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## DUNBARTON NEWS ON PAGES 14-15

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 18-19

### TWO FROM DUNBARTON KILLED IN MANCHESTER CRASH

On May 17, 2024, Brandon Grant, 34, and Jamie Van de Car were killed when their motorcycle was struck around 8 p.m. that night.

Shortly after 8 p.m., officers responded to reports of a crash in Manchester on Elm and Pearl streets involving a car and a motorcycle.

Preliminary investigations revealed that a 43-year-old man from Manchester had attempted to make a U-turn in his sedan while traveling south near 1205 Elm St. During the turn, the car collided with a motorcycle traveling north.

The motorcycle was being operated by Mr. Grant. Jamie Van de Car, 38, his passenger, attended New Boston Central School and Goffstown High School and earned a degree in criminal justice at SNHU. Jamie worked as a facility coordinator for Sodexo at Sanofi in Massachusetts.

### BOW SELECTMEN APPROVE COMMUNITY POWER

After presenting the results of a community power informational session held at the Baker Free Library in May, Chairman Russell Anderson recommended that the Selectmen approve Bow joining the Merrimack County Community Power Program. At the May 28, 2024, meeting of the Selectmen, Chair Anderson and representatives from the Merrimack County Coalition fielded questions from the Board concerning opting in and opting out of the program, savings, community feedback, outreach and awareness, benefits to joining the program now as opposed to later.

The program would provide a new default electric supply and renewable energy supply options for customers in Bow. There is no cost to the town budget, and no obligation to participate. Customers can opt out at any time and return to utility default service on their next available monthly meter read date.

A motion was made by Selectman McDaniel and duly seconded by Vice Chair Colby to commit the Town of Bow to join the Merrimack County Community Power to provide default supply service on an opt out basis to retail electricity customers within the town boundaries pursuant to RSA 53-E:6(1) understanding that the Town of Bow may appoint a representative and alternate to the Merrimack Community Power Council to support joint oversight of the program.

After a vote of 4-1 Bow now joins Dunbarton in the Power Coalition.

### BAKER FREE LIBRARY LANDSCAPE RENOVATION IN PROGRESS



Photo depicts the granite patio tiles at the foot of the steps leading into the original 1914 area of the library. This is just one facet of the entire landscaping plan that is currently being implemented. For instance, the WW-I and WW-II monuments have also been relocated.

ERIC ANDERSON | Photo



### NEW CELL TOWER IN BOW NEARS SERVICE COMPLETION!

The tower is up, has a security fence, and the facility is now gated. Activation is anticipated in September. While this tower will improve connectivity in a few areas in town, Dee Treybig, chair of the town's telecommunications committee, cautions: "This is not the magic tower that's going to fix all our problems."

ERIC ANDERSON | Photo

### AREA RENT & HOME PRICES JUMP

With very few homes on the market and interest rates on mortgage loans at 7% or more, the law of supply and demand has turbo charged home prices.

The state-wide median home price is up to about \$525,000, but Concord's is \$580,000, with less than 20 houses for sale. For a fair price, demand has to meet supply. With very few 55+ communities, condos like Stone Sled Farm in Bow sell for over \$600,000. Median condo prices statewide are \$445,000.

Hopkinton's median home price is \$401,000 while Bow's median home price can approach \$1,000,000 for single family homes.

Until rates come down listings generally result in cash buyers squeezing out young people and first home buyers who can't afford the high interest rates. Many older folks don't list their homes because the buyer pool is so small.

Rents have shot up 45% since the pandemic compared to 25% nationwide. Few multi-family projects are under construction and with the fifth lowest unemployment rate in the country there is not enough new construction for apartments to drive down rents of \$2000 to \$3000 a month for small units. The vacancy rate is 0.8% making it hard for young people to move here.

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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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**Email:** info@thebowtimes.com

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## EDITORIALS

### Cartels Kill 34 Candidates in Mexican Elections

by: Chuck Douglas

On June 2, 2024, millions of Mexicans went to the polls to choose who would be their next President and to fill 20,000 local and State positions.

Hundreds of candidates were threatened by the Cartels and 34 were assassinated at the local level. The Wall Street Journal on May 30, reported that organized crime surged under current President Lopez Obrador and now controls "about a third of Mexico." In fact, the six deadliest cities in the world are in Mexico.

Meanwhile, impunity reigns in Mexico, where in addition to a high homicide rate, more than 100,000 people have gone missing with no explanation of their fate. According to think tank Mexico Evalua, around 95% of all crimes nationwide went unsolved in 2022.

CNN reported that, even while ballots are being counted, the candidate attacks continued. One mayor, Yolanda Sánchez Figueroa of Cotija in Michoacán State, was assassinated the day after the election, while she was walking from a gym back to her house with her bodyguard. Both were shot dead by people in a white van, the State Attorney General said.

In Morelos state, the victim was Ricardo Arizmendi, a candidate for mayor of the city of Cuautla, the State government reported. Officials said Arizmendi had no history of security incidents and had not requested protective measures.

In Jalisco State, candidate Gilberto Palomar, who was running for mayor of the Encarnacion de Diaz municipality, and two of his aides were shot inside a home.

At the end of May, nine people were killed in two attacks against mayoral candidates in the southern state of Chiapas. The two candidates survived.

Earlier in May, six people, including a minor and mayoral candidate Lucero Lopez, were killed in an ambush after a campaign rally in the municipality of La Concordia.

### NEW HAMPSHIRE FAILED THEM! — WHERE IS THE ACCOUNTING?

Recent headlines have focused on Adam Montgomery's sentencing for killing his little girl, Harmony, and the erroneous limitation placed on a jury's finding of abuse at the state Youth Development Center. While that is understandable, what continues to be missing in all this horror is a full public accounting and holding responsible the individuals in state government who failed utterly in protecting some of our most vulnerable citizens.

Who OK'd the transfer of a little girl into the hands of her father? Who then failed that girl in checking on her welfare? It is rather cold comfort to hear that procedures have changed at state agencies. What justice or discipline, if any, has been meted out to those who sent Harmony into this hell?

And what of those who were running, and overseeing, the Youth Development Center during all the years that hundreds of troubled kids were terribly and repeatedly mistreated by some really sick people?

The state claims that perhaps a few "rogue" guards were to blame. Even if a few were directly involved, where on earth were the center's director and his team? Where were the higher-ups in Concord? How could all of this have happened for so long with no one in authority the wiser? Who exactly has been held to account for allowing this shocking abuse?

Sorry, but the age-old fallback that these are confidential "personnel matters" cannot and should not stand when it comes to such gross failures made in the public's name with the public's purse. Nor should "current litigation" be the excuse for Gov. Chris Sununu and the Executive Council to remain silent on all this.

If there has been a state demand for public answers or an apology on behalf of the state, we have missed them.

**Courtesy Union Leader**

### WHAT DOES A REPUBLICAN HAVE TO DO TO WARRANT CENSURE?

If you knew someone who threatened to murder a police chief, rape the chief's wife and children, and shoot other officers to death, would you want him anywhere near your home or family?

Or would you think he belonged in jail.

Former Officer Jonathan Stone made these threats against cops, and he isn't in jail, but he is a Republican member of our state House of Representatives.

Even more incredibly, Stone sits on the House Criminal Justice and Public Safety Committee, helping to write laws the rest of us must obey.

Stone lost his job as a Claremont police officer in 2006, after making multiple threats of violence against police department colleagues, according to an internal affairs investigation that was recently made public. Stone's threats came after the department moved to suspend him for engaging in an inappropriate relationship with a 16-year-old girl, which began when she was 15. (InDepthNH.org has the details.)

Statements by Stone's fellow cops about his violent threats are part of the internal affairs file, which came to light despite Stone's years-long court battle to keep it hidden. And no wonder.

According to the file, a Claremont police detective interviewed more than a dozen officers who heard Stone make threats against his boss, Chief Alex Scott, and his family, as well as threats to massacre other officers and staff at the police station.

"If [Stone] gets fired, people are afraid he will go postal," one cop stated, "He makes me nervous as far as after a confrontation with him, he may try to do something to my wife or family. Generally, people think he is crazy and wonder why he is a police officer." The cop began staying up late with a loaded shotgun in case Stone came to his house.

The Claremont city council recently booted Stone off two city committees as local residents applauded. "If you don't do anything, you are making us look horrible," one resident said.

State Republican leaders have yet to do the right thing about Stone. They haven't made a peep about removing him from the Public Safety Committee, much less expelling him from the Legislature, which he richly deserves. Not a word about even publicly censuring him. Just deafening silence.

Why do Republicans refuse to condemn Stone's demented behavior? Simple. They need him in order to cling to the political power that their tiny House majority gives them. If Stone was a Democrat, they'd be screaming bloody murder and doing everything possible to sideline him.

The Trump presidential campaign also has gone quiet about Stone, even though he's Trump's Sullivan County campaign chair. Does Steve Stepanek, Trump's state campaign chief, think it's OK to let someone who threatens to kill cops represent a candidate who supposedly supports cops?

What does he have to do to encourage any censure from Republicans, actually kill some cops?

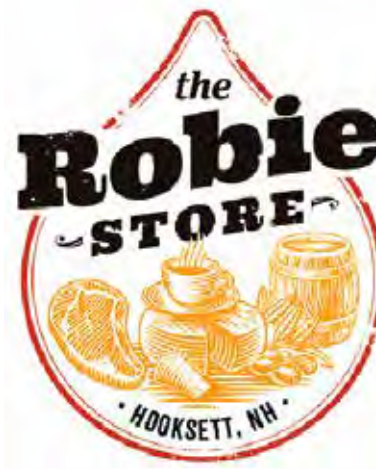
**Courtesy Jack Cheevers, edited for length**

## BOW CITIZENS TO BE SURVEYED ABOUT BAD CELL COVERAGE

At the May 28, 2024, meeting of the Bow Board of Selectmen, Dee Treybig, Chairman of the Bow Telecommunications Committee gave an update on the Isotrope propagation plan noting that Isotrope has identified several areas in town for other cell towers. The telecommunications committee would like to send out a survey to residents before the end of the school year, and then hold an informational session for the community.

The Selectmen anonymously voted to allow the Bow Telecommunications Committee to conduct a survey on behalf of the town that will be posted on the town website and all media resources within the town, contingent upon Board review of the survey.

