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VOL 31, NO. 3 | MARCH 2024

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DUNBARTON NEWS ON PAGES 13-14

DUNBARTON TOWN MEETING VOTES FOR COMMUNITY POWER

At the annual town meeting in Dunbarton, the voters chose to join other towns and authorize the Selectmen to develop and implement Dunbarton Community Power as described in RSA-E:7. The program would provide a new default electric supply and new renewable energy supply options for customers in Dunbarton. There is no cost to the Town budget, and no obligation to participate. Customers can opt out at any time and return to utility default service on their next available monthly meter read date.

The voters also approved a town budget of \$3,319,729.

In the race for Selectman, Michael Kaminski prevailed over Lynn Marcon by a vote of 280 to 73. The two seats on the ethics committee went to Marilyn Terrell and Marcy Richmond.

BOW'S CITIZEN OF THE YEAR

This year's Citizen of the Year, Sandy Crystall, was chosen for her devotion to the conservation of Bow. Sandy has been instrumental in protecting wetlands, conserving land for recreational use and protecting wildlife habitat in Bow for the last 23 years. She has served on the Conservation Commission for the last 15 years and has served on the Planning Board, the Drinking Water Protection Committee, and Bow Open Spaces. It is very apparent that Sandy's numerous contributions over many years will help preserve these resources for future generations.

It's with great pleasure that the Bow Men's Club presents the 2024 Citizen of the Year Award to Sandy Crystall.

Photo | Eric Anderson



Bow Community Men's Club President Greg Cordier presents the Citizen of the Year Award to Sandy Crystall at Bow's Annual Town Meeting on March 13, 2024.

TOWN OF BOW APPOINTS NEW FIRE CHIEF



Photo | Eric Anderson

The Town of Bow is pleased to announce the promotion of Captain Dennis Comeau to the rank of Fire Chief of the Bow Fire Department.

Chief Comeau joined the Bow Fire Department in 2019 and most recently served as a Fire Captain. Prior to coming to Bow, he served as a firefighter with the Laconia Fire Department. In 2011, he was named the Lakes Region General Hospital EMS Provider of the Year.

HOPKINTON-CONTOOCCOOK NEWS ON PAGES 8-10

BOW VOTES IN TWO NEW SELECTMEN

With votes of 944 and 904 Ian Flanagan and Kip McDaniel were selected to three year terms on the Board of Selectmen. Current selectman Matt Poulin came in third at 721 votes and Budget Committee member Brock Ehlers got 576 votes. Andrew Mattiace and Lisa Franklin were elected to the Budget Committee.

The voters approved all seven zoning amendments by 5 to 1 votes. One allows detached accessory dwelling units for homeowners as family dynamic changes for separate living quarters.

The vote to allow cell phone towers to be as high as 190 feet was approved by 1,170 votes to 213.

The town budget was approved with a decrease of 0.5%.



Kip McDaniel and Ian Flanagan outside the Community Building during town voting - both were winners. Photo | Eric Anderson.

SCHOOL MEETING APPROVES SOLAR DEVELOPMENT

At the annual school meeting in Bow on March 15, the voters approved a school budget of \$35,720,000 which will increase the tax rate by \$1.01 per \$1,000 of assessed property value.

Also approved were leases on two school owned properties and the roofs of Bow Elementary School and of Bow Memorial School for solar panels. These panels could result in 6 megawatts of electricity. The 3.3 megawatts at Manchester's old landfill site has been the largest array in the state.

Kearsarge Energy Company will lease the space, install and maintain the panels and retain ownership of them.

The solar project is expected to produce enough energy to offset utility costs of powering the schools and municipal buildings, which currently consume 2.7 million kilowatts annually. The excess net metered kilowatt hours would be sold by Kearsarge Energy to other public utilities or customers.

The seat on the School Board went to Angela Hubbard with 726 votes to Benjamin Davis's 720.



Angela Hubbard Photo | Eric Anderson

WINNER OF 23 NH PRESS ASSOCIATION AWARDS

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LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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Printer - Gannett Pub. Services

**Mailing address for news
or notices:** 14 South Street,
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DEADLINES: 1st of each month;
classifieds must be prepaid - cash or
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Postmaster. Send address changes
to the Bow Times Permit #130.

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GUEST EDITORIALS

A BIPARTISAN CALL FOR UKRAINE AID

by David Tille & Colin Van Ostern

Two years ago, Russia invaded the sovereign country of Ukraine. In March of 2022, the western world resolved to stand united with the people of Ukraine against this unlawful war. Here in the United States of America, our two political parties stood united against Vladimir Putin and began to provide Ukraine with what it needed to protect itself, with allies across the globe.

Today, that unity is threatened – threatened in part by an extensive misinformation campaign from Russia, who seeks to divide our nation from within.

We write this article as one Democrat and one Republican, coming to this issue from different backgrounds, but calling on our fellow citizens to rediscover the common ground that unified us when the invasion was fresh. We need that unity today.

Independently, we both helped raise hundreds of thousands of private dollars in the wake of the war to support humanitarian efforts, and did our best to support colleagues and their families as they struggled in the aftermath of the invasion. It was heart-warming, in a difficult time, to see co-workers and other NH community leaders in their generosity to this cause.

But today, after more than 200,000 Ukrainian and 300,000 Russian casualties, the effort to stand up against the Russian aggression in eastern Europe must be seen for what it is: the direct national security interest of the United States of America. Day by day, Ukrainian forces must make strategic retreats due to lack of ammunition. Already this winter, Russian soldiers have captured new territory in Ukraine for the first time in over a year.

Let's be crystal clear: this Ukraine aid is the cheapest path forward for our country. The alternatives are to lose all or large parts of this sovereign nation in the heart of eastern Europe to Russian aggression, invite much more expensive incursions against NATO and our allies, and risk American troops in combat in Europe within this decade. Sending military equipment to the brave men and women of Ukraine who are dying for their homeland is the bare minimum we can do.

It is disheartening to see a US Congress broken on too many issues, and today, that includes support for Ukraine. Whether as a standalone foreign aid bill, like the bill that passed the US Senate 67-32 already, or packaged also with bipartisan US border security measures, this aid must pass Congress.

We believe if brought to the floor, the needed Ukraine aid package would have broad, bipartisan support. And if some extreme elements within the US House try to depose Speaker Mike Johnson in return, we believe sensible Democrats and Republicans in Congress should come together to stop that effort – which they have the power, and the numbers, to do. Common ground is too rare in the Congress these days, but it is not extinct. We can do this.

There is much discussion, rightly so, on the effort to protect our democracy in our domestic politics in 2024. But protecting democracy is not a domestic issue alone. We must stand with Ukraine.

Republican David Tille of Henniker is the former Regional Administrator of HUD and a US Army veteran.

Democrat Colin Van Ostern of Concord is a former NH Executive Councilor.

THE NH LOTTERY SPENT THE PAST 60 YEARS WINNING

by Debra Douglas

It would be easy to say the New Hampshire Lottery's 60-year history is all about winning. After all, the Lottery has paid out more than \$6.2 billion in prizes since its inception in 1964.

But, as the first state-run lottery in the county celebrates its 60th birthday on March 12, it is the New Hampshire Lottery's continuous and strategic evolution that lies at the heart of its story and that has positioned it for all that winning –not to mention more than \$2.64 billion and counting in direct support for New Hampshire public education. Last year \$187 million went to our schools.

Over the past several years, players have seen the New Hampshire Lottery introduce sports betting, KENO 603, New Hampshire iLottery, countless new scratch ticket games, and, most recently, historic horse racing at 10 charitable gaming rooms across the state. Responding to player demand, draw games are now available to purchase online and for some games, like Lucky For Life, Powerball and Tri-State Megabucks, the number of drawings per week has increased.

That recent expansion established the New Hampshire Lottery as one of the fastest-growing lotteries in the country, with total sales increasing by 55% over the past five years, culminating with an all-time record of \$603 million this past year. And the Lottery is on pace to beat that record again this year.

The New Hampshire Lottery also recently celebrated four successful years of sports betting, with players collectively wagering more than \$2.71 billion over the past four years. Since sports betting's inception in December 2019, players have wagered more than \$2.2 billion through online sportsbooks, and nearly \$500 million at New Hampshire's four retail sportsbooks, together generating more than \$100 million for public education in New Hampshire.

To celebrate its 60th anniversary the Lottery is making two new scratch tickets: a \$25 Diamond Jubilee scratch ticket with a top prize of \$2 million, and a \$5 60th Anniversary Celebration scratch ticket with a top prize of \$60,000.

For 60 years, the Lottery has responded to the evolving gaming landscape by implementing more controls, security and oversight to protect its players and to promote safe and responsible play. While today's Lottery looks very different from the original Sweepstakes race of 1964, our emphasis on integrity has never wavered.

Debra Douglas has been chairman of the N.H. Lottery Commission for the last 15 years.

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While our name and logo have changed, rest assured you'll find some familiar faces you've come to know, offering the same local expertise, personalized service, and expert advice we always have. You'll continue to find the warm welcome and support you've come to expect too, making you feel right at home with us.

We are still located at 4 Northeast Avenue, in Bow – in the back of the “Bovie” building behind the Baker Free Library. You can also find us online at www.hometown603.com and on our social media platforms for the latest updates and announcements.



