak.com or call 603-428-3245



Susan Rock works mainly in watercolor and fabric, exhibiting her work throughout New Hampshire. One of her watercolor scenes received an Artist of Merit Award in Two Villages Art Society's Summer Member Show.

"When painting, the most important element for me is how the color speaks," Rock says. "It is ever fascinating to see how a loaded watercolor brush will react over icicle white paper, and then how another color merges and both speak poetry while I watch."





Here is the quiz that we usually do in January. I will give you a brief medical case history, and you will try to figure out who the person is. As before, I acknowledge and give credit to the work of Thomas Meissner, MD from whose work these cases have been taken.

**CASE 1.** Let's begin with a very well-known U.S. president. On the trip back to D.C after giving his famous 2-minute speech, he became feverish, faint, and exhausted. In three days, he developed a scarlet skin rash, followed by blistering skin. His 10-year-old son had previously spent several weeks in bed with a fever and skin rash. This is probably how the president got smallpox. The mortality of smallpox was, at that time, about 30%.

**CASE 2.** He was a very famous composer and musician who died in 1750. You frequently can hear his music played on WCRB (the classical radio channel). When his skeleton was recovered from a Leipzig church that had been destroyed in WWII, it was inspected by Dr. Wolfgang Rosenthal. The skeleton was found to have bone changes in the upper arms and forearms which were attributed to the musician's vigorous playing of the organ, which at the time was hard work.

**CASE 3.** This philosopher died in 1900 at the age of 56. At the end of his life he was paralyzed, demented, and probably blind. Because his symptoms began early in life, and there were similar symptoms on his mother's side, it is felt that he had MELS (mitochondrial encephalopathy, lactic acidosis, and stroke-like episodes). This disease which involves mutations of the mitochondrial (they make ATP; the fuel for the cell) DNA is passed on by the mother. His famous quote, "God is dead," is from his book *The* Gay Science, published in 1882.

**CASE 4.** Another composer, born in 1770 (20 years after case 2 died), was completely deaf by the age of 36. It is felt that he had Paget disease (an excessive breakdown & regrowth of bone). He died at age 57. Für Elise is one of his most famous piano pieces.

**CASE 5.** This actor played the "tough guy." He smoked constantly and drank too much alcohol. He developed esophageal cancer and underwent a 9-hour operation followed by chemotherapy. He recovered but relapsed 6 months later. When he died in 1957 at the age of 58, he weighed only 80 pounds.

**CASE 6.** This movie diva (1918-1987) had eccentric behavior that was felt to be due to her drinking. When she was in her 50's she had difficulty remembering her lines and dance steps. Eventually, in 1979, the correct diagnosis was made: Alzheimer's disease. Her case gave dementia research a huge boost.

**CASE 7.** He was a famous reggae musician (1945-1981). In 1977 he saw a physician for a soccer injury and was diagnosed with a malignant melanoma on his right first toe. He refused to have the toe amputated. Four years later he collapsed during a run in Central Park. He was found to have metastases in his liver, lungs, and brain. He went to Germany, where he was treated for 6 months by the controversial 'faith healer' Dr. Josef Issels. He never made it home.

4. Ludwig van Beethoven 5. Humphrey Bogart 6. Rita Hayworth 7. Bob Marley

1. Abraham Lincoln 🙎 Johann Sebastian Bach 3. Friedrich Nietzsche



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Dr. Herbert B. Allen M.D. will explain how an 80-year-old drug could cure or prevent Alzheimers

#### Herbert B. Allen, M.D.

Professor and Chair Emeritus Drexel University Medical School Professor of Geriatrics and Gerontology Rowan SOM





# Friday, March 22, 2024 at 6:30 p.m.



**Dunbarton Library** – **Upstairs** Doors open at 6:00 p.m. 1004 School Street

Dunbarton, NH

#### Who will benefit from this seminar?

Anyone who is concerned about themself, a loved one, or a friend that shows signs of Alzheimer's Disease.

#### Seating is limited to 130

Please R.S.V.P. to LarsenMedia@Gmail.com by March 19, 2024 or call (603) 774-3500

**Baker Free Library** 

February News

Baker Free Libary | 509 South Street Bow, New Hampshire 03304 Visit our online Calendar to sign up for upcoming programs and events

at bowbakerfreelibrary.org







#### FEATURED EVENT

#### **IditaREAD!** Winter Reading Challenge 2024 February 5th – March 15th

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! Open to all ages. Raffle prizes and exclusive Baker Free Library tote bags

#### YOUTH PROGRAMMING

#### **Storytimes**

#### Winter session will run from January 16 – February 20, 2023.

\*Registration is required 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.

#### FEBRUARY VACATION PROGRAMMING

#### All About Eclipses: Presented by NH Astronomical Society **Tuesday, Feb. 27th | 6:00pm**

This spring, New Hampshire will be in the path of totality for a total solar eclipse. Want to learn more about them? A presenter from the New Hampshire Astronomical Society will help patrons of all ages to explore the science of solar eclipses, and offer tips about how to safely view the eclipse in April. Recommended for children aged 7 and up, as well as teens and adults. The library will distribute solar eclipse viewing glasses to all in attendance. Please register to reserve your space using our online calendar.

#### Ruff Readers | Thursday, Feb. 29th | 11am-12pm

Children can gain confidence and improve literacy skills by reading aloud to a one-of-a-kind audience! Reserve a 15-minute time slot for your child to read to our canine volunteer, Inky the German shepherd, certified through Therapy Dogs International. Readers of all abilities are welcome! Children 8 years and under should be accompanied by an adult for the duration of their visit. Registration is required to reserve your 15-minute time slot.

#### **Leap Day! Featuring Wildlife Encounters** Thursday, Feb. 29th | 3pm

Wildlife Encounters returns to Bow for this special Leap Day event! An Outreach Ambassador will visit the library with live animals, allowing children and their families to meet and learn about each unique critter. In honor of Leap Day, all of this year's featured animals will hop, jump and leap! Visiting critters may include frogs, toads, spiders, rabbits, chinchillas, and even a wallaby. The presentation is expected to last 45-60 minutes, and is recommended for children aged 4 and up in the company of a caregiver. Registration is not required.

#### ADULT PROGRAMMING

#### Meet the Candidates Night | Wednesday, Feb. 21st | 6:30pm

Meet the candidates running for elected town and school positions in Bow at Baker Free Library. Each candidate will have the opportunity to introduce themselves and talk about why they are running. Audience Q & A will follow. Candidate Information Packets are available on our website and in-person.