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## HURRICANE PREPAREDNESS

by Lee Kimball,  
Bow Emergency Management Director

Hurricanes are one of nature's most powerful and destructive events that we face as a nation. Hurricanes have caused eight of the ten costliest disasters in U.S. history. Hurricane season is June 1 through November 30, and Bow's Emergency Management would like to remind residents and businesses that emergency preparedness starts at home! NOW is the time to get prepared.

It only takes one hurricane to change your life and your community. Hurricanes are not just a coastal problem, as high winds, heavy rainfall, tornadoes, and flooding can be felt hundreds of miles inland, potentially causing loss of life and catastrophic damage to property.

The forecast is for a slightly above average season in the number of storms compared to the last thirty years. Forecasters are projecting 14 named storms this season with half becoming hurricanes and 3 of those developing into major hurricanes with 111 mph winds or greater.

Hurricane Irene and Sandy remind us of significant impacts that can occur without it being a major hurricane at landfall. Take action now to be prepared for the hurricane season. As the storm approaches, it is often too late to get ready. Make sure your family has an evacuation plan, a communications plan, and an emergency supply kit. And make sure to evaluate your flood insurance needs.

Visit [www.bownh.gov](http://www.bownh.gov) for in-depth preparedness information. Director Lee Kimball may be reached at 223-3940 or at [lkimball@bownh.gov](mailto:lkimball@bownh.gov).



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**JUNE IS AMERICAN HOUSING MONTH**

Have you started to think about moving into your own place? It can be exciting and frightening at the same time. The American Bankers Association suggests considering the following questions when choosing your own home.

**HOW MUCH MONEY DO YOU HAVE SAVED UP?**

Start with an evaluation of your financial health. Figure out how much money you have for a down payment or deposit on a rental. Down payments are typically 5 to 20 percent of the price of the home. Security deposits on rentals are usually about one month of rent and more if you have a pet. But be sure to keep enough in savings for an emergency fund. It's a good idea to have three to six months of living expenses to cover unexpected costs.

**HOW MUCH DEBT DO YOU HAVE?**

Consider all of your current and expected financial obligations like your car payment and insurance, credit card debt and student loans. Make sure you will be able to make all the payments in addition to the cost of your new home. Aim to keep total rent or mortgage payments plus utilities to less than 25 to 30 percent of your gross monthly income. Recent regulatory changes limit debt to income (DTI) ratio on most loans to 43 percent.

**WHAT IS YOUR CREDIT SCORE?**

A high credit score indicates strong creditworthiness. Both renters and homebuyers can expect to have their credit history examined. A low credit score can keep you from qualifying for the rental you want or a low interest rate on your mortgage loan. If your credit score is low, you may want to delay moving into a new home and take steps to raise your score. For tips on improving your credit score, visit [aba.com/consumers](http://aba.com/consumers).

**HAVE YOU FACTORED IN ALL THE COSTS?**

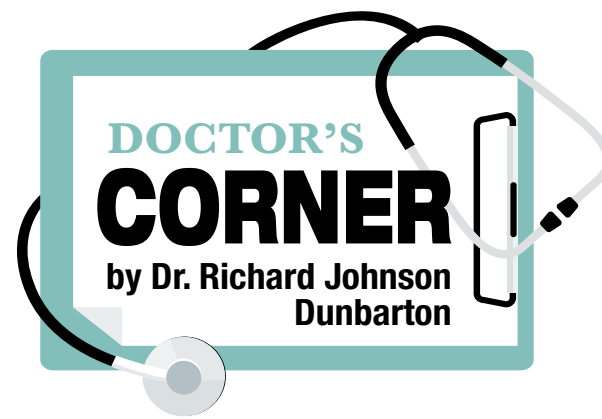
Create a hypothetical budget for your new home. Find the average cost of utilities in your area, factor in gas, electricity, water and cable. Find out if you will have to pay for parking or trash pickup. Consider the cost of yard maintenance and other basic maintenance costs like replacing the air filter every three months. If you are planning to buy a home, factor in real estate taxes, mortgage insurance and possibly a home owner association fee. Renters should consider the cost of rental insurance.

**HOW LONG WILL YOU STAY?**

Generally, the longer you plan to live someplace, the more it makes sense to buy. Over time, you can build equity in your home. On the other hand, renters have greater flexibility to move and fewer maintenance costs. Carefully consider your current life and work situation and think about how long you want to stay in your new home.

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**OUR HEARING**

Hearing is one of our most important senses. We're all aware that "sound pollution" is a real problem. While there are diseases and injuries affecting our hearing that are beyond our control, there are simple and basic things that you and I can do to minimize loss of hearing. Sound intensity is measured in decibels on a logarithmic scale rather than a linear scale. That means that that a sound of 20 decibels is 10 times more intense than a sound at 10 decibels (not twice as intense).

Hearing damage from noise is from a combination of volume and duration (states Kate Johnson, AuD from University of Utah Health). This means that the louder the sound is, the shorter is the time you can be exposed to it before damage will occur. Hence, audiologists recommend keeping the audio level at or below 60% of the maximum volume. Damage to your hearing can occur with exposure to 100 decibels lasting more than 14 minutes and damage can occur with exposure to 110 decibels lasting more than two minutes. The National Institute for Occupational Safety and Health recommend using hearing protection whenever noise levels exceed 85 decibels regardless of the length of your exposure to that particular noise. Lawn and landscaping equipment (80-85 decibels) may cause damage after two



hours. Motorcycles (95 decibels) may cause damage after 50 minutes.

If you must use your headphones daily, it is important to take breaks. Kate Johnson states that you can listen to 85 decibels for eight hours without risk of hearing damage, but for every three-decibel increase, that time is cut in half, so knowing the volume of a sound is the simplest

way to know your exposure risk. According to the American Osteopathic Association hearing loss linked to headphone usages is increasing. About 1 in 5 teenagers will experience some form of hearing damage, which is about 30% higher than it was 20 years ago. Many audiologists recommend that you consider using headphones with noise-cancelling technology, which can block out external noise, thus allowing you to listen to music or podcasts at a lower volume. But background noise is critical to orienting oneself to the environment. Active noise canceling (ANC) can be good for your ears, but it could be altering your brain's listening ability. ANC works by emitting a sound wave that is exactly opposite to the noise in the environment. The two waves cancel each other out resulting in an artificial silence. When you are using ANC for long periods of time it can be difficult for your brain to listen at normal audio levels. In a noisy environment, noise-canceling headphones are a good idea. If you are in a relatively quiet environment it may be better for you to listen to the world around you.

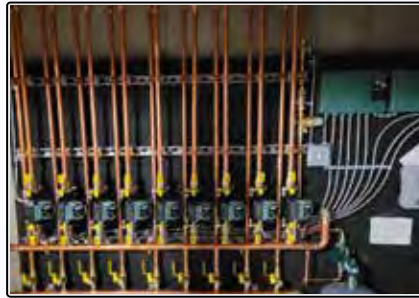




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# STAY IN THE SUMMER!

by Jim Olson

Just because summer is here, I urge you not to abandon your fitness and nutrition routine. Your health depends on it! I have witnessed far too many make this mistake by thinking they will get back to their routine 100% come September — once the kids are back in school and the friends and family BBQ's are over. It sounds appealing but more often than not, September drifts into January three years down the road. And worse, you are in three times worse shape, your health has deteriorated and you may have need for added medications that were never previously prescribed. To help avoid this scenario from happening to you this summer, here are five helpful tips.



Jim Olson

## TIP 1: THE SUMMER SWITCH

If you haven't tried it yet, I recommend Intermittent Fasting. Many folks, particularly men, have seen great success with intermittent fasting. Intermittent fasting allows only a small feeding window — typically, eight hours — before and after which you don't eat anything. The idea is that the practice would force your body to subsist on body fat storage for fuel during the fasting window, improve insulin sensitivity, and allow you to eat more diverse foods during your feeding window. You may not want to do this all the time since its long-term effects on hormones, especially in women, are somewhat dubious at this point. However, for a period of one or two weeks, it can speed things along.

## TIP 2: MAKE YOUR SUMMER MEAL PLAN MINDLESS

Shed the habit of weighing your food to the gram at your desk and crunching numbers throughout the day. The less you stress about eating, the better are your chances to stick with your eating plan and avoid making decisions that could set you back. After all, it just takes one giant binge to completely erase a week's worth of effort, so make every bite count. Just take one day of the week— say, Sunday—and spend all day in the kitchen, preparing and portioning out all your food among towers of Tupperware. While your friends and family may snort at the sight, you know a week's worth of muscle-fueling, fat-bashing food will be within arm's reach.

## TIP 3: SUPERSET YOUR SUMMERTIME.

Many people default to a full body workout program to include intense compound exercises and make workouts more efficient. Why not add compound supersets? By pairing two major exercises back-to-back like this—the squat and bench press, for example— you end up recruiting many more muscle fibers over a shorter period of time. You'll not only burn more calories during your workout, but you'll continue to burn more once it's over.

## TIP 4: SUN DIAL IN YOUR FORM

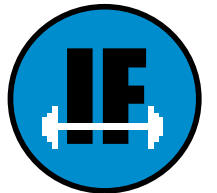
As you move closer and closer toward your ideal body fat count, your energy levels may start to waver from the accumulated energy deficit. You might not be able

to sustain as much volume in the gym as you're used to since you're not eating as much and your muscle glycogen is never fully saturated. Overall, you've just seen better days. This isn't permission to allow some slack. Rather than cheating every rep, concentrate harder on perfecting your form. By focusing on each muscle contraction and isolating the working muscle group, you can maximize the training benefits you get from each working set. This makes a lower volume workout that much more effective.

## TIP 5: SKIP A DAY NOT THE SUMMER

You definitely don't want to get in the habit of skipping regular workout sessions, but you may benefit greatly from taking a full rest day. Listen to your body — if you're experiencing significant discomfort, let your body rest! If you're trying to get lean or strong, an adequate rest is an integral part of the process for results. Your gym session will be less productive if you're not feeling well, and ultimately, you'll do more harm than good by unnecessarily pushing yourself. Rest up and go harder the next day!