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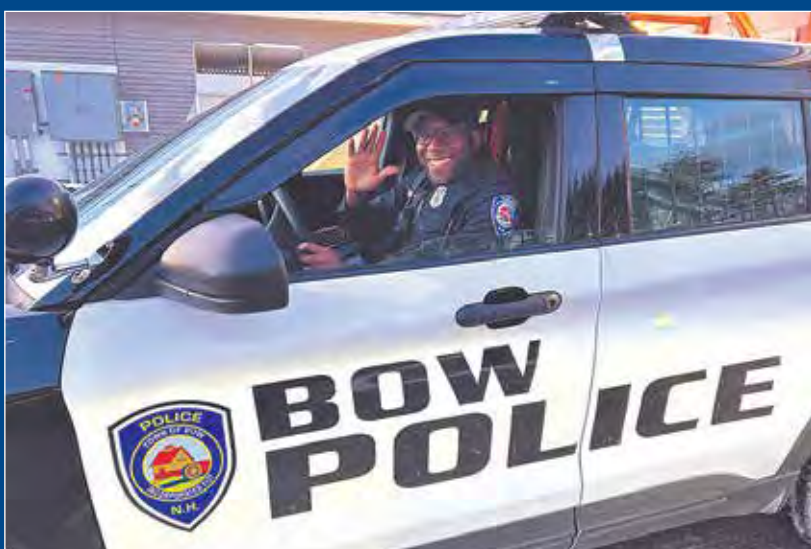
BOW POLICE DEPARTMENT FEBRUARY 2024 ARREST LOG

(FELONIES AND MISDEMEANORS)

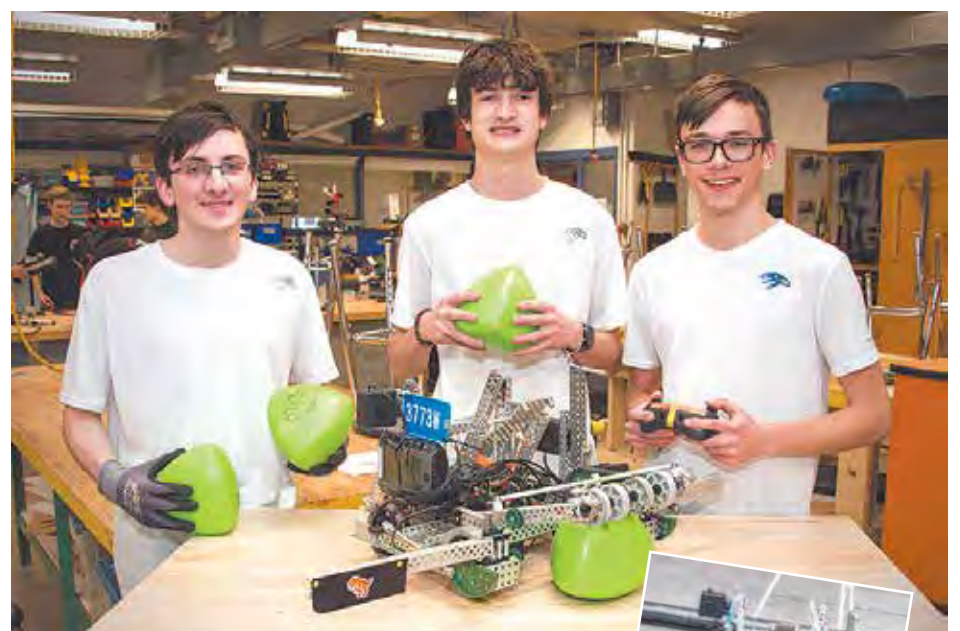
- 2/15** Zachary Gabree, 27, Manchester, was indicted on two counts of forgery.
- 2/27** Jacob Hanson 21, Bow, was arrested on five counts of violation of a protection order- domestic violence related out of Chichester.
- 2/29** Amber Daigneault, 36, Weare, was arrested on a charge of driving under the influence.

In addition, there were: 2 Involuntary Emergency Admissions

Congratulations Officer Saint-Marc!



Congratulations to Officer Saint-Marc who has recently completed his 16-week field training program. He has been released to solo patrol and assigned to the evening shift. Officer Saint-Marc came to BPD previously certified and quickly made a positive impact within the department. Officer Saint-Marc put in a lot of work to successfully complete the training program and will do great work as a Bow Police Officer.



BOW HIGH SCHOOL ROBOTICS TEAM QUALIFIES FOR WORLD VEX CHAMPIONSHIP



We are excited to announce that Bow High School Robotics Team 3773W, consisting of Aiden Ciminesi, Alden Betterley, and Alex Sloat, has qualified for the World VEX Championships, the largest robotics competition in the world!

Pictured in above photo L-R: Alex Sloat, Alden Betherley, and Aiden Ciminesi. Inset shows Bow Bot in action. Photo courtesy of Eric Anderson

On February 17th, the team competed at the NH/VT State Championship Tobotics Meet. They placed 2nd overall in skills and claimed the Amaze Award, marking the second time a Bow team has ever qualified for worlds. They will travel to Dallas, Texas at the end of April to compete!

The team needs the help of the Bow community to make the trip affordable. If you are able, please donate to the team through GoFundMe at donate.bow-bots.org. If you have any questions, please contact the BowBots coach, Pamela Cafasso at pcafasso@bownet.org.

For additional information, see the VEX World Championship website:

<https://recf.org/vex-robotics-world-championship/>

foyer Mailbox

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.

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SHOULD YOU CONSIDER OPENING AN IRA?

Have you ever thought about saving up for your retirement? It's never too early to start! At Sugar River Bank, we offer two types of IRA's: Roth IRA and Traditional IRA. It's best for you to speak with your tax accountant about what option better suits your needs, but here's some information to help get you started. You could open an IRA today and still make your contribution for the 2023 tax year before April 15th.

What's the difference between a Roth and a Traditional IRA?

Traditional: You can make contributions as long as you have earned income.

Roth: You can continue to make contributions as long as your individual Modified Adjusted Gross Income (MAGI) is within certain limits that's determined by your federal income tax return filing status.

Traditional: Contributions are tax deductible, and taxes are paid when you take your distributions.

Roth: Contributions are not tax deductible, but may be tax free when you take your distributions.

Traditional: The Minimum Mandatory Distribution must be taken once you turn 73 years old.

Roth: You are not required to take a Minimum Mandatory Distribution.

Current year contribution limit:

	2023	2024
Under age 50:	\$6,500.00	\$7,000.00
Over age 50:	\$7,500.00	\$8,000.00

What is the deadline for making IRA contributions?

For previous year contributions, you have until April 15 of the New Year.

When is a distribution penalized and how much is the penalty?

A 10% penalty will be assessed by the IRS if you take a distribution before you reach 59 1/2. The institution where your IRA is held may also charge a CD penalty. The institution's penalty can be avoided if the distribution is taken during the renewal period of the CD.

Did you know?

- Transfers to and from like IRA's is a non-reportable transaction.
- You can have as many beneficiaries as you want on an IRA.
- You can have a Trust be a beneficiary to an IRA.
- You can have as many contingent beneficiaries as you want but there's no requirement to have them.

Carolyn Haron, Assistant Branch Manager/IRA Administrator
Sugar River Bank. Email: charon@sugarriverbank.com

*Please consult a tax accountant to discuss your individual situation.

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2023



THREE TROOP 75 SCOUTS RECEIVE MERIT AWARDS

On February 20, 2024, three local Scouts in Troop 75 received Certificates of Merit in a National Court of Honor for their roles in acting decisively, maintaining order, and applying Scouting skills during an incident at summer camp when their Scoutmaster, Victor Carbonneau of Bow, dislocated his knee and tore his MCL during a bouldering expedition.

Oswald (Ozzie) Rosenholm, 17, of Hopkinton, was awarded a National Certificate of Merit for administering first aid and assisting Carbonneau out of the boulder field without further injury.



Pictured Left to right: Ozzie Rosenholm, Wyatt Worcester, and Brigid Kelly

Brigid Kelly, 16, and Wyatt Worcester, 15, both of Bow, were awarded Certificates of Merit from the Daniel Webster Council for organizing the Troop, keeping everyone calm and focused, and leading the Scouts to safety. Ironically, Kelly and Worcester completed Scouts BSA's National Youth Leadership Training two weeks prior.



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THE MOST VALUABLE GIFTS YOU CAN GIVE YOURSELF!

by Jim Olson

The best thing you can do for your health and fitness is to set a goal and create a realistic plan for reaching it. When you have a goal, you have something to strive for, and when you have a plan, you have a roadmap to help you get there. So take time to sit down and figure out what your goals are, and then come up with a plan for how you're going to achieve them. The results will be worth it!

THE FIRST STEP TO BETTER HEALTH

When you have something concrete that you're working towards, it's much easier to stay motivated and stay on track with your plan. If you want to lose weight, give yourself a specific weight-loss target. If you want to start exercising more, set out a clear weekly or daily goal for how much you'll exercise; if you want to eat healthier, determine what changes in your food choices you're going to make.

If it's your dream to eventually compete in an event like a marathon, write down all of the specific things you'll have to do in order to get there.

BE REALISTIC

It's also important that your goal be realistic within the context of your life right now. If your goals are realistic within the context of your life, you'll be more likely to stick with them.

IT'S NEVER TOO LATE

It's never too late to set new fitness goals for yourself, or reach your old ones. You may have "quit" on your New Year's resolution after only two weeks, but that doesn't mean you're stuck with what you've got right now. You can go after any goal at any time, and whether you take the steps to do so will depend on how badly you want it.

