

The Bow Times

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

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DUNBARTON NEWS ON PAGES 10-11

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9

BOW ROBOTICS TEAM A WINNER

Amid fierce global competition, New Hampshire’s own Morpheus 5813 team clinched the Johnson Division Championship at the first Robotics Competition World Championship, which took place from April 17 to April 20 in Houston, Texas. Captaining Alliance 8, Team Morpheus overcame an early defeat to the top alliance, demonstrating resilience and strategic mastery to win all subsequent matches in the Johnson Division, including a rematch with the top alliance.



This win secured their place on the prestigious Einstein Field, where they competed with some of the best robotics teams in the world before being eliminated on a narrow 141 to 140 point margin.

This year, the team’s robot was expertly built and operated by a dedicated crew of students: senior Amalia Orsmond of Bow, Tommy Michaud of Barnstead, Isabella Rogers of Concord, and Troy Smith of NH.

Morpheus 5813’s remarkable achievement in winning the Johnson Division and their strong showing on the Einstein Field are a testament to their dedication and hard work. The team philosophy is rooted in a clear vision: *Dream big and work to make those dreams a reality.*

NEW PRINCIPAL AT BOW HIGH SCHOOL

Assistant Principal Matt Fisk will step into the principal’s office when Brian O’Connell moves on as Superintendent of schools in Litchfield, NH.

The change will occur on July 1. Fisk has been assistant principal for five years. Prior to coming to Bow High in 2019, Fisk served as a social studies teacher and administrator at the New Hampton School. He began his teaching career at Concord High School.

“We want our kids to be good human beings, while they’re learning and while they’re giving back to the community here,” Fisk said.



Matt Fisk, Principal

Outside of administrator duties, Fisk coaches Bow’s unified soccer and basketball teams, which he said numbers some 30 students which is large for a school of Bow’s size. “I think that says a lot about the character of the kids we have here, that so many students want to be part of that program.”

BOW PLANNING BOARD CONSIDERS 49,000 SQUARE FOOT PROJECT ON 3-A

On April 18, the Bow Planning Board was presented with a conceptual design for three contractor bay buildings with footprints of 22,000, 17,600, 9,900 square feet respectively. The property is across from the DHL Distribution Center.

The concept shows three buildings totaling approximately 49,500 square feet. Significant earthwork and blasting would be required to develop the property as the land slopes up from Route 3-A. There are two small wetland pockets that need to be disturbed to develop the property and some buffer impacts would be required for the driveway, lot development and septic system. Estimated construction time for the project is 1 year.

FORTY ACRES OF VALUABLE LAND IN BOW TO BE PERMANENTLY CONSERVED

The Land Conservation Committee of Bow Open Spaces Inc. is pleased to announce today the successful conservation of forty acres of high value land in Bow. The Westover conservation lot, rich in wetlands, and adjoining other conserved lands in Bow, was funded through a mitigation approach under the authority of the New Hampshire Department of Environmental Services and completed in partnership with Coastal Forest Products of Bow.

The land is located off Robinson Road in Bow and abuts the existing Old Johnson Road Town Forest. The conservation easement ensures the land will remain a valuable and permanent natural resource for the people of Bow - and the Stewardship Committee of Bow Open Spaces looks forward to helping ensure its protection.

With the closing between the Westover Family and Bow Open Spaces Inc. of the conservation easement, we congratulate the members of the Team that made this happen, including Bryan and Margaret Westover, the Bow Open Spaces Land Conservation Committee, Pike Severance of Coastal Forest Products, Nick Golon of TF Moran, and many others.

For questions or comments, interest in the ongoing conservation efforts of the Land Conservation Committee, or the role of the Stewardship Committee contact info@bowopenspaces.com.



Pictured from left to right: Bob Dawkins, Bow Open Spaces Land Conservation Director and Tom O’Donovan, Bow Open Spaces Vice President, thank property owners Bryan and Margaret Westover at closing of a conservation easement on 40 acres of land in Bow.



CELL TOWER SITE UNDER DEVELOPMENT

Progress continues on the structure being built on a 62-acre plot owned by the town of Bow, bordering properties along Crockett, Laurel and Sharon drives, as well as Branch Londonderry Turnpike East. Completion is planned for the end of May.

ERIC ANDERSON | Photo

WINNER OF 23 NH PRESS ASSOCIATION AWARDS
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SCHOOLS STRUGGLE WITH CELL PHONE DISTRACTIONS

by: Chuck Douglas

Why are today's teenagers so anxious, depressed and easily distracted in school? A social psychologist at NYU's School of Business answers the question in his new book, *The Anxious Generation*. In it Professor Jonathan Haidt points out the very recent history of the cell phone and its negative impact on our young people.

First, came the arrival of the iPhone in 2007, then the continuing spread of broadband internet. The third change starting in 2009, was what he calls "the new age of hyper-viralized social media," with likes, retweets and shares. In 2010, came the front-facing camera on smartphones, which greatly expanded the number of adolescents posting carefully curated photos and videos of their lives for their peers and strangers, not just to see, but to judge.

This has led to "the first generation in history to go through puberty with a portal in their pockets that called them away from the people nearby into an alternative universe. That was exciting, addictive, unstable and... unsuitable for children and adolescents," according to Haidt.

The results are now very clear to us. Between 2010 and 2024, major depression among teens went up 145% among girls and 161% among boys. There was a rise in disorders related to anxiety as well.

The U.S. Surgeon General's Office found a 57% increase in the suicide rate among young people between 2007's start of the iPhone and 2018. He also found that one in every three high school girls had considered suicide. Thirty or forty years ago we did not produce such depression in school age children nor did the flip phone contribute to it.

Now 95% of 13-17 year olds use a social media platform and 40% of children ages 8 to 12 do.

In Bow the Middle School Principal, Adam Osburn, said that by 8th grade 90% of the students have an iPhone. Osburn said that by the 6th or 7th grade most students are getting their first phone, and that is the start of bullying and dissing classmates.

To address the crisis Mr. Osburn sent a letter to the 6th grade parents on April 3, 2023, in which he said: "I am reaching out with an important message regarding cell phones. A fairly large number of our sixth grade students are struggling to manage their cell phones. It isn't so much that they are a problem in classes. We help them manage that by not permitting them there. The students are struggling with social boundaries while using their phones then becoming upset when pictures are sent between groups. I believe that it is the time for a collective message to be reinforced at home and school about appropriate phone use."

Osburn reported to the parents that "I spoke with the sixth grade students yesterday and told them to stop sending pictures of one another. As far as I know the pictures have been mostly silly photos, but there is a larger lesson to be discussed here as they age. Students involved in large group chats have often exacerbated these issues. The students are generally not respecting each other's boundaries with their phone use, particularly around photos."

Photos are the most prevalent form of bullying of targeted classmates. The Bow 5th graders generally only have chrome books, but cell phones start to rise exponentially in the 6th grade, especially at Christmas. Osburn's theme is "Responsible Use" of phones.

Across the nation schools are wrestling with the problem of mental health and phones with apps more powerful than computers 40 years ago, and a video camera to boot.

Mark Daniel, the Superintendent for Fort Wayne, Indiana's school system imposed a total cell phone ban. His district began locking up students' phones at two middle schools and two high schools in mid-March. The exercise will help determine whether classroom engagement improves in the absence of phones. Most parents have been supportive, he says, although outliers have been vocal.

A Colorado school district found that phones were at the center of more than half the schools' disciplinary issues by 2022- not just kids watching TikTok and YouTube in class, but cyber bullying, spying in bathrooms and recording fights.

Teachers and administrators say gadget bans are the only way to regain student focus and tamp down misbehavior. Parents complain they need to be able to reach their kids at all times, both for emergencies and routine scheduling issues. "Parents are turning out to be unexpected, but forceful opponents of schools' attempts to keep kids off their smartphones," according to Family and Tech writer Julie Jargon in the Wall Street Journal for April 23, 2024.

The Bow Middle School survey results from 173 families, tallied on May 6, revealed that 96% of families and 97% of school staff feel that use of personal devices should be restricted during academic time. When asked if the current approach should be to prohibit or restrict more 48% of families said yes and so did 75% of the staff.

Rather than a total ban, the Bow High School principal, Brian O'Connell, has issued a set of procedures for earbuds, cell phones, etc. as follows: "Personal devices may not be utilized at any time during academic classes for non-academic purposes and/or used without approval from the classroom teacher. At the start of every period, students are asked to place their personal devices in the provided pouch in the classroom or in their backpack; whichever is the direction of the classroom teacher."

Of course, the goal for school administrators is to reduce anxiety and classroom distraction so that students can have a focused learning environment in an unprecedented time of instantly connected devices. So far Bow parents are supportive of even further restrictions.

