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DUNBARTON NEWS ON PAGES 10-11

CONCORD MAN DIES IN FIERY CRASH IN BOW

Carson Hardy, a 22 year old Concord man, rode his motorcycle into the side of a truck on Route 3-A in Bow causing his fiery death on April 9.

Early that morning, Capital Region fire dispatch began receiving calls about a car on fire and a man down in the middle of the highway between Vaughn and Robinson roads. Bow firefighters and EMTs immediately requested mutual aid and Hooksett EMTs were requested to the area.

Witnesses reported a motorcyclist was speeding before driving into the truck and exploding. When firefighters arrived, they reported the motorcyclist was down on the ground, and the box truck was fully engulfed in flames. About 10 minutes later, Hooksett EMTs arrived.

The Bow fire chief confirmed Mr. Hardy’s death at the scene.

CELL TOWER WILL BE UP IN MAY



A 190' high tower off Branch Londonderry Turnpike may be erected as early as next month. After voters in March allowed cell towers to be as high as 190', the town went ahead contracting the project proposed by Rising Tide Towers LLC. Rising Tide is a wireless infrastructure firm operating in Northern New England.

The cell tower will be built on a 62 acre piece of land owned by the town bordering properties along Crockett, Sharon and Laurel Drives. It should be operating by the end of September.

AT&T will be the service provider and a study of other “dead spots” for future consideration has been contracted for by the town with Isotrope LLC from Massachusetts. Isotrope will map out dead spots in the hills and valleys of Bow to determine where other towers should be placed to improve cell coverage.

Eric Anderson | Photo

BOW POLICE ARRESTS AND STAFF ARE DOWN

The statistics out of the Bow Police Department reflect the staffing crisis facing the Department. Last month this paper published the police log for Bow which showed only 3 arrests versus 29 in 2022 and 22 for 2023 for March of those years.

When discussing it with chief Kenneth Miller he explained that the force strength of 13 has dropped due to transfers to other departments, military obligations and career changes for more money than Bow pays for a job that often requires nights and weekends.

The low point this winter dropped the force down to five officers. County Sheriff Deputies and State Police helped fill the void.

Currently two newly hired officers are attending the Police Academy in Concord, but won’t be able to patrol alone until early September. Chief Miller said: “new hires will need to be trained before being released to solo patrol. The process to hire and train new officers can take several months or longer depending on whether the individual is already certified as a police officer or not. As we are rebuilding and moving our agency forward, we will continue to provide the best possible service delivery to the community. I appreciate all the support the community has given us through this transitional period, and I am proud of all of our officers who remained steadfast while working through these staffing related issues.”

HOPKINTON-CONTOOCOOK NEWS ON PAGES 16-17

BOW CONSERVATION COMMISSION CALLS ON STATE TO ACT ON TUREE POND BOAT RAMP



Eric Anderson | Photo

At a Biennial Hearing of the NH Fish & Game Commission the neglect of the State in maintaining its boat ramp on Turee Pond was laid out by Bob Ball and Dik Dagavarian of Bow. Speaking on behalf of Bow’s Conservation Commission Mr. Ball explained that Bow’s Turee Pond is a 47-acre warm-water pond designated under state law as a prime wetland with its significant adjacent wetlands and bog. “The outlet from Turee flows into Turkey Pond in Concord which then flows back to Bow via the Turkey River. The Turkey River then empties directly into the Merrimack near the I93/ I89 intersection.”

Ball said “Turee Pond is heavily used for recreation both in winter and summer. It is a great kayaking and fishing spot. It is used for educational purposes for the Bow High School and also for Fish and Game’s Aquatic Education Let’s Go Fishing Program which conducts several ice fishing classes there each year. The only public access to the pond is via the Fish and Game Boat Ramp Facility behind Bow High School.”

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BOW POWER PLANT TO SWITCH FROM COAL TO SOLAR AND BATTERIES



In March Granite Shore Power, the operator of the last two coal-fired plants in New England, signed an agreement with the EPA to switch fuel sources from coal to solar and battery-storage.

The Bow plant, known as Merrimack Station, has two coal-fired units built in 1960 and 1968 producing 460 megawatts of electricity. The site is 343 acres and will support a solar farm of around 100 megawatts. There will also be a large-scale battery facility.

The two kerosene-fired turbines producing 35 megawatts when peak power is needed will continue to operate.

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Publisher: The Bow Times, LLC

Editor: Chuck Douglas 224-1988

Co-Editor: Debra Douglas

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

Technical Editor:
Jennifer Jameson
jjameson@thebowtimes.com

Billing & Accounts:
Julie Adamson
jeanodeano16@yahoo.com

Distribution Manager:
Joshua Coughlin
josh@thebowtimes.com

Medical Editor:
Richard Johnson, MD

Travel Editor: Chase Binder

Food Editor: Debra Barnes

Wine Editor: Annie Kenney

BHS Sports Editor:
Ryan McCabe

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

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EDITORIALS

BOW ELECTIONS AREN'T STOLEN

With all the drama created by Donald Trump claiming he won the election that he clearly lost by 7,000,000 votes, it is reassuring to see how accurate the results are in Bow.

On election night in the race for a seat on the School Board the winner was declared to be Angela Hubbard over Benjamin Davis by a vote of 726 to 720.

Because it was so close Mr. Davis asked for a recount and, lo and behold, the tally was the same 726 to 720.

Town election officials and clerk Mridula Naik should be proud of the effort and work they perform to keep voters' confidence in elections in Bow.

MEXICAN CARTELS NOW TRYING TO TAKE OVER ECUADOR

The current massive violence in Ecuador is due to two reasons: bananas and Mexican cartels.

First a little history. The current President of Mexico is Andrés Manuel López Obrador who took office six years ago. His policy towards the cartels was "hugs not bullets." The result? Arrests by the national guard went from 21,700 in 2018 down to 2,800 in 2022, which is a massive amount of hugs.

That love has not been reciprocated by the cruel animals that run the cartels. Last year in the state of Guanajuato with a population over 6 million people more police were shot to death than in all of the United States with 55 times as many people. In the city of Celaya, 34 police have been killed. Families of police officers aren't safe from the drug cartels either.

The drug cartels are so widely spread across Mexico that 29% of municipalities are under the influence of the cartels or about double their presence in 2017. Last month, the two leading candidates for Mayor in the city of Maravatio were gunned down within hours of each other. It is little wonder candidates are afraid to even say they will crack down on the Drug Lords?

Now onto the bananas. The country of Ecuador has now been targeted by the Sinaloa and Jalisco New Generation Cartels because Ecuador is sandwiched between the two top cocaine producers of Colombia and Peru. The ports in Ecuador ship millions of bananas in huge containers that are good places to hide cocaine.

In just a few years Ecuador now ships about a third of all the cocaine entering Europe. The Cartel war in Ecuador drove the murder rate up 600% from 2016 to 2023. Last August, a Presidential candidate was assassinated and this year a TV station was taken over on-air by a local gang affiliated with a Mexican cartel. Prisoners escaped from a prison when the mob boss Jose Macias broke out of prison due to bribed guards.

President Daniel Noboa of Ecuador then ordered the military to crack down on the gangs tied to the Mexican cartels that now threaten his country.

From hugs to bananas Mexico's cartels have flourished and seven thousand Americans die from their fentanyl and meth in this country every month. What will it take for us to actually do something about it?

Will we?

MR. SPEAKER THROW HIM OFF THE JUDICIARY COMMITTEE!

The New Hampshire Right to Know Law protects your right to know what your state and local governments are doing. Combine that with the First Amendment guarantee of a free press and you get to learn about a rogue cop who fought all the way to the State Supreme Court to block access to his horrible personnel file when he was a Claremont police officer.

The Union Leader and the New Hampshire Press Association last month prevailed in the Supreme Court to get access to Jonathan Stone's history of threats and bad conduct.

Jonathan Stone lost his job as a Claremont police officer in 2006 after investigators said he threatened to go on a "postal" shooting spree that included killing his police chief and raping the man's wife.

Investigators said Stone made the violent threats within earshot of several police officers after he was suspended five days for a yearlong "inappropriate" personal relationship with a 15-year-old girl who went to Stevens High School.

Current Sullivan County Sheriff John Simonds said he recalled Jon saying he was "going to go to the Chief's house and rape the Chief's wife, and kids, and shoot the Chief."

Fast forward and Stone is no longer a police officer, but he was elected to the New Hampshire House of Representatives where he sits on the Criminal Justice and Public Safety Committee. Now that the truth about him has come out it is time for Speaker Sherman Packard to remove him from the committee and for Claremont's voters to retire him from serving in the House.