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### REAL ESTATE SALES IN BOW – MAY 2024

*Serving the areas in and around Merrimack County.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
16 Hunter Drive	LAND	LAND	3.49 Acres	\$349,000
4 Bow Center Road	2 Bedrooms   3 Baths	1767 Square feet	CONDO	\$425,000
75 Branch Londonderry Tpke W	3 Bedrooms   2 Baths	1904 Square feet	.68 Acres	\$508,000
1 Sundance Lane	4 Bedrooms   4 Baths	4000 Square feet	2.13 Acres	\$1,098,500
78 Woodhill Hooksett Road	4 Bedrooms   5 Baths	3521 Square feet	20.84 Acres	\$1,295,000

### REAL ESTATE SALES IN DUNBARTON – MAY 2024

*We are ready to help you on your next journey.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
H2/O3/O1 Winslow Road	LAND	LAND	1.72 Acres	\$155,000
120 Grapevine Road	3 Bedrooms   3 Baths	1640 Square Feet	5.48 Acres	\$618,557
25 Robert Rogers Road	4 Bedrooms   3 Baths	3177 Square Feet	4.86 Acres	\$715,000

*Sales Data for April 2024 is provided by the NHMLS.*



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



## Summer CONCERT SERIES

The 2024 Bow Rotary FREE Summer Concert Series

June 27	<b>Open Mic</b>
July 11	<b>Nick's Other Band</b>
July 18	<b>Mr. Aaron</b>
July 25	<b>Supernothing</b>
August 1	<b>Kid Pinky</b>
August 8	<b>Freese Brothers</b>
August 15	<b>Hot Skillet Club</b>

**From 6:00 – 7:30 PM  
at the BOW BANDSTAND GAZEBO**

Jct. Logging Hill & Knox Road, Bow  
Summer Concerts are always free!

Concerts will move to inside the Community Center  
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**27<sup>TH</sup> ANNUAL FALCONS BOOSTER CLUB GOLF TOURNAMENT**

**Thursday, June 20, 2024 at 9:00 AM**  
**BEAVER MEADOW GOLF COURSE**  
**1 Beaver Meadow Drive, Concord**  
**Registration: 8:30 AM**



**Shotgun Start at 9:00 AM**  
**\$125 per person**  
**Longest Drive & Closest to the Pin awards and Putting Contest!**  
**Continental Breakfast & Lunch included.**



**www.bowboosterclub.com > Golf Tournament 2024**  
**Contact: Marci Howe mhowe\_nh@yahoo.com**



THE BOW TIMES  
**TaleSpinner**

**GENETIC DISPARITY**

by Bow Resident Paul Pomeroy

Before we were married, I would pick up Trish and ask her where she wanted to go.

“Let’s go eat” she would reply. *Always.*

I began to suspect abuse or hardship or bad cooking at home. Why was this tiny girl always hungry? But what the heck — she was playing to my strength! Better a restaurant than that time she took me to that opera. Over the years Trish has managed to instill some culture into this philistine; but Madame Butterfly back then? Stick a needle in my eye.

When Trish and I married in January of 1969, I weighed 200 pounds. Trish weighed ninety seven pounds. At six feet two inches tall I carried this poundage easily. At five feet six inches tall Trish carried hers even better. Luckily my love for food was matched, passion for passion, by hers. And these dual passions coupled with the fickleness of genetics turned into the perfect storm.

After we got married we moved to a little apartment in Claymont, Delaware which was within walking distance of the high school where I taught. It was one of the happiest times of my life. I would come home around five thirty. We would eat dinner at five thirty. Trish was a good cook even then. Our dinners were hearty and always included desert. In keeping with my former routine, we had spaghetti three times a week. Trish and I would split a pound of spaghetti at each sitting. And I mean split. I felt we should divide everything according to weight which would mean that I would get the larger portion. Kind of like the House of Representatives of food allotment. Trish, however, preferred the Senatorial method of division, giving equal portions to each person regardless of size. Trish won out. On the non pasta nights Trish experimented, and one dish was better than the next. Trish eventually got really good at preparing leftovers. Eventually being the operative word. During this phase of our lives there were no leftovers.

Then at eight thirty we would have “snack.” Something light-like a pizza. Four pieces for me, four pieces for Trish. Or maybe cheesesteaks or fried clams or grilled cheese. You know-something to tide us over till breakfast.

Around the middle of April of that same year, I began to feel uncomfortable. I couldn’t walk up a flight of stairs without huffing and puffing. I had little energy and wasn’t sleeping well. Being a bit of a hypochondriac I feared the worst. Malaria? Hepatitis? Heart Failure? So I made an appointment with the doctor.

“You can be honest with me, doctor,” I said. “How bad is it?”

“Actually, you seem fine to me,” the doctor said. “How much do you weigh?”

“Well, I was 200 lbs when I got married in January. I think I might have put on a few since then. 205 maybe?”

He had me step on the scale. Two-thirty-eight! 238! A 2 a 3 and an 8! No matter how I looked at it, I had put on thirty eight pounds in three months. I had stretch marks like pregnant woman get. I was appalled.

“How the hell did this happen?” I wondered.

The doctor put me on a diet of 1600 calories a day. I left the doctor’s office, went to the hardware store and bought a scale.

“ Poor Trish” I thought.

CONTINUES | Page 22

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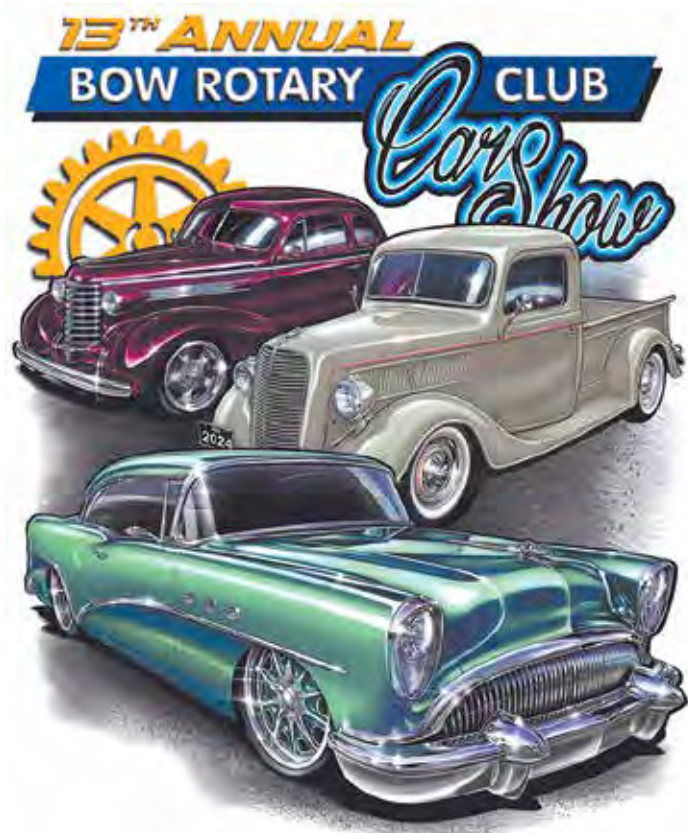
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# Rotary Club of Bow

## THE 2024 BOW ROTARY ANNUAL CAR SHOW

Members of the Bow Rotary Club held their 13th Annual Bow Rotary Car Show, on Saturday, May 18, 2024. The show was a big success despite a few showers, but still a fine showing of beautiful cars and proud owners.

It was a fun-filled event with a grass field graced with cars and trucks of all ages and models. Trophies were awarded, raffle tickets were sold throughout the day, Goodie bags and Dash Plaques were be given to the first 100 entrants, along with refreshments at the food tent and plenty of friends and car enthusiasts!

Bow's Middle School **Earlyact** students had baked goods for sale. Bow High School's **Interact** students helped park and direct cars, serve at the Food Tent, and assist with Registration and the Raffle.

Bow Rotary thanks all the event sponsors, trophy sponsors, the owners and those who came to see this year's crop of great vehicles — and our special thanks to Eric Anderson for all the terrific photos!

It was a great time, and we look forward to it every year.



**Class A – Early to 1930's**  
Charlie & Mickey Linatsas - 1931 Ford Model A



**Class B – 1940's**  
Terry Cramer - 1949 Chevy Station Wagon



**Class C - 1950's**  
Bill Wilusz - 1959 Chevy Convertible



**Class D - 1960's**  
Ray Weatherbee - 1968 Pontiac Convertible



**Class E - 1970's**  
Phil Bonafide - 1970 Pontiac GTO



**Class F - 1980's**  
Kenneth Braham - 1987 Buick Grand Nat'l



**Class G - 1990's & Newer**  
Wayne Elliott - 2020 Porche Spyder



**Class H - Camaro**  
Kevin Jordan - 1967 Chevy Camaro RS



**Class I - Corvette**  
Tony DeRouin - 1962 Chevy Corvette



**Class J - Import**  
Pedro Melende - Nissan FiGaró



**Class K - Mopar**  
Chris McNamara - 1966 Dodge Dart



**Class L - Mustang**  
Rich Elliott - 1967 Ford Mustang





**Class M - Hot Rod**  
John Urdi - 1939 Ford Coupe



**Class N - Survivor**  
Geordan Rule - 1962 Grand Prix Pontiac



**Class O - Truck**  
Jonah Palmer - 1966 Ford Bronco



**Class P - Motorcycle**  
Bobby Arnold - 1969 Triumph Bonneville



**Class R - British**  
Steve & Bill Rule - 1958 Paramount MK7



**Class S - Muscle Cars**  
Jeffrey Maynard - 2020 Dodge Challenger



**People's Choice**  
Tony DeRouin - 1962 Chevy Corvette



**Best in Show**  
Gina Colandro - 1992 Jeep Cherokee

## A SPECIAL THANKS TO OUR SPONSORS AND VOLUNTEERS!



Registration opened at 8:00 AM



Interact students assisted with parking



BMS EarlyAct students had baked goods for sale



Raffle tickets were sold throughout the day



**MERRIMACK**  
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## BOW HIGH SCHOOL SPORTS SPOT

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



### BOW BASEBALL TEAM'S ELECTRIFYING PLAYOFF RUN, CLAIMS DIVISION 2 TITLE

Bow High School's baseball team has etched its name into school history with a thrilling playoff run that culminated in securing the Division Two state title! A team that was doubted and practically counted out at the beginning of the season ran the tables, making one of the most historic runs in Division Two history as the number four seed.