YOU'RE *invited*

The Board of Selectmen
and the Town Manager invites
members of the Bow community
to attend the

**Swearing In Ceremony of
Dennis Comeau, Fire Chief
Jennifer Sole, Fire Fighter
Chris Conary, Fire Fighter
Jonathan McDonald, Fire Fighter**

Thursday, May 23, 2024

6:00 to 8:00 PM

Public Safety Center, 7 Knox Road, Bow
Cermony to commence at 6:30 PM
Light refreshments will be served.



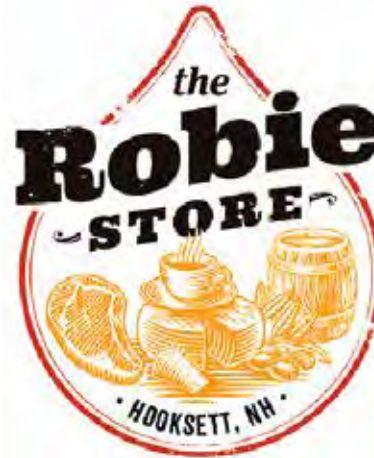
AMOSKEAG ROWING CLUB KICKS OFF SPRING REGATTA

Each spring Bow High School sophomore, Molly McCarthy, and her teammates at the Amoskeag Rowing Club in Hooksett wait for temperatures to rise, signaling the start of rowing season. Molly has been rowing since she was in the eighth grade, with the encouragement of her older sister, Mary, a competitive collegiate rower.

Molly immediately loved rowing from the start. The boathouse quickly became a second home, and her teammates became a second family. While summer is the off-season from competitive rowing Molly says, "Summer developmental sculling at ARC is my favorite rowing program. Having youth rowers from all over southern New Hampshire come together with a shared love for rowing, creates an amazing community."

As May kicks off the competitive spring regatta season, Molly is rowing five to six days a week either at the ARC Boathouse or local area regattas.

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Travel with **The Bow Times**



The Foote Family enjoyed the beach at Rodney Bay, St Lucia. In the background, across the bay, you can see Pigeon Island where the French and British fought fourteen times for control of the island, seven wins each, with the Brits winning it on the fourteenth battle!

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Community Picnic
5:00 - 6:30

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Bring your chairs and blankets.



MEMORIAL DAY HISTORY

Memorial Day, a federal holiday held the last Monday in May, is the nation's foremost annual day to mourn and honor its deceased service men and women.

Originally called Decoration Day, it was formalized by a "Memorial Day Order" issued by Grand Army of the Republic Commander-in-Chief John A. Logan in 1868.

Modern proclamations call on Americans "to observe Memorial Day by praying, according to their individual religious faith, for permanent peace."

EARLY YEARS

In the waning years of the Civil War (1861–1865) and immediately afterward, communities in the North and South, Black and White, decorated soldiers' graves with floral honors on springtime "decoration days." The practice of strewing flowers on graves has been documented from Classical Roman times to western Europe in the nineteenth century.

On May 5, 1868, the Grand Army of the Republic (GAR), a politically powerful organization of Union veterans led by Major General John A. Logan — issued General Orders No. 11 or the "Memorial Day Act." This issuance formally established "Memorial Day" as a Decoration Day on which the nation would remember its war dead and decorate their graves with flowers.

In subsequent decades competition flourished to claim when and where the first such gathering occurred — in one way or another. Recent scholars however, point to the ladies of Columbus, Georgia, who in April 1866 lobbied for a clearly defined Memorial Day on which to place flowers on the graves of Civil War dead.

National Cemetery Administration

"SHOW ME THE MANNER IN WHICH A NATION CARES FOR ITS DEAD AND I WILL MEASURE WITH MATHEMATICAL EXACTNESS THE TENDER MERCIES OF ITS PEOPLE, THEIR RESPECT FOR THE LAWS OF THE LAND, AND THEIR LOYALTY TO HIGH IDEALS."

Sir William Ewart Gladstone

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FOR THE LOVE OF MUSIC



Today we focus on the sub-genre of Country Music known as "*The Nashville Sound*," and to pay tribute to Owen Bradley and Chet Atkins, who pioneered its development in the mid 20th century.

Early Country Music of the 1920's was a fiddle-based combination of jazz, blues and folk songs (such as "Turkey In The Straw"), and it was regional to Appalachia and the Southeastern United States. Country Music of the 1930's featured singing cowboys, such as Gene Autry and Tex Ritter. The 1940's saw an influx of Honky Tonk, Hillbilly bands and Blue Grass. In the 1950's, Country Music was now competing with the introduction of the hugely popular, new genre called "Rock and Roll." It was during this era that Nashville became the new center for Country Music, and the blending of the original Country Music with the elements of Rock and Roll became known as "The Nashville Sound."

In the 1950's, it was Chet Atkins who led the Country Music movement away from the honky tonk, hillbilly sound whose lyrics centered around such topics as alcoholism, failed marriages, prison time and adultery. He realized that people want music to make them happy and help them escape some of life's troubles. In creating the new Nashville sound, Chet Atkins and Owen Bradley kept some of the same themes of the reality of heartbreaks in life, but made the sound more musically palatable by infusing a more sophisticated style with the addition of heavy string sections, trumpet flourishes, lush background vocals, and crooning (smooth singing in a romantic way.) They assembled a tight group of singers who created a consistent sound, and Owen Bradley moved the center of this new sound to the new location in Nashville in 1958.

Some of the critics were not kind to the idea of a new Nashville Sound because they said it took away from the authenticity of Country Music, even though it DID sound great. Chet Atkins and Owen Bradley were accused of merely seeking commercial success by crossing over the line between Country Music and Rock and Roll. Chet Atkins admitted that the Nashville sound was "a way to sell records and make money." Owen Bradley referred to his new sound as "Countryopolitan," and said "now we've cut out the fiddle and steel guitar and added choruses and violins. But it can't stop there. It always has to keep developing to keep it fresh." The huge popularity of the Nashville Sound speaks for itself, and it expanded the popularity of Country Music from the regional Southeast to the national stage.

Owen Bradley was well-equipped to orchestrate the new sound, with his extensive background as a bandleader, arranger, record producer and musician. He hand picked the country's finest musicians and Country singers to his Nashville recording studio, and was instrumental in propelling them to super-stardom.

You will hear the Owen Bradley's Nashville Sound in the recordings of Brenda Lee, Floyd Cramer, Eddy Arnold, Skeeter Davis, the Everly Brothers, Tammy Wynette, Patsy Cline, Loretta Lynn, Conway Twitty, Buddy Holly, Jim Reeves and Johnny Cash, to name a few. The music of these country stars still remains popular today.

During this past 2023 Christmas season, Brenda Lee's 1958 recording of "Rockin' Around the Christmas Tree" topped the charts AGAIN! She recorded that song at age 14 in Owen Bradley's Nashville studio 65 years ago, with all the instrumentation and vocals that defined his new Nashville Sound. At age 79, Brenda Lee expressed her elation at being the oldest person to ever top the Hot 100. When asked what she thought led to the success of "Rockin' Around the Christmas Tree" for the last 65 years, she said, "We'll, you know what? The appeal is not necessarily me." She credited Owen Bradley, who produced the recording, as the "genius" who had "the A-team of musicians with Boots Randolph on sax and the Anita Kerr singers." What Owen Bradley did for Brenda Lee, he did the for all the above mentioned Country stars.

We all know that Brenda Lee's talent is unfathomable, but isn't it wonderful to see someone who has achieved such greatness in the Nashville Sound give credit where credit is due?



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As college students are graduating and getting ready to start their careers this month, financial responsibility should be a top priority. American Bankers Association has identified six traps that could hinder new college graduates from securing their financial future.

New college graduates should avoid the following financial traps:

- **NOT HAVING A BUDGET.** Simply put, don't spend more than you make. Calculate the amount of money you're taking home after taxes, then figure out how much money you can afford to spend each month while contributing to your savings. Be sure to factor in recurring expenses such as student loans, monthly rent, utilities, groceries, transportation expenses and car loans.
- **FORGOING AN EMERGENCY FUND.** Make it a priority to set aside the equivalent of three to six months' worth of living expenses. Start putting some money away immediately, no matter how small the amount. A bank savings account is a smart place to stash your cash for a rainy day.
- **PAYING BILLS LATE – OR NOT AT ALL.** Each missed payment can hurt your credit history for up to seven years, and can affect your ability to get loans, the interest rates you pay on loans and your ability to get a job or rent an apartment. Consider setting up automatic payments for regular expenses like student loans, car payments and phone bills.
- **RACKING UP DEBT.** Understand the responsibilities and benefits of credit. Shop around for a card that best suits your needs, and spend only what you can afford to pay back. It's a great tool if you use it responsibly.
- **NOT THINKING ABOUT THE FUTURE** It may seem odd since you're just beginning your career, but now is the best time to start planning for your retirement. Contribute to your employer's 401(k) or similar account, especially if there is a company match. Invest enough to qualify for your company's full match – it's free money.
- **IGNORING HELP FROM YOUR BANK.** Most banks offer online, mobile and text banking tools to manage your account night and day. Use these tools to check balances, pay bills, deposit checks, monitor transaction history and track budgets. Sugar River Bank offers these services in their online banking and mobile app.



