

The Bow Times

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DUNBARTON NEWS ON PAGES 8-9

EVERY VOTE
COUNTS. DON'T FORGET
TO VOTE!

BOW TOWN & SCHOOL CANDIDATES FOR NEXT MONTH'S ELECTION

Running for Selectman are incumbents Chris Nicolopoulos and Angela Brennan as well as newcomer to the race Hannah Livingstone. Candidates for Budget Committee are Jeff Knight, Ben Davis and Robert (Mike) Mayo.

Matt Poulin and Mary Beth Walz are running for one seat as a Trustee of the town trust funds. Matt is a former Selectman and is active with the Bow Men's Club and numerous town activities.

The three candidates running for the position of Library Trustee are Wanda White, Sheila Williams and Corinne Lapan.

On the school side there are two seats with Melynie Klunk, Judson Malone and Jenna Reardon seeking voter approval.

The election will be from 7 AM to 7 PM on Tuesday, March 11 at the Bow Community Center.

VOTERS PETITION FOR SCHOOL TRANSPARENCY

In March Bow will vote on a Petitioned Warrant Article to Live Stream and Video Record all school board meetings:

For the convenience of Bow residents, and in an effort to create an environment of transparency, the Town of Bow currently live streams and records all Board of Selectman and Planning Board meetings. The live streaming and recordings have provided a convenient way for Bow residents to stay informed as to what is occurring on said boards. We request the School Board meetings, given the majority of the town's budget is overseen by the School Board, be live streamed and recorded for Bow residents to view, not only at the time of the meetings, but also at a future date when convenient for our residents.

DAVID M. SCANLAN SPEAKS AT BOW REPUBLICAN TOWN COMMITTEE MEETING

At the January 16 meeting of the Bow Republican Town Committee (BRTC), New Hampshire Secretary of State David M. Scanlan discussed the new Voter ID statute that took effect on November 6, 2024.

BRTC meetings are held on the third Thursday of each month at the Old Town Hall, to learn more email Secretary@letsgobow.org.



L-R: Mike Mayo, BRTC Secretary, David M. Scanlan, NH Secretary of State and Benjamin J. Kiniry, BRTC President. Eric Anderson | Photo

HOPKINTON-CONTOOCCOOK NEWS ON PAGES 12-13

HOPKINTON CLAIMS 3RD CONSECUTIVE CAPITAL CUP CHAMPIONSHIP

The Hopkinton Alpine ski team brought it back again! Both the Hopkinton boys' and girls' teams won their respective events as the Hawks claimed their third consecutive Capital Cup February 29th at Proctor Academy.

The total score of Hopkinton's boys' and girls' races was 763 points, and Bow (730) won second place, ahead of Concord (728). The final team rankings were completed by John Stark (596) and Bishop Brady (639).



Chip Griffin | Photo

Merrick Chapin of Hopkinton, records the two fastest slalom times in the boys' individual rankings at the 2025 Capital Cup Championship.

EIGHT STATE REPRESENTATIVES SPONSOR BILL TO CHANGE SCHOOL NO TRESPASS ORDERS

The silent XX armband controversy in Bow has prompted eight members of the New Hampshire House to introduce House Bill 143 to require a unanimous vote prior to issuance of an order preventing a person from entering school or town property.

The lawmakers said they want to add due process after a silent protest in Bow ended up in a federal courtroom.

In September, controversy erupted at a Bow High School girls soccer game. Some parents wore pink armbands marked with two Xs in silent protest over transgender athletes playing in girls sports.

Bow School officials issued no-trespass orders to two of the parents, and one faced a season-long ban.

“The parent in question here was prohibited from entering buildings, grounds, or even the parking lot until further notice,” said state Rep. Juliet Harvey-Bolia, R-Tilton. “No end date, no appeal process whatsoever.”

After the case went to court, the order was rescinded.

The House Bill would require local governing bodies to hold a public meeting and vote to approve no-trespass orders for municipal or school property.

\$600,000 ADDITION TO BOW YOUTH CENTER MOVING FORWARD

The Bow Board of Selectmen have been asked to approve \$25,103 for the Turner Group to prepare a Request for Proposal for a \$596,000 addition to the Bow Youth Center. Parks and Recreation stores a number of items at the Community Center.

Facilities manager, Chris Andrews said in a December 2, letter to the board that “items are routinely transported back and forth between this location and the Recreation center” but plans for the Community Center may not accommodate storage there.

At its December meeting the board deferred action.

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EDITORIALS

WHO CARES ABOUT THE BOYS IN BLUE?

by Chuck Douglas

The words in the title may not have come from President Donald Trump's lips. But they clearly flowed from his Sharpie when he pardoned nearly 1,600 criminal defendants who took part in the riots on January 6, 2021.

The day after the assault on the Capital Building that embarrassed our nation, Trump said that those who engaged in "acts of violence...do not represent our country" and "will pay."