ACCOUNTABILITY

Being accountable to yourself creates an inner pressure to act that turns good intentions into actions, whereas setting goals without following through can't actually help you reach your destination. This isn't just about motivation, though; it's also about self-discipline and being able to stick with your plan.



Jim Olson

Fitness is something quantifiable that can be measured, and that's one of the reasons why it's so important to determine your goals in advance. Measuring whether or not you're succeeding, keeps you accountable also helps you stick with your plan. If you set a goal for yourself but never track it, how do you know if it's really working?

Tracking your progress allows you to see how far you've come, which can also add to your motivation. Track your progress by setting daily, weekly, or monthly targets for yourself that are measurable. This way, you can work out for 30 minutes every day instead of just "working out more" without any accompanying effort.

REWARDS

Working out may feel like a chore when you're just doing it to be healthy, but it becomes far more fun when you

look forward to the rewards.

By thinking about the future benefits of reaching your goal, it becomes easier to work through those tough days when you just don't feel like getting out of bed. You'll be more satisfied crossing the finish line knowing how hard you had to work for it.

GIFT YOURSELF

The most valuable gifts you can give yourself are a goal and a plan for reaching it. Starting today, don't just think about changing your life for the better; go out and actually do it. You have all the potential in the world to accomplish everything that you put your mind to if you just have a plan for reaching it.

Whether it's a resolution, a lifestyle change, or just something you want to do for yourself, now is exactly the right time to start working on those goals and putting together your plan for success.

Don't hesitate any longer to take the actions necessary in order to achieve your fitness goal and make this better life possible.

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HOPKINTON AIR GUARDSMAN JACK P. H. HORNE RECEIVES \$5,000 IN SCHOLARSHIPS



New Hampshire Air National Guardsman and University of New Hampshire sophomore Jack P.H. Horne of Contoocook was recently awarded \$5,000 in scholarships from Granite State Flight #53, Order of Daedalians and the National Daedalian Foundation.

The Daedalians are former military aviators dedicated to inspiring the next generation of military and civilian aviators through scholarships, flight training, teaching, and mentoring. Flight #53 consists of about seventy former pilots and aircrew from all the armed services. They live in New Hampshire and Maine and have flown almost every type of American military aircraft.

Granite State Flight Captain, Colonel Kevin Grady, USAF (Ret) of Hooksett, stated that “Cadet Third Class (C/C3) Horne is exactly the type of future Air Force Officer and aviator the Daedalians are committed to supporting.”

Hailing from an Army family in which his mother, father, and brother all served or are serving in the Army’s Medical Service Corps, Cadet Horne, 21, is the first member to wear Air Force Blue. He joined the NH Air Guard right out of Hopkinton High School in July 2020, served on active duty for one year during training, and is qualified as a “Journeyman” Radar, Airfield and Weather Systems Technician.

Senior Airman Horne is assigned to the 157th Air Refueling Wing at Pease Air National Guard Base in Newington and is responsible for installing and maintaining everything from air traffic control and weather equipment to ground control and navigational aids to ensure aircraft can be safely guided through takeoff and landing.



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by Kathleen Butcher

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Photo Eric Anderson

THE ANNUAL TOWN AND SCHOOL REPORT is now available at the Town Hall (330 Main St., Hopkinton), the Slusser Center (41 Houston Dr., Contoocook), the library (61 Houston Dr., Contoocook) and will be available at school meeting, town meeting, and at the election. Town Hall Hours: Monday through Thursday 8:00-5:00 and Friday 8:00-noon. If you are unable to obtain the report through any of these methods, call (603) 746-8258 to arrange delivery. Electronic copy available: <https://www.hopkinton-nh.gov/town-administrator/pages/annual-town-and-school-reports>. Official Ballot Voting Day for Town and School Elections is March 12th at Hopkinton Middle High School. Polls are open 7:00 AM - 7:00 PM. Town Meeting is March 21st at 6:00 PM at Hopkinton Middle High School gym. Key items Town of Hopkinton operating budget, other Town business and whether to switch to SB2 manner of voting.



HOPKINTON TINY EXPLORERS: Animals of Spring will be so much fun for your little ones! Sign up today to join naturalist Linden Rayton as she explores the outdoors this spring. The program runs Saturdays in April at 10:30. To register: www.HopkintonRec.com.

Come enjoy finding hidden treasures in our local woodlands with naturalist Linden Rayton this spring! Join us on Fridays starting April 12 in the evenings at 5:30 pm. Space is limited, register now online at www.HopkintonRec.com.

LIBRARY BOOK CLUB The Library Book Club's selection for March is *Hester*, by Laurie Lico Albanese. Copies of the book, including audiobook, are available at the library. It's also available on Libby (audio and ebook) and Hoopla (audio). At Main Street Bookends in Warner and at Gibson's Book Store in Concord mention our book group and they will kindly offer a discount. Our monthly book discussion will be March 20th at 1pm, at the library. For more information - <https://htlbookdiscussion.blogspot.com>.

ALL CAMPS through the recreation department that are happening this summer in Hopkinton are listed online. Summer Recreation Camp. Chess Camp (Chess Wizards). British Soccer Camp. STEM Science Camp (Camp Invention). Art Camp. Early bird discounts available for British Soccer and Science Camp. Summer scholarships are available as funds allow. Contact Hopkinton Human Services at humanservices@hopkinton-nh.gov. Program details and registration links are online at www.HopkintonRec.com.

WRITING CAMP for students entering 3rd grade through high school will be offered at Harold Martin School June 24-28 and August 12-17. Writing Camp is a time for students who love to write and create to spend a week sharing their literacy experiences with others. Led by Joan Follansbee and Trish Walton, two long-time Hopkinton teachers, students will have the opportunity to write, read, and share in a supportive environment. Some afternoons are spent on walking field trips and/or listening to advice from writers in the field - and of course, writing! Camp will be held at Harold Martin School from 9:00-3:00 (before/after care is available 8:00-9:00 and 3:00-4:00 for an additional fee). We offer a half-day option (recommended for children entering 3rd and 4th grade) and a full day option for those entering 5th grade and above. Half-day camp is \$200 and full-day camp is \$250. For more information and to request a registration form please email trishwalton65@gmail.com or joanfollansbee1970@gmail.com.

CAPITAL AREA STUDENT LEADERSHIP (CASL) Class of 2024 includes 32 high school sophomores from area schools. Hopkinton Middle High School is proud to have six students participating in this program. Congratulations to Isabella Correa, Kipling Hedquist, Finan Murphy, Thaddeus Stokes, Aubrey Weldon, and Helen Yeaton!

RECREATION DEPARTMENT JOB OPENING is looking to hire lifeguards and swim instructions this summer. All details, job descriptions and applications are available online at: www.HopkintonRec.com.

NEIGHBOR TO NEIGHBOR We are collecting spring and summer items for the Neighbor to Neighbor Children's Clothing Sale, proceeds benefit the Pass along program to help foster families. Clothing can be dropped off at Countryside Community Church, 815 Main Street in Contoocook from 8:30-10:30 on March 16th. Clothing Sale Date May 18th. If you need to arrange for a pickup, please text/email Jiselle at (603) 218-9600 or jiselleb@yahoo.com.

COME RACK 'EM UP AND PLAY POOL at the American Legion on our beautiful recovered table - just \$2.00 per day and Saturdays are free! Corn hole tournament is Tuesdays at 6:30. Come play or heckle - your choice. Cribbage league every Thursday at 6:30. Join in and show your skills or just to have fun! We are all about great people and great camaraderie everyday! American Legion Post#81 is located at 169 Bound Tree Road in Contoocook. No membership is required. All are welcome.

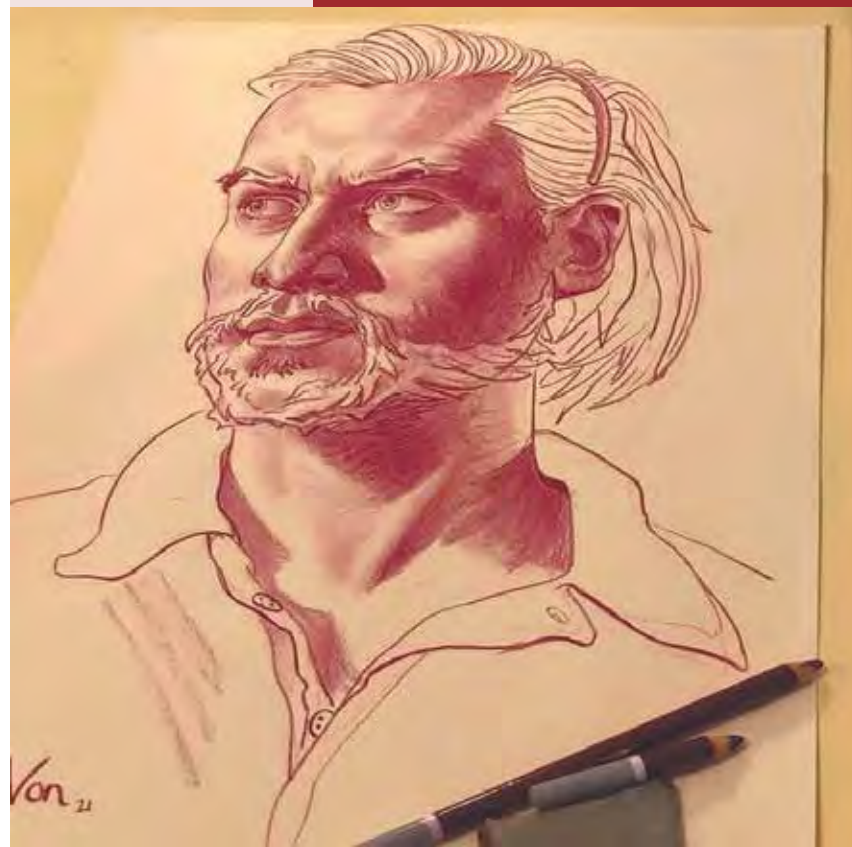
HYSA REGISTRATION is open for 2024 baseball, softball, t-ball, and rookie baseball programs, as well as Concord Northeast's Cal Ripken and Babe Ruth baseball leagues (ages 9-15). All athletes in golf must be in 2nd grade or above. Golf is currently scheduled to begin in early May. The season includes 4-5 sessions. Sessions will primarily take place on Sundays (early-mid afternoon), but flexibility is required due to seasonal weather. HYSAs tennis is split into two age groups: 1st-3rd grade and 4th-8th grade. Sessions are typically held on Saturday mornings. As always, rackets and balls will be provided. Registration for Hawks summer basketball and softball camps is now available! Information and registration at: <https://hysasportsnh.com/>.