Junior Brady Lover

Junior Brady Lover highlighted key moments and contributions that defined their triumphant season, stating, "I would like to give huge props to Sean Guerrette for winning 'McDonald's Player of the Game,' with two hits and three RBIs. Along with a great day on the mound," Lover praised his teammate's clutch performance in the championship game. Guerrette, recently honored as Division Two's Pitcher of the Year, performed exceptionally well throughout the season and was

instrumental in securing the state title.

Entering the playoffs as the four seed, Bow faced a challenging path. Lover recounted their journey: "We went into the playoffs as the number four seed, playing the thirteen seed Milford in the Preliminary Round. Then we hosted the twelve seed Hanover and came from behind for the win. I believe that game is what gave us momentum moving into the Semifinal game. Our bats came alive at the perfect time this season, and backed up with great pitching helped us secure the championship win." He continued, "It was an all-around team effort. Everybody stepped up when we needed them to the most."

The team's confidence grew with each victory, especially after their comeback win against Hanover. "When we beat Hanover in the Quarterfinals, we pretty much already knew we would be playing our rival John Stark. And we only lost to them 2-0 earlier in the regular season, so we strongly felt that if we played our game the way we could, and went in with the underdog mentality, we could slay the number one seeded Goliath," Lover reflected on their pivotal quarterfinal match. John Stark had only lost one game in the regular season.

Despite starting the season ranked eighth and not being expected to go far, the Falcons soared beyond expectations. "To be honest, I was not expecting a playoff run as deep as we made it," Lover said. "Pre-season, we were ranked number eight, and we were not expected to do much better than go .500. My teammates and I had a feeling that we would be a top seven or eight team if we played to our potential, and would win a playoff game or two, but we exceeded expectations by a long shot," Lover candidly shared.

The decisive moment Lover knew Bow was bound for the state title came early in the championship game. "I knew that we were going to be DII champs the second we scored our first run in the ship. We had a ton of momentum going into the final game from the semifinal game vs. John Stark, and as soon as we tallied that first run on against Souhegan in the ship, I just knew we wouldn't be beaten."

The culmination of their outstanding playoff journey was a moment of pure excitement. "First off, I would like to say that I have never seen coach Ben Forbes so happy and ecstatic. He exemplified every player on our team's feelings to a tee," Lover expressed. "We were absolutely amazed at how far we came from the start of the season and were so proud of our showcase we put on in our electric playoff run. It was the best feeling I have ever experienced to hold up that plaque and get a State Police escort back to Bow High School being DII Champs."

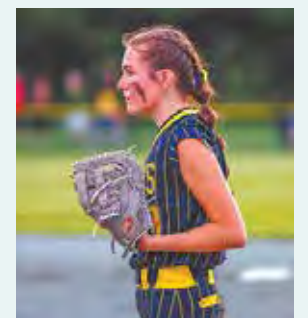
Bow's electrifying playoff run will be remembered as one of the most inspiring chapters in the school's athletic history. It showed that despite the odds, anything is possible. The Bow baseball team is bringing home some well-deserved hardware!



### BOW SOFTBALL TEAM CELEBRATES HISTORIC SEASON, REACHES FINAL FOUR

The Bow High School softball team has capped off an extraordinary season, reaching the Final Four for the first time in school history.

Senior team captain Emma Kelly, reflected on the playoff run and the spirit that carried them through the season. "Playoffs this year were so much fun and what I believe brought the team together. Mercy ruling Lebanon in the first round started the competitiveness behind beating Conval 3-2 in quarters," Kelly shared. "Going into semis, we knew it was going to be difficult, but we all had our heads up and strong energy through the game. Although we didn't win, we had a great game and season."



Senior Emma Kelly

Key players emerged throughout the season, contributing significantly to the team's success. "Some girls on the team that stood out were definitely Taylor Ouellette and Caly Poitras," Kelly said. "Taylor pitched very well from the beginning of the season and to the end of playoffs. She also had great plays on the field if she wasn't pitching and was always reliable when up to bat. Caly had the same trait when hitting where she was always on base and hitting against any pitcher we faced. I'm so proud of them."

Leadership also played a crucial role in the team's remarkable season. Kelly, along with fellow captains Ella Roos and Lilly Wright, worked to build a cohesive team that included many promising freshmen. "Ella Roos, Lilly Wright and I were the three captains this year and we loved to have the opportunity to build a new team with so many upcoming freshmen. There was so much talent that we all expressed through our gameplay and our coaches and captains really did a phenomenal job enhancing us and making us better. It really helped bring us to the final four."

For Kelly, the season was particularly meaningful as she closed out her high school softball career. "I am very happy with how the season went. Being a senior, I wanted to make sure my last season would be very memorable, which it was. I made a lot of good memories with the girls and coaches and made it to the final four for the first time in Bow Softball history. So even though we didn't make it to the championship, I'm glad we were able to make it this far and end my softball career on a good note. I now wish the rest of the team the best for seasons to come," Kelly expressed, reflecting on the lasting impact of her final season.

**FALCONS FLY FOREVER!**





## Bow Young at Heart Club

### Upcoming Events

**JUNE 26, 2024 11:30 AM - 2:30 PM**  
**THE D'ACCORD QUARTET**

The D'Accord Quartet will sing popular songs from most eras and genres – sprinkled with humor and nostalgia.

**JULY 10, 2024 11:30 AM - 2:30 PM**  
**MERRIMACK COUNTY SAVINGS BANK**

The Merrimack County Savings Bank will present information about fraud prevention and how to protect yourself from scams.

All 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](mailto:fairfield_a@hotmail.com)



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## NORA'S DUNBARTON NEWS



**SUMMER PROGRAMS** at the Dunbarton Library are currently up and will run until Friday, August 2. Take part in the Smokey Bear Reading Challenge or NH Adventure Challenge!

- Read to Mr. T and meet Charlie, a new dog in training.
- Participate in the Tiny Art Show!
- Join the Flat Smokey Adventures!
- Take part in the Fisher Cats Reading Challenge !

Click <https://www.dunbartonlibrary.org/summer-reading-2024.html> for information on their upcoming awesome adventures.



**YOGA WITH SHERRY** will be held Thurs. June 27 at 11am on the second floor of the town hall. FYI: The program will be on a break in July and August. See you in September! Questions or to confirm date and times, contact the library or check their website.

**ON BREAK** Please note that the library's book group goes on summer break during July and August. Their next discussion will take place on Wednesday, September 18, at noon in the library. The book discussed will be *Still Alice* by Lisa Genova. Books will be available in August to read.

**DUNBARTON GARDEN CLUB** will meet Monday, July 8, 7pm at the Dunbarton Town Hall (second floor), 1004 School Street in Dunbarton. Their July meeting will feature a special guest, Laurie Lockwood! This talk and meeting are both open to the public! Following Laurie's presentation (60-75 minutes), the Dunbarton Garden Club will proceed with our regularly scheduled monthly meeting. Join us a bit early for social time from 6:30 to 7pm! Laurie brings more than forty years of various farming, homesteading, and gardening experience and will present on the origins and purpose of permaculture, including indigenous practices. She will provide us with examples from her own journey into permaculture, garden research and successes. Her talk will include:

- Recent discoveries in soil science and understanding of plants that more than corroborates the early theories.
- A quick dive into soil life, including fungal connections.
- A look at the 'big picture'... regenerating soils, forests across large expanses and the effects on climate stability.
- Basic permaculture principles that apply regardless of location.

Laurie will focus on the Northeast and how to best implement permaculture in our climate, soils, and topology. For questions or suggestions, you may contact the club via email: [dgc03046@gmail.com](mailto:dgc03046@gmail.com).

**BEYOND THE BOOK** The Congregational Church's Beyond the Book will meet Thursday, July 11, 7pm to discuss *I Was Just Leaving* by Mary Cushman. The discussion will be held on Zoom. For the link or questions, contact Barbara via email [barbbennett51@gmail.com](mailto:barbbennett51@gmail.com).

Send Dunbarton news and events to Nora LeDuc  
[dtowncrier@gmail.com](mailto:dtowncrier@gmail.com) • 603-774-3141



The Dunbarton American Legion Post #116 and New Hampshire Chapter of the Sons of the American Revolution (NH SAR) conducted a combined Memorial Day ceremony on the Dunbarton Town Common and Center Cemetery. The boys and girls, Members of Scout Troop 75 and Girl Scout Troop 59084 assisted with wreath placement.

The second portion of the ceremony at Center Cemetery was placing a wreath at the graves of four unknown military members and to honor six Revolutionary War soldiers. A bronze medallion was unveiled at the grave of each patriot as a perpetual memorial to their service. A three-volley musket salute was fired To commemorate the service and sacrifices of the following:

- William Beard, born 4 Jun 1758 and died 10 Aug 1838
- John Bunten (Buntin), born 25 Nov 1756 and died 26 May 1833
- Thomas Caldwell, born about 1733 and died 20 Feb, 1816
- Dr. Walter Harris, born 8 Jun 1761 and died 25 Dec 1843
- Daniel Jameson, born 25 Feb 1762 and died 9 Jul 1814
- Thomas Mills Jr., born 7 Jan 1761 and died 5 Nov 1848

Descendants of the Bunten and Mills families were present commemorate the service of their ancestors in the battles of Bunker Hill and Bennington, respectively.

At the 1:00 PM ceremony in the Community Center with a keynote speech provided by Curtis Hermann, Commander, NH SAR Color Guard. He focused on the similar missions of the American Legion and SAR, highlighting that both organizations are focused on honoring those that came before us and teaching future generations about the founding principals of our country.

Don Larsen of Dunbarton was presented with a Community Service Award by the NH SAR for numerous civic contributions including Wreaths Across Dunbarton, Flags Around Dunbarton, and work as a Cemetery Trustee. The Hopkinton Band provided an exceptional musical performance of patriotic songs enjoyed by all.

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# DUNBARTON POLICE DEPARTMENT

## MAY 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.

**5/1/2024:** Aaron McDuffee, 44, Sanbornton, was taken into custody for reckless operation, speed, and following too close.