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GRAMMAR TIPS

We urge millions of new immigrants who don't speak English as their primary language to learn it (as well they should). Yet our own native-born nonimmigrants often mangle the language they supposedly grew up mastering. Below are some samples you may have heard:

- WRONG** – Me and her bought a new car.
CORRECT – She and I bought a new car.
- WRONG** – I seen him go next door.
CORRECT – I saw him go next door.
- WRONG** – Myself and her went to a concert last night.
CORRECT – She and I went to a concert last night.

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BOW HERITAGE COMMISSION

Eric Anderson | Photos



In mid-April, Jim Dimick and Eric Anderson met with Dick and Alna Stevens at their beautifully restored historic home to accept an early 1800's ladder for display in the Bow Heritage Commission space at the Municipal Building. In addition to the ladder, they donated a historic pruner and a political sign.

Dick graciously agreed to be interviewed on a video(s) addressing a number of historic Bow items, events and places. Dick, a student of our local history and the Chair of the Bow Historic Commission in the early 2000s, has accumulated extensive historical knowledge about Bow and the surrounding area that requires documentation for future generations.

Check out "Bow - Then and Now," a photo comparison at the Town of Bow's official website at:

www.bownh.gov/396/Heritage-Commission

THE EVOLUTION OF BOW'S ANNUAL TOWN REPORT



YOU CAN HELP!

Your Bow Heritage Commission is seeking copies of Bow's Annual Town Reports for specific years. The oldest Town Report that the Bow Heritage Commission has in its collection is dated 1862.

We are striving to assemble five complete sets of Town Reports 1861-2024. and are asking for your help!

If you are able provide copies of any of the following editions, the Heritage Commission would be most grateful:

2006, 2001, 1961, 1957, 1953, 1947, 1946, 1941, 1940, 1936, 1935, 1934, 1933, 1932, 1917, 1912, 1910, 1909, 1904, 1903, 1902, 1901, 1900, and any from 1861 (first town meeting) to 1899.

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SUMMER FITNESS GOALS

by Jim Olson

Summer doesn't mean you have to put your fitness routine on hold, in fact, you should take advantage of the longer days and warmer temperatures to stay active throughout the year. Here are some tips for keeping your fitness goals in check this summer:

- ▶ Take advantage of outdoor workouts - with so many parks, trails, and recreational areas available, there are many opportunities to get some sun while getting in a good workout. Take your yoga mat outside or go for a run around the neighborhood.
- ▶ Try out a few recreational sports - Whether you wanted to get in shape to join a local, recreational sports league, or just have some fun with family and friends - playing outdoor **or** indoor sports can be an enjoyable way to stay active.
- ▶ Find water activities - Swimming is a great way to stay cool and get in some exercise at the same time. If you don't have access to a pool, try stand-up paddle boarding or kayaking for a more intense workout.
- ▶ Incorporate body weight exercises into your routine. Body weight exercises can be done anywhere, anytime, requiring no equipment whatsoever! Find your way to your local park to do pushups, squats, and lunges to keep your muscles toned - all with no weights or machines.
- ▶ Get creative with cardio. An outdoor game of tag or jumping rope in the backyard can be just as effective as a running session inside on a treadmill.
- ▶ If it's too hot, take your workout outside in the evening when temperatures have cooled. Outdoor walks or jogs can be refreshing after a long day!
- ▶ Wear the right clothes - Make sure you're wearing light, breathable clothes to keep cool while working out. Also, use sunscreen and head covering if you're exercising outdoors during the day!



Jim Olson

▶ Take it indoors - While working out indoors isn't ideal in summer months, air-conditioned gyms are always an option during peak temperatures or heat waves if necessary!

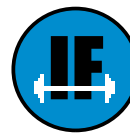
▶ Get creative with your routine - Summer is a great time to explore different types of workouts and add new activities such as swimming, yoga or trying out a class at the gym. Keep in mind that you don't need to put your usual fitness routine on hold for the summer; just be smart about mixing things up a bit!

▶ Listen to your body - In high temperatures, it's important to pay attention to how your body feels and take breaks when necessary. If it's too hot outside or if you're feeling exhausted, rest and come back another day

▶ Remember that exercising regularly is important for your physical and mental health, but don't push yourself too hard!

▶ Wear the right clothes - Choose lightweight, breathable sweat wicking fabrics to wear during your routine. This will help keep you cool during workouts in hot weather. Also make sure to wear a hat or visor to protect your face from the sun!

▶ Be aware of dehydration - Dehydration can make summer workouts more difficult, so it's important to drink plenty of fluids before and during your workout. Keep a bottle of water nearby and take regular sips throughout your session. You can also incorporate electrolyte drinks into your routine if you feel particularly dehydrated after intense outdoor session.



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445 Currier Road	3 Bedrooms 2 Baths	2839 Square Feet	9.8 Acres	\$700,000
1800 Bound Tree Road	3 Bedrooms 3 Baths	2159 Square Feet	94 Acre	\$725,000

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HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

HOPKINTON HISTORICAL SOCIETY is currently collecting framed art, tools, old silver, furniture, china, jewelry, household items, etc. for its Vintage Yard Sale on May 18. Items may be dropped off during open hours (Thurs/Fri 9-4 and Sat 9-1), or, if you'd like to have items picked up, contact the Society at 603-746-3825 or administrator@hopkintonhistory.org.

CHANGING LIVES EQUINE CENTER Clean out your closets for Changing Lives Equine Center. We are collecting clothing and accessories (scarves, handbags, wallets, ties, belts) and household textiles (bedding, towels, tablecloths, curtains, pillows). All items must be clean and in sellable condition. Please use large bags for donations. The funds raised will support older rescue horses who are used for therapeutic riders, veterans, Special Olympians and 4-H members. For information about dropping off donations, contact Marcia Evans 603-545-5213/marciadawnmar@tds.net. To arrange for pick up, text Kath Butcher (603) 724-3452 or email kathb123@comcast.net. Donations will be accepted until May 24th at Dawn-Mar Ranch 64 Stumpfield Road.

THE SWAP SHOP at the Hopkinton-Webster Transfer Station is open on Monday from 9:00-11:00 (and most Saturday mornings). We are looking for puzzles (all the pieces, please), jewelry, silverware and other small kitchen items, DVDs, and yarn (very popular). One customer is looking for some quirky glasses to hand out at a wedding. Please no baby items or clothing. Last fall we had a donation of lots of little cars, trucks, and planes that were gently played with, but have lots of life left in them. We also have a good selection of audio books. Stop by and take a look around and feel free to drop off items in good repair.

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.

ALL HOPKINTON SUMMER CAMPS are listed online! Including: Summer Recreation Camp, Chess Camp (Chess Wizards), British Soccer Camp, STEM Science Camp (Camp Invention), and Art Camp. Program details and registration links are online at www.HopkintonRec.com

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

KINDERGARTEN REGISTRATION It's time for kindergarten registration. If your child will be 5 by September 30th please fill out the registration at: <https://bit.ly/HMS2425>

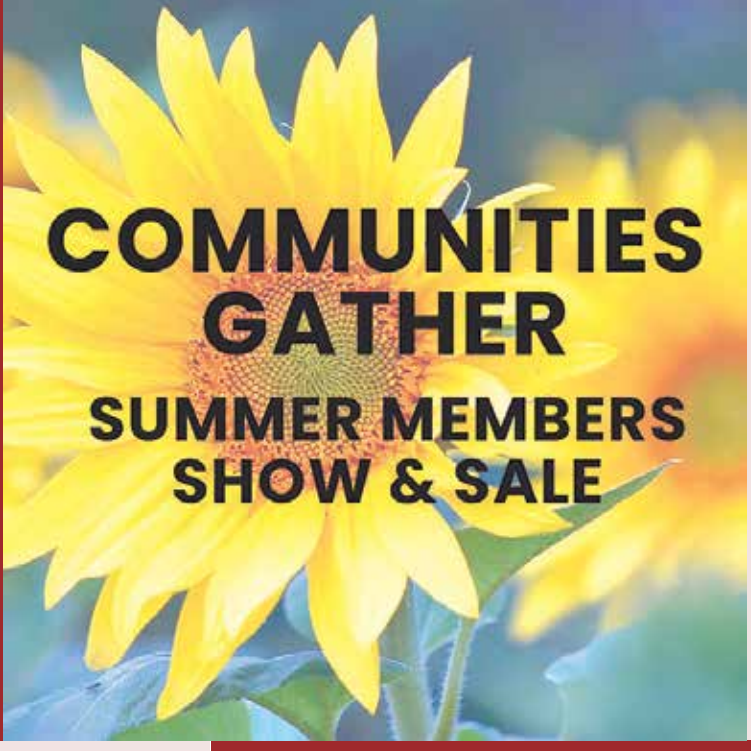
FREE SEEDS Master Gardener Cindy Garland collected and organized the free seed library. Stop by the Hopkinton Town Library.