#### Spring Concert | Wednesday, March 13<sup>th</sup> | 7pm

Bow resident, Muriel Orcutt on violin and Terry Timmerman on cello will be performing in Baker Free Library's 2nd Annual Spring Concert, featuring a selection of Irish and classical tunes. Seating is limited. Please reserve your seat through our Online Calendar.

#### **BOOK CLUBS**

#### Whodunits | Tuesday, Mar. 5th | 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.

March Book Discussion: The Widows of Malabar Hill by Sujata Massey

#### Book Talk at BFL | Tuesday, Mar. 12th | 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!

March Book Discussion: This Other Eden by Paul Harding

#### White Rock Book Group | Tuesday, Mar. 19th | 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!

March Book Discussion: This Other Eden by Paul Harding

#### Peaceful Pages: A Mind, Body & Soul Book Club **Thursday, March 21st | 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.

March Book Discussion: Atomic Habits by James Clear

#### IN THE GALLERY



#### Winter Exhibit – Carolyn Sherman | January 27th – March 1st

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.

March Exhibit – Racial Unity Team 2023 Art and Poetry Challenge | March 2<sup>nd</sup> - March 29<sup>th</sup>



# Travel Time with CHASE BINDER | CRUISING

#### **HOW DID CRUISING GET SO POPULAR?**

The big news in the cruise world this month is that the largest cruise ship in the world, the Royal Caribbean's new Icon of the Seas, is on its maiden voyage out of Miami. It's about four football fields long and carries just short of 10,000 souls. For perspective, the total population of the town of Bow is about 8,400 souls!

Those numbers had me shaking my head. Bud and I took our first cruise on the Regency Cruise Line's Regent Sea back in the early 1990's. We sailed from Montego Bay across the Gulf of Mexico and down to Panama Canal for a partial transit. Very

cool, or so we thought! The Regent Sea didn't even hold seven hundred passengers — and two of her could fit inside the *Icon of the Seas*. Alas, Regency went bankrupt in 1995 and the *Regent Sea* sank in the Pacific on her way to a Chinese scrap yard.

How did we get from a total of 3.3 million cruising passengers worldwide when Bud and I sailed on the *Regent Sea* to 31.3 million passengers in 2023? Look back to the ocean liners of the late1800's, the advent of passenger jet travel in the 1960's and, yes, ABC's The Love Boat TV series of the 1970's and 1980's for clues.

The idea of cruising for the experience itself emerged in the early 1800's in the Mediterranean as part of The Grand Tour for nobility and the upper classes. Ships were small and took several months to visit ports in Greece and Italy—many of them still on today's itineraries. By 1844, P & O (Peninsular & Oriental Cruises, the world's oldest cruise line) introduced passenger cruising to a broader market, but still centered in Europe.

Towards the later 1800's the demand for transatlantic crossings grew and along with it, the demand for ocean liners—large ships designed for transporting several classes of people to America and back, maximizing capacity. Think the White Star Line (the Titanic), the Cunard Line, Norwegian Cruise Line, Holland America, and others. The primary function of these ships was transportation, not vacation—although the rich certainly had access to lovely suites.



Royal Caribbean's newest and largest cruise ship 'Icon of the Seas.'

But change and progress happen. By the 1960's and 1970's passengers could take to the skies and arrive at their destinations in a fraction of the time it took to sail. By the late 1970's and 1980's cruise lines virtually ceased focusing on passenger service and started re-tooling and modifying their ocean liners into cruise ships-more focused entertainment, casinos, and vacation amenities. Holland America's Rotterdam was one of the first to make the transition.

The cruise ship industry might have spent decades modifying fleets and looking for ways to generate a robust market but for one serendipitous thing—a somewhat silly ABC comedy, The Love Boat, set on a Princess Line ship, the *Pacific Princess*. The

TV series ran on Saturday nights for 250 episodes from 1977 to 1986 and captured the imagination of millions. Few could resist the romance, the fun, the entertainment and glamour. Who wouldn't want to board The Love Boat?

Since then, with a hiccup or two like the COVID pandemic, cruising has become the vacation of choice for millions and millions worldwide. The industry offers options from small ship expeditions to Antarctica and the Galapagos, to "round the world" itineraries on spanking-new ocean-going ships, 3-and 4-day mini cruises to the Caribbean, and more. The options and price points are quite literally endless.

As for Bud and me, we have done our share—two Transatlantics, Alaska, South America, two Panama Canals, the Baltics, the coast of Norway, a few Caribbean and two Mediterranean. It's a great and often cost-effective way to experience any area of the world. You unpack once and let others do the cooking and cleaning.

In fact, we've just booked a Mediterranean cruise with travel pals Chuck and Debra Douglas and Erle and Linda Pierce. We'll be on a smaller NCL ship with a fall sailing that avoids the usual stops of Rome, Florence, and Barcelona—crowds are not high on our lists. More on this in next month's column. Meantime, if you're looking to experience life at sea, start with Google and don't forget to pour yourself a cup of coffee or a glass of wine. You'll be online for a while!



**WEDNESDAY, FEBRUARY 28, 2024 — 12:30 PM** Jo Radner, presents "Tangled Lives: Native People & **English Settlers in Colonial New England."** 

This event is sponsored by the NH Humanities Council.

WEDNESDAY, MARCH 13, 2024 — 11:30 AM **Pizza and Bingo Day** *Pre-registration is required.* Please contact Peter at fairfield a@hotmail.com

Social Hour precedes all programs at 11:30 AM - 12:20 PM Bring your own lunch, dessert is provided.

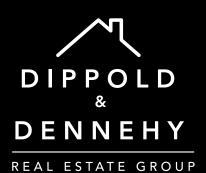
Meetings are held at Old Town Hall, 91 Bow Center Road The public is always welcome to attend meetings. Membership is open to all residents 55 and older.

# The Bow Times



Bow residents Randy and Debra Barnes traveled with The Bow Times to Matlacha, Florida. Here they are at the Blue Dog restaurant.

Send your travel photo to nmannion1@comcast.net and The Bow Times will share it with all of our readers!



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# SALES UPDATE - JANUARY 2024 SERVING OUR CLIENTS WITH INTEGRITY AND EXCELLENCE.