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

BOW COMMUNITY POWER COMMITTEE RECOMMENDS COUNTY ELECTRIC PROGRAM

On April 3, the Bow Community Power Committee made its recommendation to the Board of Selectmen. The committee was formed in November of last year to decide if Bow should consider having access to less expensive electric power. The reasons for a town or city to adopt community power include:

- All residents will have access to less expensive electric power compared to Unitil pricing.
- There should be decreased volatility in Town residents' purchase price for electric power minimizing drastic price spikes such as experienced in 2022-23.
- Residents can have the option to choose power supply rates that include an increased mix of renewable power sourced from New England.
- Community-wide pricing is approximately 8.2¢ per kW-hour, more than 35% cheaper than the rate Unitil customers in Bow were paying in January 2024, and almost 25% cheaper than the current Unitil residential rates in New Hampshire.

The goal of the State's Community Power Law enacted in 2022 is to provide New Hampshire residents with the ability to potentially lower their electric power production rates, lessen rate volatility and increase access to renewable power by our citizens by providing access to Community Power through a municipally adopted program. Bow's Committee's recommendation is to join the Merrimack County Program.

THANK YOU

A hearty thanks to Mike Wayne and Matt Poulin for their years of service as Selectmen for Bow.

For a token payment a selectman serves on a number of committees and is expected to attend ribbon cuttings and events on behalf of the town on nights and weekends.

Service is truly a labor of love with angry phone calls and gripes galore to endure.

We applaud Mike and Matt for their dedication to a better Bow.

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TUREE POND BOAT RAMP | continued from page 1

Ball explained that “Long term trend data from Environmental Services has shown an alarming increase in the phosphorus loading for the pond. Elevated phosphorus levels can lead to many problems, including cyanobacteria blooms. Our commission is continually looking for sources that might be contributing to this pollution.”

Ball continued that “from our perspective, the more important issue from an environmental standpoint is stormwater erosion. The parking area is gravel and not sloped nor ditched correctly. Each year, we see large amounts of sediment being carried into the pond.”

While Fish and Game has been contacted numerous times over the last six years all Bow has heard back is that it is “under consideration.” He is hopeful our Senator and Representatives for Bow can help move this along.

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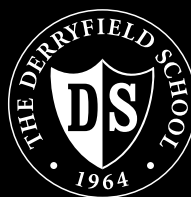
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BOW ARTIST AND OTHERS FEATURED AT

Glimpse Gallery

From April 9 to May 9 seven artists, including Debbie Wayne of Bow, will be featured at The Glimpse Gallery in the Patriot Building at 4 Park Street, Concord.

FEATURED ARTISTS ARE:
Debbie Wayne, Kevin Messerschmidt, Aliyah Hall, Emma Crisp, Byron Carr, Natalie Richardson and Christina Landry-Boullion.

The Opening Receptions are held on
April 26 and May 4 from 5 to 6:30 PM at the Gallery.
To RSVP contact @theglimpsegallery.com

APRIL IS FINANCIAL LITERACY MONTH

Great time to start talking about money with your kids. How soon is too soon to talk to your kids or grandkids about money? If they are old enough to ask for a toy or a bike, they are old enough to start learning financial lessons that will last a lifetime.

The best financial lessons are part of everyday experience. Look for opportunities to talk about money, read books aloud and play games that center around spending money wisely. Be open and honest when you discuss your financial experiences good or bad.

Here are some examples of teachable moments to help you get started:

AT THE BANK: When you go to the bank, bring your children with you and show them how transactions work. Get the manager to explain how the bank operates, how money generates interest and how an ATM works.

ON PAYDAY: Discuss how your pay is budgeted to pay for housing, food and clothing, and how a portion is saved for future expenses such as college tuition and retirement.

AT THE MARKET: It's easy to give clear examples of "needs" and "wants" using different kinds of foods at a grocery store. Milk (for strong bones) is a need; soft drinks are a want. Explain the benefits of comparison shopping, coupons and store brands.

CHORES AND ALLOWANCES: Assign chores and give them a monetary value. Discuss ways to budget and divide allowances. Encourage children to set a financial goal, such as saving for a bike, and figure out how to achieve it.

PAYING BILLS: Explain the many ways that bills can be paid: over the phone, paper or by check, electronic check or online check draft. Discuss how each method of bill pay takes money out of your account. Be sure to cover late penalties, emphasizing the importance of paying bills on time.

USING CREDIT CARDS: Explain that credit cards are a loan and need to be repaid. Share how each month a credit card statement comes in the mail with a bill. Go over the features of different types of cards, such as ATM, debit and credit cards.

BROWSING THE INTERNET: While online, explain to your children how valuable their personal information and privacy is to you, to them and to online predators. Discuss the risks and benefits of sharing certain information. Then, as a family, make a list of rules for keeping personal information safe online.

PLANNING A VACATION: Whether you are planning an outing to a local amusement park or a once-in-a-lifetime trip, emphasize the value of saving as a family. Set a family savings goal that involves your children. Figure out the cost and discuss ways everyone can help to reach the goal.

REMEMBER: Always encourage your children to ask questions about money. If you don't know the answer, research it together or ask Sugar River Bank customer service for help.

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BETTER WAYS TO GET IN SHAPE IN 30 DAYS!

by Jim Olson

You feel as though you're in pretty good shape, right? Then all of a sudden you realize that summer is looming, or a special event like a wedding or a class reunion. At this point you're wishing you could jump start your routine to get in even better shape. The clock is ticking, what now?? Schedule all of the dates & times that you have to exercise in the next 30 days. If possible, utilize the morning hours for your first workout of the day. This is the best time to work out and eliminate opportunities for interruption. This will also jump start your metabolism for the day and give you a natural endorphin high!

Can you fit in 2 workouts a day during this time period? If so, do it! This helps maximize your results! On days you are able to fit in 2 workouts, make the morning session a full cardio session, 30 - 45 minutes. Make the second workout a resistance training and cardio session. Workouts that you enjoy are the best to do when you are trying to accelerate progress. Pick your favorite music, the beat that you can't help but move to when you hear it. If you are bored, you probably won't stick to it.

For maintenance: 3-4 days/week, 20-30 minutes per session of cardio is recommended.

For maximum Fat Burning: 5-7 days/wk, 30-60 min per session. Any type of continuous cardio will do: fast walking, jogging, bicycle, elliptical machine, rower, stairclimber, etc. Use a trainer that can personalize a workout just for you to ensure that your needs are met and meet your goals in a healthy and safe way. A trainer will also assist in keeping you motivated and accountable.

Don't forget your nutrition... Portion control is of utmost importance when you want to see progress fast. Your hand can become your measuring tool for all food if you don't have a food scale. Your brown rice, sweet potatoes, and any starchy carb should equal the size of your cupped hand. Your hand open flat should be the size of protein/meat, which should be grilled, baked or sautéed. Your green leafy vegetables, broccoli, asparagus, spinach can be the size of both of your hands side by side.

Just because you're monitoring your diet does not mean you should skip meals. Eat frequently!



Jim Olson

Your first meal should be within one hour of waking or one hour after doing your morning workout. Your meals should be consumed every three hours, which will keep your metabolism high and your body burning fuel efficiently. Eat only food items you can wash. This means no processed foods, breads or pastries for the next 30 days. While you're at it, that's a good rule to follow after the 30 days are up!

The benefits of frequent eating include:

- Faster metabolic rate
- Higher energy levels
- Less storage of body fat due to smaller portions
- Reduced hunger and cravings
- Steadier blood sugar and insulin levels
- More calories usable for muscle growth
- Better absorption and utilization of nutrients

If you've been skipping meals or only eating a traditional breakfast, lunch and dinner, start eating more often. Simply reduce your portion sizes and make sure you include protein with every meal.

If you've tried 5-6 meals a day before and couldn't stick with it because it was too much work, get back to it! If you want to get leaner in 30 days, you have to take advantage of every weapon in your fat burning arsenal. Keep working hard. Pump up the volume AND the cardio. Invest in a trainer. Utilize all resources to get in the best shape you can, in time for your big event.

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7 Grandview Road	2 Bedrooms 2 Baths	1322 Square Feet	.59 Acres	\$351,500
16 Allen Road	3 Bedrooms 2 Baths	1638 Square Feet	2.03 Acres	\$475,000
14 Stack Drive	4 Bedrooms 3 Baths	2722 Square Feet	2.03 Acres	\$520,000
68 Stone Sled Lane	2 Bedrooms 3 Baths	2326 Square Feet	CONDO	\$620,000
91 Woodhill Road	4 Bedrooms 3 Baths	2100 Square Feet	5. Acres	\$625,000
19 Surrey Coach Lane	3 Bedrooms 4 Baths	3017 Square Feet	2.01 Acres	\$674,000

REAL ESTATE SALES IN DUNBARTON – MARCH 2024

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
56 Stark Lane	3 Bedrooms 3 Baths	2314 square feet	5.38 acres	\$649,000
14 Fairway Drive	4 Bedrooms 4 Baths	2632 square feet	5 acres	\$1,032,232

Sales Data for March 2024 is provided by the NHMLS.