DISCOUNTED OR FREE PASSES Thanks to Friends of the Hopkinton Town Library and SMP Architecture, there are discounted or free passes to: Boston Children's Museum, Canterbury Shaker Village, Children's Museum of NH, Currier Museum of Art, The Fells Estate and Gardens, McAuliffe-Shepard Discovery Center, Kearsarge Indian Museum, Boston Museum of Fine Arts and Museum of Science, NH Historical Society, NH State Parks, NH Telephone Museum, SEE Science Center, Squam Lakes Natural Science Center, Strawberry Banke Museum, and Woodman Museum. To reserve a pass (603) 746-3663 or info@hopkintontownlibrary.org Information: www.hopkintontownlibrary.org/museum-passes.html.


BOOK SALE 2024 Friends of the Hopkinton Town Library is sponsoring the Book Sale 2024 on Saturday June 8th 10am-4pm. \$5 bag sale 2-3pm. Free after 3pm. Donations accepted Sat June 1st 10-2, Wed June 5th 10-6, Thurs June 6th 10-6, Friday June 7th 10-4. Donation limit of 3 boxes of books per family. Books should be gently used and in sellable condition. Not accepting old/musty books, Reader's Digest books, magazines, textbooks, books in bad condition, CD/VHS/DVD.

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



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**FEATURING THE WORK OF MORE
THAN 30 ARTISTS**
MAY 25 – JUNE 22, 2024
Opening Reception
SATURDAY, MAY 25TH

HOPKINTON ART GALLERY SHOWCASES MEMBER ARTISTS

More than 30 New Hampshire artists will display and sell their work in the annual summer member show at Two Villages Art Society’s gallery in the Hopkinton village of Contoocook. The show, *Communities Gather*, opens Saturday, May 25 with a reception from 12:00 to 2:00 PM, and runs through June 22.

More than 90 pieces of artwork will be displayed in the show. Exhibitors include painter Pamela R. Tarbell, ceramic artist Karen Sobin-Jonash, photographer Jeff Schapira, knitter Martha Johnson, fiber artist Jules Robinson, and other artists from Hopkinton, Concord, Warner, Meredith, and nearby towns. Their work includes paintings and drawings, fiber arts, jewelry, pottery, and prints.


Most of these artists have exhibited widely and are well-known as artists and teachers, and some are in the earlier stages of being professionals in their fields.

The Summer Members exhibit is juried by a prominent member of the New Hampshire art community. “Best in Show” and “Artist Merit” awards will be presented during the opening reception.

Admission to the gallery is free and open to the public, as are opening receptions. The gallery is at 846 Main Street, Contoocook and is open Thursday through Sunday from 12:00 to 4 PM.

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

HOPKINTON POLICE DEPARTMENT







APRIL 2024
4 Arrests • 2 Accidents • 299 Traffic Stops

04/07 Alicia Armstrong, 34, 1518 Province Lake Road, Effingham, was arrested for Drive After Revocation/Suspension – subsqt, False Report to Law Enforcement; False Information and False Report to Law Enforcement; False Information.

04/09 Janice Pickering, 35, 216 Suncook Valley Highway, Epsom, was arrested on Warrant.

04/17 Frederick Temple, 39, 1789 Clement Hill Road, Hopkinton was arrested on Warrant.

04/22 Pamela Benassi, 34, of 81 Diamond Lane, Warner, was arrested for Willful Concealment.

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DUNBARTON POLICE DEPARTMENT

APRIL 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.

4/1/2024: Simon Audet, 85, Weare, was charged with operating after revocation/suspension and non-inspection.

4/2/2024: Jamie Garcia, 28, Westfield, MA, was charged with burglary from a Dunbarton PD warrant; Christian Jeremias Lopez Godoy, 18, Manchester, was charged with operating without a valid license, non-inspection, and unregistered vehicle; Gilles Nault, 42, Manchester, was charged with operating after revocation/suspension and operating without a valid license.

4/3/2024: Michael Tanner, 64, Dunbarton, was charged with conduct after an accident; Ernest Gonyer, 74, Manchester, was charged with operating after revocation/suspension, highway markings, and operating without a valid license.

4/6/2024: Kara Mctiernan, 42, Dunbarton, was taken into custody for driving or operating under the influence of drugs or liquor - second offense.

4/8/2024: Felisha Markham, 36, Nashua, was charged with operating after revocation/suspension, operating without a valid license, and for non-inspection; Kamden Carter, 30, Saugus, MA, charged with operating after revocation/suspension and following too close; Leela Cable, 28, Manchester, was taken into custody on a warrant out of Hillsborough County Superior Court - North for violation of bail conditions related to an original charge of sale of a controlled drug - death resulting. She was also charged with resisting arrest or detention and simple assault on a law enforcement officer.

4/9/2024: James Tanguay, 25, Manchester, was taken into custody for operating after revocation/suspension - DUI conviction and possession of a controlled drug with the intent to distribute; Karen Strandnes, 56, Weare, was taken into custody for driving or operating under the influence of drugs or liquor, disobeying an officer, and yellow line.

4/13/2024: Shane Ordway, 42, Dunbarton, was charged with operating after revocation/suspension - subsequent offense, suspended registrations, and non-inspection.

4/19/2024: Jonathan Da Costa, 30, Fitchburg, MA, was taken into custody for operating without a valid license and yellow line.

4/23/2024: Simon Audet, 85, Weare, was charged with operating after revocation/suspension and non-inspection.

4/25/2024: Jeri-Lynn Lajoie, 53, Goffstown, was charged with operating without a valid license.

4/27/2024: Sean Fields, 50, Andover, was taken into custody for disobeying an officer and speed.

4/29/2024: Ryland Carr, 45, New Boston, was taken into custody on a Lacoia PD warrant for conduct after an accident.

During the month of April, one (1) individual was taken into protective custody and 39 traffic citations were issued for offenses that included speed, non-inspection, unregistered vehicle, following too close, yellow line, and misuse of plates. For our complete April, 2024 Monthly Report please visit our Facebook page or website.

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On Saturday, May 4, 2024, Officer Tompkins and Officer Philbrook stopped by the Dunbarton Elementary PTO's Sweetheart Dance at the Dunbarton Elementary School to pass out some glow sticks and Junior Officer stickers!

L.E.A.D.
LAW ENFORCEMENT AGAINST DRUGS & VIOLENCE
"On the Street and in the Classroom"



Approximately thirty 6th grade students at Dunbarton Elementary School graduated from the L.E.A.D.—Law Enforcement Against Drugs and Violence "Too Good for Drugs" program on Friday, April 12, 2024. This marks the third class to graduate since the program was implemented during the 2021-2022 school year. To date, over 100 Dunbarton students have graduated from the program.

Over the past many months, we taught ten lessons which included the topics of: setting reachable goals, making responsible decisions, identifying and managing emotions, effective communication, bonding and relationships, the effects of alcohol, tobacco and nicotine, the safe use of prescription and over-the-counter medicines, and the dangers of street drugs.

The goal of the TGFDP program is to build children's social-emotional skills and empower them to be strong learners, make healthy choices, and be more resistant to peer pressure and peer influence. Children who learn and use the skills taught in this program are more likely to have a positive attitude, make good decisions, get along with their peers, and do better in school.

To celebrate their hard work and dedication, students received a graduation certificate and LEAD graduate sticker. The graduation was topped off with a cupcake and cookie party! We would like to thank all of the faculty and staff at DES that provided assistance as well as the Dunbarton Elementary PTO for their continued support of this program. To learn more about the LEAD program, please visit this link.

LAW ENFORCEMENT TORCH RUN
FOR SPECIAL OLYMPICS

Members of Dunbarton PD look forward to joining law enforcement officers from all over Merrimack County on Thursday, May 30, 2024 for the **Law Enforcement Torch Run for Special Olympics**.

The 12 mile run will start at the Merrimack County Sheriff's Office in Boscawen and end at the State House in Concord. **To learn more, please visit www.sonh.org**

NORA'S DUNBARTON NEWS



NEW! WOMEN'S COFFEE CHAT will be held EVERY Tuesday, 10:00 AM to 11:00 AM. More than just caffeine! There are tremendous benefits of a coffee get-together, plus you meet neighbors and make new friends. Please bring your own coffee or beverage to meet in the front foyer of the library.

CHAIR YOGA WITH SHERRY is scheduled for Thursdays May 30 and June 13 at 11:00 AM. Meet upstairs. Please be prepared to carry up a chair from the library. *Check the library's website and their Facebook page for cancellation notices.*

LOGGERS' SONGS AND STORIES Tues. May 28 at 6:30 PM, come enjoy *Range the Wild Woods Over: Loggers' Songs and Stories Presented by Jeff Warner* with a generous grant from New Hampshire Humanities. Held in the Upper Town Hall. *Check the library's FB page or website to confirm date and time.*

BEYOND THE BOOK The Dunbarton Congregational Church Book Group: *Beyond the Book*, will meet to discuss *Screw Tape Letters* by CS Lewis on Thursday, June 6, at 7:00 PM, at the vestry or on Zoom. Check DCC's Facebook page for info or Barb at Bennett@dunbartonucc.org.

