

The Bow Times

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

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DUNBARTON NEWS ON PAGES 10-11

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EDWARD BERKE DIES IN FREAK BOATING ACCIDENT IN MAINE



Edward H. Berke, 31, a resident of New Haven, CT, who graduated from Bow High School, died after falling into the chilly waters in Casco Bay on July 4. He was a passenger on a 21-foot private motor boat “Ternina,” being operated between Chebeague Island and South Portland by Benjamin Woodbury, a resident of the Portland area and considered one of Berke’s best friends.

Sports were a big part of Eddie’s youth and eventually playing soccer, hockey and baseball for the Bow HS Falcons. He captained

the soccer and hockey teams his senior year while being bestowed the soccer team’s “Falcon Award” his junior and senior years for his play and leadership. He was a people person who enjoyed learning and listening from others while sharing his experiences or knowledge for people’s benefit.

Berke was a standout athlete in hockey and soccer at Bow High School and graduated from St. Lawrence University in New York State in 2015. He graduated from Iowa State University with a master of science degree in economic geology working as a hydrogeological consultant with the firm Fuss & O’Neill in New Haven, Connecticut.

Berke has a younger brother, Hunter, a resident of Charlotte, NC who was at home visiting with his parents, Nancy and Bruce in Bow for the holiday. Berke’s father, Bruce Berke, is managing partner with Sheehan Phinney Capital Group and is a well-respected long-time lobbyist in Concord.



Photo | BuddyL

HOPKINTON SELECTMEN REJECT \$343,228 BID TO REPAIR SPIRIT SKATE PARK

Hopkinton Spirit Skate Park was opened in 2003 in memory of Rob Carr and Jake Shumway, who died in a snow-cave collapse.

In 2016, the skate park briefly closed due to urgent repairs, leading the community to raise \$15,000 for its restoration. Since then, maintenance has relied heavily on volunteers and community support.

Now, the skate park is again showing signs of wear, with estimates suggesting it may remain usable for another year or two if conditions hold.

In addressing these challenges, Sabrina Dunlap, the select board chair, acknowledged that the select board faces difficult decisions concerning proposed repair costs and meeting the public demand for the skate park.

“It seems like we do not have a lot of time to decide whether we’re going to move forward with a redo or at some point we are looking at just having to take it down or close it because it’s dangerous and becomes a liability,” said Dunlap.

\$200,000 has been allocated to update and maintain recreational facilities in town. However, even the least expensive option for the skate park, which includes lower ramps than the existing ones, comes with a price tag of \$192,538 – nearly the entire amount set aside for all recreational facilities.

Having rejected a bid of \$343,228 the town is considering fundraising.

Rotary Club of Bow



36th ANNUAL RECOGNITION & COMMUNITY SERVICE AWARDS

The 36th Annual Recognition & Community Service Awards Night was hosted by the Baker Free Library on June 20, 2024. Seven recipients were recognized and received awards for their dedication and service to our community and Rotary Club.



Pictured L-R: David Scanlan-MC; Ben Kiniry - International Service Award; Ken Moulton – Club Service Award; Linda Bliss – Paul Harris Fellow; Michelle Fortin – Paul Harris Fellow; Lee Kimball – Community Service Award; Mridula Naik – Vocational Service Award; Tanya Frost – New Generations Award; and Rotary Club President, Matt Dodge. Photo | ERIC ANDERSON

PROPERTY REVALUATION FOR BOW THIS YEAR

Shannon Krause, the Administrative Assistant for the Bow Assessing Department has announced the upcoming update in property values which must occur every five years.

The last full revaluation in Bow occurred in 2019. Over the past five years, the real estate market has experienced substantial growth.

The 2024 revaluation will adjust property assessments in Bow to 100% of the current market values as of April 1, 2024. It’s important to note that an increase in assessment does not necessarily mean an increase in property tax bills. The new tax rate for Bow in 2024, will be set by the State of New Hampshire in late October. Given the significant increases in assessed values, the tax rate is expected to decrease. Property owners will receive notifications of their new assessments in August.



THE BOW TIMES WINS TWO MORE NH PRESS AWARDS

At the annual awards night for the New Hampshire Press Association on June 20 this newspaper won two third-place awards.

Nadeane Mannion was praised for overall design that was “clean with nice color and a good story count on the first pages.”

Chuck Douglas’ First Amendment Award was for editorials that “were informative and data rich.”

This brings total awards since 2015 to 25.

WINNER OF 25 NH PRESS ASSOCIATION AWARDS
THE BOW TIMES IS DELIVERED FREE TO 4,350 RESIDENCES & BUSINESSES IN BOW AND DUNBARTON

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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

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EDITORIALS

SHOULD PRESIDENTS BE IMMUNE FROM CRIMINAL PROSECUTION?

The July 1 decision of the United States Supreme Court in Donald Trump's prosecution arising out of the events of January 6, 2020, answers a novel question as Chief Justice John Roberts stated it: "When may a former President be prosecuted for official acts taken during his Presidency? Our Nation has never before needed an answer."

Maybe a reason this has never arisen before is that 27 of our 46 Presidents have been lawyers used to the rules and constraints of the law as part of their profession. Another 12 Presidents have been general military officers where there are rules of engagement, laws of war, Geneva Conventions, etc. President Trump was neither of these.

The court's majority opinion said that any President occupies a unique position in our constitutional scheme, because he is the "only person who alone composes a branch of government." The opinion said that like "everyone else, the President is subject to prosecution in his unofficial capacity. But unlike anyone else, the President is a branch of government, and the Constitution vests in him sweeping powers and duties."

The majority said a President "enjoys no immunity for his unofficial acts, and not everything the President does is official. The President is not above the law. But Congress may not criminalize the President's conduct in carrying out the responsibilities of the Executive Branch under the Constitution."

The court built upon a case from 1982 (Nixon v. Fitzgerald), that held former President Nixon was entitled to absolute immunity from civil damages for his official acts. However, a former President is not able to claim an absolute privilege to avoid a subpoena issued pursuant to a criminal investigation, as Richard Nixon learned when White House audio tape recordings were subpoenaed over his objection.

The court in Trump explained that fear of criminal investigations after leaving office would "more likely distort Presidential decisionmaking than the potential payment of civil damages. The hesitation to execute the duties of his office fearlessly and fairly might result when a President is making decisions under a pall of potential [later] prosecution."

The court made clear it was writing for the ages and not for just the Trump case when it said that the "immunity applies equally to all occupants of the Oval Office, regardless of politics, policy, or party."

Looking to the threats by Donald Trump if elected to prosecute Joe Biden when Biden leaves office is also an interesting policy reason for immunity that may well have been on the court's mind:

"Virtually every President is criticized for insufficiently enforcing some aspect of federal law (such as drug, gun, immigration, or environmental laws). An enterprising prosecutor in a new administration may assert that a previous President violated that broad statute. Without immunity, such types of prosecutions of ex-Presidents could quickly become routine."

However, at the same time, the Justices made clear that the President has no immunity from prosecution for private acts. That is consistent with Clinton v. Jones (1997), which denied Bill Clinton's claim of immunity in a lawsuit alleging sexual harassment of Paula Jones during his time as Arkansas governor. Presidents are not "above the law;" but they are immune from civil lawsuit or criminal prosecution only for actions undertaken pursuant to the highest law, the Constitution.

However, the court provided an example illustrating how Special Counsel Jack Smith may be able to continue to prosecute the alleged conspiracy for the plot to create alternate electors from states like Arizona and Wisconsin and to submit false certifications to Congress relative to the 2020 election. The Chief Justice observed that during oral argument Trump's lawyers "appeared to concede that at least some of these acts - those involving 'private actors' who 'helped implement a plan to submit fraudulent slates of presidential electors to obstruct the certification proceeding' at the direction of Trump and a co-conspirator - entail 'private' conduct."

In her concurring opinion, Trump appointee Justice Amy Coney Barrett warned:

"The President has no authority over state legislatures or their leadership, so it is hard to see how prosecuting him for crimes committed when dealing with the Arizona House Speaker' ... would be off-limits. The Georgia indictment similarly focuses on Trump pressuring state officials, including the infamous call with Georgia Secretary of State Brad Raffensperger in which Trump said he had to find 12,000 votes."

That issue was therefore sent back to the trial court to parse which, if any, part of the "fake elector scheme" constituted private action to get reelected, as opposed to being official acts of a presidency.

While the court's opinion initially drew broad condemnation, it is more nuanced than critics want to admit. Whether it went too far on presidential immunity will be tested in the years ahead.

GAVIN NEWSOM IS NOT THE ANSWER

Whatever happens in the Democratic Party convention, one tax and spender stands out among the rest - Governor Gavin Newsom of California. Under his governance, the State is number one for people fleeing with their money. The IRS in June published its annual migration between the states' numbers. Those folks leaving California took \$23.8 billion with them to head to Texas, Florida and other Republican States. New York lost \$14.2 billion in adjusted gross income while Florida gained \$36 billion and Texas \$10.1 billion. So why are thousands fleeing California?

The Wall Street Journal on July 5, pointed out that California's taxes are the highest in the country. "It taxes middle-income earners at a higher top marginal rate (9.3% at \$68,350) than most states do millionaires. Texas and Florida have no income tax. Sales taxes in most GOP-led states are also lower than in California. As are property taxes because home prices are lower costs." Electricity costs two to three times as much, and gasoline \$1 to \$2 a gallon more. Unlike states without burdensome climate mandates California's median-priced home (\$860,500) is double that of most states owing to a housing shortage caused by zoning restrictions and environmental laws. Employment in California, New York and Illinois hasn't recovered to pre-pandemic levels. California has about 400,557 fewer workers than in January 2020, while Florida boasts 669,806 more.