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ENTRY TO U.S. CUSTOMS FROM A FOREIGN COUNTRY

Question: how can you enter the U.S. while you're still hundreds, or even thousands, of miles away from the U.S.? **Answer:** when you're in one of six countries around the globe that have what's called preclearance customs facilities at their own airports.

Bud and I first discovered this a few years ago on a trip to Aruba. After enjoying a couple of weeks of beaches, pools and casinos we arrived at Oranjestad's Queen Beatrix Airport and were prepared for the long haul back to New Hampshire—Caribbean-style airport departure protocols, long lines for passport and customs in Philly with even longer ones to collect and re-check our luggage for the connection to Manchester. Always with the fear that we wouldn't make our onward flight. Ugh!

But we were surprised to see signs that claimed to be US Customs and Border Patrol (CBP) right at the Aruban airport. Wow, we thought. Can this be true? What does it mean? Turns out that Queen Beatrix Airport does indeed have a preclearance facility. Right on-site we went through US Passport Control, Customs, and checked our bags through to Manchester—just as though we were connecting on a domestic flight in the USA. No waiting, collecting, and re-checking bags or stress in Philly!

Just last year we found the same type of preclearance facility at Nassau's Lynden Pindling International Airport on our return trip from the Bahamas to Miami. Talk about easy and convenient!

Turns out that this efficiency is exactly what the US government had in mind when they started the program back in 1952 at Canada's Toronto airport. They wanted to reduce congestion and facilitate inbound travel especially at airports with no CBP facilities. The program now comes under



CHASE BINDER

the auspices of the US Department of Homeland Security and includes airports in Aruba, the Bahamas, Bermuda, Canada, Ireland, and the United Arab Emirates. Canada started with the one airport and now has expanded to eight major airports—and also a seaport and railway station.

One main goal of the program was to facilitate foreign arrivals at US airports without CBP facilities. Most major U.S. airports now have them, though, with the exceptions of New York's LaGuardia and DC's Reagan International.

Bud and I got a sense of how important this is on a return flight from Sint Maarten one year. Our flight from Sint Maarten was delayed and the pilot said that because we wouldn't arrive in Philly until after the CBP closed for the night, we couldn't go at all. The airline had to put us up

overnight at a local hotel and we had to fly home the next day. If we had been flying from Aruba, it would not have been a problem—we'd be arriving back in the US as domestic travelers. So even if your US destination does have a CBP, there can be reasons (aside from avoiding congestion) to appreciate preclearance.

Of course, not every foreign airport can just open a CBP facility. Legal agreements must be executed, and the host airport must meet significant physical and security standards, making sure that pre-cleared passengers are kept in a secure area with adequate comforts like food, restrooms, and shopping. This requires large investments and inspections, and there needs to be enough traffic to make it worthwhile both for the US and the host country.

Preclearance facilities are also available to non-citizens. Friends who often visit from the UK take a quick half-hour flight from their home just north of London over to Dublin and go through CBP control there. This bypasses the often-congested arrival process in Boston—a real benefit.

BSC TRYOUTS

Bow Soccer Club tryouts for the Fall 2024 season will be held on May 14th and 15th at the NH Sportsdome in Goffstown. Please register on our website by May 6th.

MAY 14TH & 15TH

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www.bowsoccerclub.com

Flags Across Dunbarton

For only \$40, Scouts (and/or their parents) will place a U.S. Flag on your property in Dunbarton near the street end of your driveway at least three days prior to each of the following holidays:

Memorial Day, Flag Day through Juneteenth, Independence Day, Labor Day through 9/11 and Veterans Day.

The flag and pole will be removed approximately 3 or more days after each holiday and reinstalled prior to the next holiday. The ground stake for mounting the flag and pole will remain in place for the duration of the season. Weather may sometimes alter the schedule.

Proceeds to benefit Scouts BSA Troops 75 (boys unit & girls unit).

Be sure to select "Right side" or "Left side" when ordering. This refers to the side of the driveway the flag will be placed on when facing the house/property from the street. Also include any information about underground utilities, sprinklers or other information in the area in the space below.

Order your flag today online via the link below or mail this form along with payment (made out to "TROOP 75") to:

Troop 75 - Flags Across Dunbarton
39 Foote Road, Bow, NH 03304

Name: _____
Street Address: _____
Town: _____
Phone: _____
Email: _____
How did you hear about us: _____

Side of Driveway Circle 1 → Left Right
(This refers to the side of the driveway the flag will be placed on when facing the house/property from the street.) <https://bowscouts.square.site>

Additional Placement Information: _____
(underground utilities, sprinklers or other info)

Picture above is an approximate representation of the 3' x 5' flag, pole, and ground stake.

Sign Up Today

NORA'S DUNBARTON NEWS



COME TO CHAIR YOGA with Sherry Gamble on Thursday, April 25 and Thursday, May 16 at 11:00 AM. Please arrive early to bring a chair up to the Town Hall's second floor. Contact the library with questions.

DUNBARTON HISTORICAL SOCIETY Stark Cemetery Clean Up, 201 Mansion Road is scheduled for Saturday, April 27, 10:00 AM to noon. Bring your muscles, gloves, and leaf cleanup tools. We will clean up fallen limbs, debris, and leaves. If you're able to help with any portion of that time, please reach out by calling one of the following DHS members: Wayne Mills 603-774-7044 or Dave Heisler 603-774-7273. Any help is greatly appreciated.

NEW HAMPSHIRE HUMANITIES PRESENTS – MAPLE New Hampshire's Medicine of Connection, presented by Damian Costello. Now being held on Saturday, April 27, 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. Always check the library's FB page or website to confirm date and time.

THE DCC BOOK CLUB: Beyond the Book is reading *A Day in the Life of Abed Salama: Anatomy of a Jerusalem Tragedy* by Nathan Thrall. Discussion is on Thursday, May 2, 7:00 PM, either in person or at the church vestry via Zoom. For location or Zoom link: bbennett98@comcast.net.

DUNBARTON ELEMENTARY 2024 SWEETHEART DANCE will be Saturday, May 4, 6:00 to 8:00 PM at the school. Join us for a fun night for DES students and a chaperone! **Please note:** proper attire and appropriate behavior are expected at this formal dance. Running, roughhousing, and other disruptive activity will not be tolerated." For more information go to: info@dunbartonpto.com.

PAINTBALL PARTY: Sunday, May 6, 4:00 to 6:00 PM. Join a fun evening at **AG Paintball** in Weare. Includes jelly ball (ages 8+), laser tag (ages 5+) and paintball lite (ages 7+). Additional games and food are available for purchase. Visit <https://www.agpaintball.com/> for more information.

OPEN HOUSE AND DRAFT HORSES is scheduled for Saturday, May 11th from noon to 4:00 PM at the Dunbarton Historical Society buildings, 282 Stark Highway N, Dunbarton. Draft horses, blacksmithing demonstrations, and more! All are welcome. Help with setup and takedown is greatly appreciated! For more info, contact the DHS President, Alison Vallieres @ 603-774-3681



DUNBARTON GARDEN CLUB will feature **Henry Homeyer**, a special guest speaker, providing us with tips for growing great flowers, including old favorites and lesser-known beauties! Henry Homeyer is a lifelong organic gardener who has lived in Cornish Flat, NH since 1970, teaching organic gardening workshops throughout New England at garden shows, clubs, nurseries, public gardens and other venues.

Henry is a UNH Master Gardener and has published several books, including *Organic Gardening (not just) in the Northeast: A Hands-On Month-by-Month Guide*, and *The New Hampshire Gardener's Companion*. To learn a bit more about Henry or to order one of his books, check out gardening-guy.com.

This event is open to the public, and we look forward to seeing you! Upon the conclusion of Henry's talk, approximately 60 minutes, we will proceed with our May agenda items for our DGC members and anyone interested in sticking around. Questions-email at dgc03046@gmail.com.

Logistics: (Please note earlier start time!) Monday, May 13th, 5:30: PM at the Dunbarton Town Hall (second floor), 1004 School Street in Dunbarton.

THE PUBLIC LIBRARY BOOK GROUP will be reading: *Make the Bread, Buy the Butter: What you Should and Shouldn't Cook from Scratch to Save Time and Money* by Jennifer Reese. "Discussion will be Wednesday, May 15 at noon in the library. FMI or weather-related cancellation please contact the library or check their Facebook page or website.