**5/5/2024:** Christopher Smith, 40, Henniker, was taken into custody on a Bedford PD warrant for disorderly conduct.

**5/10/2024:** Gina Green, 58, Weare, was charged with false information to secure a firearm.

**5/16/2024:** Elaine Fores, 52, Methuen, MA, was taken into custody for driving or operating under the influence of drugs or liquor, open container, and yellow line.

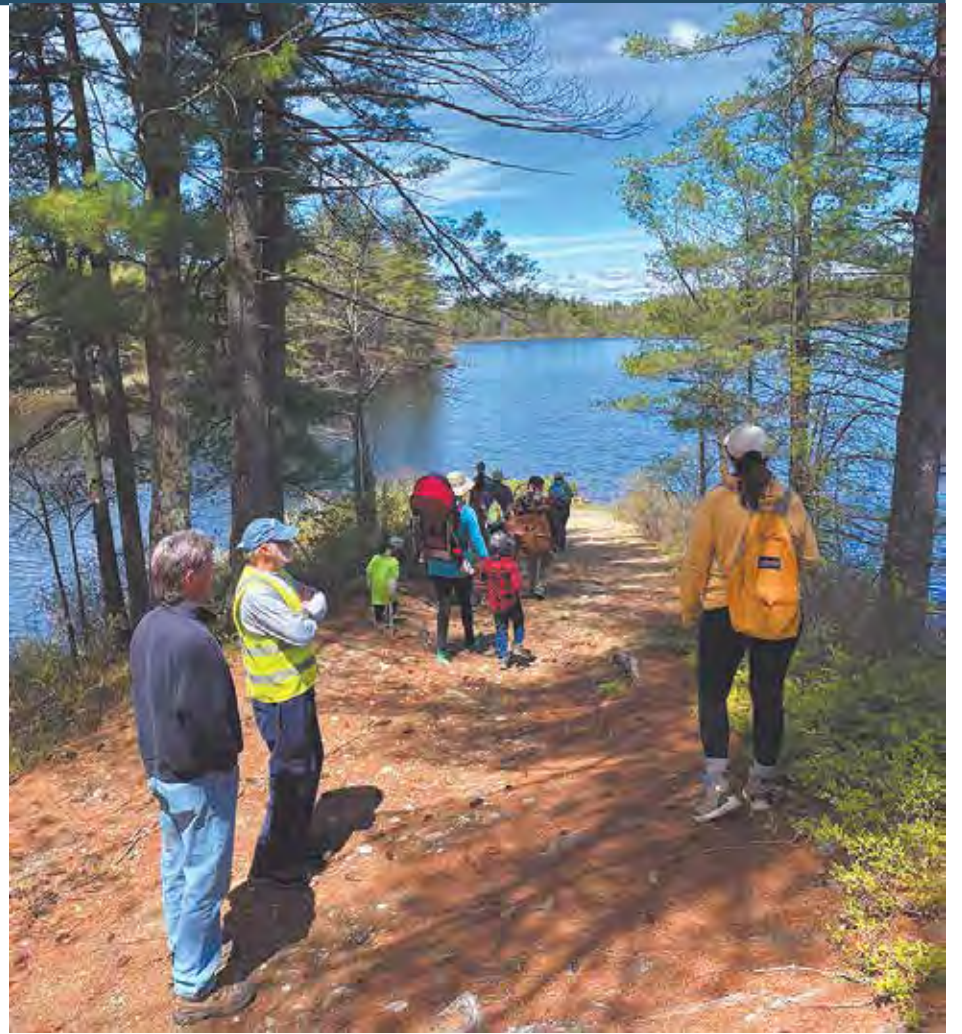
**5/18/2024:** Jack McCallum, 24, Weare, was charged with operating without a valid license, suspended registrations, and misuse or failure to display plates.

**5/19/2024:** Codie Andersen, 27, Bennington, was taken into custody on a warrant out of Hillsborough County Superior Court - North for violation of a court order related to an original charge of burglary.

**5/22/2024:** Alaina Ferguson, 52, Dunbarton, was taken into custody on an electronic bench warrant for non-appearance in court related to the original charges of bail jumping and controlled drug act.

**5/26/2024:** Carter Duclos, 20, Henniker, was taken into custody for transporting alcoholic beverages by a minor and tail lights and reflectors required.

During the month of May, one (1) individual was taken into protective custody and 43 traffic citations were issued for offenses that included speed, stop sign, non-inspection, unregistered vehicle, expired license, misused failure to display plates, open container, equipment violation, yellow line/highway markings, following too close, operating without a CDL license, and operating a motorcycle without an endorsement. Some citations may have been issued in conjunction with an arrest. Police also issued (1) Fish and Game citation for an unregistered OHRV. For our complete May, 2024 Monthly Report please visit our Facebook page or website.



“Walk With A Cop - Spring Series” was a success! Drew Groves of the Dunbarton Conservation Commission led a guided tour of a portion of the Kimball Pond

Conservation Area’s Loop Trail. This partnership between the Dunbarton Police Department and Dunbarton Conservation Commission allows participants to enjoy and learn about the natural beauty that Dunbarton has to offer while visiting with their local police officers.

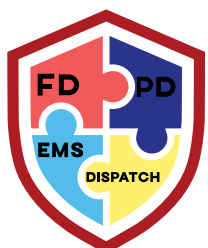
Please visit [dunbartonconservation.org](http://dunbartonconservation.org) to learn more about the Dunbarton Conservation Commission, to include local trail maps. We plan on hosting another event in the fall of 2024!



Chief Remillard joined law enforcement officers from all over Merrimack County on Thursday, May 30th 2024, for the Law Enforcement Torch Run for Special Olympics.

The approximately 12 mile run started at the Merrimack County Sheriff’s Office in Boscawen and ended at the State House in Concord.

It was an amazing experience and Dunbarton PD was very proud to be a part of such a great cause. Kudos to the Merrimack County Sheriff’s Office for organizing the event and keeping the runners safe along the way!



In May, we partnered with **Heroes Helping Those With Special Needs**, a non-profit dedicated to providing first responders with tools to assist people in their community with autism and/or special needs, to outfit all of our police vehicles with sensory bags. The sensory bags include three social stories, communication charts, a dry erase board, a pair of sunglasses, a pair of headphones, and five different fidget toys.

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for upcoming programs and events  
at [bowbakerfreelibrary.org](http://bowbakerfreelibrary.org)



## JUNE NEWS

**Baker Free Library will be CLOSED Thursday, July 4<sup>th</sup>**

## 2024 SUMMER READING PROGRAM

### Starting June 17<sup>th</sup> | Adventure Begins at Your Library

Adventure Begins at the Baker Free Library! Head out on new adventures while learning about weather, habitats and wildlife in New Hampshire and around the world. Throughout the summer, special events will be offered for every age group. Registration begins on Monday, June 17<sup>th</sup> and is open throughout the summer and is open to kids, teens and adults.

## YOUTH PROGRAMMING

### Summer Storytime | Every Tuesday from June 18<sup>th</sup> - August 6<sup>th</sup> | 10:30am

In this all-ages family storytime, you'll explore interactive stories, songs, and activities that help to promote early literacy learning while addressing attention, coordination and motor development. Each storytime includes songs, instrument play and movement activities, and ends with open play time, allowing children and their families to socialize. Recommended for Ages 2-6, but all are welcome.

### Create S'More! | Every Monday

Each week at the library's Creation Station, you can explore a bonus game, craft or activity at your own pace. A new activity will be introduced every Monday morning, and available all week long while supplies last. Drop in any time the library is open to explore what's new!

### Craft Camp

#### Every Wednesday from June 19<sup>th</sup> - August 7<sup>th</sup> | 3:00pm

Join us for a drop-in craft session every Wednesday afternoon. Make a new project every week, led by one of our librarians! Various materials available while supplies last. Recommended for ages 6-12. Younger children may need assistance from a caregiver and should be accompanied for the duration of the program.

### "I Survived" Book Club | Thursdays\* | 3:30pm

Learn about history's most incredible battles, man-made mishaps and natural disasters with books from the "I Survived" series, written by Lauren Tarshis! A new book will be selected for discussion at each meeting, with copies provided by the library. Following each discussion, readers will explore each topic through STEAM-based crafts and activities. For readers in Grades 3-6, or children reading at those grade levels. One-Time registration is required for this 3-part series.

\*June 20: I Survived the Sinking of the Titanic

\*July 18: I Survived the Shark Attacks of 1916

\*August 1: I Survived the Destruction of Pompeii

### Comic Creators Club | Thursdays\* | 3:30pm

Make your own comic books and graphic novels! In this 3-part workshop, you can build your skills as a writer and illustrator, while collaborating with others to produce your own comic or zine. For students entering Grades 4-8. One-time registration is required for this 3-part series.

\*July 11<sup>th</sup> | July 25<sup>th</sup> | August 8<sup>th</sup>

### Survival Skills Workshop with Owl Eyes Wilderness

#### Monday, June 24<sup>th</sup> | 3:30pm

Learn new skills to survive in the wilderness! In this hands-on, 90 minute workshop, participants will learn to tie unique knots, work with tools, and build a basic survival kit. Participants must be 8 years and older, and in the company of a parent or guardian for the duration of the event. A waiver may be required to use specialized tools on the day of the event. \*Registration is required to reserve your space.

### Comics Workshop with Marek Bennett

#### Thursday, June 27<sup>th</sup> | 4:00pm

Come create comics with award-winning cartoonist and graphic novelist Marek Bennett, author of Freeman Colby graphic novel series, at this special workshop for kids! Participants will learn the basics of comic creation with activities designed to spark their imagination. No prior experience necessary. Ages 8 and up. \*Registration is required to reserve your space.

### A Wildlife Adventure with Squam Lakes Natural Science Center Monday, July 8<sup>th</sup> | 3:30pm

There are many adventures to be had in the outdoors. Join a naturalist from Squam Lakes Natural Science Center to meet three live animals that you could see on your next outdoor adventure! Learn about the places they live, what they eat, and the adaptations that help them survive. This presentation is recommended for children aged 5 and up in the company of a caregiver. Registration is not required.

## ADULT PROGRAMMING

### Baking History: Hot Water Cake | Wednesday, June 26<sup>th</sup> | 6:30pm

Most of us have old family recipes baked into our memories, but sometimes the origins of those recipes get lost in time. This baking class, co-hosted by the New Hampshire Secretary of State's Office and the Baker Free Library, will inspire participants to "bake history" and explore their roots.