Taxpayer flight and slower economic growth result in less tax revenue, but more welfare programs and promises to public unions. Fortunately people can vote with their feet and wallets to leave "progressive" tax and spend States. Those who leave know that low taxes are the result of low spending.

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

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- Have you ever thought to yourself: things are a mess and headed in the wrong direction?
- Have you ever thought: my government seems unresponsive?
- Have you ever thought: I sure hope someone is working on it?
- Have you ever thought: I wonder what I can do to help?

If you said **“YES, that’s me!”** to any of the above then it is great that you are reading this!

Whether you wish to help a little here and there, or jump right in with both feet, or if you just want to stay more informed, please go to **www.lets gobow.org** (or scan the QR code below) and complete a one-minute survey.

CONCERNED VOTERS SPECIAL EVENT

If you are concerned about the direction of Bow and the United States, then please join the Bow Republican Town Committee at The Red Blazer in Concord, NH on July 18th at 6pm.

We have a special guest speaker, snacks, and raffles. Please RSVP via email prior to the event to receive a free raffle ticket! (events@lets gobow.org)

This is a paid political advertisement: Steven Hebert, Vice Chair, Bow Republican Town Committee, 6 Cardinal Drive, Bow, NH 03304.

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Real Estate Sales in Hopkinton – JUNE 2024

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
247 Fire Pond Road	3 Bedrooms 2 Baths	1716 Square Feet	Mobile Home	\$250,000
181 Tucker Drive	3 Bedrooms 2 Baths	1352 Square Feet	Mobile Home	\$256,000
88 Burnham Intervale	3 Bedrooms 2 Baths	1026 Square Feet	1.1 Acres	\$313,000
31 Moss Road	3 Bedrooms 2 Bath	1469 Square Feet	5.66 Acres	\$370,000
303 River Grant Drive	2 Bedrooms 2 Baths	1578 Square Feet	Condo	\$385,000
80 Kearsarge Avenue	3 Bedrooms 2 Baths	1680 Square Feet	0.44 Acre	\$435,000
863 Jewett Road	4 Bedrooms 2 Baths	2062 Square Feet	2.75 Acres	\$475,000
45 Penacook Road	3 Bedrooms 4 Baths	3213 Square Feet	0.91 Acre	\$600,000
68 Kearsarge Avenue	4 Bedrooms 2 Baths	3131 Square Feet.	80 Acre	\$680,000
283 Rolfe Pond Drive	5 Bedrooms 2Baths	1992 Square Feet	0.58 Acre	\$732,000
24 Briar Hill Road	5 Bedrooms 4 Baths	5812 Square Feet	1.28 Acres	\$804,000

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HOPKINTON POLICE DEPARTMENT

JUNE 2024

8 Arrests • 5 Accidents • 300 Traffic Stops

06/05 Michael Yocute Ramirez, 21 of 9 Arlington St Apt 1, Lynn, MA was charged with License Required; Operate without Valid License; Nelson Ramiriz Marroquin, 24 of 18 Henry Ave Apt 3, Lynn, MA was charged with Improper Person Driving Vehicle.

06/06 Christopher Stotler, 61, homeless arrested on Warrants.

06/12 Lukas Trantham, 28, of 90 Tucker Drive, Hopkinton, was arrested for Domestic Violence; Simple Assault – Bodily Injury.

06/17 Luke Burgos, 33, of 14 Kearsarge Ave Apt 8, Hopkinton, was arrested for 2nd Degree Assault; Domestic Violence; Strangle and Resist Arrest/Detention.

06/24 John Saykaly, 48, of 3 Martin Road, Deering, was arrested for DUI 2nd – impairment.

06/27 Brett Crawford, 21, of 1872 Clement Hill Road, Hopkinton, was arrested for DUI and Reckless Operation.

06/29 Nicholas Dadmum, 19, of 76 Lee Street, Keene, was charged with Suspension of Vehicle Registration



HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

HYSA BASKETBALL This summer Hopkinton Youth Sports Association (HYSA) will have open gym most Saturday mornings from 10:00-11:00 at Hopkinton Middle High School. The gym is open for girls and boys in grades 5th through 9th to come in and sharpen their **basketball skills**. Players will use the Dr. Dish shooting machine, work with HYSA coaches on shooting form, participate in fun drills, and scrimmages.

No registration is necessary – just show up! **Open Gym Dates:** July 6, July 13, July 20, July 27, and August 17. **No open gym August 3 or August 10.**

For more information please email: HopkintonHYSA@gmail.com.

HYSA SOCCER Register for HYSA's 2024 **Fall Soccer Program!** HYSA has made another technological leap and joined the youth sports management platform TeamSnap. Our hope is that TeamSnap makes everything easier for everyone. Once you create your account in TeamSnap, most information will autofill. No more paying on one platform and registering through another, now you'll do everything in one place.

You may register at <https://registration.teamsnap.com/form/8466>.



KIMBALL POND is open for the 2024 season until August 10 for all Town of Hopkinton/Contoocook residents. The Pond is open seven days a week from 10am - 6pm and is staffed with American Red Cross trained lifeguards, weather permitting. We will try to post closures on the Recreation Facebook.

BRITISH SOCCER CAMP discount before it ends on July 13! Full and half-day options are available. Register today at www.HopkintonRec.com. Registration is required at <https://hopkintonnh.myrec.com>.



THE CONTOOCCOOK FARMERS MARKET moved outside at Riverway Park and will be here Saturdays 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.



WORK SONG FARM stand is open every Wednesday from 3:00-6:00. Work Song Farm is located directly across from Beech Hill Farm and Ice Cream Barn. This week's selections: lettuce, Swiss chard, cucumbers, garlic scapes, radishes, parsley, bok choy, and zucchini. Please bring a reusable tote bag if you have one. Wash off all produce before enjoying. Bugs and dirt happen.



HOPKINTON TOWN BAND CONCERTS at the Lewellen Bandstand are held on Wednesday evenings 7:00-8:00 in the summer.

THE HOPKINTON TOWN LIBRARY is open every day except Sunday and Monday. Library Hours: Tuesday-Thursday 10am-6pm, Friday 10am-5pm, Saturday 10am-3pm. Sunday hours will resume in September. There are many events happening at the library and many new books. Please check it out at <https://www.hopkintontownlibrary.org/>



**EIGHT NH ARTISTS SHOW
WATERCOLORS INSPIRED BY NATURE
NATURE WILD/GROUP SHOW**
Exhibit Opens
JULY 6th through AUGUST 3rd, 2024

Eight New Hampshire artists have been painting together for years, and have created an exhibit that displays their passion for watercolor painting inspired by nature. The exhibition presents an opportunity for a longstanding artist circle to show their work together for the first time and to honor their senior member and mentor, Sylvia Brofos. Now in her 90s, Brofos has taught watercolor painting at many local institutions, as well as in her private studio.

**OPENING RECEPTION JULY 6
from 12:00 – 2:00 P.M.**

The following artists will exhibit at the Group Show: Fred Brewster, Sylvia Brofos, Sophia Eastley, Lenore Hall, Eva Kjellberg, Mary Jo MacGowan, Carolyn Sherman, and Claudia Tufo.

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





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TIPS TO TAKE THE STRESS OUT OF TRAVEL

Vacations are meant to be relaxing, but under planning and overspending can lead to financial stressors. Consider the following tips to reduce travel-related anxiety and help you make the most out of your time away—whether journeying across state lines or overseas.

- 1. CREATE A TRAVEL BUDGET.** To help you make well-informed financial decisions while away without compromising your long-term savings goals when you return.
- 2. THINK MINI GETAWAY.** Taking shorter, more frequent trips versus one big faraway bonanza not only requires less planning, and is generally less expensive, but offers more opportunities to unwind year-round.
- 3. PLAN IN ADVANCE.** Trip planning can be stressful. Research destinations, make reservations, prepare itineraries, and create a budget. Create a reasonable timeline and a budget, and ensure you have your affairs in order (impending deadlines, medication needs, and baby-sitting, dog-sitting or house-sitting arrangements).
- 4. CONTROL WHAT YOU CAN.** Unexpected surprises – flight delays, lost or stolen items, can quickly sour your vacation mindset. Travel insurance can help you recoup some of your expenses and soften the blow to help with smooth sailing. Some credit cards – especially those designed for travel – offer protections for delayed flights, lost luggage, trip cancellation, accident insurance and more.
- 5. ACCESSING ACCOUNTS ABROAD.** When traveling outside the United States, make sure to inform your trusted community banker of your plans to avoid an account freeze or declines for “suspicious activity.”

As always, remember that as your trusted community bank, we are here to help. Please consider these tips and enjoy a well-deserved vacation.

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NATIONAL ARMY GUARD RETIREE LUNCHEON 19 SEPTEMBER

The 15th Annual NH Army National Guard Retiree Luncheon extends an invitation to you on behalf of Major General David Mikolaities, the Adjutant General, and the Retiree Day Luncheon Committee.

Please join us as we socialize, renew old acquaintances, and share stories. Retirees of all ranks, AGR's Military and Civilian Technicians and Traditional (M-Day) Soldiers are invited and encouraged to attend.