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**SHERRI FERNS** REALTOR Cell: 603-568-4677 sherri@dippolddennehy.com

#### REAL ESTATE SALES IN BOW — JANUAARY 2024

ADDRESS BEDROOMS / BATHS SQUARE FOOTAGE ACREAGE PRICE 520 Page Road 3 Bedrooms | 2 Baths 1680 Square Feet Acre \$425,000 1 8 Fernwood Place \$530,000 4 Bedrooms | 2 Baths 2467 square Feet 2.3 a Acres

#### REAL ESTATE SALES IN DUNBARTON — JANUAARY 2024

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
11-6 Hilltop Lane	LAND	LAND	29.38 Acres	\$255,000
1097 Gorham Pond Road	2 Bedrooms   3 Baths	1525 Square Feet	.24 Acre	\$515,000
137 Mansion Road	3 Bedrooms   3 Baths	2538 Square Feet	9.08 Acres	\$631,000
1010 Black Brook Road	4 Bedrooms   4 Baths	3238 Square Feet	5.03 Acres	\$745,000
40 Gile Hill Road	4 Bedrooms   4 Baths	2950 Square Feet	5.59 Acres	\$875,000
160 Mansion Road	4 Bedrooms   4 Baths	3936 Square Feet	15 Acres	\$942,000

Sales Data for December 2023 provided by the NHMLS.



#### **SPRING, 2024**

All shows are free. | Wednesdays | 7:30 PM Concord City Auditorium 2 Prince St. Concord, NH WalkerLecture.org



#### March 6

The Freese Brothers Big Band





March 13

Man on the Hill

#### March 20

**Exotic and Tropical Asia, Marlin Darrah** 



An Evening of A Capella with Tonehenge and The Afternotes



**Jeff Rapsis presents** Harold Lloyd in *Kid Brother* plus a short

#### **April 10**

**Why Calvin Coolidge Matters Today** 



#### April 24

**Country Music with the Shana Stack Band** 



Bow Selectman Matt Poulin and Community Development Director Karri Mackanin visited GRUMPS Landscape Center, Inc., in a continued effort to support the Bow business district. Kris and Miguel, owners of Karmic Landscapes, explained that their new venture, GRUMPS Landscape Center would expand into retail to provide quality products and services. Kris related that the name and mascot are based on their father, David, who has been their mentor, advocate, and the motivation that keeps them moving forward.

GRUMPS Landscape Center, Inc. is expected to open in the spring at 98 Dow Road, in Bow | Phone 603-290-1463.

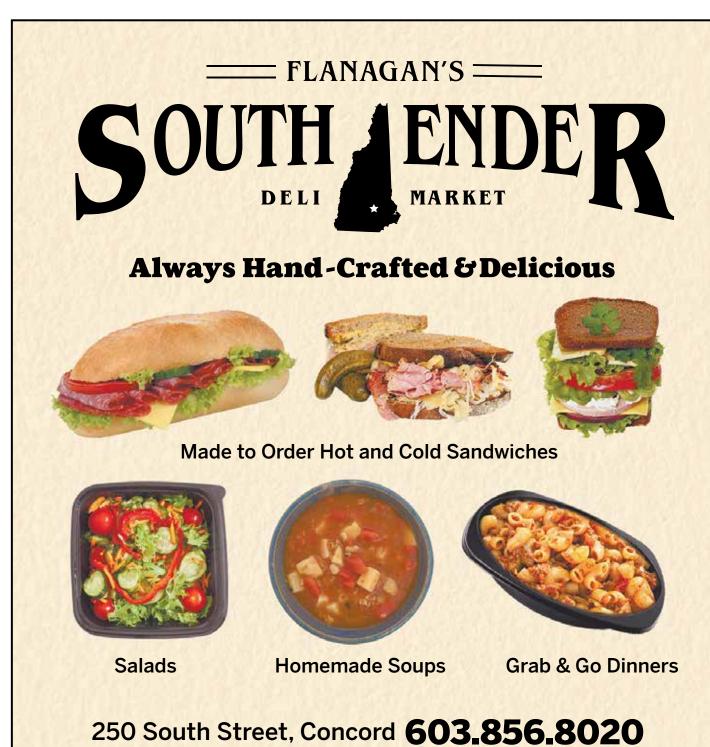


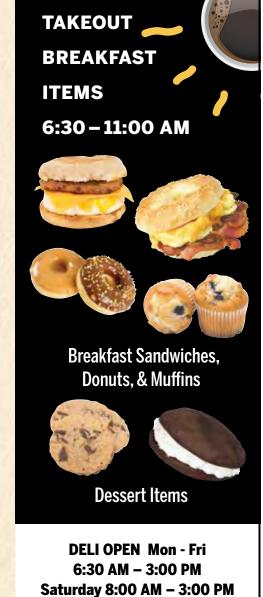
Pictured L-R: Jes and Miguel Peixinho-Reynolds, Karri Makinen, Matt Poulin, Kris Peixinho-Reynolds, David Reynolds (Grumps), and Shayne Peixinho-Reynolds.



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**STORE OPEN Mon - Fri** 

6:30 AM - 6:00 PM **Saturday** 8:00 AM - 3:00 PM

**Closed Sunday** 

VOL 31, NO. 2 | FEBRUARY 2024 | THE BOW TIMES 17 FREE | www.thebowtimes.com



#### WINTER WINES & FOOD PAIRINGS

As the temperatures outside remain chilly and winter is well upon us, the joys of comfort foods and red wines are the perfect choices for cozy winter meals. There is something about the aromas that fill the air in the kitchen and opening a nice bottle of red wine at home while cooking. This is especially a favorite of mine when I get a chance to slow down a bit on the weekends and choose my favorite recipes or have fun trying new ones. Pairing wines with food not only depends on the grape varietal, weight and body of the wine, the fruit characteristics, and aromas, but it also focuses on the food, type of protein, its preparation, sauces of the dish, and its components. Here are my favorite comfort meals and red wines to enjoy this winter.

LIGHTER MEAT: Chicken Coq au Vin, Garlic Honey Mustard Chicken Thighs, Turkey Pot Pie, Roasted Duck with Shallot and Mushroom Gravy, and Roast Porchetta.

#### Pinot Noir or Red Burgundy, Rioja & Cotes du **Rhone: Suggested Hartford Court Pinot Noir,** Russian River Valley, CA \$42.99

Flavors of raspberry and cherry, with pleasing aromas of baking spices, vanilla, and undertones of hazelnuts with a sophisticated finish – lighter meats pure bliss.