THE DUNBARTON GARDEN CLUB

will meet at the Dunbarton Town Hall (second floor), 1004 School Street in Dunbarton. The garden club meetings are open to the public, and they look forward to seeing you. Come a bit early for social time from 6:30 to 7:00 PM. You may also find the club on Facebook (Dunbarton Garden Club) for the most up-to-date information and photos of their events and projects. For suggestions or questions, email dgc03046@gmail.com.



CEMETERY WORKSHOP

On Saturday, June 15, at 10:00 AM the Dunbarton Cemetery Trustees will hold a Workshop Open to the Public, in conjunction with John Lord from the NH Old Graveyard Association. The event will take place at the Dunbarton Center Cemetery 1011 School Street, Dunbarton NH 03046. Parking is available at the Town Office. This will be a hands-on workshop:

- Learn the proper way to straighten leaning headstones.
- How to re-seat a headstone whose top is no longer attached to the base.
- Learn how to repair a broken headstone and the proper product to use.

Confirm attendance by emailing cemeterytrustee@dunbartonnh.org.



SPIRESIDE COFFEE HOUSE

will hold an Open Mic at the Congregational Church, 6 Stark Highway North on Saturday, June 15. Performances begin at 5:00 PM. Doors will open at 4:30 PM for signups. \$5 suggested donation at the door. Coffee, tea, soup and snacks are available, and donations are accepted for the snacks. For more information, contact Lizz@dunbartonucc.org,

THE LIBRARY BOOK GROUP

will read *My Dear Hamilton* written by Stephanie Dray for their discussion on June 21 at noon at the library.

COME JOIN THE
**DUNBARTON CELEBRATION OF
MEMORIAL DAY**



On Monday, May 27 at 11:00 AM, the Dunbarton American Legion Post 116 will hold its annual Memorial Day ceremony. Along with the local boys and girls of troop 75, they will place wreaths on the four war monuments in front of the Library Town Hall at 1007 School Street. Following short speeches and a musket salute by a detachment of the New Hampshire Sons of the American Revolution Honor Guard, (SAR) everyone will be invited to walk to the front gate of Center Cemetery for the placing of a wreath for the unknown veterans in the cemetery. Immediately following, the American Legion will be joined by a detachment

from The New Hampshire Chapter of the Sons of the American Revolution and the Mercy Hathaway White Chapter of the DAR, in a ceremony, to unveil bronze medallions on the graves of five Revolutionary War Veterans buried in Center Cemetery. The name and rank of each of the five veterans will be announced. The ceremony will end with the SAR Honor Guard detachment's musket salute. At 1:00 PM, the American Legion will host additional Memorial Day events in the Community Center (DES Gym), 20 Robert Rogers Road, with a concert by the Hopkinton Town Band featuring patriotic music. The public is welcome to all Memorial Day Events.





BOW HIGH SCHOOL SPORTS SPOT

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

BOW HIGH SCHOOL TRACK AND FIELD TEAM OFF TO SUCCESSFUL START

As the spring sun graces the skies, Bow High School's track and field team has been off to a stellar beginning to the 2024 season. Led by a large group of dedicated athletes and coaches, the team's achievements on the track have been excellent so far.

According to Emily Fauteux, a junior member of the team, "With a large team of 68, we are lucky to have many talented athletes. Top performers for the boys' team this season include athletes like Kody McCranie, Alden Betterley, Collin Atwell, McDowell twins, Ben and Joe, Sean Nicholls, Thomas Sargent, and Wyatt Worcester." She continued, "For the girls' team, top performers include Hannah Pawlowski, Charlotte Larochelle, Julia Hou, Gwen Barrieau, Camden Wilson, Sabrina Bernard, Madison Pfister, and Charlotte Weiss."



Alden Betterley, Senior

Junior Kody McCranie leads the charge with an impressive 200m dash record of 22.74 seconds, while also excelling in the 100m dash, 400m, and 4x100 relay. Alden Betterley holds 5th place statewide in the 800m, clocking in at 2:02.70, and competes in the 1600m, 800m, and 4x400 relay. Collin Atwell showcases his versatility with consistent scoring in the 300 hurdles, 100m, triple jump, and high jump. The McDowell twins, Ben and Joe, dominate in pole vault, with Ben holding 1st place and Joe ranking 4th in the state. Sean Nicholls impresses in shot put, ranking 3rd statewide.



Sabrina Bernard, Senior

Reflecting on the leadership within the team, Fauteux remarked, "Our captains have been very enthusiastic, always starting off practice leading the team in a group warm-up. All the athletes agree that they are friendly and approachable, and we are very lucky to have them as leaders."

When asked about her own performances during meets, Fauteux shared, "I run the 100-meter sprint, and both hurdle events. My hurdle times have consistently improved throughout the season, and I currently hold 14th in the state for the 300 hurdles. However, there are always good days and bad days, and my performances definitely vary meet to meet. Overall, I'm happy with the way I have performed, and I have been able to score well for the team with a total of 37.75 points."

Despite the highs and lows of competition, Fauteux emphasized the enjoyment and camaraderie experienced within the team, stating, "I couldn't be happier with the Track and Field Team this year. Everyone is enthusiastic and fun to compete with both during meets and at practices. I have loved every minute of this season... Additionally, I love the aspect of setting a new goal for myself each time I come to practice. Each day the plan is different, and achieving something I haven't been able to in the past is extremely rewarding. Plus, having such supportive teammates alongside me makes it so much easier to work through obstacles along the way."

BASEBALL TEAM OFF TO STRONG START

The Bow Falcons baseball team is making waves as they hit the midway point of the season. With a record of 7 wins and 3 losses, the squad is having one of the best seasons in recent memory.



Caleb Szafran, Senior

Caleb Szafran, a key player in the team's lineup, shares insights into their successful season. "This baseball season for Bow Falcons Baseball has been going very well," Szafran remarks. "We have really come together as a team to improve what we are successful at and what we are struggling with." He continued, "No matter the outcome in games, either win or lose, we work on our personal and team skills during practice to help us prepare for the next one."

Strong leadership and camaraderie within the team sustain the Falcons' success. Captains, Sean Guerette and Owen Webber, play pivotal roles in keeping the team focused and motivated. "They definitely keep us on track during practices and games," Szafran remarked. "They do a great job showing leadership during and outside of baseball."

The baseball team is on the rise with an impressive start to the season. "We've got a long way to go, but I'm excited to see how good we can get," Szafran commented. "We've got a great group of guys and are all enjoying this game together."

CHOOSING ACADEMICS OVER ATHLETICS

Gavin McCabe, a highly recruited lacrosse player and two-time captain with a slew of accolades, had no shortage of options for his collegiate journey. With offers to play college football and lacrosse at multiple institutions, McCabe ultimately chose the College of the Holy Cross, renowned for rigorous academics, and boasting a record-breaking competitive admissions cycle, accepting only 16% of applicants.



Gavin McCabe, Senior captain

For McCabe, the decision to forgo college athletics in favor of a superior academic institution was rooted in a desire for intellectual fulfillment. His commitment to academic excellence extends far beyond playing on the field. "It was always my objective to use sports to get me into a top-tier academic institution," he explains. "Overall, I understand that eventually sports comes to an end, and prioritizing my academics is the single most important thing I can do to set myself up for success."

ERIC SAUCIER NEW FALCONS BOY'S BASKETBALL COACH

Longtime Conant High School coach Eric Saucier will be the Falcons boys' basketball coach. Saucier had 16 years as Conant's head coach in Division III.

Moving to Bow in Division II the coach has five state championships under his belt. He replaces Scott Drapeau who went 13-7 last season guiding Bow.

FALCONS FLY FOREVER!



THE BOW TIMES TaleSpinner

M IS FOR MAY – M IS FOR MOM

by Bow Resident Paul Pomeroy

I'm guessing that many of us remember that old TV commercial where the camel walks through the business office asking all the workers what day it is. Well if Wednesday is "hump day" for the week then March must certainly be our "hump month" for the year. March suggests spring but almost always lets us down. This year was no exception with its mild beginning and harsh finish.

Well, we survived the ravages of March but were slammed by the fickleness of April. Unexpected and unwanted storms early on. But she did eventually calm down.

But May has arrived! We can begin to look around our beautiful community with a whole new perspective. The grass has started to green up a bit. The early spring flowers have begun to show themselves. There are buds on the trees. The birds have begun to chirp. Let us embrace the possibilities and greet each other in the optimism of the season. One of the joys of living where we do in the zone of the four seasons! Spring! Hope! Rebirth! Halleluiah!!!

And what better season to remember, celebrate, honor, and appreciate our mothers. With a little help from our friends...