KIDS READING TO DOGS currently has openings on Thursday, May 2 and Thursday, May 16. Kids in grades k to 4, who register, will have a 20-minute session. Sessions run 2:30 to 4:00 PM. If you would like more information, or wish to register for a session with Mr. T, please call the library, 774-3546.

OPEN MIC AT THE SPIRESIDE COFFEE HOUSE



Join us on Saturday, May 18, for a fun night of local entertainment. Make your \$5.00 donation at the door. Doors open at 4:30 PM. Performances begin at 5:00 PM at the Dunbarton Congregational Church, 6 Stark Highway North, Dunbarton.

Musicians, poets, and storytellers are welcome. Coffee, tea, soup, and snacks are available. Donations appreciated for refreshments. Contact Lizz@dunbartonucc.org with questions.

Send Dunbarton news and events to Nora LeDuc
dtowncrier@gmail.com • 603-774-3141

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DUNBARTON POLICE DEPARTMENT

MARCH 2024 ARREST/CHARGE 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.

3/1/2024: Brianna Proulx, 30, Weare, was taken into custody for operating after revocation/suspension, non-inspection, and an electronic bench warrant for non-appearance in court on an original charge of willful concealment.

Renata Alves Dos Reis, 26, Waterbury, CT, was taken into custody for operating after revocation/suspension, non-inspection, and an electronic bench warrant for non-appearance in court on an original charge of operating after revocation/suspension.

Renata Alves Dos Reis, 26, Waterbury, CT, was taken into custody for operating after revocation/suspension and default or breach of bail conditions.

3/4/2024: Denise Dearborn, 46, Manchester, was taken into custody for suspended registrations, operating without a valid license - subsequent offense, driving without giving proof, operating after revocation/suspension, and following too close.

3/14/2024: Nicholas Santilli, 30, Dunbarton, was taken into custody for simple assault, reckless conduct, and disorderly conduct.

3/19/2024: David Willis, 57, Dunbarton, was taken into custody for operating after revocation/suspension - DUI conviction, driving without giving proof, and alcohol ignition interlock circumvention.

3/22/2024: Cristian Walls, 20, Auburn, was taken into custody for disobeying an officer, reckless operation, and non-inspection.

Alexis Elkins, 34, Manchester, was taken into custody for operating after revocation/suspension - refusal of implied consent and non-inspection.

3/25/2024: John Ives, 30, New Boston, was charged with false information to secure a firearm from a Dunbarton PD warrant.

3/29/2024: Alaina Ferguson, 52, Dunbarton, was taken into custody on an electronic bench warrant for non-appearance in court on an original charge of bail jumping and was also charged with possession of a controlled/narcotic drug.

During the month of March, 26 traffic citations were issued for offenses that included stop sign, speed, non-inspection, unregistered vehicle and yellow line. For our complete March, 2024 Monthly Report please visit our Facebook page or website.



Dunbarton PD completed their CPR/AED Recertification in March. We stand ready to assist in any and all emergencies and work hand-in-hand with Dunbarton FD at medical calls. Many thanks to EMS Captain Mark Lang for instructing!

CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS

AVOID

DENY

DEFEND

In March we taught **Civilian Response to Active Shooter Events** (CRASE) to Dunbarton Town Employees and Officials. CRASE utilizes the **AVOID, DENY, DEFEND** method, provides strategies, guidance, and a proven plan for surviving an active shooter event.

AVOID starts with your state of mind. Pay attention to your surroundings. Have an exit plan. Move away from the source of the threat as quickly as possible. The more distance and barriers between you and the threat, the better.

DENY when getting away is difficult or impossible, keep distance between you and the source. Create barriers to prevent or slow down a threat from getting to you. Turn the lights off. Remain out of sight and quiet by hiding behind large objects and silence your phone.

DEFEND because you have the right to protect yourself. If you cannot Avoid or Deny be prepared to defend yourself. Be aggressive and committed to your actions. You do not have to fight fairly — this is about survival.

For more information about this program please visit:
https://alerrt.org/course_types/CRASE

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MAY

12 PM - 1 PM

KIMBALL POND CONSERVATION AREA
 DUNBARTON, NH



The Dunbarton Police Department will once again be participating in the Drug Enforcement Administration's National Prescription Drug Takeback Day.

The event will take place on Saturday, April 27th from 10:00 AM – 2:00 PM at the Dunbarton Police Department (18 Robert Rogers Road).

Residents can turn in their unused, unwanted, or expired medications, no questions asked. We are unable to accept needles or liquids. The proper disposal of medication helps reduce unauthorized access, theft, abuse and damage to the environment. Any questions about the event may be directed to Chief Chris Remillard at chrisremillard@gsinet.net or (603) 774-5500 or by visiting this link.

VACANT PROPERTY CHECKS can be conducted when you're away from home. Download a vacant house PDF form at <http://dunbartonpolice.weebly.com/vacant-house-check-request.html>.

OFFER UP located in the department's parking lot, provides a highly visible and public location for internet purchase and exchange, reducing the overall risk of victimization and crime.

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Many References Upon Request FINANCING OPTIONS AVAILABLE

SECOND QUARTER HONORS

BISHOP BRADY

HIGH HONOR ROLL

Sophia Chimienti	Grade 9	Hopkinton
Rebekah Itt	Grade 9	Bow
Earl Mitchell	Grade 9	Hopkinton
Gwyneth McLaughlin	Grade 10	Bow
Joseph Richardson	Grade 10	Bow
Emma Richardson	Grade 11	Bow
Meghann Geiger	Grade 12	Hopkinton

HONOR ROLL

Alexis Bryant	Grade 9	Bow
Ashlyn Bryant	Grade 9	Bow
Landen Krause	Grade 9	Bow
Elias Glasser	Grade 10	Hopkinton
Claire Chimienti	Grade 11	Hopkinton
Talon Perkins	Grade 11	Dunbarton
Ana Badau	Grade 12	Hopkinton
Paul Badau	Grade 12	Hopkinton
Caroline Michaud	Grade 12	Dunbarton

WHY ? Do We Say...

“By the skin of his teeth”

The expression is a literal translation from the Hebrew text of the Book of Job. Since a person’s teeth have no skin, for him to get by “by the skin of his teeth” is to get by with no margin.

“Turn a blind eye”

During the Battle of Copenhagen, Horatio Nelson was ordered to cease an attack he was launching on the enemy. When the commander’s officers pointed out the order, Nelson raised a telescope to his blind eye and claimed he saw no order.



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Rotary Club of Bow



FOUR-WAY TEST HELD MARCH 20TH 2024

Thank You to the Baker Free Library for hosting the speech contest again this year. Four contestants took the stage for their 5-7 minute speeches that must include referencing their topics against the Rotary Four-Way Test. Political campaign spending, the importance of truth and fairness, sports health, and climate activism were the topics covered.

Joe McDowell won First Place (\$500) and will go on to compete at the Rotary District semi-finals; Sabrina Bernard placed Second (\$300) and Maya Clough placed Third (\$200). Rotarian Mike Gula served as MC.

Judges for the event were community members Brian Duffy, Duane Ford, and Linda Lorden (an honorary Rotarian), along with Rotarians Ben Kiniry and Judy Goodnow.

CONGRATULATIONS TO OUR CONTESTANTS!



Pictured left to right: President Matt Dodge, Joe McDowell, Sabrina Bernard and Maya Clough. Photo by Eric Anderson

BOW POLICE DEPARTMENT

BOW POLICE DEPARTMENT MARCH 2024 ARREST LOG

(FELONIES AND MISDEMEANORS)

03/01 Luis Disdier, 30, Manchester, was summoned for operating a motor vehicle while suspended offense; Kelsey French, 30, Bedford, was summoned for operating a motor vehicle while suspended offense; Benjamin Fleishman, 38, Tewksbury, MA, was arrested for driving under the influence.

03/09 Samuel Cooper, 42, Bow, was arrested for driving under the influence.

03/13 David Angel, 63, Manchester, was indicted for issuing bad checks.

03/19 Joseph Lamarche, 41, Concord, was arrested for false report to law enforcement.

03/23 Erik Johns, 40, Manchester, was arrested for driving under the influence.



NATIONAL DRUG TAKE BACK DAY:



On Saturday, April 27th, 2024 from 10 a.m. to 2 p.m., the Bow Police Department and the U.S. Drug Enforcement Administration (DEA) will provide the public the opportunity to prevent pill abuse and theft by ridding homes of potentially dangerous expired, unused and unwanted prescription drugs. Bring medicines for disposal to the Bow Police Department. BPD can only accept pills or patches; no liquids, needles, or sharps. The service is free and anonymous.