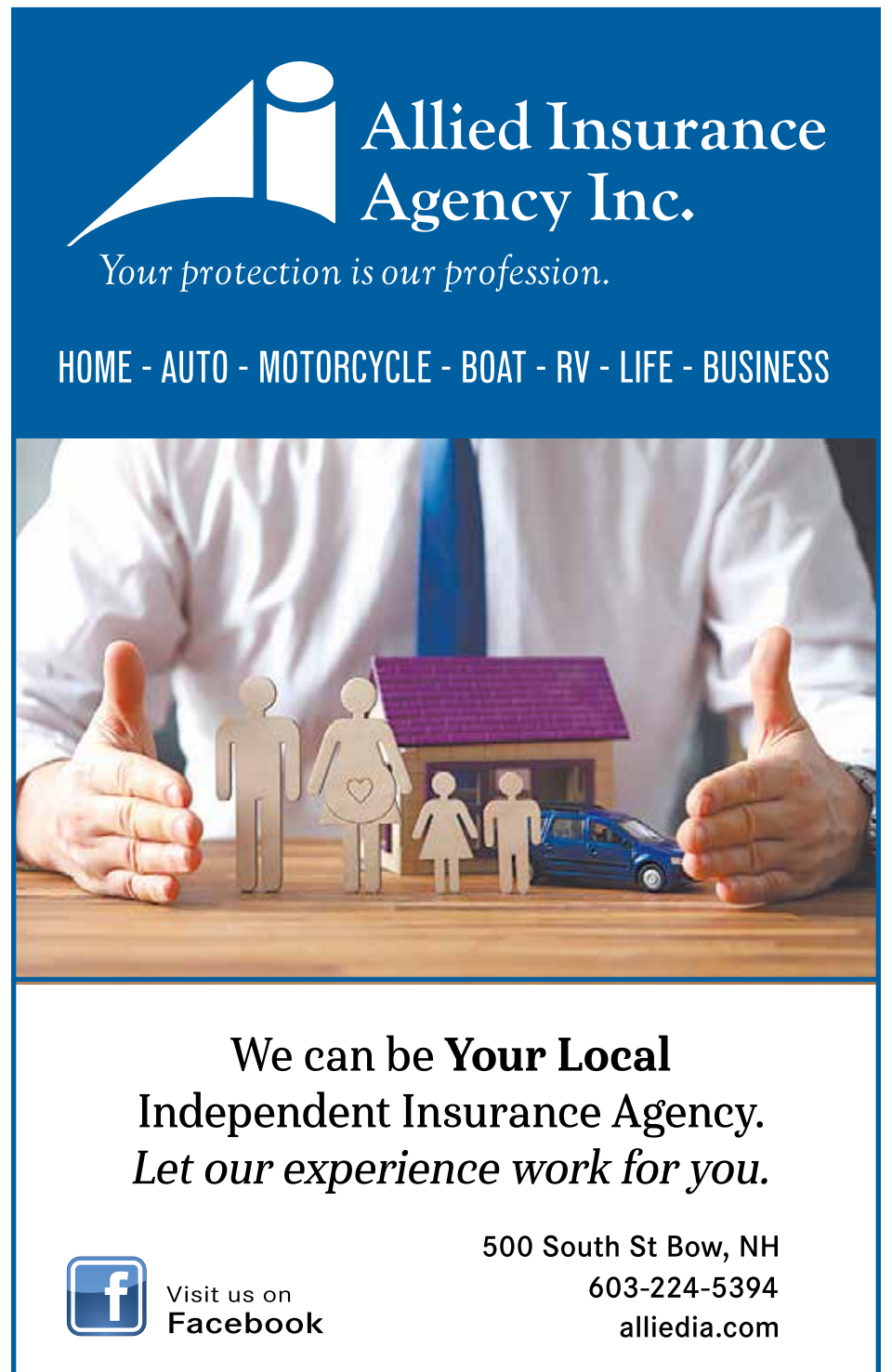
When: Thursday, September 19, 2024 | Ceremony Starts: 1100

Lunch is served at: 1200 | Event ends at: 1400

Lunch Fee: \$5.00 per person (cash accepted at the door)

Where: Building 1 at State Military Reservation in Concord

**RSVP: CW5 (Ret.) Rick Plante, (603)657-0345
or e-mail rfplante1@gmail.com**



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YOUR SUMMER FIX!

by Jim Olson

One interesting thing about working in the fitness industry is that no matter the time of year, there's always an excuse we can come up with as to why we can't stay on track with our nutrition and exercise. Summer is obviously no different. So, here are my best tips to make sure you don't fall off the wagon this year!

WATER FOR THE WIN

Water is the most important power nutrient; without enough water, nutrients like carbs, proteins and fats can't get into your body's cells. Water keeps you hydrated and helps your body work optimally. Craving something with a bit more fizz? Try adding a splash of lemon juice or lemon slices to plain sparkling water.

DRINK SMOOTHIES

It can be really tempting to grab quick, pre-packaged, fast, and unhealthy foods when you're on the go. Smoothies loaded with protein, good fats, and complex carbs are a perfect solution and take almost no time to prepare.

KEEP QUALITY PROTEIN BARS ON YOU AT ALL TIMES

Look for bars that are high in protein and low in sugar.

GRILL OUT

You can prepare an entire meal with almost no prep on your grill. And even better, you can prepare several meals at a time with no more effort and very little clean up!

STICK TO A SCHEDULE

Treat your workouts like a job. You wouldn't not show up or cancel an appointment on the job, and getting your training in is just as important.



Jim Olson

PRIORITIZE DAILY MOVEMENT

Even if and when you don't make it to the gym for some reason, you can always get outside and move! Walking 10-20,000 steps per day will have a tremendous impact on how your body looks and your overall health. If you find yourself buying into your summer excuses and falling into the summer trap, take a look back at these tips! If you implement them with consistency, you'll be amazed at what you can accomplish, even in the busiest times of the year!

WOULD YOU LIKE SOME HELP WITH YOUR FITNESS?

Would you like to improve your body and your overall fitness? Are you ready feel better, look better, increase your energy and improve your overall quality of life? Please feel free to call me and I would be very happy to help!

Have a spectacular summer! Jim



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REAL ESTATE SALES IN BOW – JUNE 2024

Serving the areas in and around Merrimack County.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
31 Bow Center Road	3 Bedrooms 1 Baths	176 Square Feet	2.7 Acres	\$459,000
42 Ridgewood Drive	3 Bedrooms 3 Baths	1964 Square Feet	1.04 Acres	\$480,500
17 Van Ger Drive	3 Bedrooms 3 Baths	3071 Square Feet	2.21 Acres	\$638,000
3 Branch Londonderry Turnpike	3 Bedrooms 3 Baths	2294 Square Feet	1.58 Acres	\$640,000
46 Rocky Point Drive	5 Bedrooms 3 Baths	3399 Square Feet	1.06 Acres	\$670,000
75 South Bow Road	5 Bedrooms 3 Baths	3315 Square Feet	2.25 Acres	\$675,000
13 Putney Road	3 Bedrooms 3 Baths	3621 Square Feet	1.02 Acres	\$710,000
155 Bow Bog Road	4 Bedrooms 4 Baths	3633 Square Feet	2.54 Acres	\$789,000
2 Whittier Drive	4 Bedrooms 4 Baths	3483 Square Feet	1.13 Acres	\$950,000
35 Pinnacle Lane	4 Bedrooms 3 Baths	2425 Square Feet	3.16 Acres	\$955,000

REAL ESTATE SALES IN DUNBARTON – JUNE 2024

We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
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KICKBACK

I am sure you are familiar with the term *kickback* as it is used to describe the giving or receiving of money in exchange for referring or receiving patients. Medicare and Medicaid prohibit that activity. Another form of kickback is when some close friends get together to simply relax and have fun together. As a surgeon I would occasionally have to deal with kickback from a chain saw. You might find it interesting that the first use of a chain handsaw was recorded in 1785 in John Aitken's *Principles of Midwifery or Puerperal Medicine*, where a fine serrated chain was used to remove diseased bone. (1). In 1926 Andreas Stihl patented a 116-pound electric chain saw that required two people to operate. In 1949 McCulloch Motors Corp. came up with a chain saw weighing only 25 pounds. Then in 1973, the Husqvarna company created the automatic chain break, a safety feature that prevented injury to the operator by stopping the chain after a kick back.

There were an estimated 282,000 ER visits for chain saw injuries in the US from 2010 through 2019. (about 28,000 per year). There were about 30 fatal injuries per year but only about 6% of injuries required hospitalization. In addition to the chain saw lacerations, it is the fractures, medical issues, burns, and other injuries associated with the use of the chainsaw

that make up those who end up in the ER. For the average homeowner, the most common chain saw injury involves the upper extremity (40%), the leg (40%), and the head (10%).

A chain saw is a wonderful and handy tool. I own one and enjoy using it. Almost 70% of chain saw injuries happen at home, and we need to be aware of how to use the saw, and what appropriate protective gear needs to be worn (helmet, face shield, safety glasses, gloves, chaps, boots and hearing protection). Then enjoy cleaning up your yard and cutting firewood. If you do not have experience with a chain saw, or if you are planning to remove larger trees, it would be wise to contract with a certified arborist.

The American Society of Consulting Arborists (ASCA)
International Society of Arboriculture (ISA)
New Hampshire Arborists Association (NHAA)
Green A. *Popular Mechanics.com*. 12 October 2012.



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THE BOW TIMES TaleSpinner

BEING GREEN

by Bow Resident Paul Pomeroy

It's not easy being green. I'm with Kermit on this. My little Muppet Friend knows what it's like to be one way when everyone else seems to be the other. I know I do. It's been like that for most of my life.

Living in Philly, all my friend rooted for the Phillies. I liked the A's. They all rooted for the Eagles. I liked the Browns. They all rooted for the 76ers. I liked the Celtics. Sometimes they didn't do their homework. I always did mine. Tell a little fib to mom or dad? Never! Break curfew? Nope. When I visited my friends, I couldn't believe what slobes they were. Their rooms were a mess! When they visited me, I would show them my room and point out its cleanliness and order. I think they really appreciated me pointing out the discrepancy in our approaches to neatness.

Things didn't change much as I got older. My college mates would stay up all night. I fell asleep. They occasionally got a little drunk. But after seeing some of the things that drunk people did, I made sure that this didn't happen to me. I liked to go to dinner at 5:30 not 7:30. Go skiing? Hell no! If you go skiing you go fast, get cold and get wet. I don't like any of those things. I was the guy you might ask to plan and organize your big party. And clean up afterwards. But I probably wouldn't actually get *invited* to the party. Which is a shame for I am truly adorable. It just seems that where ever I go I have a tendency to bring my wet blanket with me. And when it comes to throwing it, I am of Olympic caliber.