Dario CiVon EXHIBIT

**"A Passion for
Red Chalk"**

CLOSES APRIL 6, 2024



Artist Dario CiVon's "A Passion for Red Chalk," exhibit is at Two Villages Art Society's gallery until April 6, 2024.

The artist will present "Red Chalk Drawing: The Renaissance and Beyond," at 7:00 PM, on Thursday, March 14. The event is free and open to the public.

CiVon's work is inspired by the Italian Renaissance painters' use of "Venetian red," in particular the drawings of Michelangelo and Leonardo DaVinci. The 30-year-old artist works in the animation and digital design industry, but loves the flexibility and subtle tonal variation possible using red chalk on "real paper."

In 2023, CiVon left his hometown in Hollywood to spend the year helping his brother renovate a house in Hopkinton. "Two Villages Art Society happened to be right down the street. I became a member, attended a monthly drawing night, and the concept for a solo show was born!" he says.

"It's very exciting for me to exhibit these drawings, because though I'm an entertainment illustrator, in this exhibit I'm sharing my private drawing practice, which is near and dear to my heart."

Two Villages Art Society's gallery is open to the public free of charge Thursday through Sunday from 12-4:00. The exhibit closes April 6.

For more information visit: <https://www.twovillagesart.org/>

Spring Fashion has arrived!



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PUBLIC HEALTH AND AUTONOMY

As with many areas in my life, there is a tension between my autonomy and my responsibility to my fellow human beings. One could say there is a “tension” between my autonomy and the world I live in. I see this every time I take my 3 mile walk and pick up roadside trash! Someone’s strong belief in their own autonomy saw no problem with throwing their trash along the road.

What is autonomy? Are there limits to my autonomy? Why should there be limits? The dictionary defines personal autonomy as “self-directing freedom and especially moral independence.” People played the autonomy card when they refused to wear a face mask during the height of COVID. It is played to avoid getting immunizations. Autonomy is used in the abortion debate: “my body, my decision.” Autonomy is the right to not wear a helmet on the ski slope or when riding one’s motorcycle. You get the picture; it is basically saying “don’t tell me what I can or cannot do.”

What is public health? My article in the August 2021 issue of *The Bow Times* entitled “Where do you draw the line?” went into some of the details of public health. (Check it out online). There is only so much that public health policy can do. Success in public health comes more easily when the autonomy issue clashes with the health or safety of others. You may say it is my right to drink alcohol, but public health says it is against the law to drink and drive. Why? Because you have a higher risk of injuring, or killing, someone. Autonomy takes precedence allowing you to smoke cigarettes. Public health takes precedence by saying you cannot smoke in public spaces. Ask yourself these questions: Who is responsible for paying for the health care fallout from the use of cigarettes and alcohol? Do you think it is society’s responsibility to care for you (or those you injured) when exercising your autonomy leads to injury, disease, and death?

This tension exists “on steroids” in today’s culture wars. Wars that are fanned into raging fires by social media. We hide in the silos of our favorite news feeds, and we pick friends who affirm our beliefs. We read only one side of the argument, and support the overarching ideology (political or otherwise) that affirms us and does not challenge us to think. Because we are so focused on our own autonomy, we view ourselves as a victim, whose ‘rights’ are being stripped away. The question remains: Where will you draw the line? Will it be just about your desires, or will it include the desires and health of your community?

WISDOM LITERATURE CAN HELP US:

Iron sharpens iron, and one man sharpens another. Proverbs 27:17
Do not judge and criticize and condemn others, so that you may not be judged and criticized and condemned yourselves. Jesus, Matthew 7:1
Everyone’s God-given human dignity must be respected, regardless of his or her faith, race, ethnic origin, gender, or social status. Qur’an 17:70
The only true wisdom is in knowing you know nothing. Socrates

HOPKINTON POLICE DEPARTMENT



FEBRUARY 2024

4 Arrests • 2 Accidents • 310 Traffic Stops

02/10 Male Juvenile, 17, charged with Disobeying an Officer, Reckless Operation and License Required; Operate without Valid License.

02/12 Darren Rice, 52, of 216 Fox Run Road, Stoddard, arrested for DUI.

02/22 Sloane Page, 39, of 625 Dodge Hill Road, Henniker, arrested for DUI, Resist Arrest/Detention and Control Drug: Schedule 1-4; Possession.

02/28 Brentt Trudeau, 31, of 25 Cedar Street, Hopkinton, arrested for DV; Simple Assault; BI or PC, DV; Simple Assault – BI, DV; Obstructing Report of Crime/Injury, DV; Simple Assault; BI or PC, Criminal Mischief and Criminal Mischief.

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THE *Music* LADY
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We all know the zany Steve Martin as a legendary comedian, actor, writer and producer. From his skits on “Saturday Night Live,” to his comedy routines on many TV shows, his starring roles in many movies, his hosting award and fund-raising ceremonies, his published books and his appearances on Broadway, he has kept us entertained most notably with his “absurdist” comedy style. But today we recognize his exceptional *musical* talent on the banjo.

Steve has used his banjo as a staple for his stand-up comedy skits for the duration of his 60-year career. In 1978 on “Saturday Night Live,” he debuted his trademark, original funky-parody song, “King Tut,” while strumming along on his banjo. He had a group of back-up singers that he called “The Toot Uncommons” (Tutankhamen). The song became such an instant hit that he made a recording of it that became certified Gold and sold over one million copies. He began to play his banjo regularly with banjo virtuoso John McEuen, who was the leader of the bluegrass group called “The Nitty Gritty Dirt Band,” and he has played on recordings of banjo-great Earl Scruggs. Steve has also recorded albums of his own banjo music. His first music album was called “The Crow: New Songs for the 5-String Banjo.” The album won the Grammy Award for the Best Bluegrass album in 2010. He has played the banjo to sold-out live shows in Carnegie Hall, the Royal Festival Hall in London, the New Orleans Jazzfest, the July 4th celebrations at the Capitol Building in Washington, DC., and many other venues.

In 2010, he created the “Steve Martin Prize for Excellence in Banjo and Bluegrass,” to recognize artistry in banjo players. This foundation came about because he had spoken to some of the finest banjo players in the country, who were having difficulty earning enough money to even pay off their banjos. He invited many players to enter his competition for the annual \$50,000 prize money from his foundation to be used in any way they chose to further their careers. Over the last few years, with so many YouTube videos of some exceptional banjo players, Steve's foundation grew to have a Board of 15 members who devote the necessary time to selecting the annual prize winner. Many recipients have been able to realize their musical dreams and have gone on to become well-known, well-established sought-after banjo players.

This “Wild and Crazy Guy” is maxed out on all his remarkable talents, not the least of which is his musical expertise on the banjo. And if you weren't aware of the extent of his passion for the banjo, then...

“Excuuuuuse Me!”

TOKYO FINISHERS



Bow residents, **BILL MCCANN AND GINNY HAST** celebrate crossing the finishline at the Tokyo Marathon and completing the Six World Major Marathons: Boston; Chicago; New York City; Berlin Germany; London England; and Tokyo Japan.



You know the retirement you hope to enjoy: traveling, spending time with family, making a long-time hobby into a business... anything that rewards you for the hard work and tough decisions you've made in your life. But just hoping for your dream retirement is rarely enough to make it happen.

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Bow Parks & Recreation and the Bow Men's Club present

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23 MAR

AGE 1 THRU GRADE 4



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EGG HUNT**

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Rotary Club of Bow

BOW ROTARY DONATES NEW PAVILION IN HONOR OF CHUCK RHEINHARDT TO BOW

A new pavilion now stands at the entrance to Bow's Richard Hanson Memorial Recreational Area on Albin Road. The Bow Rotary Club along with Cobb Hill Construction built and donated the structure to the citizens of the Town of Bow in 2023. This major project was made possible by fund raising activities like the Christmas Tree Sales and the Bow Rotary Car Show.

The idea came about as the club members were looking for a project that would also be dedicated to special Rotarian, Chuck Rheinhardt, who passed away suddenly in November 2021. Chuck was always at sporting events supporting his children and grandchildren.