Travel with The Bow Times



Cara and Dennis Sharkey went on Viking Danube River Cruises. Here they are in front of "Historische Wurstküche" the oldest sausage kitchen in Regensburg Germany.

Send your travel photo to nmannon1@comcast.net and The Bow Times will share it with all of our readers!

SAVE THE DATE for the 13th ANNUAL BOW ROTARY CAR SHOW



May 18th from 8:00 AM to 2:00 PM
In the field behind 508 South Street in Bow

- All years of Cars and Motorcycles
- Peoples Choice, Best in Show & 16 Additional Trophies
- Spectator Entry \$3 – Under 12 & Over 70 FREE
- National Street Rod Association
- FREE Safety Inspections



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 www.bowmensclub.org
 Email: info@bowmensclub.org

FLAGS ACROSS BOW Enrollment Form 2024

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway at least three days prior to each of the following patriotic holidays of 2023: Memorial Day, Flag Day through Juneteenth, Independence Day, Labor Day through 9-11, and Veterans Day. We will remove the flag three days after each holiday and reinstall it for the next holiday. Your payment of \$40 will be used to support the BSA and Cub Scouts, Scholarships for Bow HS students, Robotics Club and other charities within our community.

The US made flags measure 3'x5' and are made of 2-ply spun polyester or nylon with sewn stripes and embroidered stars, and will be mounted on a 10 foot pole and inserted into a 10 inch high ground spike.

THERE ARE TWO OPTIONS TO ENROLL:

You can send a check for \$40 payable to the "Bow Community Men's Club" with this form to:

Dik Dagavarian
 2 Bela View Drive, Bow, NH 03304-4600
 Phone: 603-856-7268.

OR you can enroll on-line and pay \$42 via Square at the following link:

<https://bowmensclub.square.site/>

Name: _____

Street Address: _____

Town: _____

Contact Phone: _____

Email Address: _____

Place an "X" below for your preferred flag location. Please identify any underground utilities, sprinklers, or other buried items in the vicinity of flag locations.

_____ YOUR DRIVEWAY _____

YOUR STREET _____

NOTES:

Website: <https://bowmensclub.square.site/> Email: info@bowmensclub.org



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Bow Young at Heart Club

APRIL 24, 2024 • 11:30 AM - 2:30 PM

Steve Taylor presentation:

Late 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.



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Baker Free Library
February News

Baker Free Library | 509 South Street
Bow, New Hampshire 03304
Visit our online Calendar to sign up for
upcoming programs and events
at bowbakerfreelibrary.org



SPRING BREAK EVENTS IN THE CHILDREN'S ROOM

Stay & Play | Tuesday, April 23rd | 10:30-11:30am

Join us for an hour of open play time! The library's collection of toys, instruments and manipulatives will be available for children of all ages to use. The room will be open for an hour; feel free to drop by for any or all of our play time. Registration is not required.

Kid's Craft | Wednesday, April 24th | 2:00-3:00pm

Build a beautiful paper collage craft. Registration is required.

Bow Builders | Thursday, April 25th | 10:30am-12:00pm

Build using the library's collection of Legos, Duplos, and blocks! Blocks are available for all age groups. Drop-in program; registration not required.

Community Game Day | Thursday, April 25th | 2:00-4:00pm

Drop-in to play a competitive or cooperative game, play cards, or complete a puzzle! Bring your favorite game to share with others, or choose one of ours. All ages welcome. Registration is not required.

YOUTH PROGRAMMING

Preschool Prom | Saturday, May 11th | 10:30- NOON

Dress in your best for this special celebration, in honor of our youngest patrons! Stop by to take a picture, craft a keepsake and let loose with our bubble-filled dance party. For babies, toddlers and children aged 5 and under, in the company of a parent or caregiver. Registration is required to reserve your space.

Storytimes — * Preschool Storytime and Family Storytime will run for three weeks in May starting on May 7th on Tuesdays and Thursdays, wrapping up right before Memorial Day.

Preschool Storytime | Every Tuesday Morning | 10:30am

Join us for a mini version of our weekly storytime, followed by extra play time! The library's collection of toys, instruments and manipulatives will be available for children of all ages to use. The room will be open for an hour; feel free to drop by for any or all of our play time. Registration is not required.

Family Storytime | Every Thursday Morning | 10:30am

Join us for a mini version of our weekly storytime, followed by extra play time! The library's collection of toys, instruments and manipulatives will be available for children of all ages to use. The room will be open for an hour; feel free to drop by for any or all of our play time. Registration is not required.

AFTER SCHOOL PROGRAMS

Nature Explorers | Thursday, May 2nd | 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, May 8th | 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, May 7th | 6:00pm

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

BOOK CLUBS

Whodunits | Tuesday, May 7th | 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.

May Book Discussion: *When No One is Watching* by Alyssa Cole

Book Talk at BFL | Tuesday, May 14th | 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!

May Book Discussion:

Take My Hand by Dolen Perkins-Valdez

White Rock Book Group | Tuesday, May 21st | 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!

May Book Discussion:

Take My Hand by Dolen Perkins-Valdez

Peaceful Pages: A Mind, Body & Soul Book Club

*Thursday, May 16th | 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.

May Book Discussion

The Power of Moments by Chip Heath and Dan Heath

IN THE GALLERY

April Exhibit – Susan Rock “Needle and Brush”

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.

May Exhibit – Anne Marie Zanfagna | April 27th – May 31st

About Anne Marie Zanfagna: Anne Marie Zanfagna's portraits are a true testament to the power of art therapy. Her heart and soul go into every portrait painting that she does. Inspired after the loss of her daughter Jacqueline to a heroin overdose in October 2014, Anne Marie has taken her loss and used it to fuel her mission to paint colorful, vibrant portraits of others who have passed away from heroin overdose.

Meet the Artist | Thursday, May 23rd 6:30pm

Anne Marie will be at Baker Free Library the evening of May 23rd to speak about the inspirations behind her exhibit. After losing her youngest daughter, Jacqueline, to an overdose in 2014, Zanfagna painted a vibrant portrait in her memory. Moved by her work, other grieving parents requested portraits of their own children from her. Over the years, Zanfagna has crafted hundreds of “Angels of Addictions” portraits. Some of her paintings were showcased in the U.S. Capitol rotunda in 2018. What started as a way to cope with grief has transformed into a mission for Zanfagna and her husband Jim, who are now vocal advocates promoting awareness and challenging the stigma associated with addictions. For more information about Angels of Addictions, visit www.angelsofaddictions.org





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Real Estate Sales in Hopkinton – MARCH 2024

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
648 Rollins Road	4 Bedrooms 2Baths	2413 Square Feet	2.7 Acres	\$475,000
271 Briar Hill Road	3 Bedrooms 2 Baths	2594 Square Feet	1.7 Acres	\$590,000
1028 Broad Cove Road	3 Bedrooms 3 Baths	2786 Square Feet	8.5 Acres	\$865,000
44 Gould Hill Road	4 Bedrooms 3 Baths	3091 Square Feet	3.01 Acres	\$1,099,900
845 Upper Straw Road	4 Bedrooms 5 Baths	2706 Square Feet	48.09 Acres	\$1,100,000

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“Real Estate the Way It Should Be”

HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

THE COMMUNITY SHOWCASE to share the Downtowns and Trails project and Walk Audits has been postponed to April 18th 5:30 pm. If you had RSVPed for April 3rd, please update your RSVP. The Economic Development Committee and other town groups have been taking a closer look at improving safety, accessibility, and walkability in Contoocook Village. They will showcase their findings and discuss next steps on April 18th at the Slusser Center. For more information and to RSVP to go <https://www.happeninginhopkinton.com/event-details/april3showcase>

HOPKINTON HUMAN SERVICES is looking for Camp Scholarship donations. One week of town Recreation Camp at \$250, is out of reach for many in our community. Your donation can provide opportunity to our children and childcare for our working neighbors. Donations large and small are all appreciated and will make a difference. If you are in need of financial assistance, reach out to Hopkinton Human Services at humanservices@hopkinton-nh.gov for information and an application.

THE LIBRARY BOOK CLUB'S book selection for April is *The Spy Coast*. Tess Gerritsen, author of the Rizzoli and Isles series, delivers a thrilling tale of a retired CIA operative, Maggie Bird, forced to confront the ghosts of her past. Copies of the book, including large print and audiobook CD, are available at the library. It's not on Libby or Hoopla. At Main Street Bookends in Warner and Gibson's Book Store in Concord mention our book group and they will kindly offer a discount. Our monthly book discussion will be April 17th at 1:00, at the library.