The class will kick off with a brief presentation by New Hampshire State Archivist Ashley Miller and New Hampshire State Registrar & Vital Records Director Kristin Kenniston. Ashley and Kristin, whose departments fall under the New Hampshire Secretary of State's Office, will describe the origins and family history behind the recipe and provide participants with information on how they can research their genealogy. After the presentation, Amelia Holdsworth of Baker Free Library will guide participants through an old recipe for "Hot Water Cake" step-by-step.

This free class is suitable for individuals of all baking levels.

## BOOK CLUBS

### Whodunits | Tuesday, July 2<sup>nd</sup> | 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.

July Book Discussion: *Hunting Game* by Helene Tursten

### Book Talk at BFL | Tuesday, July 9<sup>th</sup> | 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!

July Book Discussion: *The Art Thief* by Michael Finkel

### White Rock Book Group | Tuesday, July 16<sup>th</sup> | 1:00pm

Enjoy talking about books with others the monthly Book Talk at White Rock Senior Center! July Book Discussion: *The Art Thief* by Michael Finkel.

## IN THE GALLERY

### June Exhibit | Eva Kjellberg "Inspirations" | June 1<sup>st</sup> - June 28<sup>th</sup>

About Eva: "Inspirations" highlights New England's turn-of-the-century buildings, still functional or repurposed that have intrigued Eva. Paintings selected for this show represent subjects that have been inspirational in her artistic journey. Eva is fascinated by architecture from the turn of the century New England. She also enjoys painting urban scenes of everyday life and people going about their day. Eva studied art at various schools in New York City; She was a creative Arts Therapist, followed by a practice as a Clinical Social Worker. Now retired, Eva has continued her art studies and taken courses at Kimball Jenkins. Her paintings have appeared in numerous group and individual shows. She is a member of The New Hampshire Women's Caucus on the Arts.

### July Exhibit | Linda Graham | July 1<sup>st</sup> - July 27<sup>th</sup>

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



The 2024 Class Prom (for children 1 to 5) on May 11, was an enchanting, magical and fun-filled event — **with lots of bubbles!** Eric Anderson | Photo





## BOW POLICE DEPARTMENT MAY 2024 ARREST LOG (FELONIES AND MISDEMEANORS)

**5/8** Ryan Bissonnette, 34, Manchester was arrested for driving after suspension and suspended vehicle registrations.

**5/12** Brent Keyser, 38, Penacook, was arrested for possession of a controlled drug, driving after suspension, and obstruction of government administration.

**5/17** Segundo Guaman-Acosta, 31, Claremont, was arrested for operating after suspension-subsequent offense.

**5/19** Brittany Grincewicz, 34, Manchester, was arrested for driving under the Influence and three counts of possession of controlled drugs.

**5/22** Nathan Benoit, 21, Bow, was summonsed for operating without a license.

**5/25** Jefferey Blanchette, 37, Methuen, MA was arrested for driving under the Influence.

There were two Involuntary Emergency Admission



## APRIL 2024 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 10 Basic Life Support Transports
- 18 Advanced Life Support Transports
- 12 Non-Transports Care Refusal
- 9 Motor Vehicle Accidents
- 9 Fires/Hazardous Conditions/Alarms
- 2 Service Call Incidents/Good Intent
- 9 Overlapping Incidents
- 60 Total Calls for the Month

## Chief's Message from CHIEF KEN MILLER

Despite staffing challenges over the past several months, the Bow Police Department has remained committed to providing exceptional police services to our community, including maintaining our school resource officer program. We have since begun the rebuilding of our team, carefully seeking out individuals who would be a great fit for our agency. We are pleased to announce that our budget was approved at our last town meeting which has allowed us to add a fourteenth position- an additional Patrol Sergeant. We are now only two officers shy of being fully staffed. We have some great prospects and hope to be fully staffed by September.

We are excited to share that we have hired a new K9 officer, and will be introducing our new canine, named "Hunter" after a naming contest at the schools. Hunter's arrival is expected in late August. Officer Guilmette and the new K9 will start tracking school in September in Hillsboro and the drug detention training will take place in April 2025. We anticipate Hunter will be in residence in September.



Officer Seth Guilmette and K9 Hunter (photo inset)

Our School Resource Officer has returned from deployment, and new officers are being trained and will be released to solo status over the next six to seven weeks.

We are also working towards meeting State Accreditation standards and have requested the state to conduct a mock assessment, which will lead to full accreditation sometime this fall. We would like to express our gratitude to the Town Manager David Stack, the Board of Selectmen, and the Bow community for their continued support. We will continue to keep you updated with our progress. If you have any questions or concerns, please don't hesitate to reach out to us at 603-223-3950.



## SWEARING-IN CEREMONY

At a swearing-in ceremony conducted on May 23, 2024, Dennis Comeau was formally sworn in as the Bow Fire Department Chief, along with three Firefighters. Congratulations!

Pictured L-R: Chief Comeau and Town Manager, David Stack Anderson | Photo



Pictured L-R: Firefighter EMT Jonathan McDonald, Firefighter EMT Christopher Canary, Firefighter AEMT Jennifer Sole, Chief Comeau, Selectwoman Eleana Colby and Town Manager David Stack. Eric Anderson | Photo

## NEW HAMPSHIRE FIRE ACADEMY

FF/EMT Ryan Paterson graduated from the NHFA spring Recruit School.

Ryan was up to the task as he has completed the 8-week, the intense and physically demanding program. We're super proud of him!

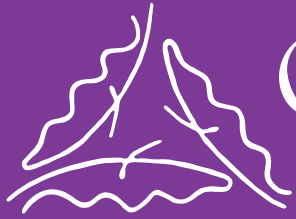
Congratulations Ryan!



## DID YOU KNOW?

After 15 years as a manager of the arena in Laconia, Dennis Comeau began volunteering as a firefighter at age 35. He was a call firefighter in Laconia and Gilmanston before coming to Bow in 2019. After Chief Berman retired last year, Dennis Comeau became acting chief in January. Last month, he was officially sworn in as Fire Chief.





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## Real Estate Sales in Hopkinton – MAY 2024

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
91 Cedar Street	2 Bedrooms   2 Baths	897 Square Feet	.47 Acre	\$150,000
174 South Road	2 Bedrooms   1 Bath	790 Square Feet	1.3 Acres	\$300,000
140 Spring Street	3 Bedrooms   2 Baths	1604 Square Feet	.5 Acre	\$401,000
115 Dolly Road	4 Bedrooms   2 Baths	2306 Square Feet	.93 Acre	\$575,000
40 Gould Hill Road	3 Bedrooms   3 Baths	2533 Square Feet	1.0 Acre	\$735,000

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## HOPKINTON POLICE DEPARTMENT



### MAY 2024

**4 Arrests • 5 Accidents • 285 Traffic Stops**

**05/17** Brent Trudeau, 31, of 25 Cedar Street, Hopkinton was arrested for Stalking-Notice of Order, Domestic Violence; Obstructing Report of Crime/Injury, Criminal Mischief, Criminal Trespass and Domestic Violence; False Imprisonment.

**05/21** Marissa Neal, 26, of 113 Willow Street, Manchester, NH was arrested for Drive After Revocation/Suspension- Administrative Suspension and Resist Arrest/Detention

**05/24** Christopher Hager, 57, of 108 Spring Street, Hopkinton was arrested for DUI and Conduct After Accident.

**05/28** Collen Adams, 32, of 115 Lower Straw Road was arrested for Domestic Violence; Simple Assault- Bodily Injury, Resist Arrest/Detention, 2nd Degree Assault; Deadly Weapon & Bodily Injury, Criminal Mischief and Breach of Bail.



The 40th annual NH Torch Run for Special Olympics saw a record turnout. Kudos to all the runners and helpers for making this wonderful event a great success.

Groups of runners made up of students, volunteers, and law enforcement ran to Concord to light the torch for the Special Olympics NH Summer Games.

It was awesome to see the athletes being encouraged, cheered on and applauded as they pushed to reach the state house.



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# HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

**ALL CAMPS** happening this summer in Hopkinton are listed online! Summer Recreation Camp. Chess Camp (Chess Wizards). British Soccer Camp. STEM Science Camp (Camp Invention). Art Camp. Program details and registration links are online at [www.HopkintonRec.com](http://www.HopkintonRec.com).



**THE BEECH HILL SCHOOL** will offer many interesting and creative programs modeled after our school-year Elective and Outdoor Programs. Our camps are designed to encourage creativity, discovery, and exploration in a safe environment. Programs included: Art, Dungeons & Dragons, Young Writers Workshop, Drama, Art, Day Trips, and Ode to Ice Cream. Students ages 8-13 years of age may register and do not need to attend the Beech Hill School in the academic school year. For more information contact Liz Fortier at 603-715-5129 or [office@the-beechhillschool.org](mailto:office@the-beechhillschool.org).

**FREE PASSES** Thanks to the 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](mailto:info@hopkintontownlibrary.org). Information: <https://www.hopkintontownlibrary.org/museum-passes.html>.



**THE CONTOOCCOOK FARMERS MARKET** moved outside at Riverway Park and will be here Saturday from 9:00-12:00. Come by for local organic vegetables, fresh baked goods, maple products, Somali inspired meat and veggie pies, unique handcrafts, and live music.

**MASTER GARDENER** Cindy Garland collected and organized the free seed library. Stop by the Hopkinton Town Library.

**LIBRARY BOOK GROUP** June's selection for the Town Library Book Group is Sy Montgomery's *Of Time and Turtles: Mending the World, Shell by Shattered Shell*. Hopeful and optimistic, this is an antidote to the instability of our frenzied world. Elegantly blending science, memoir, and philosophy, and drawing on cultures from across the globe, this compassionate portrait of injured turtles and their determined rescuers invites us all to slow down and slip into turtle time. Copies of the book are available at the library. Mention the book group at Main Street Bookends in Warner and Gibson's Book Store in Concord for a discount. The book group will meet at the library to discuss the book at June 19th at 1:00.