And while I have travelled some during my younger years I really don't wish to anymore. This is where I get the most critical judgement from others. Those who love to travel, constantly feel obliged to tell me how much I'm missing.

"I can't believe you don't want to see the Grand Canyon."

But I did see it! I have a whole book of pictures of the Grand Canyon in my office.

"You are missing so much by not coming with us to Hawaii."

Let me get this straight. Fly six hours to the west coast in one of those little coffin seats and then ANOTHER six hours to Hawaii?? 24 hours round trip? I've *been* to the beach. It can't be so much better there for me to give up 24 hours of my life.

Besides I have seen Hawaii. I have a book in my office. With pictures.

"How about that cruise to Alaska?"

Again. Office. Book. Pictures.

The simple fact is I don't judge. If my friends and family want to spend all that time on airplanes and in terminals – not to mention the cost – good for them. I'm happy for them. Enjoy.

But *they* judge. They look at me with a combination of pity and scorn. They turn away shaking their heads whispering together.

No, it's *not* easy being green. But I sit here on my recliner sipping a very nice bourbon, looking out my window, watching the seasons change. And I get to sleep in my own bed tonight. Please don't worry about me. I like being green.

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.

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TOWN OF *Bow* ENERGY COMMITTEE



**WE NEED
YOU**

When the NH Energy Expo was about to become a thing of the past, the Bow Energy Committee stepped in to help the Dunbarton Energy Committee revive and expand the Expo they had started years before. Now, two years later, we are proud

to announce that the Expo will take place in Bow for the first time, on **Saturday, October 26th, from 9am - 2pm, at the Bow Memorial School!**

The Expo will be supported by a record number of local communities through collaboration of the Bow, Dunbarton, Weare, Pembroke, and Concord Energy Committees. Past attendees raved about the quality and variety of information provided by exhibitors, workshops, and more. This event offers a unique opportunity to learn about the products, services, and methods for saving money and energy in our homes.

The NH Energy Expo is growing, but its future in Bow is uncertain. With more than one Bow Energy Committee member moving out of town, **the Committee needs a new representative** to serve on the Expo team. We need your help to ensure Bow continues to participate in and have the chance to host this popular and important event.

Please email energycommittee@bownh.gov to learn more.

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NORA'S DUNBARTON NEWS



LOSTPROOFING New England K9 Search and Rescue present their "Lostproofing" program on Tuesday, July 23 at 10:30 a.m., in the Upper Town Hall and Outside. NEK9 has a strong commitment to educating parents and children about how to be safe in the woods. Join our friend Nikki and her certified/registered search and rescue dog Fahra from NEK9 as they teach us to "lostproof" ourselves, and if we do get lost, how to stay safe as we wait for help. After the talk, we are hoping that Nikki and Fahra will demonstrate how NEK9 dogs find missing people. We are hoping for a cool day to keep Fahra comfortable. This is a library presentation. Always check the website or contact the library to confirm times and dates before you attend.

OUTREACH WILDLIFE ADVENTURE is scheduled for Thursday, July 25 at 1 p.m. in the Upper Town Hall. There are many adventures to be had in the outdoors. Join a naturalist from Squam Lakes 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. Presented by the library. Check times and dates on their website before attending.

KIDS, READING TO DOGS is back! Call to schedule your 15-minute session with Nancy and Mr. T. Meet the new dog in-training, Charlie. Thursday, July 25, 2024, 11 to noon. Call the library to register and check available slots.

"SUMMER IN DUNBARTON" TINY ART SHOW. Pick up a tiny canvas at the library desk (while supplies last), bring it home and make your art. Theme: Summer in Dunbarton. Whatever it means to you! Bring your finished canvas back to the library by July 31 to be included in the art show. See your work displayed during August and September. There will be a prize for Best in Show. Art will be returned after our show ends.

WRAP UP ADVENTURE CONCERT with Steve Blunt and Marty Kelley is scheduled for Wed., July 31, at 10:30 a.m. on the bandstand. The library will wrap up their Summer Adventures with a fabulous concert with these world-renowned performers. Check times and dates on their website before attending.

BEYOND THE BOOK The Dunbarton Congregations Church book group: Beyond the Book has scheduled their August read: *When a Crocodile Eats the Sun: A Memoir of Africa* by Peter Godwin. "... a vivid portrait of the profound strength of the human spirit and the enduring power of love." Book discussion on Zoom at 7p.m. Thursday Aug 1. For Zoom link and to ask questions, contact Barbara at barbbennett51@gmail.com.

DUNBARTON GARDEN CLUB is back to offer our community signature daffodil bulbs to commemorate our 20th anniversary of Daffodils for Dunbarton. We are excited to offer five specially selected daffodil bulb packages available for purchase. You may remember that from 2005-2015, Dunbarton planted 100k (!!!) daffodil bulbs for our town's 250th anniversary. This year you can join in and be part of our history! Submit your order on our website <https://www.dunbartongardenclub.org/daffodils> **Please note**, bulbs will not be shipped and may be picked up locally in Dunbarton this fall in time for planting. Please follow our Facebook page (Dunbarton Garden Club) for regular updates! You may also reach us via email: dgc03046@gmail.com

Join the August Dunbarton Garden Club meeting on August 12, 2024 at 6:30pm at the Dunbarton Town Hall (second floor), 1004 School Street in Dunbarton. Enjoy social time connecting with other club members for our first 30 minutes, our agenda begins at 7pm. Catch up on our 2024 happenings including Daffodils for Dunbarton, our annual mum sale in September, and upcoming programming. Our meetings are always open to the public and we look forward to seeing you. For questions or suggestions, you may contact us via email at dgc03046@gmail.com. You may also find us on Facebook (Dunbarton Garden Club) for most up to date information and photos of our events and projects.



THE HISTORIC WAITE BLACKSMITH SHOP ROOF REPLACEMENT PROJECT IS SUCCESSFUL!

The Dunbarton Historical Society's most recent project came to fruition when volunteer Josie Hallinan took the initiative, applied for the N.H. Preservation Alliance grant, and remained dedicated throughout the process in support of the DHS. It has allowed the nonprofit to maintain its historic and functional blacksmith shop! After just two weeks of teamwork and ambition — the roof has been successfully replaced. The Society is sustained only with community volunteers — and they welcome any and all help they receive.

Dunbarton's 1820 Blacksmith Shop is made of hand-quarried stone. It was moved in 1980 to the Historical Society's location, attracting regular visitors to its operating forge, popular demonstrations and educational programs. It is one of four buildings that the historical society owns and cares for. This grant of \$2,500 covered half the cost of materials for a new roof and experienced volunteers provided the labor.

"The Waite Blacksmith Shop is integral to the educational mission of the Dunbarton Historical Society. Its working forge and museum of tools showcases the artisan skill and craftsmanship that was vital to the lives of early settlers to New England, and preserves tradition for future generations," said Josie Hallinan, Dunbarton Historical Society.

This grant is made possible by The 1772 Foundation in cooperation with the New Hampshire Preservation Alliance.



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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.

6/1/2024: Catherine Linehan, 58, Dunbarton, was taken into custody for driving or operating under the influence of drugs or liquor and conduct after an accident.

6/3/2024: Carlos Cabrera, 23, Hudson, MA, was charged with operating without a valid license and highway markings.

6/11/2024: Erik Meyer, 53, Goffstown, was taken into custody for driving or operating under the influence of drugs or liquor and two (2) counts of highway markings.

6/20/2024: Cynthia Wanamaker, 43, Derry, was charged with suspended registrations.

6/22/2024: A juvenile taken into custody for disobeying an officer and speed.

6/23/2024: Devyn Pike, 22, Hopkinton, was taken into custody on an electronic bench warrant for non-appearance in court in the original charges of operating after revocation/suspension—subsequent offense, driving without giving proof, license required; penalty, and speed. She was also charged with operating after revocation/suspension - subsequent offense, driving without giving proof, operating without a valid license, and non-inspection.

6/29/2024: Christopher Smith, 40, Henniker, was charged with dealing in or possessing prescription drugs, transporting drugs in a motor vehicle, and possession of greater than 3/4 ounce of marijuana from a Dunbarton PD warrant.

During the month of June, 24 traffic citations were issued for offenses that included non-inspection, unregistered vehicle, speeding, failure to yield, yellow line or highway markings, open container and following too close. Some citations may have been issued in conjunction with an arrest. Police also issued three Fish and Game citations for operating an OHRV on a public roadway. For complete June, 2024 Monthly Report visit our Facebook page or website.

DUNBARTON'S 8TH ANNUAL TOUCH-A-TRUCK



The Dunbarton Public Library's 8th Annual Touch-A-Truck was a huge success! Despite warm weather, the event was well attended! Dunbarton PD, Fire, and Highway all had vehicles on display, along with Merrimack County Sheriff's Office. A vehicle from the

Central New Hampshire Special Operations Unit (CNHSOU), of which the Dunbarton Police Department is a member, was also on display. Many thanks to Library Director Mary Girard for yet another great event!

DUNBARTON'S 8TH ANNUAL TOUCH-A-TRUCK



What a fabulous **80th Birthday Party for Smokey Bear!** Thank you to Chief Remillard, Chief Wiggin, Forest Ranger Katharine Baughman, and Smokey Bear for their assistance, and to all of Smokey's fans for coming out to celebrate! Smokey's message is as relevant today as it was in 1944.

"Remember... Only YOU Can Prevent Forest Fires."