Mother is the name for God in the lips and hearts of little children.

William Makepeace Thackeray

For when a child is born the mother also is born again.

Gilbert Parker

There is nothing in the world of art like the songs mother used to sing.

Billy Sunday

My mother had a great deal of trouble with me, but I think she enjoyed it.

Mark Twain

The person who has inspired me my whole life is my Mom, because she taught me commitment. She sacrificed.

Mike Krzyzewski

An ounce of mother is worth a pound of clergy.

Rudyard Kipling

I am sure that if the mothers of various nations could meet, there would be no more wars.

E. M. Forster

I remember my mother's prayers and they have always followed me. They have clung to me all my life.

Abraham Lincoln

Mothers and their children are in a category all their own. There's no bond so strong in the entire world. No love so instantaneous and forgiving.

Gail Tsukiyama

If I have done anything in life worth attention, I feel sure that I inherited the disposition from my mother.

Booker T. Washington

To describe my mother would be to write about a hurricane in its perfect power. Or the climbing, falling colors of a rainbow.

Maya Angelou

"Such a mysterious business, motherhood. How brave a woman must be to embark on it."

M. L. Stedman

It is never easy being a mother. If it were easy, fathers would do it."

Betty White

The Bow Times TaleSpinner, is a forum for local authors to submit anecdotal short stories and poetry. We invite writers of tales and yarn to send in narratives (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannon1@comcast.net.



Bow Young at Heart Club

Upcoming Events

MAY 22, 2024. 11:30 AM - 2:30 PM

BOB CATS IN THE STATE

NH Fish and Game Department will present a talk about bob cats in the state. Pot luck luncheon prior to the program.

JUNE 12, 2024. 11:30 AM - 2:30 PM

Jo Radner will present "Tangled Lives: Native People and English Settlers in Colonial New England," juxtaposing Native American traditions with the stories told by colonial ancestors. New Hampshire Humanities Council.

Meetings are held at Old Town Hall, 91 Bow Center Road.

Bring your own lunch at 11:30, desert is provided. Presentations begin at 12:30. **The public is always welcome to attend meetings.** Membership is open to all residents 55 and older.

For more information contact Peter Cherici at (603) 774-7682 or email at fairfield_a@hotmail.com

DID YOU FORGET ANYTHING?



Summer is here and whether you're camping, heading to the lakehouse, or ready for a week at the beach, the packing is always the hard part. Did you remember everything you need for the trip? Are you prepared in case things aren't quite what you expect?

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Frank Clough packed up a copy of The Bow Times when he visited Stockholm, Sweden, on a business trip. His wife made him do it!

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Bow Community Men's Club

91 Bow Center Road • Bow, NH 03304
www.bowmensclub.org
Email: info@bowmensclub.org



Old Town Hall
PHOTO BY ERIC ANDERSON

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



Summer CONCERT SERIES

The 2024 Bow Rotary FREE Summer Concert Series.

Bow High School Musicians to Kick Off Summer Concerts!

JUNE 27, 2024 from 6:00 – 7:30 PM
BOW BANDSTAND
Jct. Logging Hill & Knox Road, Bow
Summer Concerts are always free!
In the event it rains, concerts will move to inside the Community Center.

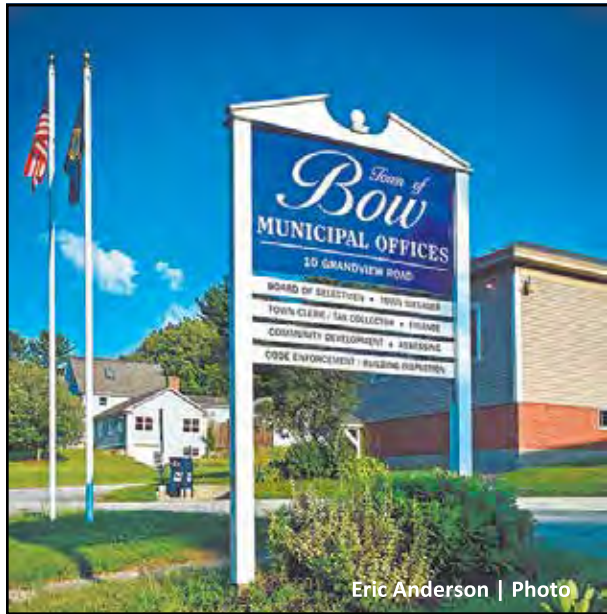
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**FROM THE OFFICE OF
THE BOW TOWN CLERK**
UPCOMING ELECTIONS IN 2024

Tuesday September 10, 2024 – State Primary Election
Tuesday, June 4, 2024 – Last day to change party affiliation.
 Monday, August 12, 2024 – Last day to register to vote before the Primary election. Unregistered voters may register to vote at the polls.

Tuesday November 5, 2024 – State General Election

**Election Location: Community Center
3 Bow Center Road, Bow, NH 03304**

7:00 AM – 7:00 PM

WHY? Do We Say...

“Just a Flash in the Pan.”

The old flintlock rifle had a small “pan” on which a little trail of powder led from the charge in the gun to the flint. When the hammer struck the flint and ignited this trail of powder, *but the gun did not go off – then it was just a “flash in the pan.”*

“Turning a blind eye.”

History has it that 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 that he saw no such order.

“Bite the bullet.”

Before the use of anesthetic in surgery, battlefield medics gave wounded soldiers a bullet to bite on so he’d be less likely to scream during surgery.

IN FLANDERS FIELDS

In Flanders Fields, the poppies blow
 Between the crosses, row on row,
 That mark our place; and in the sky
 The larks, still bravely singing, fly
 Scarce heard amid the guns below.

We are the Dead. Short days ago
 We lived, felt dawn, saw sunset glow,
 Loved and were loved, and now we lie
 In Flanders fields.

Take up our quarrel with the foe:
 To you from failing hands we throw
 The torch; be yours to hold it high.
 If ye break faith with us who die
 We shall not sleep, though poppies grow
 In Flanders fields.

John McCrae, 1915



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HIGH HONOR ROLL

Sophia Chimienti	Grade 9	Hopkinton
Rebekah Itt	Grade 9	Bow
Earl Mitchell	Grade 9	Hopkinton
Joseph Richardson	Grade 10	Bow
Emma Richardson	Grade 11	Bow
Meghann Geiger	Grade 12	Hopkinton
Ana Badau	Grade 12	Dunbarton
Caroline Michaud	Grade 12	Dunbarton

HONOR ROLL

Alexis Bryant	Grade 9	Bow
Ashlyn Bryant	Grade 9	Bow
Landen Krause	Grade 9	Bow
Elias Glasser	Grade 10	Hopkinton
Gwyneth McLaughlin	Grade 10	Bow
Claire Chimienti	Grade 11	Hopkinton
Talon Perkins	Grade 11	Dunbarton
Evan Dow	Grade 12	Bow
Paul Badau	Grade 12	Hopkinton

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REAL ESTATE SALES IN BOW – APRIL 2024

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
941 Route 3A	3 Bedrooms 2 Baths	1624 Square Feet	1.68 Acre	\$400,000
4 Bow Center Road	3 Bedrooms 3 Baths	1706 Square Feet	CONDO	\$465,000
1 Rocky Point Drive	4 Bedrooms 2 Baths	2129 Square Feet	1.08 Acres	\$510,000
26 Lewis Lane	2 Bedrooms 2 Baths	1482 Square Feet	CONDO	\$550,000
3 Dean Ave	4 Bedrooms 3 Baths	2094 Square Feet	1.40 Acres	\$600,000
58 Stone Sled Lane	2 Bedrooms 3 Baths	2608 Square Feet	CONDO	\$620,000
10 Stack Drive	4 Bedrooms 2 Baths	3106 Square Feet	2.50 Acres	\$621,500
16 Tonga Drive	3 Bedrooms 3 Baths	2760 Square Feet	2.15 Acres	\$625,000
3 Kelso Drive	3 Bedrooms 4 Baths	3089 Square Feet	1 Acre	\$720,000
6 Laurel Drive	4 Bedrooms 4 Baths	3378 Square Feet	2.40 Acres	\$725,000
3 Nathaniel Drive	4 Bedrooms 4 Baths	4346 Square Feet	8.99 Acres	\$1,000,000

REAL ESTATE SALES IN DUNBARTON – APRIL 2024

We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
30 Putney Road	3 Bedrooms 3 Baths	2016 square feet	5.08 acres	\$585,000

Sales Data for April 2024 is provided by the NHMLS.