But who were they? First fake news came from Fox when Laura Ingraham said "antifa sympathizers" were "sprinkled throughout the crowd." Tucker Carlson (not to be outdone) claimed the FBI orchestrated it. Then Republican Congressman Andrew Clyde, of Georgia, said it was just like a "normal tourist visit" to the building.

It wasn't long before Donald Trump switched gears and the rioters became "patriots and hostages." By October 16, 2024, at a Univision forum, he described January 6 as "a day of love."

But was it a day of love for the men and women in blue? "They almost 'loved' me to death," former Capitol Police Sgt. Aquilino Gonell, whom Trump supporters repeatedly assaulted on January 6, told NBC News on October 17, 2024, "I guess a lot of people were hugging and kissing me. I should be thankful, I guess, according to him, because I lost my career, because I lost my health, I lost my financial stability, and my mental health paid a price."

"Are you serious? A day of love when more than 140 officers were injured, people lost their career, people lost their lives?" Gonell asked.

In late November of last year Mr. Trump assured us he would be "going case-by-case" to separate out violent versus nonviolent J6 defendants to pardon. Yet, the 2025 blanket pardon includes more than a third of the 1,600 who were "assaulting, resisting or impeding law enforcement" based on their charges according to the Department of Justice.

As for those who attacked the police, Mr. Trump said by January 21, 2025, "they were very minor incidents."

Were they?

- Daniel Joseph "DJ" Rodriguez, sentenced to 151 months, can be seen on video, deploying an "electroshock."
- Isreal James Esterday (30 months) blasted a cop "in the face with pepper spray at point-blank range." After which the officer "collapsed and temporarily lost consciousness."
- Curtis Davis (24 months) punched two police officers in the head. That night he filmed a video of his fist, in which he bragged: "Them knuckles right there, from one of those m-faces at the Capitol."
- Ronald Colton McAbee (70 months) hit a cop while wearing "reinforced brass knuckle gloves," and he held one down on the ground as "other rioters assailed the officer for over 20 seconds," causing a concussion.

Many may remember Daniel Hodges, the Metropolitan Police Officer who was being crushed and injured in a doorway in the Capitol by Patrick McCaughey and Steven Cappuci. Hodges was bleeding from his mouth and got a concussion from the attack.

These hardly qualify as "very minor incidents." That is why the largest police union in the country, the Fraternal Order of Police, that had endorsed Trump in all three of his races said:

"When perpetrators of crimes, especially serious crimes, are not held fully accountable, it sends a dangerous message that consequences for attacking law enforcement are not severe, potentially emboldening others to commit similar acts of violence."

Here in New Hampshire imagine the blowback if a Governor pardoned scores of defendants who assaulted our state or local police officers. But when it comes to Trump there is a deafening silence from the Law and Order crowd.

For those driving around with "Back the Blue" flag bumper stickers and Trump 2024 stickers, at least do us a favor. Peel one of them off so you won't advertise yourself as a 100% hypocrite.

CARTEL CRACKDOWN LONG OVERDUE

by Chuck Douglas

On January 20, 2025, President Donald Trump began the process to designate the cartels as foreign terrorist organizations. The order said that "the Cartels have engaged in a campaign of violence and terror throughout the Western Hemisphere that has not only destabilized countries with significant importance for our national interests but also flooded the United States with deadly drugs, violent criminals, and vicious gangs."

It also said: "The Cartels functionally control, through a campaign of assassination, terror, rape, and brute force nearly all illegal traffic across the southern border of the United States. In certain portions of Mexico, they function as quasi-governmental entities, controlling nearly all aspects of society. The Cartels' activities threaten the safety of the American people, the security of the United States, and the stability of the international order in the Western Hemisphere. Their activities, proximity to, and incursions into the physical territory of the United States pose an unacceptable national security risk to the United States."

I applaud his action that begins the process of finally cutting off the drugs killing tens of thousands of Americans each year.

SIGNIFICANT TAXPAYER PROFITS CALL FOR A CHANGE

by Ben Kiniry

In 2013 the legislative body of the Town of Bow (the voters) established the "Recreational Revolving Fund" under N.H. R.S.A 35-B:2. Under the decision of the Voters, the Recreational Revolving Funds can be paid out "**only upon order of the town manager (no further legislative body approval required).**"

The 2013 vote made great sense at the time, given the lack of a large profit. Since then, the dollar amounts have changed, significantly! Why? Because the taxpayers purchased a Day Care Center. You may want to know that in the last fiscal year the daycare produced a profit in excess of *half a million dollars*. I believe the purchase and significant profits were not anticipated by the voters in 2013.

Time for a Change: I don't know about you, but I believe there needs to be checks and balances on governing entities concerning the spending of my tax dollars. In this case, specifically some input on how the profits are to be spent.