CHILD SAFETY SEATS Sergeant Brian Tyler is a Child Passenger Safety (CPS) Technician. As a CPS Technician, Sergeant Tyler can inspect child safety seats to ensure that they are properly and safely installed to the manufacturers' specifications. To arrange for a free inspection or an installation, please e-mail Sergeant Tyler at btyler@gsinet.net. We have also partnered with the Children's Hospital at Dartmouth (CHaD) and have a limited supply of free child safety seats for those in the community that may need them. Please e-mail Sergeant Tyler for more information.

OFFER UP The Dunbarton Police Department has partnered with OfferUp! Look for the sign in our parking lot at 18 Robert Rogers Road. We encourage residents to use this location for internet purchase and exchanges. A highly visible and public location for these exchanges eliminates the need to meet at a private residence and reduces the overall risk of victimization and crime.



MARK YOUR CALENDARS!

**7TH ANNUAL
DUNBARTON
POLICE
COMMUNITY
BIKE
RODEO**



**SUNDAY, AUGUST 25TH from 1:00 – 3:00 PM
at DUNBARTON ELEMENTARY SCHOOL
20 Robert Rogers Road**

WHAT IS A BICYCLE RODEO? This free, family-friendly event is open to all ages and all levels of riding experience. Participants will have the opportunity to visit with their local police and fire departments, ride through a skills and agility course, discuss bicycle safety and enjoy a cold treat provided by the Dunbarton Elementary PTO!

Thanks to a grant from the Children's Hospital at Dartmouth (CHaD), the Dunbarton Police Department will be passing out a limited supply of free **multi-sport bicycle helmets and related safety equipment** on a first come, first served basis. S&W Sports will be conducting free bicycle safety inspections! For more information contact Chief Chris Remillard at chrisremillard@gsinet.net or **603-774-5500**.



This event is being held in partnership with Dunbarton Elementary School, the Dunbarton Elementary PTO, the Dunbarton Fire Department and S&W Sports.



BOW HIGH SCHOOL SPORTS SPOT

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

BRY SZEPAN TO ATTEND THE UNIVERSITY OF HARTFORD

Bry Szepan made the commitment to play basketball at the University of Hartford. The talented young athlete has officially committed to join the Hawks for the 2025-26 season. Szepan, a standout guard, brings with her a strong reputation for defensive prowess and a dedication to her craft that promises to make an immediate impact on the team.



Bry Szepan, Guard

Szepan's started her recruitment journey quite early, stating, "I started the recruiting process my freshman year by creating a list of schools I was interested in and emailing the coaches," Szepan explained. "I kept contact with coaches throughout my sophomore and junior years, where I narrowed down my list. I knew that UHart was my top school, and when I was offered, I knew this was the school I wanted to attend."

Her dedication and skill on the court have not gone unnoticed. In her junior year, Szepan earned recognition for her defensive abilities, being named to the NH Basketball Coaches Association's all-defensive team and receiving an all-state honorable mention. Additionally, she was a solid contributor on offense, averaging nine points per game, a testament to her well-rounded abilities as a player.



Kate McGovern, Captain on left.

KATE MCGOVERN COMMITS TO FRAMINGHAM STATE UNIVERSITY

Bow High School's lacrosse standout, Kate McGovern, has committed to play lacrosse at Framingham State University. McGovern, a key player in Bow's successful lacrosse program, brings a wealth of talent and leadership to her new team.

"I chose Framingham State because it seems like the perfect fit," McGovern explained. "The location isn't too far from home, so my parents can come and watch me play. Lacrosse-wise, the coaches are amazing, and so is the team!"

The commitment comes after a recruitment process that McGovern found both challenging and enjoyable. She had the opportunity to visit multiple college campuses and meet various coaches, but Framingham State stood out. "The Framingham coaches are super nice and welcoming. I got to visit the campus and do an overnight with the team, and that's what made the decision so easy," she said.

⁹McGovern's accolades are impressive. She captained the team during her junior and senior years, led them to win the 2023 lacrosse championship, and reached the semi-finals in 2024. Her leadership and on-field intensity are qualities she aims to bring to Framingham State.

HUNTER DUNCAN PERFORMS WELL IN NEW HAMPSHIRE STATE AMATEUR CHAMPIONSHIP

Hunter Duncan, a rising star in the sport of golf, fought hard in the New Hampshire State Amateur Championship. This tournament, the most significant events of the year for amateur golfers in the state, brings together the best talent from across New Hampshire.

Reflecting on his entry into the tournament, Duncan said, "Players from all over the state qualify to play in the biggest event of the year. I qualified at Keene Country Club shooting a 69 (-3) to get myself into the State Amateur."

Continuing his strong play, Duncan excelled in the stroke play rounds, shooting 64-70 (-6) to secure the number one seed. His momentum carried into the match play rounds, where he won his first match in the round of 64.



Hunter Duncan, former Bow High School student

Duncan, one of the top golfers in New England, has plans for golf in the future. "I'm definitely looking to play golf in college. I'm trying to find the right academic and athletic fit," he said. His passion for golf is evident, yet he maintains a balanced perspective: "Golf is very important to me, but I try not to let it affect my emotions too much. It's pretty special to play a sport competitively that you love so much."

Duncan's love for golf began early, with his first swings in elementary school. However, it was in eighth or ninth grade that he started playing competitively. His high school career was marked by significant achievements, including winning the individual title at Bow High School during his junior year. He later transferred to Taft School to further hone his skills. "I've really enjoyed Taft so far as a whole. I had a decent season this past year finding some success, but my game has really picked up this summer." Duncan explained.

As the New Hampshire State Amateur Championship continues, all eyes are on Hunter Duncan. His exceptional performance so far and his ambitions point to a promising future in golf. New Hampshire should be proud to have Duncan represent the state!



MY LAST ARTICLE

I will be moving on from my role as student Sports Spot editor as I head off to my college, The College of the Holy Cross! I have had so much fun writing these sports articles and highlighting my peers at Bow. I am

proud to have been able to showcase the excellent accomplishments of my fellow students. While I will no longer be Bow's "Clark Kent," writing is a true passion of mine, and I can't wait to continue pursuing it at Holy Cross and beyond!

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THE MUSIC LADY HAS GONE TO THE DOGS!

Does your dog sing? Does your dog have a musical preference? There is evidence that dogs do have a sense of pitch. In packs, when one dog howls, the rest tend to join in, with each howling a different note because they don't want to sing the same note as the others.

Dogs respond to musical instruments. They especially like wind instruments, such as a clarinet or saxophone. When they hear a long note on a violin, they want to "join the chorus."

Some dogs seem to like certain types of music. Psychologist Dr. Deborah Wells has done experiments with dogs who live in shelters. When classical music is played, the dogs calm down, do less pacing and their breathing becomes slower. When heavy metal is played, they become agitated. When popular music was played, Dr. Wells saw no difference than when no music was played. I guess that music just went in one ear and out the other.

Composer Sharon Howarth-Russell has composed music especially for dogs to alleviate anxiety, car sickness, aggression or illness. Spotify has a playlist for dogs. You select the traits of your dog's personality to hear music that is chosen just for him or her.

Some dog owners play music for their dogs when they leave their dog home alone. Just be sure to also play music for your canine friend when you ARE at home, so they don't connect hearing music to being left alone.

In 1980, there was a production at Carnegie Hall entitled "Howl," that was performed by 20 voices and 3 canines. It was composed and conducted by Kirk Nurock, who was also the pianist and arranger. Nurock was a Juilliard-trained, well-respected musician who had worked for Dizzy Gillespie, Judy Collins, Bette Midler and Leonard Bernstein. In choosing the 3 dogs to star in the show, he auditioned 32 dogs. Not only was the show totally sold out, but many had to be turned away at the door. With the success of "Howl," Nurock went on to compose "Sonata For Piano and Dog" in 1983, and "Expedition" in 1984. "Expedition" featured a jazz trio and a Siberian Husky, who barked and yipped on cue.

In London, there was a cathedral organist, who always took his English Bulldog, Dan, to choir practice with him. It is said that Dan would growl when one of the choristers would sing a note out of tune.

If you're contemplating buying a musical dog, then for your Spotify playlist I recommend "How Much Is That Doggie In The Window." Arf, arf!

Travel with **The Bow Times**



Brock Ehlers and Annie Kinney visit the Isle of Mallorca, Spain. Here they are reading the Bow Times and sipping on a spritz while celebrating their 50th Birthdays.

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

Travel with **The Bow Times**



Glenn and Linda McCracken, Bow residents, celebrated July 4th on the *Pearl Mist* ship and watched a great fireworks display on Mackinac Island, Michigan.

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Baker Free Library
JUNE News

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Visit our online Calendar to sign up for
upcoming programs and events
at bowbakerfreelibrary.org



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 17th and is open throughout the summer and is open to kids, teens and adults.

YOUTH PROGRAMMING

Summer Storytime | Tuesdays through August 6th | 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 | Wednesday through August 7th | 3:00pm

Throughout the summer, 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. Recommended for readers in Grades 3-6, or children reading at those grade levels. One-Time registration is required for this 3-part series.

*July 18: I Survived the Shark Attacks of 1916

*August 1: I Survived the Destruction of Pompeii

Comic Creators Club | Thursdays* | 3:30pm

Do you love comic books and graphic novels? Try making your own! In this 3-part workshop, build your skills as a writer and illustrator with fun and unique challenges, while collaborating with others to produce your own comic or zine. The Comic Creators Club is designed for students entering Grades 4-8. One-time registration is required for this 3-part series.