4 NE Avenue, Bow New Hampshire 03304 603-333-0070 www.hometown603.com

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

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BOW FIRE DEPARTMENT

APRIL 2024 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 9 Basic Life Support Transports
- 15 Advanced Life Support Transports
- 18 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 22 Fires/Hazardous Conditions/Alarms
- 21 Service Call Incidents/Good Intent
- 13 Overlapping Incidents
- 85 Total Calls for the Month

Even when the air is **hot**,
water can be **cold!**

Always wear a life vest

Even experienced swimmers can quickly lose muscle control

Cold water can kill



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18 Highlawn Road, Warner NH 03278

(603) 456-2600

info@indianmuseum.org

SUMMER SCHEDULE

JUNE 1: Plant Sale & Herb and Garden day

JULY 13-14: Annual Powwow 10AM - 4PM

AUGUST 10: Warner Palooza

AUGUST 21: Code Talkers

Cohosted with NH Telephone Museum

Come view

“Baskets: Carriers of Life and Spirit”

our new exhibit in the
Contemporary Art Gallery



Need flexible, mom-friendly hours?

Celebrating Children Preschool is seeking a Teacher Assistant to join our friendly and vibrant team here in Bow.

This is a part-time position from September to May. Education experience preferred but not required.

Contact Alicia David, Celebrating Children Preschool Director, at adavid@bownh.gov or call 603-224-2214 for more information.

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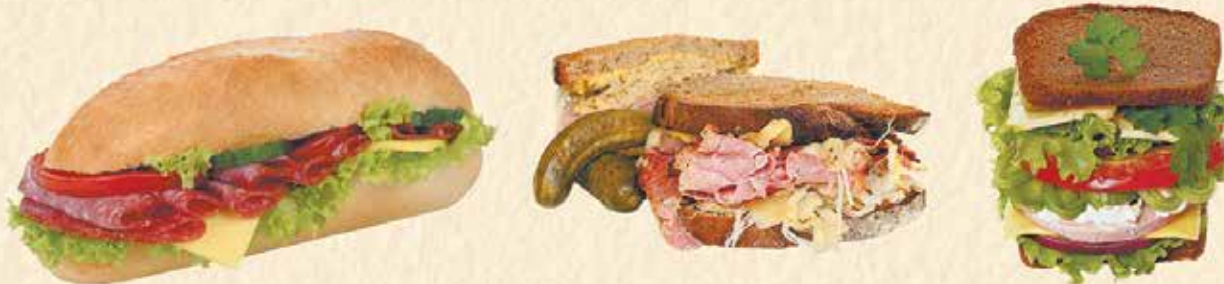
HAPPY MEMORIAL DAY!

Potted plants, cut flowers and assorted flowering plants. Large variety of hanging plants, vegetable plants, herbs, annuals, perennials, and shrubs.

Gift certificates are available. We take cash, check and credit. Follow us on Facebook at Green Thumb Gardens, LLC.

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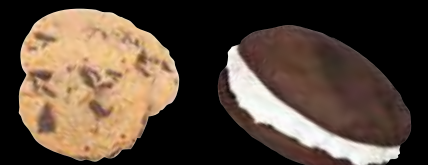
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Saturday 8:00 AM – 3:00 PM

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



Baker Free Library
MAY 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



Baker Free Library will be CLOSED
Monday, May 27th in observance of Memorial Day

ADULT PROGRAMMING

Craft Club | Tuesday, June 4th | 6:00pm

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

Eat Well, Move Often with Renee Plodzick Wednesday, June 5th | 6:30pm

Join us for an evening of health and vitality with local cookbook author, Renee Plodzick, APRN. Renee will share some of her favorite recipes from her recently released cookbook, *Eat Well Move Often Volume 2* that contains a collection of NEW seasonal recipes incorporating whole foods to nourish and strengthen us. This second cookbook is a supplement to *Eat Well Move Often Stay Strong*. Renee loves sharing nutrition and wellness practices to help cancer survivors and the community stay strong. Registration is required through our Online Calendar.

Brain Health “Normal or Not?” presented by Granite VNA Thursday, June 6th | 6:30pm

Many of us have asked that question “What did I come in here for?” Memory loss can impact our lives, when should we be concerned about forgetfulness. Learn the difference between what is normal and what is not and discover ways to stimulate brain health. This presentation is free and open to the public. Registration is not required.

Returning North with the Spring: Retracing the Journey of Naturalist Edwin Way Teale | Monday, June 10th | 7:00pm

In 1947, Edwin Way Teale, the most popular naturalist in the decade between Aldo Leopold and Rachel Carson, followed the progress of spring over four months from the Everglades to the summit of Mount Washington. His best-selling book, *North with the Spring*, recounts the epic journey he and his wife Nellie undertook. In 2012, John Harris set out to retrace Teale's route, stopping at unfamiliar wild places on the same calendar date on which Teale visited. Using Teale's journal notes and photographs, Harris examined and compared changes in the flora, fauna, and lives of the people along the way. His account documents the losses, details the transformations, and celebrates the victories, for a remarkable number of east coast refuges have grown wilder during the intervening years.

This program is sponsored by the NH Humanities Council and is free and open to the public. It is in collaboration with the Bow Garden Club.

BOOK CLUBS

Whodunits | Tuesday, June 4th | 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.

June Book Discussion: *The Blackhouse* by Carole Johnstone

Book Talk at BFL | Tuesday, June 11th | 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!

June Book Discussion: *Foster* by Claire Keegan

White Rock Book Group | Tuesday, June 18th | 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!

June Book Discussion: *Foster* by Claire Keegan

Peaceful Pages: A Mind, Body & Soul Book Club Thursday, June 20th | 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.

June Book Discussion: *The Art of Happiness* by 14th Dalai Lama

IN THE GALLERY

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 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.

June Exhibit – Eva Kjellberg “Inspirations” | June 1 – June 28th

Highlights New England Themed Turn of The Century buildings, still functional or repurposed that have intrigued Eva.



SAVE THE DATE!

Summer Reading Program Begins June 17th

For Kids, Teens & Adults
Read, Attend Programs
and Earn Prizes
ALL SUMMER LONG!



BORROW MORE THAN JUST BOOKS!

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

Magnetism Kit for Ages 3-6

Nature Kit for Ages 4+

Coding Kit for Ages 7+

Piano Kit for Ages 5+

Ukulele Kit for Ages 5+

Ocean Kit (2) for Ages 4+

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

bowbakerfreelibrary.org



www.grumpsnh.com Streamline the order process online!
No need to wait in line – just arrive, load up, and you're on your way!

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OBITUARIES

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SEPTEMBER 6, 1947 - NOVEMBER 17, 2023

FRIDAY, JUNE 7, 2024
FROM 4:30 TO 6:30 PM

CREMATION SOCIETY OF NH
FUNERAL HOME CHAPEL, CONCORD

To view the full online obituary, to leave a message of condolence, or for more information please visit <https://lcsnh.com/> or legacy.com.



MARY PATRICIA CONNOR

Mary Patricia Connor of Bow, 86, passed away on April 4, 2024, with her loving husband by her side.

Pat was born on September 18, 1937, in Greenville, Rhode Island, to William J. and Lumena Ford. She attended Saint Xavier Academy in Providence, Rhode Island, and was the editor of her school newspaper. She excelled in academics and graduated at the top of her class.

She was an amazing wife, mother, grandmother, and great-grandmother, loving, gracious, and generous—the heart of all family activities. She raised her children with love and humor and incredible patience. When her children were grown, she got her Realtor’s license and worked for over a decade for Coldwell Banker, enjoying life as a career woman and making numerous friends along the way.

Pat is survived by her beloved husband, Eugene R. Connor and six of their eight children: Gene Jr., Kathie, Patti, Judi and Pete Perez, Christine and John Riganati, Kerry and Matthew Glance, 13 grandchildren and 8 great-grandchildren. She was predeceased by sons, Michael and Timmy.

In lieu of flowers, please make donations to Christ The King Parish, 72 S. Main Street, Concord.

KAY ANDERSON GRAVES



Kay Anderson Graves, 72, of Bow, passed away peacefully on May 7, 2024. Born in Concord, NH on February 24, 1952, she was the daughter of the late Elmer W. Anderson Jr. and Helene (Frost) Anderson.

Kay grew up in Penacook, NH and graduated from Merrimack Valley High school in 1970. In 1974, she earned her English education degree from UNH, which started her lifelong career in education in the Merrimack Valley High School from 1974-1984 and then the Bow School District from 1987-2018. She was a lifetime member

of the NEA-NH and served as president of her local Bow EA. She was known by her colleagues as the ultimate grammarian and the Master of the BMS Spelling Bee. Kay enjoyed her time at York Beach, loved her family, students, and friends. Her grandchildren were the light of her life. She treasured her beloved Golden Retriever Maggie and was very devoted to God.

She is survived by her son Christopher Chase Graves and his wife Andrea Graves of Newmarket, NH; daughter Stefanie Frost Dube and her husband Sean of Bow, NH; sister Nancy Polep of Loudon, NH; brother Jeffrey Anderson of Largo, FL; grandchildren Sam Graves of Newmarket, NH, Chase Dube of Bow, NH, and Layla Dube of Bow, NH. She is predeceased by her husband of 33 years Robert C. Graves.