BEEF: Braised Short Ribs, Bacon Wrapped Meatloaf & Spicy Chili Con Carne

#### Cabernet Sauvignon, Shiraz, Malbec & Red Blends: Suggested Austin Cabernet Sauvignon, Paso Robles, CA \$24.99

*Lush, dark fruit, roasted coffee, and spices, lingering finish – perfect* for hearty dishes.

ITALIAN: Meaty Lasagna, Stuffed Shells & Eggplant Parmesan

#### Chianti Classico, Barbera, Nebbiolo & Zinfandels: Suggested Caffagio Single Estate Chianti Classico, Tuscany, Italy \$18.99

Earthy notes, licorice, red fruits, herbs, and spices – loves fresh tomato sauce.

These pairings are the best with family or friends. I recently had a nice brunch with the Food Editor of the Bow Times - Chef Debra Barnes. If you are aware, and have had any of her amazing cooking, you are incredibly lucky! Her organic tomato plants each spring are a hot ticket item in town that she sells from her beautiful garden. I absolutely adore her friendship. We both share a passion for travel, food, and wine.

May you all enjoy the comforts of home with great food, wines, served best with friends! ~ Cheers ~ Annie



Annie Kenney (on left) is pictured with friend Debra Barnes.

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

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



# FOR THE LOVE OF BASEBALL

by Bow Resident Paul Pomeroy

This Christmas my baseball loving daughter gave her baseball loving father a book entitled "The Baseball 100" written by sports aficionado and historian Joe Posnanski. A compilation of stories and stats about Mr. Posnanski's opinions of the finest of the sport. It has been a joy for me to consume – but only bit by bit. Like sips of a fine wine. Starting with #100 (Ichiro Suzuki), I was determined to take the players one at a time until I reached #1. Unfortunately, I only made it to #88 (Gary Carter) before my curiosity got the best of me and I had to see who made the top 5 before returning to my original schedule.

As I read this book which contained as much history as sport I come to two overwhelming realizations.

First—How many of these amazing players I have seen play LIVE and IN PERSON! My Lord! I have seen Roberto Clemente and Mike Schmidt, and Eddie Mathews, and Johnny Bench. Frank Robinson and Tony Gwynn. I saw Steve Carlton and Warren Spahn and Juan Marichal. I saw SANDY KOFAX pitch!!And BOB GIBSON! I saw the ALL-TIME HR LEADER hit a home run! (Hank Aaron of course -those PED bums don't count). And I saw the ALL-TIME HIT LEADER get a hit! (And I don't care if he did bet on baseball. It's time Pete Rose is in the hall of fame.)

My childhood favorite -Ernie Banks-is in there. I saw Ernie play many times. And Yogi Berra is in there. And even though I never saw Yogi play in person, he was the player I most wanted to be. ( When I told my brother this he quipped: "Too bad you only look like him") I saw the Wizard of OZ play shortstop, Stan the Man hit, and TheBigUnit pitch. And I saw the Say-Hey Kid (the best ever-- Mr. Posnanski and I agree on this) do everything possible on a baseball field. And still others. Amazing.

Second—How unfair life is. Sports writers like Marcus Hayes of the Philadelphia Inquirer gets a Hall of Fame vote and I don't. When I obviously know more about baseball than he does. Hayes lets us know that he will vote for Roger Clemens and Barry Bonds for induction but not Curt Shilling. Clemens and Bonds who took PEDs. Thereby giving them a physical advantage over their peers. An advantage that made their contemporaries look bad in head to head competition. Not Curt Shilling because .."he is a jerk." Even though Shilling's views and comments-no matter how much you may or may not like them—never affected his physical interactions with his peers.

Please don't let Marcus Hayes or any of his like -minded writers ever visit the HOF! Imagine how many "jerks, drunks, and miscreants "he would insist be removed.

Well back to the book. I am down to #35 (George Brett). A little at a time. I need to make it last until spring training.

The Bow Times **Tale**Spinner, 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.

#### THE BOW COMMUNITY MEN'S CLUB **ELECTS OFFICERS FOR 2024**

At the January 25, 2024, annual meeting of the Bow Men's Club at the Old Town Hall Matt Bailey served up a great dinner followed by the election of the following officers: President: Greg Cordier, Vice President: Matt Poulin, Secretary: Brad Jobel, Treasurer: Dik Dagavarian, Directors: Richard Oberman, Bob Goldthwaite, and Rob Hollinger.

#### **CONSIDER JOINING THE BOW COMMUNITY MEN'S CLUB**

Since February 1948, the Bow Community Men's Club has been a community service-minded, non-profit, volunteer organization focused on the betterment of our community.

If you live in the local area, are civic-minded, want to help improve your community and enjoy the fellowship of like-minded folks, we encourage you to join the Bow Community Men's Club!

The Bow Community Men's Club is open to all men in Bow and surrounding towns. For more information, visit our website at www.bowmensclub.org.

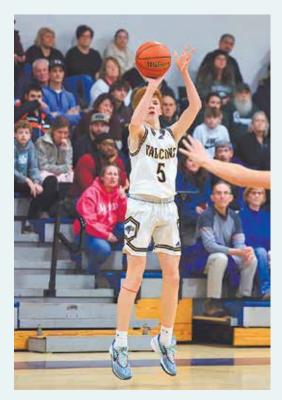


# BOW HIGH SCHOOL SPORTS SPOT

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



#### SENIOR LEADERSHIP KEY TO BOW BASKETBALL SUCCESS



Colby Smith, Team Captain

As the Bow High School basketball team continues its impressive season with an 11-4 record, the significance of senior leadership has never been more apparent. With just two seniors on the team, Sean Guerrette and Colby Smith, their role as leaders has been instrumental in guiding the team to success on the court.

Colby Smith, one of the team's captains, acknowledges the importance of senior leadership despite the small number of upperclassmen. "Having only 2 seniors on the team, nonetheless 4 upperclassmen, leadership is very

important. So even though there are a slim amount, we can still be avid leaders," says Smith. His commitment to leadership extends beyond words as he leads by example, both vocally and through his actions, on and off the court.

Sean Guerrette echoes Smith's sentiments, emphasizing the team's turnaround after an initial struggle. "We started out as a team who couldn't catch a groove and lost 3 games pretty early. From that point, we turned the season around, catching a good winning streak and starting to pull it all together as a team," says Guerrette. His leadership style focuses on the mental aspect of the game, ensuring that each player understands their strengths and contributions to the team's success.



Sean Guerrette, Senior

With only three regular-season games left, the team remains focused on finishing strong and securing home playoff games. "We are most definitely capable of competing with any team in D2," expresses Smith. Guerrette adds, "The rest of the season is going to be a grind. We have three more regular-season games that are all huge games going into the playoffs."