*July 25th | August 8th

Cozy Campout: A Stuffed Animal Sleepover

Monday, July 29th | 5:00 – 6:30pm

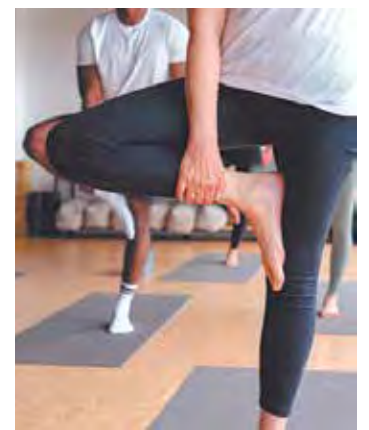
There are many adventures to be had in the outdoors. Join a naturalist from Squam Lakes Natural Science Center to meet three live animals that you could see on your next outdoor adventure! Learn about the places they live, what they eat, and the adaptations that help them survive. This presentation is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

ADULT PROGRAMMING

Free Yoga Classes for First Responders

Saturday Mornings in July | 8:30am

Every Saturday during the month of July, we invite all first responders to free yoga and meditation classes at the Baker Free Library. These sessions, led by Josephine Fanelli of **YogiSTRONG**, aim to provide much-needed relaxation and mental clarity to the individuals who tirelessly serve our communities. Whether you're a seasoned practitioner or trying yoga for the first time, these sessions offer a welcoming and supportive environment to help you recharge and rejuvenate. Participants will have the opportunity to learn breathing exercises, mindfulness practices, and gentle stretches designed to enhance physical and mental resilience.



Space is limited. Registration is required to reserve your spot.



Whodunits | Tuesday, August 6th | 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.

August Book Discussion: *Naked in Death* by JD Robb

Book Talk at BFL | Tuesday, August 13th | 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!

August Book Discussion: *Dinner at the Homesick Restaurant* by Anne Tyler

White Rock Book Group | Tuesday, August 20th | 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!

August Book Discussion: *Dinner at the Homesick Restaurant* by Anne Tyler

IN THE GALLERY

July Exhibit – Linda Graham "Touching the Ground"

July 1st – July 27th

"Art has woven in and out of my life as the constant thread. When in doubt or in joy, I turn to the making of art," says Linda. "I have drawn since I could hold a pencil and saw the magic it held. I am largely self-taught, though I think of it as self-directed."



BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT MAY JUNE ARREST LOG

(FELONIES AND MISDEMEANORS)

6/2 Samuel Cooper, 42, Bow, was arrested for driving after suspension; Jacob Cuvellier, 21, Auburn, was arrested for criminal trespass.

6/3 William Flyer, 50, Boscawen, was arrested for theft by unauthorized taking.

6/15 Robert Drake, 36, Manchester, was summoned for operating after suspension.

6/16 Kurt Van Fleet, 20, Bow, was arrested for domestic violence-related simple assault.

6/23 James Currier, 37, Goffstown, was arrested on two counts of possession of a controlled drug, transporting drugs in a motor vehicle, and operating after suspension.

6/24 Micheal Roseberry, 52, Homeless, was arrested for loitering/ prowling and possession of a controlled drug.

6/25 Cy Daniel Seago-Blanton, 32, Richmond, VA was arrested on two counts of simple assault, indecent exposure/ gross lewdness, criminal trespass, and theft by unauthorized taking.

6/30 Charles Sargent, 35, Bow, was arrested for driving under the influence- 3rd Offense.

There were three Involuntary Emergency Admissions



AXON BODY CAMERAS

Did you know every Bow police officer is equipped with an Axon body worn camera? The NH Department of Justice matched a 50% grant to purchase these cameras in 2022. Since then, our officers have been wearing cameras attached to their outer vest carriers. Officers activate their cameras when interacting with the public or responding to a call for service. Officers inform people that they will be audio and video recorded early in their interaction.

The body-worn camera program has been successful and well-received by law enforcement and the public.

SERGEANT AUSTIN GOODMAN, DRE



Photo Eric Anderson

Sgt. Austin Goodman

What is a DRE?

Accidents involving drivers under the influence of alcohol or drugs happen on our roadways all too often. When these incidents occur DREs are called upon to use their extensive training to assist with investigations.

Bow Police Sergeant, Austin Goodman is a **Drug Recognition Expert** (DRE) trained to recognize impairment in drivers under the influence of drugs other than, or in addition to, alcohol. He is not only skilled in detecting and identifying persons under the influence of drugs but also identifying the category or categories of drugs causing the impairment.

Law enforcement officers and other approved public safety officials must complete a three-phase training process: DRE Pre-School (16 hours) DRE School (56 hours) DRE Field Certification (Approximately 40-60 hrs).

In his role as a DRE, Sgt. Goodman helps keep our roads safe from the unpredictable and often invisible dangers of drug-impaired driving.

NEW POLICE SERGEANT SWORN IN

We are pleased to welcome Sergeant Robert Welch to our team! With his vast experience and dedication to law enforcement, we are confident that Sergeant Welch will be an invaluable asset. He was highly recommended by his peers and former department, the Pembroke Police Department. With Robert onboard, we are one officer shy of being fully staffed. We anticipate being fully operational by early fall. **Congratulations Sergeant. Welch and welcome to Bow!**



Pictured L-R: Bow Police Chief, Kenneth Miller, Police Sergeant Robert Welch and Town Manager David Stack.

Work Zones are **temporary.**
Actions behind the wheel can last **forever.**

Avoid distractions. Reduce speed. Be aware of workers.
EVERYONE DESERVES TO GET HOME SAFE!



THE SUMMER OF THE SPRITZ

Finally, the sunshine and warm weather is upon us, and nothing beats the heat like an ice-cold refreshing spritz with friends or family. These tasty cocktails are very refreshing, typically served in a large wine glass over ice with a straw. Did you know that orders of Spritz cocktails have tripled in popularity in restaurants across the country since 2022, surpassing sales of the Espresso Martini? The Aperol Spritz has been sweeping European Countries in popularity and over the last few years, we have seen it on menus here in the US. Spritz cocktails use Sparkling Wine or Prosecco as a base and my favorites are with Mionetto Brut Prosecco or Francis Ford Coppola Brut Prosecco. For a fun twist try the Rose variations that add an extra subtle nuance of rose petals and red fruit flavors. Suggestions are to grow small container pots of mint, rosemary, and sweet basil to concoct these cocktails to enjoy all throughout the summer.

ELEVATE YOUR SPRITZ GAME

- **Hugo Spritz:** 2 oz. St. Elder Natural Elderflower Liqueur, 3 oz. Prosecco, Splash of Soda Water, Mint Sprigs, and Lime Wheel, served over Ice.
- **Ruby Spritz:** 1 oz. Pamplemousse Liqueur, 3 oz. Prosecco, Splash of Soda Water, Red Grapefruit Slice, Rosemary Sprig, served over Ice.
- **Blood Orange Spritz:** 3 oz. St. Elder Blood Orange Prosecco, 2 oz. Prosecco, 1 oz. Aperol or Amaro del Etna, Splash of Soda Water, and Orange Slice, served over Ice.
- **Strawberry Elderflower Spritz:** 2 oz. St. Elder Natural Elderflower Liqueur, 3 oz. Prosecco, ¾ oz. of fresh squeezed lemon juice, fresh sliced strawberries, served over ice, with a sprig of Sweet Basil Garnish.

With so many variations of the Spritz these are my favorites. You can find these St. Elder's at the local NH Liquor Store and prices are \$19.99-\$17.99 for a 750 ml bottle, which goes a long way in making cocktails. These are perfect for brunch, celebrations, or just a super-hot day lounging by the pool. Have fun and experiment with assorted flavors of St. Elder Liqueurs in the market, using different bubblyies, fruit, and garnishes.

Coming soon later this year is the NEW St. Elder Espresso Coffee for at home Espresso Martini's, made with caffeine in it for a kick, did you also know that Kahlua does not have caffeine? Great if you are a decaf lover, but if I prefer the kick, and this new flavor is sure to please everyone if you are an Espresso Martini lover, try over ice in a blender to stay cool.

Enjoy the summer and beat the heat with your favorite porch pounder from Prosecco, Roses, Sauvignon Blancs, and other White Varietal Wines – do not forget to switch it up and try these Spritz Cocktails with summer and have a blast, summer is too short! We are traveling to Isle of Mallorca, Spain in July and will search out spritz cocktails to enjoy ourselves along the way. ~ Salud ~ Annie



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

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

Winners of the
13th ANNUAL BOW ROTARY

CAR SHOW



Class A - Early to 1930's

Lin Greco - 1915 Ford Board Track Racer

Class B - 1940's

Terry Cramer - 1940 Ford Standard Coupe

Class C - 1950's

Richard Edmunds - 1955 Chevy 210

Class D - 1960's

Shannon Rhodes - 1964 Chevy El Camino

Class E - 1970's

Ray Szczypinski - 1972 Chevy Chevelle SS (454)

Class F - 1980's

Kenneth Braham - 1987 Buick Grand National

Class G - 1990's & Newer

Wayne Elliott - 2023 Porche Spyder

Class H - Camaro

Kevin Jordan - 1967 Chevy Camaro RS

Class I - Corvette

Russ Neumann - 1964 Chevy Corvette

Class J - Import/Foreign

Mike Wheeler - 1980 Toyota Celica

Class K - Mopar

Richard Grzywacz - 1965 Plymouth Barracuda

Class L - Mustang

Rick LaCourse - 2006 Ford Mustang GT

Class M - Hot Rod & Custom (pre-1949)

David Frost - 1939 Ford 5-Window Coupe

Class N - Survivor

Guy Young - 1964 Corvette

Class O - Truck

David Gazaway

Class P - Motorcycle

Bobby Arnold - 1969 Triumph

Class R - British

Steve & Bill Rule - 1958 Paramount 7

Class S - Muscle Cars

Andy Emmons - 1955 Chevy Belair

Class People's Choice

Al Mictner - 1971 Chevy K-10

Class - Best In Show

Brian Colandro - 1990 Miata

SUBSTANTIAL ERROR NOTICE: Winners of the 13th Annual Car Show were printed in error in the June edition of The Bow Times. We regret any inconvenience or confusion due to this error.