**JUNE IS NATIONAL DAIRY MONTH!** For over 100 years Bohanan Farm has grown and evolved to what it is today. As we transition to our fifth generation and beyond our focus remains on the health of our land and the herd. By supporting local dairy farms you support land conservation, generational knowledge, and a way of life. Contoocook Creamery products are available in markets across New Hampshire. You can also visit our farm store for dairy products, including milk in returnable glass bottles, fresh eggs, and a selection of meats. The farm store at 945 Penacook Road is open seven days a week during daylight hours. Take the dirt road in and drive all the way to the back.

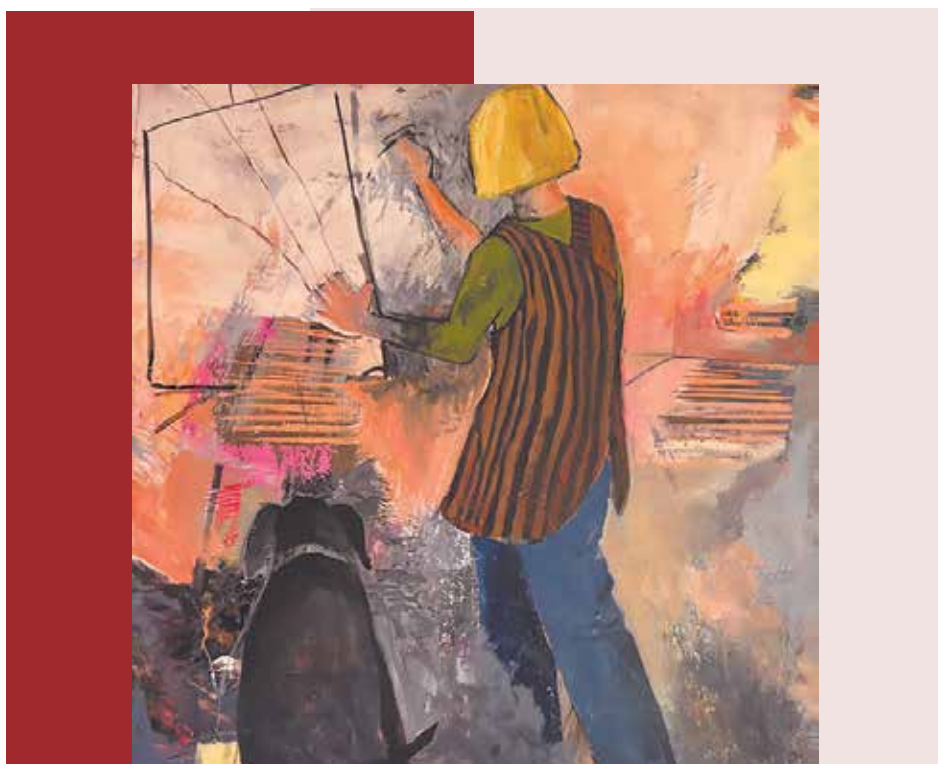
**THE SWAP SHOP** at the Hopkinton-Webster Transfer Station is open on Monday from 9:00-11:00 (and most Saturday mornings). We are looking for puzzles (all the pieces, please), jewelry, silverware and other small kitchen items, DVDs, and yarn (very popular). One customer is looking for some quirky glasses 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.



### 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://meetu.ps/c/51TCC/10w3Cx/a>.



Four artists received recognition at the juried summer members exhibition presented by Two Villages Art Society. Awards were presented at the May 25 opening reception at the gallery in the Hopkinton village of Contoocook.

The following awards were presented:

**BEST IN SHOW: ANN SAUNDERSON**, of Loudon, for "The Artist and her Critic," acrylic. (shown at left.)

**ARTIST OF MERIT: DAVID CARROLL**, of Warner, for "Page from my Russian Notebook # 10," mixed media collage.

**GAIL SMUDA, OF CONCORD**, for "Elizabeth Gurley Flynn," book art.

**SHARON BOISVERT, OF WEARE**, for "Snow Day," soft pastel.

The show's juror was Inez McDermott, professor emerita of art history (New England College) and independent curator.

*"The works I chose reveal an expertise with, and sensitivity to, their chosen medium; they reveal a strong sense of design and composition; and they present subject matter and a point of view that is clearly conveyed and enhanced through those compositional and media choices."*

*There are many wonderful pieces in this show," she said. "I was pleased to be invited to spend time with this marvelous collection of work from the Two Villages art community."*

The exhibit, **"Communities Gather: Summer Members Show,"** features the work of more than 50 TVAS member artists, including painters, potters, photographers, and print makers. The show is on display through June 22, Thursday-Sunday 12:00 – 4:00 PM. at 846 Main Street, Contoocook.

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



FOUR ARTISTS RECEIVE AWARDS

PRESENTED AT

*Opening Reception*

ON SATURDAY, MAY 25TH





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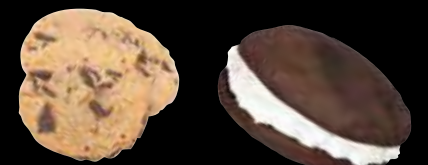
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ITEMS  
6:30 – 11:00 AM**



Breakfast Sandwiches,  
Donuts, & Muffins



Dessert Items

**DELI OPEN Mon - Fri  
6:30 AM – 3:00 PM  
Saturday 8:00 AM – 3:00 PM**

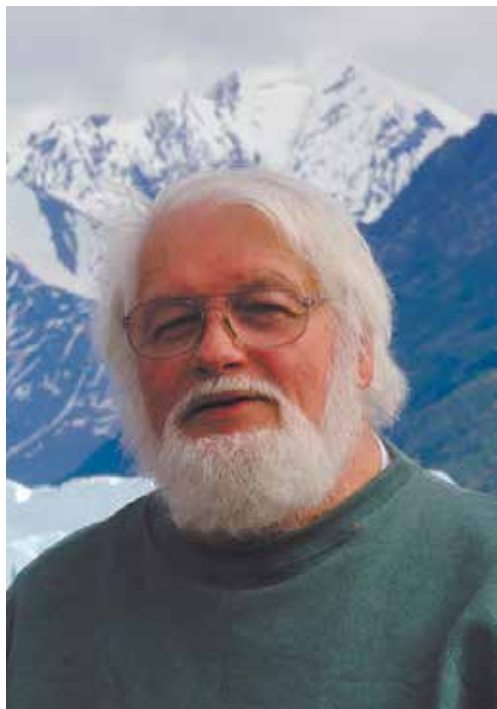
**STORE OPEN Mon - Fri  
6:30 AM – 6:00 PM  
Saturday  
8:00 AM – 3:00 PM  
Closed Sunday**





## OBITUARIES

### PETER RONALD AUDET, SR.



Peter Ronald Audet, Senior, passed away peacefully on Thursday, May 16, 2024. He was born Joseph Peter Audet on December 12, 1939, the youngest of the five children of Joseph and Cora Audet (nee Ouellette) of Bow. Pete was a lifelong learner and an avid reader.

Upon his graduation from Concord High School Pete joined the Pressmen's Union and began his career as a printing press operator, working in Concord and New York City. He had two children with his former wife Carol Audet (nee Morrill); Susan Gail

Audet and Peter Ronald Audet Jr. Pete loved his large extended family and his gregarious nature garnered him a long list of friends.

With his trademark white beard, Pete relished playing the role of Santa Claus. On Christmas Eve he dressed in his Santa suit and crashed parties and visited the children's ward at Concord Hospital.

Next to his love of family and friends, Pete loved to fish. It was his love of fishing that brought him to Alaska in the early 1990s where he remained the next 25 years. He spent his time in Alaska fishing and working in the tourism industry, living in Denali National Park, Chena Hot Springs and in Anchorage.

His favorite time of year was salmon season on the Kenai, where he caught hundreds of pounds of salmon and shipped a supply to his family each year. It was on the Kenai where he developed a family of like-minded fishermen. Pete's Alaskan home became a gathering spot for his many friends and fishing buddies who could rely on Pete to serve up a huge family meal on the spot. Pete regularly welcomed visitors to the 49th state, acting as host and tour guide and sharing his love of the land.

Eventually Pete returned to Bow to live closer to his family. It was here in Bow that Pete's focus moved from fishing to gardening. He discussed his gardening techniques with anyone who would listen and happily shared his prolific produce.

Pete is predeceased by his parents and his siblings Maurice Audet, Cecile Chadwick, Victor Audet and Mary Woodbury. He leaves behind his children Susan and Peter (Barbara) and many nieces, nephews and friends.

The family plans to return Pete to The Last Frontier in July 2025. Fish on Pete!

### JOHN V. CABIBI

Dr. John V. Cabibi, 81, of Bow, passed away May 18, 2024.

He was born on October 20, 1942, to John and Virginia Cabibi in New Orleans, Louisiana. He grew up there alongside his five brothers and sisters. While he lived the last 50 years of his life in New Hampshire, his New Orleans and Sicilian roots were deep, shaping his love of good food, music, hats, community and adventure.

John was endlessly curious, a self-defined autodidactic polymath with an insatiable desire to learn and share knowledge with others. This led him to Louisiana State University, where he earned a bachelor's degree and then to University of Southern Mississippi, where he earned a PhD in psychology. He taught at Loyola University before transitioning to clinical psychology where he spent most of his career. He believed in working to improve access to behavioral health care. His tireless work in the field won him the 2013 Psychologist of the Year Award from the NHPA and the 2013 Karl F. Heiser Presidential Award for Advocacy from the APA.

He is survived by his partner Theresa Neves, his children Bridget Cabibi-Wilkin, Ryan Hutchins-Cabibi (Janeen), Taryn Finnessey (Michael), and Maria Hutchins-Cabibi.

In lieu of flowers, donations can be made in his name to The Friendly Kitchen where he was a longtime volunteer.

### DORIS JESSEMAN

Doris Shover Jesseman, 93, of Hopkinton passed away on May 13, 2024. She was born on November 6, 1930, to Urban and Emma Shover of West Topsham VT, where she attended elementary school and helped out on the family farm.

As an adult, she worked at Gould's Country Store in Piermont, and Ames department store in North Haverhill. Doris enjoyed baking and was well known in the area for her donuts, delightful pastries, and sweet delicacies including homemade ice cream.

In later years, Doris was an active member of the Slusser Senior Center in Hopkinton and looked forward to "Coffee Hour" and playing cards and Bingo with her friends in her apartment building.