In the summer of 2023, led by Gerry Carrier, volunteer Rotarians provided the plans and approached the Town Selectmen for approval. The Town Public Works crew helped in clearing the site and many Rotarians helped in staining the timbers and preparing for the concrete pad. Cobb Hill Construction came forward and provided their extensive expertise and crew to erect the structure. Once completed, a team of our newest Rotarians worked together to build and stain new picnic tables. The ceremony for the transfer to the Town was completed December 8th 2023.



Chuck Rheinhardt Pavilion Dedication: (Left-Right) Rotarian Steve DeStefano; Rotarian Jerry Kingwill, Cobb Hill Construction; Donna Deos, District Governor Nominee; Rotarian Gerry Carrier, Project Coordinator; Matt Dodge, Rotary Club President; Nancy Rheinhardt, Chuck's Widow; Mike Wayne, Select Board Chair; Chris Nicolopoulos, Select Board Vice Chair; and Select Board members Matt Poulin, Angela Brennan, and Eleana Colby. (Photo by Eric Anderson)

BOW'S PINGREE SCORES 1,000TH POINT

Ellie Pingree of Bow, made high school basketball history achieving the incredible feat of 1000 career points. Ellie's achievement was not only a result of her talent on the court but also of dedication and an unrelenting work ethic. Ellie will play Division I college basketball for American University.



Ellie Pingree celebrates with her teammates after scoring her 1,000th career point for St. Paul's school on February 17 2024.

NORA'S DUNBARTON NEWS



New Hampshire Humanities presents:

MAPLE—NEW HAMPSHIRE'S MEDICINE OF CONNECTION.
Presented by **Damian Costello** on Saturday, March 23 at 11:00 am in the Upper Town Hall.



Few things evoke the identity and values of New Hampshire more than maple syrup. It also bridges the many divisions facing our communities. In this presentation, Damian Costello explores how the practice of maple sugaring connects us to the land, our ancestors, and all that surrounds us. In conversation with Robin Wall Kimmerer's bestselling *Braiding Sweetgrass*, he suggests that sugar making, which is informed by indigenous wisdom, is a communal medicine of connection that teaches mutual reciprocity with the land. For More Info Contact the Library at 774-3546.

CHAIR YOGA with Sherry Gamble will be held Thursdays, March 28 and April 11 at 11am. Take a chair from the first floor to the second floor of the town hall. Dress appropriately. Library sponsored.

KEEP CALM AND ZENTANGLE! Come to the library's Front Foyer on Thursday, March 28, at noon and join Sherry Gamble for a Zentangle workshop. All are welcome.

ELDER LAW SEMINAR Donohue, Beasley & Ferber, PLLC Estate, Tax and Elder Law Attorneys will speak in the Upper Town Hall on Wednesday, April 3, from noon to 1:00 PM in the Upper Town Hall. Join in for an invaluable seminar to learn the keys to protecting your home and life savings from an unexpected nursing home stay, how to avoid the costly, draining probate process, plus many other end-of-life planning strategies. Attorney Edward Beasley of Donohue, Beasley and Ferber will present this powerful educational session. Please let the library know if you are interested in attending by calling 1-800-370-5010 or go online to www.docrlaw.com/seminars

BEYOND THE BOOK The Congregational Church Book Group: Beyond the Book, is reading *Keep Sharp: Build a Better Brain at Any Age* by Sanjay Gupta and will discuss the reading on Thursday, April 7. "In a steady, measured voice, [Gupta] presents a comprehensive view of the best that brain science has to offer to preserve and improve memory. The book is a genuine source of practical knowledge and sympathy for those struggling with dementia and the family members who are primary caregivers." reports Kirkus Reviews. For more information contact Barb at bbennett98@comcast.net to join or to get a link to the meeting.

DUNBARTON GARDEN CLUB The first 2024 meeting of the Dunbarton Garden Club will be held on Monday, April 8, at 6:30 PM at the Dunbarton Town Hall (second floor), 1004 School St., Dunbarton. Enjoy social time connecting with other club members for the first 30 minutes after a long winter! Next up, we'll have a full agenda to share our 2024 schedule and events, our plan for Daffodils for Dunbarton. This meeting will also include a seed swap. If you'd like to join, simply bring seeds to share. This event is open to the public, and we look forward to kicking off the spring with you. For questions or suggestions, you may contact us via email at dgc03046@gmail.com. You may also find us on Facebook (Dunbarton Garden Club) for most up-to-date information and photos of our events and projects.



TRACKING TICKS AND TICK-BORNE DISEASE in NH will be on Thursday, April 11, at 6:30 PM in the Upper Town Hall, presented by **Dr. Kaitlyn Morse of Bebo Labs**. Dr. Morse will present the findings from a community engaged project tracking ticks and tick-borne diseases. Answering questions like what time of year do you find ticks, and what specific diseases do they carry? These findings are related to climate change, and this presentation will spark hands-on science and participants empowered to be an advocate for their own health.

THE LIBRARY BOOK GROUP will discuss *Elegance of the Hedgehog* by Muriel Barbery on Wednesday, April 17 at noon in the library. "The phenomenal NY Times bestseller that 'explores the upstairs-downstairs goings-on of a posh Parisian apartment building' (Publishers Weekly)." For more info, contact the library at dunlib@gsinet.net.

OPEN MIC NIGHT on Saturday, April 20, comes to the Spireside Coffee House. Performances are at 5:00 PM at the Dunbarton Congregational Church, 6 Stark Highway North. Doors open for Open Mic signups at 4:30 pm. \$5.00 suggested donation at the door. Musicians, poets, and storytellers are welcome. Coffee, tea, soup, and snacks are available. Donations are welcome for refreshments. There is a possibility the time of this event has changed. To confirm the time, or for more information contact Lizz@dunbartonucc.org, or visit the website www.dunbartonucc.org

EASTER BUNNY BREAKFAST

Saturday, March 23 9-11am
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DUNBARTON POLICE DEPARTMENT

FEBRUARY 2024 ARREST LOG

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.

2/4 Andrew Leduc, 44, Dunbarton, was taken into custody for domestic violence - assault, simple assault, and criminal mischief (vandalism).

2/5 Timothy DeVincenzo, 35, Danbury, was taken into custody by New Hampton PD on a Dunbarton PD warrant for domestic violence - assault and simple assault, a Dunbarton PD warrant for violation of a protection order - penalty and stalking, and a Dunbarton PD warrant for violation of a protection order - penalty and stalking.

2/7 Eric Hague, 43, Bow, was charged with operating after revocation/suspension - subsequent offense and non-inspection.

2/9 Jeffrey Holt, 23, Goffstown, was taken into custody for suspended registrations, operating after revocation/suspension - subsequent offense, misuse or failure to display plates, and an equipment violation.

2/15 Nicholas Milliard, 24, Manchester, was taken into custody for disobeying a police officer, speed, and non-inspection.

2/17 Corey Peters, 35, Weare, was charged with operating after revocation/suspension - refusal of implied consent.

2/18 Michelle Foster, 48, Weare, was taken into custody for driving or operating under the influence of drugs or liquor and non-inspection.

2/24 Aaron Lawrence, 30, Manchester, was charged with operating after revocation/suspension, operating without a valid license, driver's license prohibitions, and speed.

During the month of February, 24 traffic citations were issued for offenses that included speed, non-inspection, misuse/failure to display plates, and unregistered vehicle. Police also issued 1 vicious dog summons. For our complete February, 2024 Monthly Report please visit our Facebook page or website.

WEIGHT RESTRICTION ON DUNBARTON ROADWAYS

A 12 ton weight restriction is in effect on all Dunbarton roads.



Each spring, as frost thaws, many roads in Dunbarton experience significant loss of strength due to excess water being trapped in the roadway's base materials. This trapped water reduces the ability of the roadway to carry heavy loads without damaging the asphalt surface.

The weight restriction is put in place until the roads can safely carry the heavy loads again.

Any questions may be directed to Dunbarton Road Agent Jeff Crosby at (603) 774-7097.



LINDA MARCOUX HONORED

On March 8, 2024 we celebrated International Women's Day. It was with great pleasure that we took the opportunity to recognize our phenomenal Office Administrator, Linda Marcoux!

Linda is often the first point-of-contact with members of the public that are seeking police assistance. She performs a myriad

of administrative tasks and always willing to take on a challenge. Linda is compassionate, professional, and an integral part of our daily operations. Thank you, Linda!

EXTRA PATROLS To request extra traffic enforcement patrols in your neighborhood, please call (603) 224-1232 or e-mail dunbartonpd@gsinet.net.

DUNBARTON FIRE DEPARTMENT



4-ALARM FIRE RENDERS HISTORIC STARK MANSION UNINHABITABLE

Flames tore through the garage of the historic Stark Mansion in Dunbarton into the main living quarters of the home last month forcing firefighters to rescue two elderly residents and a dog stuck inside.

When crews from the capital area arrived at the home around 7:00 p.m., the garage and second-floor in-law apartment were engulfed in flames. "The fire was about 40 feet into the main section of the home," said Fire Chief Jonathan Wiggin. "Neighbors abutting the property noticed the fire and called it in."

"It's an old building, built in the 1700s. We had to open the walls and the ceilings up," Wiggin said. "Overhaul extended until about 11:30 p.m."

Chief Wiggin said, "It is only with the help of our mutual aid partners, that we were able to save a building that is such a part of Dunbarton history."

The home, built by the Stark family in 1785, was first owned by Caleb Stark, son of Revolutionary War General John Stark.