“

The Federal Debt ...

Is like buying a house with a credit card and then switching the name to your grandson.

ANONYMOUS

”

BOW MEMORIAL SCHOOL HONOR ROLL Second Semester 2023-2024



GRADE 7 ~ HIGH HONORS

Ava Alexakos, Abdullah Alwrekat, Avery Ayers, Bella Berg, Merrick Blaney, Ashlyn Blethen, Aurora Clark, Oran Cook, Matthew Creamer, Benjamin Delude, Claire Faro, Quintin Filkins, Tulla Flangan, Elizabeth Folsom, Tai Gagnon, Marliese Geiben Lynn, Ainsley Herrick, Allison Jewell, Alicia Johnson, Warren Jones, Madeline Kenney, Maxwell Lewis, Ashlyn Livingstone, Aiden Madden OFuentes, Samuel Martin, Charlotte Martineau, Alexis Matheis, Elijah McArdle, Juliette McLaughlin, Evelyn Mears, Nora Olson, Kathryn Parichand, Niaa Patel, Ryan Pawlowski, Erika Penney, Jack Puro, Paige Rabalais, Celia Roberge, Ayush Roy, Hannah Roy, Olivia Rozumek, Drew Tilbury, Isabella Tsiopras, Benjamin Valence, Oliver White, Sawyer Whiting

GRADE 7 ~ HONORS

Jayden Baker-Cromwell, Greyson Bechtold, Elijah Bellerose, Colton Bourque, Emma Bryant, Juliana Cocola, Makenzie Curtis, Zoie Duverger, Natalie Fontaine, Meghan Fossum, Nora Glennon, Hayden Greene, Jacob Hartshorn, Jesse Hopps, Lucy Huckins, Travis Ingalls, Aldin Jarebica, Timothy Johnston, Ella Johnson-Kanter, Grace Krukowski, Grant Jones, Owen Jordan-Foote, Theresa Kelso, Gabrielle Klunk, Maeve LaMarque-Malay, Yvette Lapalme, Hannah Long, Ryder Michaud, Haydn Mills, Dzevad Muminovic, Judah Nathan, Cole Noce, Chloe Nowakowski, Bridget Pinard, Ella Royal, Gavin Royal, Reese Skoglund, Logan Smith, Ethan Thompson, Gabriel Viana, Jocelyn Weiss, Natalie Wood, Brecken Wurster, Emmalina Zirpolo

GRADE 8 ~ HIGH HONORS

Garrett Abberton, Margaret Adams, Anthony Albushies, Allison Baier, Autumn Betteridge, Shannon Boyle, Ross Brennan, Sophoe Brooks, Autumn Clough, Lillian Cray, Conor Curtis, Ava Dawson, Anne-Marie Fay, Jacob Filkins, Liliane Fontaine, Harrison Fournier, Benjamin Gilbert, Aleksandra Graham-Binder, Brody Hinck, Elise Jacques, Lia Karanough, Delaney Kelly, Sam Kohl, Jordyn Leonard, Kaylee Leonard, Alexis Maiorino, Sofia McCullough, Alexis Mumford, Keegan O'Meara, Alexis Pelletier, Ava Popielarz, Piper Price, Addison Rader, Jennifer Ramirez, Andrew Raymond, Marissa Reyes, Cody Richards, Kate Roberge, Ian Sandahl, Grace Sartorelli, Jack Shulman, Brian Vance, Umi Zahn

GRADE 8 ~ HONORS

Alexander Abbate, Elizabeth Abbott, Readan Adams, Caden Bechtold, Kylie Bourgoine, Joseph Cattabriga, Colby Cloutier, Olivia Cochran, Matison Couto, Julianna Cusson, Graceyn DeCosta, Anthony DiRocco, Vita-Rose Flagg, Alison Flecker, Abigail Fontaine, Bryce Fredette, Brianna Gravel, Riley Helling, Connor Holland, Reanne Hubbard, Austin Keefe, Jaeden Kennedy, Molly Key, George Kohl, Amanda Kropp, Ryan Laliberte, Zoey Lupien, Ella Menezes, Madelyn Nault, Dylan Oosterveen, Elijah Ordway, Ayla Palmer, Alexander Perry, Caden Phillips, Matthew Radomski, Colby Rae, Lucille Rancatore, Benjamin Reardon, Sydney Scofield, Devon St. Cyr, Peyton Vaughn

HICKEY GOES "OVER THE EDGE"



Martha Hickey, a dedicated educator at Bow Elementary School, was one of six New Hampshire educators who participated in the United Way "Over the Edge" event. This group of brave and passionate educators rappelled **24 stories down** the Brady Sullivan Building to raise funds for Friends of Aine, NH's only center dedicated to supporting grieving children, teens and families.

By participating in this event, Martha helped to raise awareness and funds for Friends of Aine. Friends of Aine provides support to grieving children and families. In New Hampshire, one in twelve children will experience the death of a loved one before age 18. Friends of Aine, the only nonprofit

organization of its kind in New Hampshire, is on a mission to ensure that no child grieves alone.

Bow Young at Heart Club



Upcoming Events

JULY 26, 2024 11:30 AM - 2:30 PM

The club will hold its an annual **ICE CREAM SOCIAL** followed by games with prizes. Guests are welcome.

AUGUST 14, 2024 11:30 AM - 2:30 PM

The club will screen a **film about the Merrimack River.**

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

WHY? Do We Say...

"Hair of the dog"

Meaning: a hangover cure in which one drinks a mild alcoholic beverage the day after a drinking binge; treating an illness with more of what caused it.

Origin: Most believe the phrase originated in the 16th century. During that time, it was common practice for doctors to treat people bitten by rabid dogs by dressing the wound using burned hair from the animal that bit them.

"Turn a blind eye"

Meaning: to not find fault with something you've received as a gift or favor.

Origin: One can assess the age of a horse (and therefore value when said horse is meant for hard labor or other tasks in which youth is an advantage) by reviewing its teeth. Generally, it takes a specialist to really make this determination, but the phrase refers to avoiding checking the horse's age when it's given as a gift.

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?

When we create a custom financial plan for you, we're helping prepare for the most important journey you and your family will take: the ups and downs – and everything in between – of a life well-lived.

WE MAKE SURE YOU HAVE WHAT YOU NEED TO GET WHERE YOU WANT TO GO.



Dominic M. Lucente, CFP®, RFC®
CERTIFIED FINANCIAL PLANNER™

NORTHEAST PLANNING ASSOCIATES, INC.

425 Hooksett Road · Manchester, NH 03104
(603) 645-8131 · dominic.lucente@lpl.com · www.dlucente.com



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03 AUGUST

**ALONG MAIN STREET
GOFFSTOWN NH
9 - 3**

15th Anniversary

Uncommon Art on the Common

- Original Arts, Fine Crafts & More
- Uncommon Bling is back!
- Over 50 Artists, Makers & Authors
- Fun for the entire family!

Visit our website:
goffstownuncommonarts.org



THE MERRIMACK KICKS OFF ITS

"Dog Days" of SUMMER

**PHOTO &
COLORING
CONTEST**

PHOTO CONTEST:

Now through July 31st, snap a picture of your pet(s) wearing a Merrimack bandana for the chance to win \$500, plus a \$500 donation to a local animal rescue non-profit of your choice.

To enter, simply photograph your pet(s) wearing The Merrimack's green branded bandana, which you can pick up at any Merrimack branch. Then submit up to 10 photos per pet, maximum of five pets, by tagging @MerrimackStyle on Instagram or by uploading the photo(s) to The Merrimack's website.

Five finalists will be posted on Instagram for public vote on Monday, August 5th. The finalist with the highest number of likes by 3pm on Monday, August 12th, will receive a \$500 cash prize and a \$500 donation in their name to a non-profit animal rescue of their choice located in Merrimack County. For the official rules and entry form, visit themerrimack.com/dog-days-photo-contest/.

KIDS COLORING CONTEST:

Now through July 31st, children age 12 and under, may participate for a chance to win a \$25 cash prize by picking up a "Dog Days of Summer" coloring template at any Merrimack branch or by download. Winners, (one per age group), will be announced the week of August 5th. Submissions will only be accepted in-person at your local Merrimack branch.

Visit themerrimack.com/official-rules/ for rules and information.



**MERRIMACK
COUNTY SAVINGS BANK**





OBITUARIES

JEANNE ILSLEY

Jeanne Juda Ilsley, age 80, of Dunbarton, passed away peacefully on June 19, 2024.

She will be remembered as the devoted wife of David Ilsley, a caring mother to Thomas Jewell of Concord and the late Matthew Jewell of Tilton, a loving grandmother to Zachary and Andrew Jewell of Tilton, and a beloved sister to Paula Howard of Hobe Sound, FL, and the late Sandra Osgood of Newport.

As a Registered Nurse, Jeanne spent many years caring for the ill and infirmed in the Concord area. Her most precious treasure above all was her family. An avid gardener, Jeanne loved her flower gardens and was an active member of the Dunbarton Garden Club.

SYLVIA L. KING

Sylvia Lena King of Bow passed away on June 11, 2024, at the age of 102 surrounded by her loving family.

Born in Concord, to Ulderic and Eva (Dubois) Racine, Sylvia was the last survivor of five children. Married to Francis J. Spain II, in 1942, who was killed in an army accident two months before the birth of their son, she was remarried to Wilfred King 11 years later. They would build their life and their own home in Dunbarton, where they lived for many years.

Sylvia leaves behind her son, Francis "Frank" Spain III and daughter-in-law Pam of Waterford, VT. She was very proud of her 3 grandchildren, Francis "John" Spain (Trisha) of Lyman, ME. Elisabeth "Lisa" Richardson (Dana) of Canterbury and Katherine "Kate" Miller (Jay) of Waterford VT.