The pivotal roles played by key players like Jake Reardon and Brendan O'Keeffe have been essential to the team's achievements. Reardon, ranking among the top scorers in Division 2, and O'Keeffe, showcasing exceptional skills as a guard, have been vital in propelling the team's progress. Additionally, both Keenan Hubbard and Peyton Larabee have risen to the occasion admirably during a season when their contributions were greatly needed.

As Bow High School basketball team progresses through the season, the senior leadership exemplified by Sean Guerrette and Colby Smith serves as inspiration for their teammates. With their guidance and the collective effort of the entire team, success in the playoff's looms on the horizon.

#### **BOW WRESTLERS DOMINATE AT CAPITAL** CITY CLASSIC

The Bow High School wrestling team left a lasting impression at the Capital City Classic held at Concord High School, surprising competitors and spectators alike with their outstanding performance.

Led by a solid group of senior captains, including standout wrestler Jared Dolder, the Bow Falcons made history during the regular season, clinching the D3 dual meet championship and maintaining an undefeated record in D3 dual meets. Dolder, reflecting on the team's journey, expressed confidence heading into the state championships and pride in their unprecedented achievements thus far.

"This season has been going great for us as a team so far," remarked Dolder. "We have had our ups and downs throughout the season, but we are going into states confident and ready to finish the season strong."

Emphasizing the importance of leadership within the team, Dolder highlighted the collective effort of the senior captains in uplifting and pushing their teammates to reach their full potential. "The leadership of our captains this year has been amazing," he stated. "We have all stepped up, picking this team up when they were down and pushing everyone to reach their potential."



**Jared Dolder, Senior Captain** 

He continued, "Every wrestler is key to the room, whether or not they are in our starting lineup or practice partners," he emphasized. "We have a bunch of wrestlers this year looking for state championships, but every wrestler on our team is vital to our success."

At the Capital City Classic, Bow wrestlers showcased their talent and determination, securing impressive victories against formidable opponents. Seniors Adler Moura and Ben McDowell claimed notable titles in their respective weight classes, while Dolder himself secured a commendable fourth-place finish. Sophomore Chase Flagg also finished fifth in a competitive bracket, contributing significantly to the team's overall success.

Reflecting on the tournament's outcomes, head coach Bill Chavanelle commended his team's focus and resilience. "To be honest, I had no idea what the team score was," Chavanelle admitted. "I told everybody to focus on the next match, not the team scores, not where this person is going, just focus, do your job, handle your business and the results will take care of themselves."

As the Bow wrestling team continues its journey towards the state championships, their remarkable achievements at the Capital City Classic serve as a testament to their dedication and skill. The Falcons are poised for an outstanding finish to a record-breaking season.

# THE TOWN OF BOW POLICE DEPARTMENT

# **BOW POLICE DEPARTMENT** JANUARY 2024 ARREST LOG

(FELONIES AND MISDEMEANORS)

1/7 Devon Sanville, 20, Concord, was summoned for operating while suspendedsubsequent offense; Kathleen Connor, 65, Bow, was arrested on an electronic bench warrant for failure to appear in court.

1/20 Jeremy Oneil, 41, Manchester, was arrested for carrying or selling weapons.

1/21 Shawn Healey, 50, Bow, was arrested on a Concord Police Department warrant for disobeying an officer.

**1/30** Ryan Haas, 43, Bow, arrested for driving while under the influence and resisting arrest.

*In addition, there were:* 3 Involuntary Emergency Admissions





## **BOW POLICE DEPARTMENT OPEN PATROL OFFICER POSITION**

PAY SCALE: \$27.08 - \$33.00

# **COME JOIN A GREAT TEAM OF OFFICERS**

- \*4 ON /3 OFF Schedule
- \*Group II NH Retirement
- \*11 Paid Holidays
- \*Opportunities include:

SWAT Details (\$52.50/hr) K9 Instructor (Firearms, FTO Taser, OC, DT)

- **\*Outer Carrier Vests**
- \*New Equipment
- **\*Updated Safety Center**
- \*AEDs in Cruisers
- \*Health/Dental Insurance with buyout options

#### ABOUT THE OPEN PATROL OFFICER POSITION

The Town of Bow Police Department is seeking a motivated person who possesses good writing skills, communication skills, likes working with people to solve community problems, and desires to be involved in a progressive and community-oriented department.

The candidate selected will perform traffic duties, investigations, crime prevention, and community involvement assignments. The Department is looking for a hard-working individual who can provide the highest quality of safety services, while maintaining the highest degree of courtesy and professionalism, assuring fair and equal treatment for all.

The candidate selected will provide law enforcement and communityoriented police services to a residential community of approximately 8,000, three schools and many businesses. Bow is located between Concord and Hooksett, Interstates 93 and 89 intersect in Bow and Route 3-A runs through the town.

How to apply: Please send your resume to Lt. Phil Lamy at PLamy@ bownhpd.gov. If you have any questions regarding the position please call Lt. Lamy at 603-223-3950 ext 352.



Foyer Mailbox: There is a mailbox in the front foyer of the Police Department. It is video monitored and is available 24 hours a day for paperwork drop off. Items accepted in this mailbox include: Parking tickets with exact

fee, Pistol permit applications, Statements, Vacant House Check (VHC) forms.





www.icactaskforce.org info@icactaskforce.org

Set-up: Devices/Accounts/Passwords It is important for parents to know how to set up their children's devices for several reasons. Overall, knowing how to set up a device empowers parents to create a safe and healthy digital environment for their kids.

**Monitor: Online Use/Connections** Monitoring your children's online use and connections isn't about spying, it's about striking a crucial balance between protecting them from potential harm and fostering their digital independence.

**Approve: Apps/Games** Parents' approval of their children's apps and games is crucial for several reasons and goes beyond simply saying "yes" or "no." It's about creating a safe and enriching digital environment that fosters safety, security, healthy development, trust and communication.

**Restrict: Content/Permissions** It's incredibly important for parents to restrict their child's access to inappropriate content. It's about creating a safe and age-appropriate online environment where children can explore and learn while being protected from potential harm.

Talk: StartTheConversation/Teach Open, repeated conversations are your most powerful tool for online safety. By prioritizing open and repeated conversations about online safety, you can equip your children with the knowledge, skills, and confidence they need to navigate the digital world safely and responsibly. Think of it as an investment in their future, just like teaching them any other important life skill.