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FEATURED EVENT

Family, Memory, Place: Writing Family Stories Thursday, April 11th | 6:30pm

What family stories do you carry with you? What story do you tell over and over? What landscape do you cherish the most? One of the deepest human instincts is to tell our life stories, to figure out who we are and what it means to be human. This interactive workshop led by Maura MacNeil explores how the landscapes of our lives shape the stories that we tell. Participants explore themes of family, memory, and place through sample narratives and a series of short writing exercises, gaining a deeper awareness of how their stories can preserve personal, generational, and communal history. This is a NH Humanities sponsored program and is free and open to the public.

YOUTH PROGRAMMING

Storytimes

The spring session will run from March 12 – April 15, 2024.

*Registration required. Reserve your child's space online.

Preschool Storytime | Every Tuesday Morning | 10:30am

Encourage school readiness with a storytime for active bodies and minds! Explore interactive stories, songs, and activities that help to promote early literacy learning while addressing attention, coordination and motor development. Each storytime includes songs, instrument play and movement activities, and ends with open play time, allowing children and their families to socialize. Recommended for Ages 3 - 5.

Family Storytime | Every Thursday Morning | 10:30am

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

AFTER SCHOOL PROGRAMS

"I Survived" Book Club | Thursday, March 21st | 4:00pm

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



Nature Explorers | Thursday, April 4th | 4:00pm

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

Art Lab | Wednesday, April 10th | 3:30pm

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

ADULT PROGRAMMING

Craft Club | Tuesday, April 2nd | 6:00pm

Join us for a new craft every month! All supplies provided. Registration is required to reserve your seat.

Container Gardening presented by UNH Master Gardener Monday, April 8th | 7:00pm

This program is in collaboration with the Bow Garden Club. Join the Garden Club for a light dinner at 6pm before the presentation. Registration required. During this presentation, attendees will learn the benefits and drawbacks of gardening in containers, the different types of containers and how to select the proper size and type for various situations, the proper way to assemble a container garden, the various factors to consider (such as environment, plant types, design characteristics, etc.), proper care and maintenance of container gardens, and finally, how to troubleshoot and solve problems from pests and diseases.

Wellness through the Ages: Focus on Prevention

Tuesday, April 9th | 6:00pm

This presentation is in collaboration with the Buntin-Rumford-Webster DAR. A video presentation by Chief Clinical Officer of Concord Hospital, Dr. Michael McLeod will provide information on prevention steps that we can follow throughout our lifetimes, as well as typical issues screened for as we age. This is a broad discussion with current guidance and information used when visiting primary care providers.

BOOK CLUBS

Whodunits | Tuesday, April 2nd | 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. April Book Discussion: *The Neon Rain* by James Lee Burke

Book Talk at BFL | Tuesday, April 9th | 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! April Book Discussion: *The Soul of an Octopus* by Sy Montgomery

White Rock Book Group | Tuesday, April 16th | 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! April Book Discussion: *The Soul of an Octopus* by Sy Montgomery

Peaceful Pages: A Mind, Body & Soul Book Club

*Thursday, April 25th | 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. *Fourth Thursday of the month. April Book Discussion *Buddha's Brain* by Rick Hanson, Ph.D.

IN THE GALLERY

March Exhibit – Racial Unity Team 2023

Art and Poetry Challenge

March 2nd through March 29th

"Untold Stories" A Hidden Past Moving Towards an Inclusive Future Racial Unity Team is back in the Gallery with the winning art and poetry from the 2023 Art and Poetry Challenge. Stop by the library to view various comics, graphic art, cartoons, photographs, drawings, paintings, sculptures and more.

April Exhibit – Susan Rock | March 30th – April 26th

My art work represents who I am at the moment. I work in fiber and watercolor and seem to be always thinking about how and what I am seeing, hearing, how something feels, its color, shape or texture and how they can be part of my art. Someone once said my brain must be like the tangled threads I sometimes use to express the stirrings within. I work from 3 small studios, my cold weather studio is in my home in Bow, and I have a summer studio and a new encaustic studio in Marlow, NH. Although I don't have a formal art education I have studied intensely with several well-known artists such as Jan Benny, Jan Messent, Charles Reid and Janet Rogers. My husband and I have lived in Bow over 40 years.



Container Gardening

Monday, April 8th

at Baker Free Library - join us at 6pm for a light dinner & 7pm for presentation

Attendees will learn the benefits and drawbacks of gardening in containers, the different types of containers and how to select the proper size and type for various situations, the proper way to assemble a container garden, the various factors to consider (such as environment, plant types, design characteristics, etc.), proper care and maintenance of container gardens, and finally, how to troubleshoot and solve problems from pests and diseases.

Presented by Advanced Master Gardener Ruth Droescher from UNH Extension who is also a Landscape Designer and Herbalist Education Advisor.





THIS EVENT IS FREE & OPEN TO THE PUBLIC, BUT REGISTRATION IS REQUIRED
Please register at Baker Free Library website calendar by Friday, April 5th



ADMISSION OPEN HOUSE

Thursday, April 11, 2024 | 6:00-8:00 p.m.



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SAVE THE DATE

for White Rock Senior Living Community's

Spring CRAFT SALE

Saturday, April 27 from 9AM to 2PM
6 Bow Center Road, Cliff House Community Room (Bld.1)

- 20+ tables of crafts for sale
- Outside vendors are welcome to participate

For information contact: Lucille Arsenault 603.724.6269
Barbara Hays 603.582.3361 or Pamela Warren 603.724.6797



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Travel Time WITH CHASE BINDER | PRE-CRUISE BOOKING

In February I wrote about how today's cruise industry came to be. Interesting, but does it help a traveler select, book, and experience the "perfect" cruise? More info is needed and as promised last month, I am here to help!

But I'm going to start in an unexpected place—booking pre-cruise accommodations/experiences. Why? Back in the 1990's Bud and I booked a cruise out of San Juan. We assumed all would go well, but... not! Our outbound flight was delayed by an ice storm, resulting in a miserable night on an airport floor, lost luggage, general angst and virtually zero help from the cruise line. By the time we got into our cabin, we were annoyed and exhausted.

One key to avoiding the stress? Arrive at the departure port city at least one to two days early (three if it's an interesting city). There are a few ways to do this. Most cruise lines offer pre- and post- excursions. They have the advantages of being convenient and (mostly) worry free. Alas, they also can be expensive, lack flexibility and have some knotty cancellation requirements. Check out the fine print!

But Bud and I have an independent streak. We like to not only make our own choices of accommodations and itineraries, but also like to change our minds on the fly if we feel like it. We don't like being herded onto a crowded bus and always look for the best price.

So, what do we do? Let's take our Mediterranean cruise coming up in October. We've decided to start with three nights in Venice. It's an interesting destination and all six in our travel group want to experience the city before it sinks altogether (perhaps not funny!). Plus, we'll be able to recover from the long international flights and it will give us plenty of wiggle room before embarking if there's a travel snafu.

We start by looking at accommodation choices. In Venice, this can be tricky because the city is actually a group of 126 islands separated by canals, open water and 472 bridges. Access to central hotels (normally our first choice) is limited. There's an extensive ferry system, but you can still end up lugging your bags through cobblestone streets and over pedestrian bridges. Not fun.



CHASE BINDER

Our search begins online. We look for boutique hotels with large, airy rooms and included breakfasts. Google's "sponsor-based" search engine immediately brings up third party websites like hotels.com, tripadvisor.com, trivago.com, reservations.com and others that pay Google to load on your search page first. Exploring options on these sites will give you a good idea of pricing and location as well as reviews. Several sites have interactive maps that allow you to cruise the streets virtually and get info on any hotel with one click.

But we never, ever book through one of these sites! Why? They often have costly and unfavorable cancellation requirements and actual availability can be inaccurate. Many of these sites block a certain number of rooms. Once their limit is reached, it shows no availability, even

though there may be plenty of rooms open. And while they do often show a "discounted" price, the hotel may have specials that are far better.

After a lot of research, we found a lovely boutique hotel just a few steps from the major ferry line that connects us to the entire city and the airport. But the third-party websites showed no availability. We solved that problem by finding the hotel's own website, emailing the manager directly and asking for three superior rooms with terraces and views of St. Mark's Place. Within a few hours we not only had the exact rooms we wanted, but at a better price. We also started an extremely helpful dialogue with the manager, who explained what ferry lines to use, what type of tickets to buy (3-day passes) and much more.

Even better, he didn't require a deposit—just a credit card number to hold the reservation until the afternoon of the day we arrive. No hefty cancellation penalty. This is quite common in Europe when booking directly through the hotel itself.

So, we're all set! We'll have a relaxing few days to explore Venice from a comfortable and convenient base and will be able to board our ship all rested and able to start our cruise with enthusiasm.

How did we select this particular Mediterranean cruise? I'm saving that for next month's column.



BOW HIGH SCHOOL SPORTS SPOT

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

HIGH HOPES FOR BOYS LACROSSE

After coming off a record-breaking 2023 season, expectations are high for the Boys Lacrosse Team.

Senior captain and unanimous First Team All-State midfielder Gavin McCabe shared his thoughts on the upcoming season, expressing confidence in the team's abilities and acknowledging the level of competition they'll face in the league. "The league will be fairly competitive," McCabe remarked. "I expect to have a great contest with Campbell, and I believe Laconia will be solid competition as well. Player to player, we're still the best team in the league."

Despite the departure of some key players from last year's roster, McCabe is optimistic about the team's depth and talent. "We'll certainly miss some studs that graduated last year, but those positions will be filled with some hungry guys who want to compete," he said. "I know there will be some competition for those open starting spots, and I'm looking forward to seeing who can take on those roles."