ELITE FEET SPEED & CONDITIONING CAMP is for students headed into grades 6-12 next year wishing to develop the keys to speed, acceleration, endurance, strength, and agility, Coach Zach Emerson will be holding an Elite Feet Speed & Conditioning Camp. There are two camp weeks, July 29-Aug 2 and Aug 5-9 with 2 different time slots available each week. Register for one or both online at www.HopkintonRec.com.

To be included in the Hopkinton Town Crier contact Kathleen Butcher at: kathb123@comcast.net or call 603-724-3452



THREE ARTISTS EXPLORE THE SUBJECT OF WATER in the “Water Works” Exhibit
ENDS SATURDAY, MAY 11th



From the work of Sher Kamman

Painter Ann Saunderson, photographers Sher Kamman and John Hoglund, and curator Rick Lugg collaborated to create Water Works.

“Water is the essence of our planet and our lives. It runs through all our days, whether in the form of tears, ice, snow, steam, fog, clouds, and rain,” says Lugg.

TVAS's gallery is open to the public free of charge Thursday through Sunday from 12:00 – 4:00. The “Water Works” exhibit closes May 11.



From the work of Ann Saunderson



From the work of John Hoglund

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HOPKINTON POLICE DEPARTMENT

MARCH 2024
8 Arrests • 2 Accidents • 235 Traffic Stops

03/08 Keyara Gethers, 25, of 71 Middle Street, Manchester, was arrested for Violation of Protective Order and Violation of Protective Order.

03/10 Jack Decatur, 35, of 369 Broad Cove Road, Hopkinton, charged with Simple Assault; Physical Contact or Bodily Injury

03/13 Colleen Adams, 32, of 115 Lower Straw Road, Hopkinton, was arrested for DV; Simple Assault – Bodily Injury and for DV; Simple Assault – Bodily Injury or Physical Contact.

Robert Duclos, 52, of 210 Amesbury Road, Hopkinton, charged with 2nd Degree Assault; DV; Strangle, DV; Simple Assault; Physical Contact and Criminal Threatening – conduct.

Timothy Sherwood, 44, of 87 South Road, Hopkinton, charged with Indecent Exposure/Gross Lewdness.

03/16 Luke Burgos, 33, of 2 Field Road, Antrim, was arrested for Criminal Mischief.

03/18 Devyn Pike, 21, of 10 Rocky Hill Road, Somersworth, was charged with Drive After Revocation/Suspension – subsqt.

03/31 Elliot Owen, 35, 199 University Circle, Hooksett, arrested on Warrant.

BOW MEMORIAL SCHOOL HONOR ROLL

First Semester 2022-2023

GRADE 7 ~ HIGH HONORS

Ava Alexakos, Abdullah Alwrekat, Avery Ayers, Bella Berg, Aubrie Christopher, Aurora Clark, Oran Cook, Benjamin Delude, Zoie Duverger, Claire Faro, Quintin Filkins, Tulla Flanagan, Elizabeth Folsom, Meghan Fossum, Tai Gagnon, Marliese Geiben Lynn, Ainsley Herrick, Jesse Hopps, Lucy Huckins, Allison Jewell, Alicia Johnson, Madeline Kenney, Maxwell Lewis, Hannah Long, Samuel Martin, Charlotte Martinneau, Alexis Matheis, Elijah McArdle, Juliette McLaughlin, Evelyn Mears, Cole Noce, Nora Olson, Kathryn Parichand, Logan Parker, Niaa Patel, Ryan Pawlowski, Erika Penny, Bridget Pinard, Jack Puro, Paige Rabalais, Celia Roberge, Ayush Roy, Hannah Roy, Ella Royal, Gavin Royal, Olivia Rozumek, Drew Tilbury, Isabella Tsiopras, Benjamin Valence, Jocelyn Weiss, Oliver White, Sawyer Whiting

GRADE 7 ~ HONORS

Jayden Baker-Cromwell, Michael Baldassarre, Greyson Bechtold, Elijah Bellerose, Ashlyn Blethen, Eliot Boullion, Colton Bourque, Emma Bryant, Juliana Cocola, Brylee Coffman, Makenzie Curtis, Samuel Darling, Natalie Fontaine, Nora Glennon, Hayden Greene, Jiana Hittle, Audrey Huckins, Aldin Jarebica, Timothy Johnston, Owen Jordan-Foote, Theresa Kelso, Avery King, Gabrielle Klunk, Maeve LaMarque-Malay, Madelyn Ledbetter, Ashlyn Livingstone, Morgan Lozeau, Ryan Malloy, Ava McCormick, Ryder Michaud, Haydn Mills, Dzevad Muminovic, Judah Nathan, Chloe Nowakowski, Joseph Paquette, Ryan Puro, Logan Smith, Ethan Thompson, Gabriel Viana, Brecken Wurster

GRADE 8 ~ HIGH HONORS

Margaret Adams, Anthony Albushies, Allison Baier, Caden Bechtold, Autumn Betteridge, Shannon Boyle, Ross Brennan, Sophie Brooks, Olivia Cochran, Lillian Cray, Julianna Cusson, Ava Dawson, Anne-Marie Fay, Jacob Filkins, Liliane Fontaine, Benjamin Gilbert, Brody Hinck, Lia Karanough, Delaney Kelly, Amanda Kropp, Ryan Laliberte, Alexis Maiorino, Sofia McCullough, Alexis Pelletier, Ava Popielarz, Piper Price, Addison Rader, Matthew Radomski, Jennifer Ramirez, Andrew Raymond, Benjamin Reardon, Marissa Reyes, Cody Richards, Kate Roberge, Ian Sandahl, Grace Sartorelli, Grace Schumacher, Brian Vance, Peyton Vaughn, Eliza Wuellenweber, Umi Zahn

GRADE 8 ~ HONORS

Elizabeth Abbott, Readan Adams, Aria Belanger, Kylie Bourgoine, Graceyn DeCosta, Vita-Rose Flagg, Harrison Fournier, Bryce Fredette, Aleksandra Graham-Binder, Brianna Gravel, Connor Holland, Reanne Hubbard, Austin Keefe, Zoey Lupien, Molly McKinnon, Alexis Mumford, Keegan O'Meara, Dylan Oosterveen, Ayla Palmer, Alexander Perry, Caden Philips, Colby Rae, Lucille Rancatore, Jack Shulman, Devon St. Cyr, Mary Valas

*A woman is like a tea bag.
You never know how strong she is
until she's in hot water.*

ELEANOR ROOSEVELT



BOW HIGH SCHOOL SPORTS SPOT

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



DATES:

Friday, May 17th 7PM
 Saturday, May 18th 7PM
 Sunday, May 19th 2PM

Where: Bow HS Auditorium

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

Bow High School Athletes are poised to take the stage in the Performing Arts production of “The Wedding Singer!”

A wannabe rock star, making ends meet as a wedding singer, changes his tune in a hurry when he is left at the altar by his own fiancée, but help is on the way in the form of a waitress who works his wedding gigs.



LEVI FURR
Male Lead: Robbie Hart



KATIE MCCABE
Female Lead: Julia Sullivan



ALLY ALEXAKOS



EMILY FAUTEUX



EVE LIBBY



GAVIN MCCABE



RYAN MCCABE



OWEN MILLER



KENDALL MURRAY

ALLY ALEXAKOS (Ensemble): In her senior year, Ally decided to push her boundaries and try something new. Of her theater experience she said, “I’ve had a lot of fun working with an amazing group of people, and learning something new is very eye-opening, but going straight from a lacross to theatre is challenging but worth it.”

EMILY FAUTEUX (Holly): Emily, motivated by her love for singing, dove into theatre, stating, “Every rehearsal brings something new and exciting, and it’s worth all the late nights spent at the school.” Emily plays indoor and outdoor track, but makes time for finds theater.

LEVI FURR (Robbie): Levi auditioned for theatre for the first time in his senior year and it developed into a passion. Playing the lead male role of Robbie has Furr brimming with excitement. “The energy is so good, I love all the characters, the music, everything. I want to pack the auditorium to the best of my ability.”

EVE LIBBY (Ensemble): Eve, a senior, stated “I chose to audition for the show because I have always loved musical theater but haven’t had the chance to participate before! Eve stated, “Balancing sports and theater is difficult but it’s completely doable with careful planning!”

GAVIN MCCABE (Ensemble): Gavin, lacrosse and football team captain, was drawn to theatre in his final months of senior year. McCabe stated, “This experience has been extremely gratifying and definitely worth it.”

KATIE MCCABE (Julia): Katie embraces the challenge of portraying Julia, the musical’s lead female role, and relishing the opportunity for growth as an actress. “I was extremely excited when I found out I was cast as Julia Sullivan for this show!” says Katie. Despite the demanding schedule of balancing tennis with theatre commitments, McCabe finds fulfillment in both activities.