#### Tips for making them more engaging and effective:

- Start early and adapt the conversation to your child's age.
- Make it a natural part of everyday life, not just a one-time event.
- Ask open-ended questions and actively listen to their concerns.
- Use real-life and relatable scenarios to illustrate your points.
- Teaching them strategies for staying safe, don't just scaring them.
- Be open to learning from them as well.

Join the Bow Police Department and NH ICAC to Start the Conversation about SMART Parenting Tips for Online Safety.

For more extensive information go to www.icactaskforce.org

#### **BOW POLICE DEPT WARNS OF GRANDPARENT SCAMS TARGETING OLDER ADULTS**



Attorney General John M. Formella issued a scam alert for New Hampshire residents, especially its older adult population, concerning a recent increase in scammers perpetrating the "Grandparent Scam."

In a "Grandparent Scam," a scammer calls or e-mails a victim posing as one of the victim's relatives, typically a grandchild. The scammer posing as the relative then claims to be in trouble, often saying he or she has been arrested by law enforcement in another state or country. The scammer may also pose as a member of law enforcement and claim to have arrested or detained the victim's relative. The scammer will instruct the victim to not tell anyone, sometimes threatening that the victim is under a "gag order" to not speak about the incident. A gag order is a court order prohibiting public disclosure or discussion of information related to a case.

The Attorney General reminds New Hampshire residents that **legitimate law** enforcement officials will never:

- Issue a "gag order" regarding the release of a relative over the telephone or by e-mail;
- Demand immediate payment over the telephone or by e-mail by wire transfer or in-person payment of cash or other valuables in exchange for the release of a relative; or
- Ask for your personal identifying information in exchange for the release of a relative.

The Attorney General urges New Hampshire residents to be vigilant. Anyone receiving one of these calls should take the following steps:

- Do not engage with the caller;
- Hang up immediately;
- Do not provide money or personal information, including home address;
- Contact the family member in question directly, at a known and valid number;
- Call someone you trust for an opinion about the call you just received;
- Contact your local police department immediately, especially if you have lost money or other valuables, or made arrangements for the pick-up of money or valuables from your own home: and
- Report the scam to the Office of the Attorney **General Consumer Protection Hotline:**

Phone 1-888-468-4454 for information or E-mail us at Doj-CPB@doj.nh.gov Website: www.doj.nh.gov/consumer/complaints

Anyone with knowledge that a vulnerable adult has been scammed or financially exploited should also contact the New Hampshire Bureau of Elderly and Adult Services, at 1-800-949-0470.

# BOW FIRE DEPARTMENT

# **JANUARY 2024** RESPONSE **ACTIVITY LOG**



- **Search and Rescue** 0
- 14 **Basic Life Support Transports**
- **Advanced Life** 41 **Support Transports**
- **19 Non-Transport Care** Refusal
- **Parmedic Intercepts** 0
- Fires/Hazardous 12 **Conditions/Alarms**
- 19 **Service Call** Incidents/Good Intent
- **Overlapping Incidents 30**
- **Total Calls for the** Month





#### **Our Salute to a Heroic Responder**

In January we were honored to hear Manchester's Fire Department Captain Steve Desruisseaux speak of his experience while at the Fire on Dutton Station. His story, and that of his team, is nothing short of heroic. He was severely burned during rescue efforts. His account of that night and his ongoing recovery are a must hear for all firefighters. Thank you Captain, for courage, and for sharing your legacy with us.

# OBITUARIES

#### WILLIAM T. AITCHISON

William T. Aitchison ("Bill"), 84, of Bow, passed away on January 13, 2024, surrounded by love. After a long struggle with Parkinson's and aggressive cancer, he died peacefully at home in Bow.

Bill was born in New Rochelle, NY, on October 22. 1939, son of William Thomas Aitchison and Catherine Murtha Aitchison.Bill graduated from New Rochelle High School with honors and was an enthusiastic member of the golf team, as well as the football and wrestling teams

In 1960, while a senior at Iona College Bill attended "The Last Chance Dance," where he faithfully met a local nursing student, Ilona "Loni" Barletta of Mount Vernon. They fell in love and married in 1963. They celebrated 60 joyful years of marriage this past September.

Bill served in the Army before attending business school at NYU, receiving his MBA.

He worked at CBS in New York City in the accounting department. Following that, he worked for years at Deutsch, Shay & Evans advertising agency, eventually working his way to VP of Finance. He finished his career as a financial planner with American Express.

Bill Aitchison is survived by his loving wife of 60 years, Ilona Aitchison; a daughter, Colleen A. Madden and her husband Clement, of New Hampshire: grandchildren, Vivian, Herbert, and Clifford Madden; a son. William R. Aitchison of Pennsylvania and his wife Kelly, and grandchildren George Aitchison, Tristan Joannou, and Jasmine Ferguson.

In lieu of flowers, consider a donation in Bill's memory to Granite VNA Hospice or The Michael J. Fox Foundation for Parkinson's Research.

#### DENISE B. LEBLANC

Denise B. LeBlanc, 94, formerly of Bow, passed away peacefully in the arms of her children on January 12, 2024. She has now joined predeceased family members; husband Normand who passed in 1992, son Roland who passed in 2002, and grandson Erich who passed in 2015. Denise was educated in Sherbrooke Quebec and attended the College Mont Notre Dame, where her passion for piano was met with great success.

She was an accomplished pianist, and played for many famous conductors and enriched many lives with her talents. She married Normand on March 31, 1951 and was a mother of four children, and started a career outside the home when Normand fell ill. She pursued various career opportunities and ended her working career as a paralegal for the telephone company. She was active in the community with her Sorority group and was a strong support with Normand for the Knights of Columbus.

Denise is predeceased by her parents, Eugene and Lucienne Brassard and her six siblings and their spouses. She leaves her son Richard (Heather) LeBlanc of Concord, daughters, Louise Knee of Bow and Lacie (Bruce) Crowder of Nashua and 12 grandchildren.

## SHEILA A. HOGLUND

Sheila A. Hoglund (Mauro) of Bow, passed away on Sunday, February 4, 2024, a few days after her 63rd birthday.

Sheila was born on January 31, 1961,in Pittsburgh, Pennsylvania. Her lifelong love of art evolved from a young age when she took Saturday classes at the Carnegie Museums in Pittsburgh. Sheila earned her BFA from Carnegie Mellon University in 1983. This is also where she met John, her beloved husband of almost forty years. They moved to New England and Sheila continued her studies, attaining an MFA with teaching certification from Boston University in 1989.