Senior Captain, Gavin McCabe

McCabe highlighted several key players to watch out for this season, including Senior Midfielder Ryan McCabe, Senior Attackmen Brodie O'Neil, Sophomore goalie Brad Ekstrom, Senior Attackmen Nate Davis, and Sophomore Defensemen Eli Ayers. "Those guys have been working hard all offseason and will be standouts on the field," he emphasized.

Reflecting on his own excitement for the season, McCabe expressed pride in the progress the team has made over the years. "I'm extremely excited for the season; it's something I've looked forward to all year," he shared. "Our senior class has been instrumental in the growth of our program. That being said, we have high expectations for this season; our desire to win the state championship is greater than ever."

As the Boys Lacrosse Team gears up for the season, they are poised to build upon their previous successes and make a strong statement to the state. "The season can't come soon enough," McCabe stated. "As a hungry team, we intend to do a lot of winning."



GIRLS LACROSSE TEAM AIMS FOR BACK-TO-BACK CHAMPIONSHIP IN UPCOMING SEASON

With spring on the horizon, the excitement builds for the upcoming lacrosse season, particularly for the reigning state champions. Following a stellar 2023 season that culminated in a resounding state championship victory, the team is now poised to defend their title and uphold their tradition of excellence.



Senior, Kendall Murray

"I have high expectations for this upcoming season," remarked senior Kendall Murray, who recently committed to play college lacrosse at the University of New Haven. "We have a large roster with new faces bringing fresh skills, and everyone is committed to success."

Despite the departure of some key seniors, Murray maintains optimism about the team's prospects. "Many girls will step up to replace the skill we lost last year," she affirmed. "This year, teamwork will be crucial." First Team All-State midfielder Olivia Selleck, committed to Bucknell University, echoed Murray's sentiments, stating,

"We have tons of underclassmen talent. Our bench is also very deep so I truly believe that anyone can step up and be successful."

The team's roster is highlighted by a lineup of talented players, including Olivia Selleck, Kendall Murray, Kate McGovern, Kylie McKee, Jill Harpring, Ella Gray, Mikayla Livingston, and Charlotte Duncan.

Looking ahead, Murray outlined the team's goals. "Our ultimate goal is to come home with the championship again and create a program known for skill and sportsmanship," she explained. Selleck added, "It's my senior year, and I am determined to go out with a bang. We were robbed by COVID during my freshman year and fell short against Hopkinton two years ago, so there's still plenty of motivation to secure another championship."

Both Murray and Selleck are eagerly anticipating the start of the season. Murray expressed, "I am beyond excited for my senior lacrosse season and can't wait to see what it brings. We've always had great team chemistry on and off the field, which brings us great success!"

Selleck reflected, "I've been playing with these girls for a long time, some of them being my best friends. I'm just going to enjoy the season and take every moment in as it comes."



Senior, Olivia Selleck

FALCONS FLY FOREVER!

SCHOLARSHIPS FOR STUDENTS INTERESTED IN MEDICAL FIELDS



The Alice M. Yarnold and Samuel Yarnold Scholarship Trust, has been providing post-secondary school scholarships to New Hampshire residents since 1995. Known as the Yarnold Scholarship, the funds of the trust are focused on providing financial assistance to deserving NH residents pursuing degrees in the fields of medicine, nursing, and social work. Since its inception in 1995 the trust has awarded over \$1 million in scholarship assistance to approximately 1,000 students with awards ranging between \$1000 and \$5000.

To receive an application interested students may contact the Yarnold Scholarship administrative representative, Laura Ramsdell, at 127 Parrott Avenue, Portsmouth, New Hampshire 03801 or at 603-766-9121.

BOW MEMORIAL SCHOOL RAISES FUNDS AT THE 2024 WinniDip

The Bow Memorial School sent another team to take part in this year's Winni Dip supporting the Special Olympics. This is BMS' tenth year participating in this event and of the 10 years BMS has come in second place to raising the most money for a middle school in the state of NH.

A big thank you to the following business that supported our team: Henniker Rotary Club, HEWS Co., Bow Rotary Club, Allied Insurance Agency, Gallant Insurance, Jw Fleet & Equipment, John L. Carter Sprinkler Co., 2d Diesel, TES Environmental Consultants, Weaver Brothers Construction, Constantly Pizza, North Country Golf Car, and Integrity Hair Salon. Also a big thank you to all the family and friends who sponsored each one of our team members. With your help BMS raised \$7,087.00.



Front row left to right is Ruby Dickinson, Izzy Tsiopras, Ryan Laliberte, Sister, Hailey Miller. Back row Robin O'Dougherty, Morgan Gettings, Kaylee Leonard, Emma Emanuel, Elle McGillivray, Lily Cray. Missing from the photo are Alexis Pelletier and Kate Roberge.

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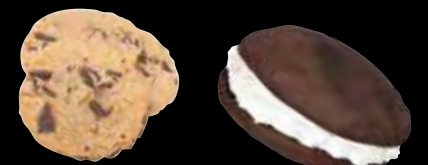
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Saturday
8:00 AM – 3:00 PM
Closed Sunday**



OBITUARIES

MELINDA N. BROTHERTON

Melinda N. Brotherton, age 87, of Bow passed away February 13, 2024, at Concord Hospital.

She was born in Worcester MA, daughter of the late Wright and Selina (Hamill) Turner. She was a 1955 graduate of Classical High School and went on to receive her bachelor's degree, majoring in Psychology-Sociology, from the University of New Hampshire.

Melinda met her husband Bob while working at State Mutual Life Assurance Company of America. Melinda was a wonderful wife and homemaker and also worked for the State of NH in the Department of Health and Welfare with the Immunization Program and for the NH Commission on the Arts.

Melinda was predeceased by her husband, Robert Brotherton, and her son Scott Brotherton.

She is survived by her daughter Heather Lindgren and her husband Robert of Ridgefield, CT; her granddaughter, Olivia Siclari and her husband Steven formerly of Raleigh, NC; her grandson, Wright Lindgren of Ridgefield, CT; and her sister, Cordelia "Cordee" Harrington of South Windsor, CT.

INGRID MARIA DINTER

Ingrid Maria Dinter of Hopkinton, passed away peacefully at the age of 58 in her home, surrounded by her family on February 20, 2024, after a 20-year-long battle with cancer. As the daughter of a POW, Ingrid devoted her life to the care and support of others and found her greatest fulfillment in helping traumatized combat veterans find peace in life after service. She was a certified Emotional Freedom Technique (EFT) Master Trainer and accredited in a number of additional techniques in the holistic healing and energy psychology field.

She also traveled the country as a professional speaker and co-authored the book EFT for PTSD, as well as peer reviewed research studies about EFT for war trauma in veterans and was an internationally renowned stress release expert. She volunteered as a team leader for the New Hampshire Disaster Behavioral Health Response Team (DBHRT).

Ingrid will be dearly missed by her husband Jens and daughter Leah, her mother Helene, her siblings Mara and Jochen and her large family in Germany where she was born.

HYLAN (JAKE) I. NUNN

Jake Nunn, 89, of Contoocook passed away peacefully on February 9, 2024, after a long illness.

Born July 13, 1934, in Peacham, Vt to Winnifred (Powers) and Hylan I Nunn, Sr. Jake worked for Kearsarge Reel in Bradford for over 33 years driving tractor trailer trucks. He was a member of Kearsarge Lodge #23 Independent Order of Odd Fellows in Contoocook for 49 years. Jake served in the United States Army from 1957 to 1959.

Survivors include his sister Roberta Westcott of Penacook and his sons, Jerry Flanders (Stephanie) of Contoocook, Scott Flanders (Beth) of Great Pond Maine, Hylan I. (Rusty) Nunn III of Strafford, Roger Nunn of Concord, Brian Nunn (Leona) of Colorado Springs, Colorado, and his daughter Terry Ohlson-Martin (John) of Webster.

Jake was preceded in death by his wife, Ruth Nunn, his parents, his brothers Wallace and William, his sister, Madonna Nunn and his grandson, James Martin.



RICHARD W. SCHOCH

Richard (Dick) W. Schoch of Contoocook died February 11, 2024, at the age 82.

Remembered for his practicality, quick wit, compassion, and ingenuity. Dick was the son of James and Ruth Schoch of Contoocook, born on January 12, 1942, in Hillsboro. He is survived by two brothers, Jim and Bruce. The family moved to Concord in the early 1950's where Dick attended Concord schools and graduated from Concord High School in 1960.

Following graduation, he enlisted in the US Army and became a proud member of the 326 Engineer Battalion of the 101st Airborne Division stationed at Fort Campbell Kentucky. Discharged from the Army in 1963 Dick returned and married his high school sweetheart, Jayne Drescher. They began building a home and life in Contoocook where they raised their children Karen and Jamie (Jake).

Dick enjoyed his community and was proud to be one of the founding members of the Hopkinton Rescue Squad that helped save many lives for over fifty years and continues his legacy. Dick and Jayne established and operated Dick Schoch Plumbing and Heating for over fifty years and were thrilled to transfer ownership to their son Jake in 2023.

In lieu of flowers Dick would be honored by donations to Vouchers for Veterans, P.O. Box 42, Rochester, NH 03866. <https://www.vouchersforveterans.org/>.

PAULINE WALDRON

102 year old Pauline Waldron of Bow was born Pauline Isham Little on August 11, 1921, in Keene daughter of Earl Wildridge Little and Ruth Jarvis Little. She graduated from the University of New Hampshire in 1943.