She is survived by three daughters; Jane Deming of Charlottesville VA, Doreen Moody and husband David of Pike, and Cindy Locke and husband Kenneth of Hopkinton and sister, Irma Joyal of Barre VT.

In lieu of flowers donations may be made in Doris's name to Granite VNA Hospice, 30 Pillsbury Street, Concord, NH 03301.

### GLORIA A. MARTIN

Gloria Martin of Contoocook, passed away peacefully at home on May 6, 2024, at the age of 97. Gloria was born on January 26, 1927, in Astoria, NY. Residents of Contoocook since the late 70's, she and husband John enjoyed the second half of their lives in a very welcoming neighborhood.

Gloria spent her life as a homemaker and Mom to her two daughters Janet and Suzanne. She always put everyone's needs ahead of her own.

Gloria is survived by her children and their spouses Janet and Drew, and Suzanne and Chris, her grandson Andrew, and great grandson Nico and her best friend Socks.

In lieu of flowers, please make donations may be made to Pope Memorial SPCA, in Concord.

### RICHARD & CONNIE STROME

Richard Strome, 92, of Contoocook, died on July 7, 2023, and his loving wife Connie Strome, 90, also of Contoocook, died on May 6, 2024, both at The Birches in Concord, and both after long battles with Alzheimer's disease.

Richard Strome was born in Exeter, and Connie Strome was born in Springfield, Colorado. The Stromes were married on June 5, 1953 at Lowry Air Force Base in Denver, Colorado.

Colonel Strome served for 26 years in the USAF, and was awarded the Distinguished Flying Cross in 1972, for his service to his country over the skies of Vietnam.

Richard and Connie were staunch Granite State Republicans and after his retirement from the US military, Richard served in senior staff positions for NH Senate President Robert Monier, Governor Stephen Merrill and Governor John Sununu.

Connie Strome was a brilliant pianist and soprano and attended the University of Denver, graduated from UNH attaining her Master's Degree in Social Work from NH College. Connie served on the staff of St. Paul's School in Concord, and, after receiving her master's degree, went to work for the New Hampshire Det. of Social Services where she spent her days traveling about central NH helping her beloved clients.

After their many years of service, the Stromes retired to their lake home in Contoocook, where they were avid parishioners and benefactors of St. Theresa's Catholic Church.

Richard and Connie are survived by their sons Christopher Strome of Florida and John Strome and his wife Laurie Bailey-Gates of Cape Cod.







# OBITUARIES

Obituaries | continued from page 21

## VERA E. (DOCKHAM) TURNER

Vera (Susie) Edith Dockham Turner 74, was born November 14, 1949, to Vernon and Edith Clarke Dockham. She passed away on May 18, 2024.

A native of Hopkinton she was a graduate of Hopkinton High School. She worked at King's and Stuart's Department Stores as well as a position in the kitchen of Hopkinton High School. She retired in June 2020.

She is survived by her husband Louis Olin Turner, two daughters (Tamara & Seth Holmes) (Tracey & Eric Whipple) and four grandchildren (Joshua & Jacob Bourassa) (Otis & Owen Whipple).

In lieu of flowers donations may be made in her name to the Alzheimer's Association, 225 N. Michigan Ave., Floor 17 Chicago IL 60601.

## ANN GARLAND WEST

Ann Garland West of Contoocook, peacefully left us on May 11, 2024.

Ann grew up in Windham, and taught English at Pinkerton Academy for 56 years. She was especially proud of directing the Pinkerton Players and advising the participants of Granite Girls' State.

Mrs. West's teaching career began at Berlin High School in 1956, where she taught English and theater. In 1958, she taught English at Nashua Junior High, but in 1959, Headmaster Ivah Hackler lured her to Pinkerton Academy, retiring in 2015, as longtime English Department Chair.

Her accomplishments and her awards are too numerous to list. Ann volunteered for many organizations to develop curricula, evaluate testing, support educators, and train young people for a productive future. For over 60 years, she worked with the American Legion Auxiliary Granite Girls' State and Girls' Nation, which was close to her heart because of her lifelong interest in government.

Last year, in April of 2023, Ann lost her husband of nearly 54 years, Richard Arthur West.

Ann is survived by her brother, Robert F. Garland, and "her girls" Becky Garland Martin, Kristen Gould Burnham, and Lydia Gould Bessler, and their families.

## JAMES K. WYLY

James Kenneth Wyly of Bow passed away on May 27, 2024, at the age of 77 in Concord.

Before starting a family, James spent his life trying to understand the world around him. He studied theoretical physics at Manhattan College which was not far from where he grew up. He went on to get his Ph. D at the University of Wisconsin. He then entered his second phase of his life, attending medical school at the University of Miami, becoming a psychiatrist, and moving to Bow.

James had one son, Theodore Wyly, with Susan Moseley. He continued to practice psychiatry as well as teach physics occasionally.

James will be remembered as being endlessly fascinated by the wonders of life. So much so that he devoted his life to studying it. This fascination was infectious and it rubbed off on many people who he interacted with, including his son who continued his pursuit of science and math.

## TALE SPINNER: GENETIC DISPARITY | Continued from page 9

She looked the same to me but God knows how much weight she gained. After all, she ate the same things I ate and in equal quantities. When I got home I told her about my visit to the doctor and what he said. I stood on the scale to verify my weight. Then I told Trish that she needed to step on the scale and get her bad news, her rude awakening. Ninety eight and a half pounds! She had gained one and a half pounds! A pound and a half! Her clothes still fit. She had no stretch marks. She was not out of energy. I was incredulous. How could this be? I loved my wife but I wanted her to be fat too! I wanted her to need a stupid 1600 calorie diet also. At the very least I wanted her to feel guilty about not gaining all that weight. Maybe a little sorry for leaving me alone in this predicament. But no. Just the opposite in fact. I found out a truth that day. Skinny people are rather smug about their thinness. They act like somehow through sheer strength and will power they are able to control their weight. Like they are better than all us fatties. Do you know any thin people? I mean people who are naturally thin no matter what they eat? I'm sorry, you gotta hate them. I know it's a matter of genetic makeup but it's just not fair.

So diet time it was. For me, going from a million calories a day to 1600 was... well, unpleasant. But I was willing to try it in the hope of feeling better. And physically, I did feel better. But emotionally I was miserable—grouchy, touchy, and ticked-off all the time. However at the end of the week I excitedly headed to the scale for my emotional reward. I lost one pound. Are you kidding me? One pound? The hell with that. I called the doctor and told him in frank, direct terms that if I was going to be miserable, I needed to see better results than that.

"OK" he said and reduced my caloric intake to 900 calories a day.

If I was miserable before, now I was in a place that could not be defined in words. And if I was grouchy before, I was absolutely impossible to be around now. I still had dinner – like a small patty of ground meat with some broccoli or maybe a chicken leg with a half of unadorned potato. And I still had snacks like a rice cake or a hot cup of bullion or a small dish of unsweetened Jello or all the celery I wanted. But nothing that a 237 pound human being might find fulfilling. I learned another thing about my body. It was all friendly and welcoming when it came to allowing those pounds to come aboard; but it was very selfish when it came to giving those pounds back. It took me four months, but I did get down to 205 pounds by the time football practice started in late August. It took a little longer for the stretch marks to go away.

Trish smugly continued to eat whatever she wanted all summer and bulked up to 99 pounds.

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



## MONTHLY IMMUNIZATION CLINIC FOR ADULTS AND CHILDREN

Clinics are held the first Monday of each month from 1-4 PM at St. Paul's Episcopal Church Outreach Center, 21 Centre Street, Concord

Our monthly immunization clinic in Concord is available to adults and children who are uninsured and those who may not be able to access these services elsewhere.

**Vaccinations available for children ages 0-18 include:** DtaP, Tdap (11-18 years), IPV (polio), MMR, Td (tetanus), Hepatitis B, HPV, and Influenza (3 – 18 years).

**Vaccinations available for adults include:** Hepatitis A, Hepatitis B, HPV, Influenza, MMR, Pneumococcal, and Tdap.

Eligibility for adults who are uninsured and underinsured is determined by the NH Immunization Program screening tool. A \$10 fee is requested per visit.

**Appointments are required**

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# Travel with The Bow Times



Bow residents Bruce and Lorraine Harris share The Bows Times with a giant tortoise in the Galapagos. Giant Tortoises can only be found in two places in the world today – the Aldabra Atoll in the Seychelles and the Galapagos Islands in Ecuador. These ancient creatures can weigh well over 800lbs and live between 80 and 120 years.

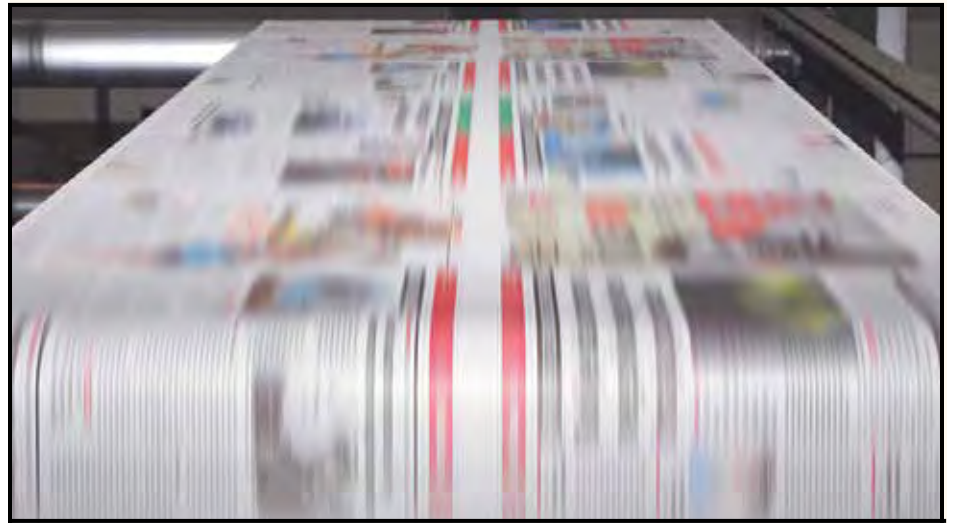
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# Travel with The Bow Times



Heath and Missy Carder, Bow residents, visited London in May. Here is a shot of Heath standing in front of the Tower Bridge.

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