Sheila Hoglund is survived by her husband, John of 39 years, brother Mark Mauro, sister Kathy Mauro Sparaga (Jim), mother-in-law, Lenita Hoglund, sisters-in-law Mary Hoglund (Michelle) and Carolyn Koutcher (Gary).

In lieu of flowers, the family asks that you consider a donation made to the Dana Farber Cancer Institute.

> "Wishing you peace to bring comfort, and courage to face the days ahead. May you hold loving memories of your loved one forever in your heart."

#### DEBORAH LYNN KARWOCKI

Deborah Rowley Karwocki, age 70, of Bow passed away peacefully on January 1. 2024, at Granite VNA Hospice House after a brief illness.

Deb was born on July 28, 1953, in Safford, AZ, daughter of the late Raymond and Caroline (Cheney) Rowley.

Deb is survived by her husband of 25 years, Andrew Karwocki, her stepsons; Matt Karwocki and his wife Nicole and Chris Karwocki, granddaughter, McKinley and her adopted children: Skyla Miner and Damien Folsom, along with grand and great grand nieces and nephews, and sister; Susan Nickerson.

She was at First NH Bank for 20 years working her way up to an officer before moving on to Weeks Dairy (Hood) where she worked for 25 years until her retirement.

Deb loved her family, the boat at the lake, the ocean, her dogs, and her close knit friends, many of whom she had known since high school.

In lieu of flowers, donations may be made in Deb's memory to the Concord Boys and Girls Club, 55 Bradley Street, Concord, NH 03301 or to Granite VNA, 30 Pillsbury Street, Concord, NH 03301.

#### LOUISE M. LAWRENCE

Louis M. Lawrence, of Bow, passed away on Decembe 17, 2023. She was born in New Rochelle, New York. Louis moved with her parents to New Hampshire when she was four years old. Louise graduated from Dover High School, Class of 1946. She then attended UNH for two and a half years and worked in the library there. During her lifetime she worked as a secretary for a life insurance company. After raising her family, she returned to the workplace as a Chapter 1 Title 1 tutor at Bow Middle School and later as a librarian at Bishop Brady High School.

She was predeceased by her husband of 48 years, Robert Craig Lawrence. She leaves four children; Wendy Abbott of Auburn ME; Robert C. Lawrence Jr., of Caterbury; Douglas H. Lawrence of Bow and Matthew A. Lawrence of Bow, 5 grandchildren and 2 great grandchildren.

There will be a service in the spring for the family.

#### NICHOLAS E. PISHON

Nicholas E. Pishon of Contoocook, passed away on February 5, 2024.

He had a full life, one that could not possibly be captured in a brief obituary, so his family has set up a website at www.pishon.us to tell his story as he wanted it told.

Nicholas requested no services, but for those who wish to help, he asked donations be sent to the Officer Jeremy Charron Law Enforcement Post 122, NH American Legion, PO 6352, Manchester, NH 03108.

## PETER J. SPAULDING

Peter J. Spaulding, age 80, of Hopkinton passed away on February 12, 2024, at his home after a long battle with pancreatic cancer.

He was born in New London, the son of late the Nelson and Esther (Cressy) Spaulding and grew up in Bradford. After graduating UNH with a bachelors in political science, Peter pursued a lifetime of public and political service.

Beginning in 1970, Peter was Merrimack County Commissioner before serving 24 years on New Hampshire's Executive Council. Peter then returned to his role as Merrimack County Commissioner until 2022. Peter upheld a bipartisan career and was extremely proud of his work with NH's Community Action Program, his role in Community Relations for Providian Financial, and his work on multiple presidential campaigns especially for his close friend Senator John McCain. Peter was honored to represent the State of New Hampshire at multiple National Republican Conventions. For all his public service and dedication,

Peter was awarded the Edna McKenna Award in 2021.

He is survived by his wife for 40 years, Elizabeth (Bacon) Spaulding. Son Joshua and his wife, Corrie, Benjamin, and daughter Christine Spaulding. Sister Jane Jacques, and her husband, Richard, their son, Paul, and family.

In lieu of flowers, donations may be made in his memory to Hale Family Center for Pancreatic Cancer Research at Dana Farber.



### JOSEF SIGMUND THANNER

Josef Thanner, 97, died on January 17, 2024, at his home in Dunbarton. Dr. Thanner was born in 1926 in Altotting, Germany and emigrated to the United States in the 1950s where he attended Wichita State University. At Princeton University he earned his Doctorate in Germanic Language and Literature. After earning his PhD in 1962, Dr. Thanner embarked on a long and distinguished career as a Professor of German Language and Literature at Rutgers University.

Dr. Thanner met the love of his life while studying at Princeton and married Phyllis Madeleine Reinemann in 1960. The couple raised their three children before moving to Dunbarton, New Hampshire to enjoy a lengthy retirement.

Professor Thanner is survived by his wife of sixty-four years, Phyllis, his brother Rudolf Thanner and his wife Jutta and their children, his sister Irmengard Thanner, his children Megan Guerra and her husband David, Koren Thanner-Rasmussen and her husband Tim, Christopher Thanner and his wife Shari.

The family asks that in lieu of flowers, please consider donating in Josef's honor to Granite VNA at granitevna.org.

#### MICHAEL B. WALSH MD

Michael "Mike" Walsh, 78, of Bow passed away January 11, 2024, at Granite Hospice House after a brief battle with cancer. Mike was born January 10, 1946, in Poughkeepsie NY to the late Maurice and Virginia Walsh. He attended Ohio State University, where he obtained a masters degree in Higher Education Administration. He fulfilled his ROTC obligation in the USAF being stationed at Offutt AFB in Nebraska.

He then attended the University of Nebraska College of Medicine and completed both his internship and residency and Obstetrics & Gynecology. Mike came to Concord in 1980 and began practicing with Concord Ob-GYN until 1984.

He opened his own practice in 1984, retiring in 2012. He touched and impacted many lives during his 32 year career.

He is survived by his wife of 20 years, Tina and his children: Molly Walsh Mullens (Brooks) of Switzerland, Douglas Walsh of So. Dennis MA and his bonus children: Benjamin Nadeau (Kristy) of Webster and Eric Nadeau of Allenstown. He leaves his grandchildren: Isabel and Beck Mullens, Liv and Pippa Larsen, Quinn Walsh, Grady and Nora Nadeau, Henry and Sam Nadeau plus baby Nadeau due in March.