Pauline married Captain Robert B. King in 1943, who died in the Korean War in 1952. She later married The Reverend Clinton L. Morrill, longtime Rector of St. Paul's Church in Concord, who passed away in 1969. She later married Dr. Frederick A. Waldron, a longtime radiologist at Concord Hospital, who passed in 1990.

Pauline was a member of St. Paul's Church, the Concord Garden Club, The Flower Mission, The Society of Companions of the Holy Cross, former President of the Concord Female Charitable Society, and was a member of the Board of Concord Hospital Associates.

She was predeceased by her parents, and brother, Prescott M. Little.

She is survived by her brother, John W. Little, of Keene; her sister, Martha L. Wilbur, of Virginia Beach, Va.; her son, the Hon. Robert E.K. Morrill (Beverly), of Portsmouth; her daughters, Eleanor (Nonnie) M. Hall (William) of Bow, and Polly M. Davie (Jonathan) of Eliot, Maine.

Bow Young at Heart Club



MARCH 27, 2024 • 11:30 AM-2:30 PM

Gentle chair exercise for strength and balance.

Visitors are welcome to attend. Bring your own lunch, enjoy chatting with friends, and stay for the exercise.

APRIL 24, 2024 • 11:30 AM - 2:30 PM

Steve Taylor pretaation:

Late in in Arriving: How Electricity Changed Rural NH

This program is sponsored by the NH Humanities Council. The presentation begins at 12:30.

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.



CELEBRATING ONE HUNDRED YEARS OF WINES & SPIRITS

The Bees Knees Cocktail & 1924 Wines

There has been buzz lately around the Bees Knees cocktail created in the early 1920's from a bartender at the Ritz in Paris. This marvelous concoction is a mix of gin, honey simple syrup and fresh squeezed lemon, pure bliss. Barr Hill Gin made in Vermont from local honey, makes an amazing Bees Knees cocktail and has created a Bees Knees Week in late September. Barr Hill gives back money to purchase pollinator acreage to help save the bees, by posting your cocktails at various restaurants throughout the country on social media. If you have not yet visited their new distillery in Montpelier, VT you should add this to your local field trip list, the tour and cocktail bar has incredible mixologists using the freshest ingredients. This spring they will be launching a New Ready to Drink Cocktail – the classic Gin & Tonic, sold in your local liquor stores expected to be a smashing hit. Having sampled one of these tasty cans myself, the honey essence comes through along with a light gin flavor, not overpowering so pleasing to non-Gin lovers and hint of citrus. Serve over crushed ice, perfect for all the outdoor situations, ready to go on a weekend of travel, easy to pack, pour, and enjoy.

Another fun topic catching interest in the wine world has been spirit barrel aged wines. My favorites are The 1924 Wines by Gnarly Head and Delicato Family Vineyards, who are now celebrating one hundred years in winemaking with over four family generations. These wines are very approachable and easy to drink, and value driven with price. Parties with 1920's themes are catching on like wildfires as the Roaring 20's is a fun classical twist to dress up, serve your guests wines and spirits like a Speakeasy, and have a fabulous time!

MS Walker Wines & Spirits, along with 1924 Wines, and Barr Hill join the Concord Hospital Trust in a special sponsorship opportunity this spring, which should be a fun evening out surely not to miss! Please see the featured ad on the following page for details and ticket prices. Come join us for this Roaring 1920's Bees Knees Event which will be an amazing night for a great cause – April 4th at Church Landing in Meredith. Looking forward to seeing you there dressed up in your best 1920's roaring attire. Cheers ~ Annie

Do Not miss trying these tasty wines and spirits this Spring:

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Double Gold Sauvignon Blanc, Buttery Chardonnay, Port Barrel Aged Pinot Noir, Double Black Cabernet Sauvignon and Red Blend, as well as Whiskey Barrel Aged Cabernet Sauvignon and Red Blends are available at Select Liquor Stores in New Hampshire.



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

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

Talking Trash

by Danielle Ruane

THE LITTLE THINGS IN LIFE: RECYCLING TIPS

The shape and size of items being recycled matters. Single stream recycling facilities involve a network of workers and automatic machinery to sort and process recycled materials, and many

small and narrow items cannot be recycled because they slip through the cracks in the sorting equipment. Here are some tips for dealing with the little things in life:

BOTTLE CAPS AND LIDS: Plastic bottle caps and metal lids on jars can be recycled, but they should be twisted back on the container before putting in the recycling bin.

PET AND OTHER CANNED FOOD LIDS: Cat and other metal canned food lids may fall through the sorting machinery. The loose lids should be placed back in the can and then, if possible, squeeze (don't crush) the top of the can to ensure the lid will not fall out.

RECEIPTS: No matter what size, store receipts on thermal paper are not accepted and should not be recycled.



SHREDDED PAPER: Shredded paper is not accepted by the single stream program. According to Casella, this is considered "dreaded paper" because it flies all over the place like confetti, or if it gets wet, will turn to pulp and make a mess of the machinery. The good news is that shredded paper is great for compost piles.

SMALL PAPER AND PAPER PRICE TAGS: Any paper under 2 x 2 inches is too small for the machinery and should not be placed in the blue recycling totes.

PLASTIC/PAPER STRAWS AND PLASTIC UTENSILS: These items are "not accepted" and cannot be recycled. Plastic utensils can be washed and reused.

FOAM PACKING PEANUTS: Styrofoam of any shape or size is not accepted at the single stream sorting facility, even when shaped like a peanut. The Postal Center USA in Manchester accepts clean foam peanuts and other packing materials.

PRESCRIPTION BOTTLES: Over-the-counter drug bottles can be recycled, but empty prescription bottles are considered trash and should not be put in the blue recycling totes. Leftover prescription pills can be brought to the Bow Safety Center at 7 Knox Road.

CONTACT LENS PACKAGING: Contact lens blister packs are **not** accepted in the blue recycling totes, but Terracycle has a free program which accepts all brands of contacts lenses and blister packs at select vision offices in the area, including Concord Eye Care, Concord Family Vision, Dr. Sacco's office and Steeplegate Eye Care.

Please email bowrecycles@gmail.com if you have questions or visit the recyclopeda at <https://recyclesmartma.org>.

“ QUOTE

“One of the presidents of a big country stood up at a NATO meeting and said, ‘Well, sir, if we don’t pay and we’re attacked by Russia, will you protect us?’”

Donald Trump said during a rally at Coastal Carolina University on February 10. “No, I would not protect you. In fact, I would encourage them to do whatever the hell they want.”



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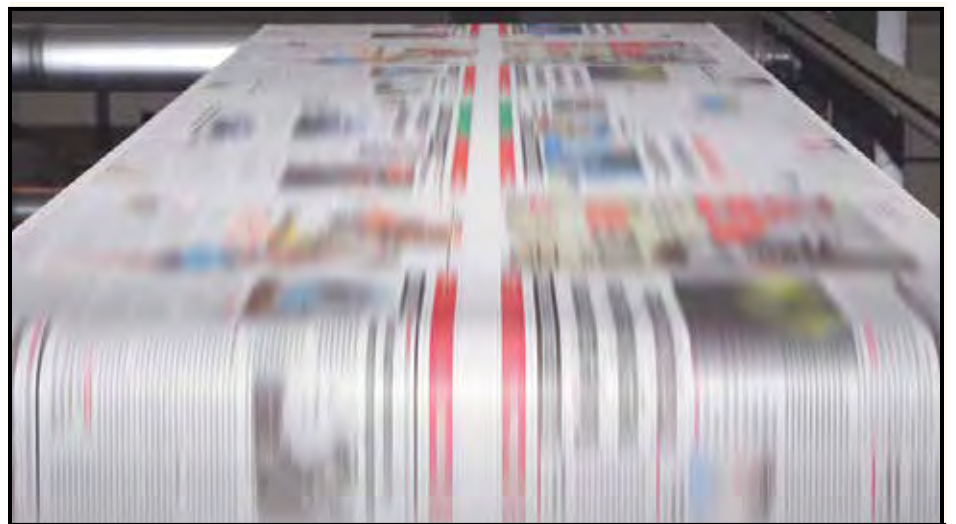


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| Bow Town Offices | Johnson Golden Harvest |
| Chen Yang Li | Lakehouse Tavern |
| Colonial Village Supermarket | Merrimack Co. Savings Bank |
| Curios on the Common | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce | Pages Corner Store |
| Concord Food Co-Op | Riverside Pizza |
| Crust and Crumb | School Street Café |
| Dunbarton Town Office | South Street Market |
| Everyday Café | Sugar River Bank, Concord Hts. |
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MERRIMACK STATION MUST RUN AIR POLLUTION TEST THIS MONTH

Merrimack Station power plant in Bow has received a hard deadline from the state to meet air pollution guidelines.

“There were three or four attempts to complete the test. We thought at this point issuing the order makes sense to put a time frame on it,” said Craig Wright, Air Resources division director for the Department of Environmental Services, concerning an administrative order filed February by Commissioner Robert Scott.

The order says Granite Shore Power, that owns New England’s last coal-fired power plant, must run a compliance stack test by March 23. By mid-May it must submit official results showing that emissions of sulfur, particulates and other regulated substances were below levels required under the plant’s operating permit.

It’s not clear what will happen if the company fails to meet the timelines. “We would deal with it as it happens,” said Wright of State Air Resources.



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