RYAN MCCABE (Ensemble): Ryan McCabe stated, “I couldn’t be more excited for this musical!” He continued, “I’m so glad I stepped outside of my comfort zone to try something new this year. Partaking in theatre has been life changing, and I’ll cherish these memories for years to come.”

OWEN MILLER (Glenn): Owen, when asked if taking part in theatre was worth it, responded, “Yes, of course it was worth it. I love being a part of theatre!” Reflecting on the demanding schedule, he added, “Being able to compete in the sport that I love, then to go onstage to perform this musical is such a fun duo that I’ve been balancing this year.”

KENDALL MURRAY (Ensemble): Kendall, a lacrosse team captain and college commit, expressed, “I chose to do theater because I have always wanted to do a musical but never had the time. It’s definitely difficult to manage theater and sports. I’ve missed a couple of practices and dance rehearsals – it’s sometimes frustrating, but I know when it comes to show time it will all be worth it!”



Bow’s Coach Chris Raabe Achieves Milestone 300 WINS!

Marking the occasion with balloons, a poster, and happy enthusiasm, the Bow Girls’ Lacrosse team ensured that Coach Chris Raabe’s achievement was given the fanfare it deserved.

Chris began as the program’s head coach in 1998. Since then she’s racked up a record of 300-79, and taken Bow to 10 state championships. So far this season, the Falcons are off to an impressive 2-0 start.

Raabe is a health and physical education teacher at the school.

Bow girls’ lacross players celebrate with Coach Raabe on her 300th career win after they defeated Bishop Brady 19-2, on Wednesday, April 10. Photo | Chip Griffin

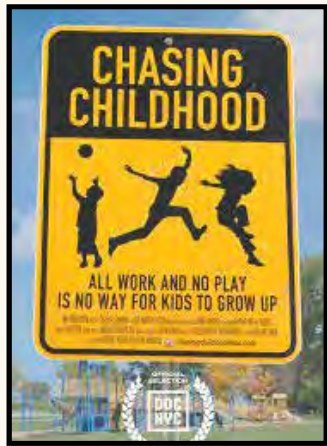
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2 DOCUMENTARY FILM SCREENINGS AT BOW HIGH SCHOOL!

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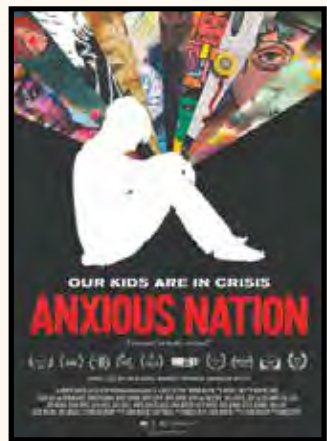
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WEDNESDAY
MAY 1
6:00-8:30pm



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TUESDAY
MAY 7
5:00-7:00pm



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School of Social Work
THE CELL TO SOCIETY LAB



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Find more information: SAU67Wellness&Equity

Mark Your Calendars!

Bow High School is hosting two free community events on May 1st and 7th featuring documentary film screenings and panel discussions.

WEDNESDAY, MAY 1ST AT 6:00 PM – “Chasing Childhood”
Explores the disappearance of free play and independence in kids' lives, examining the shift in modern parenting toward children's lives becoming overbooked, highly structured and constantly supervised by well-intentioned adults, and whether the trend is linked to kids suffering from depression and spiking suicide rates.

Panel discussion to follow with local experts including Beth Corkum, SAU67 Coordinator of Wellness & Equity, Dr. Julie Bassi, Bow Memorial School Psychologist, a local Riverbend Community Mental Health Clinician and a local recreation department leader.

ON TUESDAY MAY 7TH AT 5:00 PM – “Anxious Nation”
This documentary will be viewed in the Bow High School auditorium. It explores how anxiety shows up in children and offers insights into managing mental health.

Screening to follow with a presentation and Q&A with guest speaker Lynn Lyons, LICSW, author, therapist and featured expert in Anxious Nation.

Free childcare will be provided by Bow Memorial and Bow High School students. Please RSVP prior to the event to reserve your spot and to indicate how many child care providers will be needed.

The registration link is:
<https://forms.gle/nhbrKhJCNmVvqKN1A>.

Or you may scan the QR code on the left with a mobile device to go directly to the registration link.

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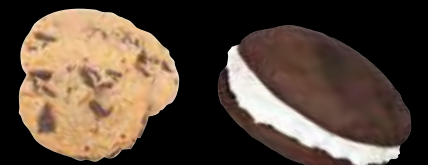
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Saturday
8:00 AM – 3:00 PM
Closed Sunday**



OBITUARIES

ARTHUR G. CHENEY

Arthur G. Cheney “Art” (1928–2024) passed away peacefully at Concord Hospital on February 8th, at the age of 95, after a brief illness. He was the son of Henry and Helen Cheney of Bow. Art had lived most of his life in Bow, attending Bow schools and Concord High School.

Arthur served in the U.S. Navy as an aviation mechanic. After his military service he worked as a machinist at Sanels in Concord. He went on to work for Public Service of NH and in 1960 his career continued at the Merrimack Station in Bow, until his retirement in 1987.

Arthur was predeceased by his mother, father and 2 brothers, Edward and Robert Cheney. His wife, Helen, passed away in 2005, at the age of 73. Together they raised their children. Peter, Wayne, (passed away in 2021), Jeffrey, Matthew, and Julie (Cheney) Lundeval. He also leaves many grandchildren and great grandchildren, nieces and nephews.

Arthur was a true sportsman; he loved hunting and fishing and enjoyed many years out with his sons and grandsons, known to many around the Town of Bow as “The Cheney Gang.” Art’s other hobbies included reloading ammunition and making furniture.

Arthur served on the Bow Conservation Commission and did maintenance work at the Baker Free Library and the Bow cemeteries

Graveside services will be held at the discretion of the family in the spring at Evans Cemetery in Bow.

DENNIS D. LABRECQUE

Dennis D. Labrecque, 71, of Contoocook, passed away suddenly on March 16th, 2024, at home. He was the devoted husband of Collette Labrecque and son of the late Clement and Pauline Labrecque. Dennis was born on October 10th, 1952, in Manchester.

Dennis had a passion for music. He was a terrific guitar player, winning multiple National Awards. He enjoyed tennis, sailing and riding motorcycles. He was a “Mr. Fix-It” who could fix almost anything. He was quick-witted and always ready with a joke to make you laugh but above all, he cherished the time spent with family and friends.

He is survived by his wife of 45 years, Collette Labrecque; two sons, Kevin Labrecque and wife Amanda, Ricky Labrecque and wife Nicole; sister, Claire Drake; and niece, Kelly Flanders.

He was predeceased by his son, Michael J. Labrecque.

MARK FELLOWS

Mark A. Fellows, 59, of Hopkinton, died on March 24, 2024, after a period of declining health.

Mark was a graduate of Hopkinton High School. His interest in real estate properties led him to become a real estate agent, working for J. Hampe Associates. His pastimes have included watching Red Sox games, playing cribbage and other card games, lengthy games of Monopoly, collecting coins and antique blue cobalt pieces, and metal detecting.

He is survived by his son, Raymond A. Fellows; his parents, Thomas and Nancy Fellows; his brother, Richard and wife Abigail; and his nephew, Isaac Fellows.

PATRICIA MCCAULEY

Patricia McCauley of Bow passed away peacefully in March after a brief illness.

She was the only daughter of the late James J McCauley and Etta Doherty, and was predeceased by her older brothers James P McCauley and Roger McCauley.

Patricia was born on March 25, 1930, and raised in Everett, MA. She was a graduate of Emmanuel College class of 1951. After College, she worked for the FBI for a short time before joining IBM, where she spent the next 35 years until her retirement.

Never married, Patricia focused on her career breaking ground for Women who came after her. She was one of the first women managers at IBM, retiring as Communications Plans and Control Manager, National Accounts Division.

Patricia leaves behind many nieces and nephews notably Carol McCauley of Southport, NC, Janet DiNatale (Domenic) of Myrtle Beach, SC and James McCauley (Lizabeth) of Newburyport, MA.

BONNIE LEE PRATT

Bonnie Lee (Bent) Pratt of Contoocook passed away peacefully on March 14, 2024, at Granite VNA Hospice House surrounded by her family and friends. She was 82 years young. She is survived by her children Keith R. Pratt of Contoocook, Sheryl L Meeker of Contoocook, Kristine F Blanchette and her husband Herm of Warner and her 4 grandchildren, Zachary, Taylor, Brynna and Ethan.