Sylvia spent the majority of her career at Concord Group Insurance, where she retired as an officer. She was renowned for her skills as an expert seamstress and knitter among other hobbies.

In lieu of flowers please consider making a donation to the Granite VNA in Concord.

MARILYN ADELINE MCKEAGE

Marilyn Adeline (Bemis) McKeage, formerly of Hopkinton died unexpectedly on June 9 at the home of her daughter and son-in-law, where she had lived for the past three years. She was predeceased by her husband George Fifield McKeage (1928-2014), whom she married on June 9, 1957. Marilyn is survived by her two daughters of Hopkinton: Diana Lighthall, husband Peter, and granddaughter Emily; and Heather Mitchell, husband Derk, and grandchildren Alden and Lily; and numerous nieces and nephews.

Born on May 7, 1933, in Keene, Marilyn was the daughter of Donald Marcellus Bemis and Bessie Merriam (Dodge) Bemis. She was the last surviving of nine siblings.

Marilyn graduated from Keene High School in 1951. She met her future husband George at a square dance at the Bradford Arena called by the famous old timer Frank Fortune.

Marilyn had a beautiful soprano singing voice. During the years she lived in Keene she was a well-known soloist, also performing duets with her sister Elinor at church services and special community events.

In her free time, Marilyn had a passionate interest in reading about the Civil War. Non-fiction books were her favorite, especially anything about Abraham Lincoln, Lizzie Borden, and the Titanic. She also enjoyed crossword puzzles, reading Vanity Fair, obituaries, and studying cookbooks.

ANNE M. PRENDERGAST

Anne Margaret (Skeffington) Prendergast, 90, of Bow died June 24th, 2024, after a sudden illness.

Ann was born in Manchester, the eldest of 9 siblings. After graduating from Manchester Central High School in 1951, Anne went on to earn her certification in nursing in 1954 from the Nashua Memorial Hospital School of Nursing, where she was the recipient of the Florence Nightingale medal of honor. She later cared for patients at Concord Hospital and the at the NH Odd Fellows Home.

Anne married in 1954 John Patrick Prendergast and raised 6 children in Concord, Hopkinton Hopkinton. Eileen McGuirk (Douglas) of Danvers, MA, Noreen Lavorgna (Stephen) of Rollinsford, Timothy Prendergast of Newark NJ, Joseph Prendergast (Claudia) of Allenstown, John Prendergast and his partner Carol Woodman of Eliot ME, and Maureen Prendergast and her husband Paul Deguise of Amherst.

Anne was also a grandmother to Erin, Brian, Peter, Carly, Jacqueline, Jennifer, and Dillon. She also enjoyed a generation of great-grandchildren: Gianna, Kinley, Rowen, and Braelyn. She looked forward to the arrival of great granddaughter Valentina, expected October 2024.

DENISE SANEL

Denise Ann Sanel, 75 of Bow died on June 12, 2024.

Denise was born on November 4, 1948, in Concord, the daughter of Frank and Madeline Williams (Clattenburg).

All through her lifetime she was attending to someone else; her husband Ed, her parents, children, grandchildren, siblings, nieces and nephews, friends and neighbors.

Denise had an incredible life with Ed and traveled the world, and even flying her own plane when she became a private pilot. She had so many wonderful memories of these adventures and always said she had done it all.

She is survived by her beloved black lab; Jake, her step children; Liane Rose of Key West, Florida, Melissa Sanel of Key West, Florida, Edward Sanel III of Manchester and 3 grandchildren.

Please honor Denise with a generous donation to one of her favorite organizations; St. Jude at stjude.org the Shriners for children; donate.loveto-rescue.org or your local SPCA or your own favorite charity.

CHRISTOPHER SCOTT

Christopher Scott was born on August 26, 1942, in Peterborough, and passed away on June 6, 2024, in Boscawen, after a long struggle with Parkinson's disease.

Chris grew up in Weston, MA, attended Belmont Hill School, class of 1961, and graduated from the University of Vermont, class of 1966. He also served in the US Marine Corps Reserves from 1962 to 1970, having attended basic training at Parris Island, SC.

The pull of the Upper Valley brought Chris back to NH in 1986, when he founded Laserlab Electronic Graphic Design, which he owned and operated in Hanover.

Chris founded CS Marketing & Design in 2001 in Concord, which he owned and operated until Parkinson's disease forced him to retire.

Chris is survived by his sons, Christopher C. Scott, Alexander W. Scott (wife Kathryn and daughters Hannah and Elyse), and Kevin A. Scott; stepson, Leon Gudel and partner Ann G. Hourigan.

Chris had a special place in his heart for his two Irish Terriers Zaira and Rowen and was particularly proud of Zaira for becoming a Champion in AKC Confirmation.

In lieu of flowers, donations can be made to the Michael J. Fox Foundation for Parkinson's Research in Chris' name.

PHYLLIS M. THANNER

Phyllis Madeline Thanner, a retired registered nurse and health care professional, died peacefully on May 26, 2024, at her home in Dunbarton. Mrs. Thanner was born in 1934 in Oradell, New Jersey and was a 1955 graduate of the Mary Hitchcock Memorial Hospital Nursing Diploma Program in Hanover. She completed her post-graduate course of study at the University of Pennsylvania Graduate Hospital in 1956. After finishing her studies, Mrs. Thanner returned to Mary Hitchcock Memorial Hospital as an instructor in the Operating Room for student nurses, graduate nurses and O.R. technicians.

Phyllis was an accomplished chef who specialized in preparing French cuisine. Her dinner parties were the stuff of legend, often uproarious, and an invitation to her house was highly coveted. Phyllis was also unflappable and balanced work, raising three children, and hosting countless dinner parties with equal aplomb.

Phyllis, or "Nunu" and "Nomy" as her grandchildren called her, was preceded in death by her loving husband of sixty-four years Josef Thanner, and by her brother Richard Reinemann. Phyllis is survived by her children Megan Guerra and her husband David, Koren (Thanner) Rasmussen and her husband Tim, Christopher Thanner and wife Shari.

*"There are no goodbyes for us.
Wherever you are,
you will always be in my heart."*

Mahatma Gandhi



BOW FIRE DEPARTMENT



Congratulations to Firefighter **ANGELO PUGLISI** on his promotion to Captain on July, 24, 2024

JUNE 2024 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 25 Basic Life Support Transports
- 15 Advanced Life Support Transports
- 15 Non-Transports Care Refusal
- 10 Motor Vehicle Accidents
- 21 Fires/Hazardous Conditions/Alarms
- 14 Service Call Incidents/Good Intent
- 6 Overlapping Incidents
- 95 Total Calls for the Month



Firefighter **CHRIS CONARY** completed Advanced EMT Licensure!



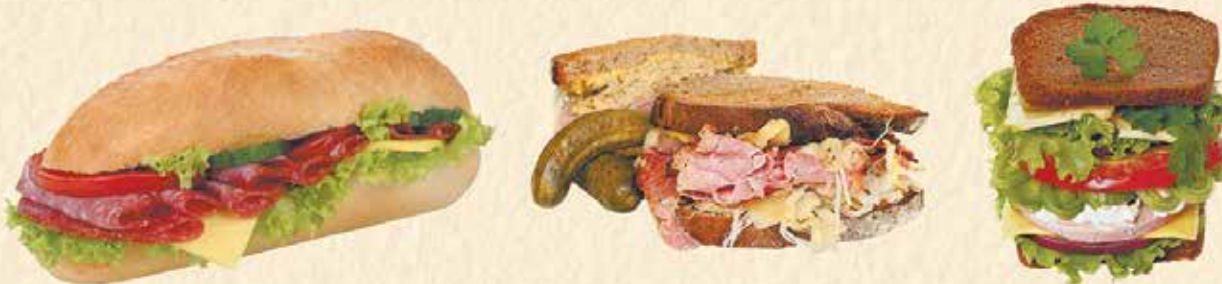
Firefighter **JEN SOLE** recently completed Fire Inspector I!

"Safety First, Always."

Our duty is your protection. Courage, commitment, and community. Fighting flames, saving lives.

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Always Hand-Crafted & Delicious



Made to Order Hot and Cold Sandwiches



Salads



Homemade Soups



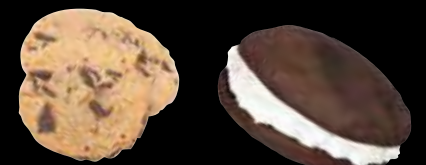
Grab & Go Dinners

250 South Street, Concord **603.856.8020**

TAKEOUT BREAKFAST 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



WHEN THUNDER ROARS... GO INDOORS!

by Lee Kimball,
Bow Emergency Management Director

Lightning strikes the United States about 25 million times a year? Lightning kills an average of 49 people in the United States each year and hundreds more are severely injured.

No place outside is safe when thunderstorms are in the area. If you hear thunder – lightning is close enough to strike you. When you hear thunder, immediately move to a safe shelter, such as a substantial building with electricity or plumbing or an enclosed, metal-topped vehicle with windows rolled up. Stay in that safe shelter for at least 30 minutes after you hear the last sound of thunder.



If you are caught outside with no safe shelter anywhere nearby the following actions may reduce your risk:

- Immediately get off elevated areas such as hills, mountain ridges or peaks.
- Never lie flat on the ground.
- Never shelter under an isolated tree.
- Never use a cliff or rocky overhang for shelter.
- Immediately get out and away from ponds, lakes and other bodies of water.
- Stay away from objects that conduct electricity (barbed wire fences, power lines, windmills, etc.).

Visit www.bownh.gov for in-depth preparedness information. Director Lee Kimball may be reached at 223-3940 or at lkimball@bownh.gov.



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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