In lieu of flowers, donations may be made to Granite VNA, 30 Pillsbury Street, Concord, NH 03301.

#### GORDON E. YOUNG

Gordon E. Young, 85, longtime resident of Dunbarton, passed away after a long battle with Alzheimer's disease on January 19, 2024.

Born in Dummer, New Hampshire on July 25, 1938, he was the son of the late Henry and Florence (Sias) Young. He relocated to the Queen City area and met the love of his life, Dolores. They later settled in Dunbarton and started their family.

Gordon and Dolores would have shared their 64th wedding anniversary on February 6, 2024.

He was a skilled draftsman, having worked on blueprints for Kalwall Corporation for many years before retiring in 2006. Following retirement with help from family and friends, Gordon and Dolores built their dream log cabin home in Dummer.

Gordon is lovingly remembered by his wife, Dolores Young of Dunbarton; five children, Karen Cookson and her husband, Duane of Bow, Michael Young and his wife, Rhea of Mesa, AZ, Kevin Young and his wife, Guylaine of Ormond Beach, FL, Brenda Young of Salisbury, NC and Scott Young and his wife, Lisa of Manchester; brother, Gilbert Young of Hooksett and many grandchildren, great-grandchildren, nieces and nephews.

For those who wish, memorial contributions may be made to Elliot Hospital for Dementia Care at elliothospital.org/donate.

#### **BOW TOWN AND SCHOOL MEETING ELECTIONS**

- Ballot voting for elected officials (both Town and School) and Bow Zoning Amendments Tuesday, March 12, 2024
- 7 AM to 7 PM at Bow Community Center, 3 Bow Center Road, Bow
- Meet the Candidates Night at the Baker Free Library Wednesday, February 21, 2024, 6:30 PM to 8:00 PM

#### **BOW TOWN MEETING**

Deliberative session for the Town budget and special warrant articles Wednesday, March 13, 2024, 6:30 PM at Bow HS, 55 Falcon Way, Bow.

#### **BOW SCHOOL DISTRICT MEETING**

The 2024 Annual School District meeting will be on Friday, March 15, 2024, at 6:00 PM at the Bow High School Auditorium and must be in person. The backup date for the School District meeting is March 21, 2024.



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#### by Danielle Ruane

#### A YEAR IN THE **NUMBERS - LOOKING BACK AT 2023**

The Bow Recycling and Solid Waste Committee had another busy year in 2023. It continued to help oversee the town's solid

waste and recycling collection, it hosted the town's annual Household Hazardous Waste Day, and it worked with the Selectmen to help create several new programs including a residential drop-off program for compost, Terracycle and plastic bags. It also continued its partnership with Helpsy, which provides a service for home pick-up of used clothing and textiles. Here is an overview of how much waste was collected and recycled:

SINGLE-STREAM RECYCLABLES AND TRASH COLLECTED: In 2023, Pinard collected 851 tons of recyclable materials through the Bow single-stream recycling program, which equates to 1,702,000 pounds of recyclables. In 2023, Pinard collected 2,251 tons of trash from Bow residents, which equates to 4,502,000 pounds of trash.

For anybody wondering, in 2022 the U.S. Census Bureau estimated that there were 8,386 residents in Bow.

HELPSY TEXTILE AND CLOTHING PICK-UPS: In 2023, Helpsy collected 5,549 pounds of clothing and other used textiles from residences in Bow. That is a lot of clothing and textiles!

COMPOST DROP-OFF PROGRAM: The compost drop-off program consists of two 65-gallon totes that are picked up each week (the bins are located outside the Bow Community Center, near Knox Road). This program began in July of 2023, and the containers have been about two-thirds full each week. This calculates to approximately 2250 gallons of food waste over a six month period, or 9,000 pounds using the average estimate of food scraps weighing 4 pounds per gallon.

**TERRACYCLE** The Terracycle collection program began in July of 2023 (the bins are located outside the Bow Community Center, near Knox Road), and it has collected over 135 pounds of hard-to-recycle items. The most popular product recycled in the Terracycle collection program is the children's fruit squeeze pouches. The Committee recycled over 65 pounds of Go-Go Squeeze and other brands of fruit squeeze pouches in just six months. .

HOUSEHOLD HAZARDOUS WASTE DAY (HHWD): The towns of Bow and Dunbarton joined forces on October 21, 2023 to host HHWD for all residents. There were 391 households that participated, and the vendor collected 3,364 pounds of ignitable materials, 1,709 pounds of toxic materials, 480 pounds of corrosive materials and 105 pounds of reactive materials. With the help of Woody Bowne, the Dunbarton Transfer Station Manager, the event also recycled 159 pounds of batteries, 76 propane tanks, and 684 light bulbs (compact fluorescent, LED, incandescent, and fluorescent bulbs). The event also accepted hundreds of gallons of used oil, and the electronics vendor collected 5,225 pounds of electronics to be recycled. Thank you to everybody who participated to keep these items out of the waste stream and to help ensure that our town's drinking water remains safe.

As always, if you have a question about whether an item is recyclable or how to properly dispose an item, please send an email to the Town of Bow Recycling and Solid Waste Committee at bowrecycles@gmail.com or visit https://bownh.gov/289/Trash-Recycling-Services.





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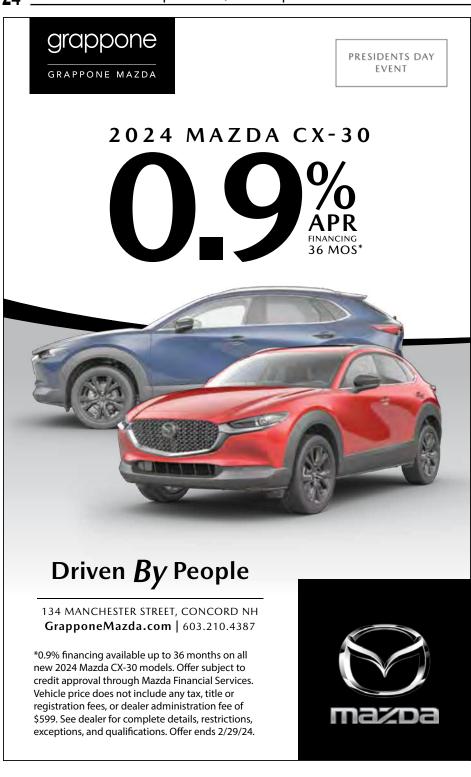
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