A funeral service will occur Thursday, May 16, 2024 at 11:00 AM at South Congregational Church, 27 Pleasant Street, in Concord, NH, with a burial to follow immediately after at Evan’s Cemetery, White Rock Hill Road, Bow, New Hampshire. Donations in memory of Kay may be made to her favorite charity MSPCA.

BARBARA LENA NEWHALL

Barbara Lena (Halls) Newhall, 80, of Dunbarton, died peacefully Sunday April 14, 2024, with her devoted children by her side. She was born in Kittery, ME on December 23, 1943, to Walter A. Halls and Thelma A. Halls. Barbara was raised in Eliot, ME. She loved her parents and brother Kenny, sisters, Sonja, Thora and Bella.

She graduated from Eliot High School Class of 1962.

Barbara met and married Paul E. Newhall on August 9, 1966 (div. 1986).

Barbara was an Administrative professional within the Merrimack school system for many years. She held numerous positions and second jobs to help support her family. Always going above and beyond her role. Before retiring, Barbara was a self-employed caregiver. Her clients became her extended family. This is where she felt most accomplished as her empathetic heart always had more love to give.

She was a Mother and friend to all. A kind soul. She is survived by her son Eric K. Newhall and his partner Kerri Wells of Merrimack , and daughter Michelle Newhall of Dunbarton. She leaves behind several loving nieces and nephews, great nieces and nephews and many friends who adored her.

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.)

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.

https://bowscouts.square.site

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DOCTOR'S CORNER
 by Dr. Richard Johnson Dunbarton



MEDICAL AID IN DYING

Every year or two some of our state legislators try to pass legislation that falls under the heading of Physician Assisted Suicide (PAS) or Medical Aid in Dying (MAID). The arguments for this fall into several categories: I want to control my own death. I don't want to suffer. It's my body, and I decide when and how I die. We put our cats and dogs to sleep (kill them humanly) so they don't have to suffer. I don't want to be a burden. As a physician, I too do not want to suffer. I don't want my patients to suffer.

And I too like my autonomy.

But let's look at this through a different lens. The Hippocratic Oath, written in the 5th century BC, states that the physician will not give lethal drugs to end a life, nor will the physician even suggest such an action. Today, more than two thousand years later, the American Medical Association Principles of Medical Ethics still affirms that "Physician-assisted suicide is fundamentally incompatible with the physician's role as healer, would be difficult or impossible to control, and would pose serious societal risks."

A patient who requests cessation of life-prolonging treatment, or refuses to have it started, is not either in law or medical ethics, expressing a suicide wish but an acceptance of death. The difference between forgoing treatment and PAS is the difference between accepting death and precipitating death. Forgoing treatment acknowledges the limits of healing, but physician assisted suicide (PAS) (or MAID) undermines the very meaning of medicine. (1)

Prescribing pain-relieving medicine or treatment that the patient agrees to, that could hasten a patient's death is morally and ethically different from prescribing medication or treatments that are intended to end the patient's life.

Laws send social messages. A law allowing medical aid in dying (physician assisted suicide) sends the message, however unintended, that if one is seriously ill taking one's life is something to consider. If it becomes acceptable for a person to take their own life because they find loss of control and dependence on others intolerable, then the value of all the other persons who are heavily dependent upon others is called into question. If it is an act of compassion to help usher out of this world someone who is expected to die soon, why is it not an act of compassion to give similar assistance to a chronically ill person with many years of discomfort ahead or to someone suffering severe mental anguish? Once the principle of protecting life has been violated, it is merely an arbitrary decision where the line will be drawn. Indeed, in Belgium, 5% of all deaths (from all causes) are by euthanasia; meaning the physician kills the patient. (2)

If respect for patient autonomy always trumps other ethical considerations, there would be no principled way of withholding any requested treatment. Physicians would become simply 'providers' for whatever a patient wants. Medical ethics requires the ability to decline some kinds of patient requests for the good of the individual and for the good of society. (3) The true measure of a just society is how it treats those on the margins... the immigrant, the scared, the desperate, the infirm, the disabled, the unborn, the elderly, and the dying. Physicians must provide relief from pain and suffering for that is integral to the profession. In order for a patient to appreciate healing and comfort they must be alive. The physician-euthanizer is a deadly contradiction.

1. JAMA. 1988;259:2139-40.
Ann Intern Med. 2017;167:576-578
2. N Engl J Med. 2015;372:1179-81
3. Ann Intern Med. 2017;167:576-578




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Big News!

BOW GARDEN CLUB HAS 2 NEW LOCAL SUPPLIERS FOR OUR UPCOMING Plant Sale

SATURDAY MAY 25TH, 8AM TO NOON
COMMUNITY BUILDING, 3 BOW CENTER RD.

PLEASE STOP BY FOR ALL YOUR SPRING PLANT NEEDS AND HELP SUPPORT OUR COMMUNITY

1



Pleasant View are supplying their **Proven Winner** annuals in 4.25 inch pots as well as 26 different hanging baskets (some pictured here), with a minimum of 3 varieties in each.

2



Newton's will be supplying annual and vegetable cell packs.









The Bow Garden Club relies on our annual Plant Sale proceeds for all our civic beautification needs, education programs for the community, our Bow High School Scholarship and much more. We need your help to make for a successful Memorial Weekend Sale.

LOOK AT THE PLANTS WE HAVE FOR YOU!

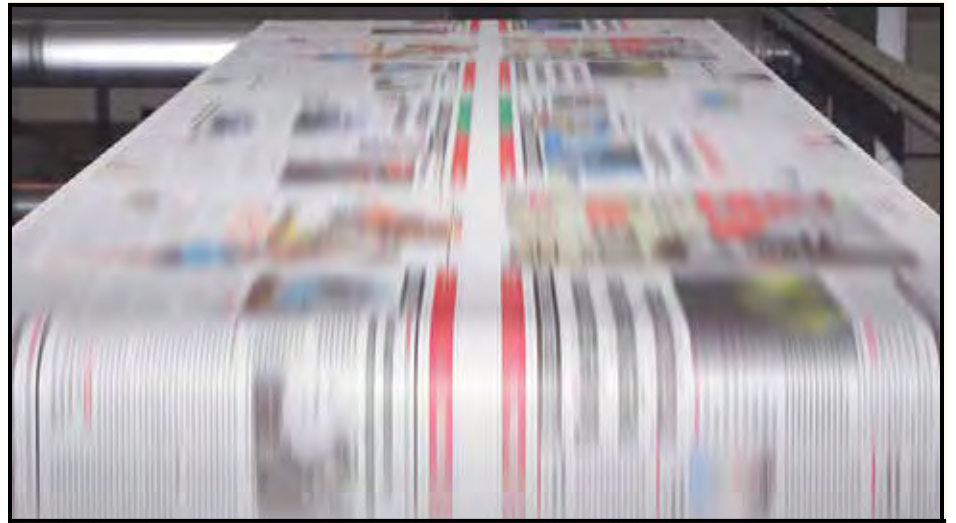
The BGC has stepped up our selection of plants with two new primary plant suppliers. First is **Pleasant View Gardens (PVG)** in Loudon, the home of the famous "Proven Winners" – the plants we all know and love for their numerous varieties and superior quality.

- choose from 4.25 inch annuals in rich colors
- add companion "fillers" and "spillers" to make your window boxes, patio pots and gardens absolute show stoppers this year!
- 10" hanging baskets from Proven Winners with their colorful combinations of four to five different plantings per basket.
- You will be proud to have any of these on display at your home.
- A great selection of herbs from PVG will also be available.

Our second new supplier is **Newton Greenhouse** out of Newton, NH

- one of the few nursery businesses in New England that still raise their own starter-plants in 4-packs.
- Ageratum through Zinnias and Broccoli through Zucchini will be available from Newton, in 4 packs for your gardening needs.

We'll also have our Member Plants (perennials and bulbs) for sale.



Pick up a copy of
The Bow Times
at one these 28 locations!

- | | |
|------------------------------|----------------------------------|
| Baker Free Library | Hampton Inn |
| Blue Seal Feeds | Hopkinton Village Store |
| Bow Mobil | Individual Fitness |
| Bow Recreation Building | Irving's Circle K |
| Bow Town Offices | Johnson Golden Harvest |
| Chen Yang Li | Lakehouse Tavern |
| Colonial Village Supermarket | Merrimack Co. Savings Bank |
| Curios on the Common | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce | Pages Corner Store |
| Concord Food Co-Op | Riverside Pizza |
| Crust and Crumb | School Street Café |
| Dunbarton Town Office | South Street Market |
| Everyday Café | Sugar River Bank, Concord Hts. |
| Flanagan's South Ender Deli | Tucker's Restaurant |



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SATURDAY MAY 25TH

VISIT US FOR ALL YOUR SPRING PLANT NEEDS AND HELP SUPPORT THE GARDEN CLUB AND THE TOWN OF BOW

Saturday, May 25th from 8 a.m. to Noon at the Bow Community Building, 3 Bow Center Road, BOW.

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