Bonnie was born March 1, 1942, in Boston. She grew up in Stoneham MA where she attended and graduated from Stoneham High School in 1959. After high school, Bonnie enrolled in nursing school and graduated from Malden Hospital School of Nursing in 1963. After various stops throughout Vermont and New Hampshire, Bonnie and husband Richard settled in Contoocook in 1980.

She served in a variety of positions throughout her 55-year career and in 1996, ultimately found her dream job at Concord Regional VNA Hospice House (now known as Granite VNA Hospice House). Bonnie found her passion and her purpose when she began working for Hospice House.

In lieu of flowers, we ask that any donations be made to the Granite VNA Hospice House of Concord.

YVONNE REGAN

Yvonne (Claveau) Regan, 83, of Bow passed away peacefully at Granite VNA Hospice House on March 13, surrounded by her loved ones.

Yvonne was born on April 19, 1940, in Plymouth, to Gustave and Blanche (Prescott) Claveau. Yvonne was a 1958 graduate of Plymouth High School. She went on to attend Concord Hospital School of Nursing where she graduated as a registered nurse in 1962. Yvonne worked as a nurse for over 50 years in a variety of settings including Concord VNA, Pittsfield Medical, Dartmouth-Hitchcock and Family Care of Concord, where she excelled given her gentle and empathetic nature.

Yvonne was preceded in death by her parents, and her brother Raymond Claveau. She is survived by her children Kathleen Yeaton (Christopher) and John Regan (Jennifer), and her grandchildren Alexis, Chase, Katie, Brian, Sean, and Joey, and her great-grandson Jace. Her family was her pride and joy.

Please consider making a donation to Granite VNA at www.granitevna.org/giving/make-a-donation.

KENNETH ALAN SAUER

Kenneth Alan Sauer of Hopkinton, born January 21, 1947, in Philadelphia to Enno and Marie Sauer, passed away peacefully on March 7, 2024. Ken’s life was a testament to love, laughter, and devotion to family.

After attending college and teaching in Ohio, Ken embarked on a journey that eventually led him to Atlanta, Georgia. There, he dedicated himself to working with youth in the criminal justice system before transitioning to a successful career in sales and marketing. It was during this time that Ken met the love of his life, Suzie, whom he married in 1979.

Ken and Suzie were blessed with two children, Joe and Katie, who brought immeasurable joy and pride to their lives. In 1986, the family settled in Hopkinton, where they became deeply ingrained in the fabric of the community. Besides coaching or assisting various youth sports teams, Ken volunteered at the Antiquarian Society, Rotary and numerous town events.

Ken is survived by his children Joe Sauer, and his wife, Jonina of Needham, MA and Katie and her fiancée, John Lombardi of Dover, brothers, Jim and Tom and grandchildren, Jack, Jay and Joelle. Sincerest appreciation to the staff of The Birches, who cared for Ken with such caring and love. A celebration of Ken’s life will take place in the spring. Any contributions in Ken’s memory should be sent to The Hopkinton Antiquarian Society or the Friendly Kitchen in Concord.

*“There are no goodbyes for us.
Wherever you are,
you will always be in my heart.”*
Mahatma Gandhi



BOW FIRE DEPARTMENT

MARCH 2024 RESPONSE ACTIVITY

- 0 Search and Rescue
- 17 Basic Life Support Transports
- 33 Advanced Life Support Transports
- 18 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 49 Fires/Hazardous Conditions/Alarms
- 13 Service Call Incidents/Good Intent
- 54 Overlapping Incidents
- 130 Total Calls for the Month



L-R: Chief Comeau, Dick Oberman and Deputy Chief VanDyke. Oberman was presented with the Chiefs Outstanding Service award. Photo | Eric Anderson



Unit Citation for an incident on 93 Northbound was recognized at the Annual Dinner and Awards event. L-R: Chief Comeau, Deputy Chief Van Dyke, Dick Oberman, David Eastman, and Jonathan McDonald. Photo | Eric Anderson



Bow Fire Department Chief Dennis Comeau presents Capt. Brandon Skoglund the 2023 EMS Service Award. Photo | Eric Anderson



Deputy Chief Mike Dyke (left) and Bow Fire Chief Dennis Comeau (right) present former BFD Chief Eliot Berman with the award for 22 years service with the Bow Fire Department. Photo | Eric Anderson



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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ALZHEIMER'S DISEASE

On Friday evening (22 March) at the recently renovated town hall in the Dunbarton Library, a seminar was given by Dr. Herbert B. Allen, Professor and Chair Emeritus Drexel University School of Medicine, on Alzheimer's disease (ALZ) and how that tragic disease is a chronic infection caused by spirochetes. Three different types of spirochetes were shown to be involved: oral spirochetes, derived from dental plaque, that cause up to 90% of ALZ, Lyme spirochetes that cause 10%, and syphilitic spirochetes that cause syphilitic dementia. These were included because syphilis and ALZ are the same neurologically and pathologically. (They have the very same findings on pathology as ALZ, and it is important to include syphilis in the discussion because it can be prevented by treatment with penicillin or azithromycin any time before dementia begins. This is the rationale for treating ALZ with either of those antibiotics preventatively before ALZ begins. Also, because the oral spirochetes are constantly seeding the brain, a yearly course is recommended. (In contrast, syphilis is ordinarily a one-time exposure- so, one time treatment.)

The mechanism for how the spirochetes cause dementia was demonstrated: the spirochetes make biofilms (a slime coating that protects them from noxious substances, antibiotics, and the adaptive immune system—antibodies and killer T cells.). At the same time they make biofilms, they make beta amyloid. If this process occurs inside the neurons (and it was shown to happen there), the beta amyloid chemically reacts with tau protein and converts it to hyper-phosphorylated tau. Hyper-phosphorylated tau no longer stabilizes neuronal dendrites (as does ordinary tau) and they disintegrate and no longer can transmit impulses. This process was demonstrated on pathology from ALZ brains. When enough of these dendrites are destroyed, the memory is destroyed. Thus, it is a chemical reaction that causes this destruction, and the spirochetes begin the process. It is the single most important occurrence in the pathway to ALZ.

This also demonstrates that the long-held beta amyloid theory of the disease is incorrect. The beta amyloid is made by the spirochetes, with a lesser amount made by the innate immune system reaction to the spirochete/biofilm. So, if beta amyloid is removed, the spirochetes will just make more. This has been confirmed by 200 negative trials based on this faulty hypothesis.



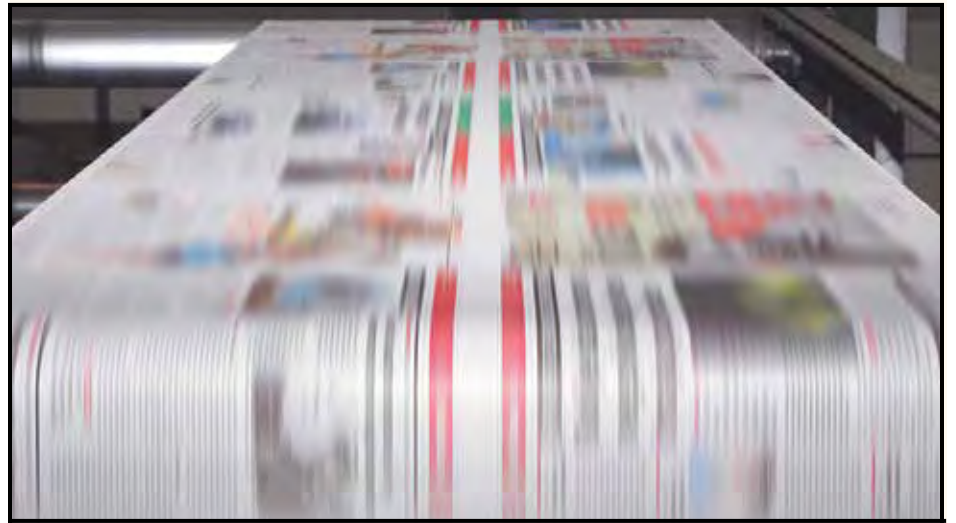
Dr. Herbert B. Allen

Dr. Allen has treated 150 patients (aged 64-80) with penicillin or azithromycin preventatively for 7 years (one course yearly) without any ALZ developing. Further, for fully developed ALZ, he has treated 6 patients for 3 months with penicillin and rifampin (a biofilm "buster") or levofloxacin, both an antibiotic and a biofilm "buster" in one medication, with remarkable results (a return to cognition).

For mor information you may Google

"allen,hb and Alzheimer's disease"

Or all his research can be found on Researchgate.net



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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. |
| Flanagan's South Ender Deli | Tucker's Restaurant |

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