I have therefore submitted a petition warrant article to be presented at the Town meeting. Here are the key points:

- Income/profits to be utilized for ongoing operating cost;
- An additional annual expenditure can be made by the Town Manager in a sum less than \$25,000;
- Select Board is provided authority to expend income/profits under emergency circumstances;
- An additional sum to be held at the end of the fiscal year for the purpose of continuing services into the next fiscal year;
- All then remaining profits be deposited into the general fund.

Vote YES at Town Meeting to regain taxpayer control over these windfall profits!

THIS VOTER SAYS “CUT THE LIGHTS!”

Warrant Article 10 of The Bow School District Budget proposal calls for spending of \$993,638. That value is the sum of a list comprised of mostly necessary maintenance and/or replacement items. One of the ten line items is for Premier Field Lighting, and comes with a towering price tag of \$350,000. This particular line item is without question a non-necessity.

The proposed permanent lights are for extra-curricular sports, only used a few times per year, and where rental lighting equipment has been fully sufficient to support nighttime use of the field. There is no necessity here. Wholly a Want v. a Need.

It is even more troubling that this proposed non-essential expenditure is co-mingled among other more prudent necessities such as security, HVAC, and plumbing upgrades.

It feels coercive.

Much like our US Congress behaves when members burden key appropriations bills with pet project Pork! Saying no to “the pork” means saying no to the entire bill. The School Board was urged to separate out the lighting line item at the Budget Committee meetings and now also at the Budget Hearing. The School Board has seemingly dismissed those recommendations, essentially refusing to let the item stand under the light of its own merit.

We should not allow this form of budget & appropriations coercion.

Unless the \$350,000 Field Lighting line is removed, I’ll be voting “No” on the Bow School District’s Warrant Article 10.

Mike Mayo, Bow Resident

BOW TO VOTE ON A NEW FIRE TRUCK AND OTHER EQUIPMENT

The Bow Budget Committee is fine tuning the articles to appear in the warrant for Town Meeting on March 12. Currently proposed article 5 would call for spending \$1,118,700 of capital reserve funds to purchase a pumper truck for the Fire Department.

Article 6 calls for \$661,000 for two Department of Public Works dump trucks and article 7 would spend \$565,000 for a reconstruction in paving of town roads. Article 10 would have the voters purchase a \$462,000 ambulance for the Fire Department.

The Town meeting is scheduled for 6:30 the evening of March 12, at the Bow High School.



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We would love the opportunity to work with you and be your trusted guide as you move from your work health coverage to your own Medicare health plan. Give us a call at 603-499-4399. You will be speaking with independent licensed insurance agents Christian and Larissa Troy. We're here for you!



Have more questions about Medicare?
Come meet Christian and Larissa Troy



Baker Free Library
Tuesday, March 25th | 6 p.m.

Christian will give a seminar entitled:
Onboarding Medicare:
**"I am still working, but I'm turning 65,
should I join Medicare?"**

To RSVP please email care@woodpeckemedicare.com

We look forward to meeting you!
Christian & Larissa

WHEN YOU TURN 65, IT'S IMPORTANT TO HAVE SOMEONE IN YOUR CORNER

by Christian Troy

No one likes change, especially when it comes to the most important parts of their life, like their health care. Unfortunately, health care plans often change every year. While at work and carrying health coverage underneath your employer's health plan, your company's Human Resources (HR) team navigated those changes for you. And then you turned 65. Your mailbox started getting flooded with mail from health plan carriers, but you have never had to sign on to a health plan before. Still, at 65 Medicare has arrived, and you have questions. Here are a few things to consider...



1) You may have a choice as to when to leave your work health coverage and onboard to Medicare.

When you turn 65, if you are a US citizen (or legal resident), and have worked for 10 years and paid your taxes, you can enroll in Medicare. If you are still employed at this time, and have health insurance and a prescription drug plan underneath your employer's group health plan, you can elect to wait to onboard to Medicare. Why wait? Well, perhaps your spouse is on your employer's group health plan with you, but they have not yet turned 65 just yet.

2) Credible Coverage. Check with your employer.

But, do I have to leave my work coverage, you ask? Possibly. In order to stay on your employer's group health plan past 65, you must be able to demonstrate that your employer's group plan offers 'credible coverage'. Credible coverage means the employer group health insurance plan meets certain requirements and provides at least as much coverage as Medicare would. Check with your work's HR team and ask them to see if your work's health plan is considered credible coverage.

3) IRMAAs: Check in with your estate planner and accountant.

It's also important to work with your estate planner and/or accountant and share that you are going to be onboarding into Medicare soon. Ask them to look into your Adjusted Gross Income as it will relate to your Income Related Monthly Adjustment Amount (IRMAA). The IRMAA is the additional amount you may have to pay on your Medicare Part B and Part D premiums.

4) HSAs. Yes you can keep them and you can use them!

A Health Savings Account (HSA) is a tax-advantaged savings account that you can use to pay for qualified medical expenses. Your HSA is yours and it moves with you. You can use your HSA to pay some premiums, deductibles, and other medical related expenses.

5) Engage a licensed insurance agent who specializes in Medicare to be your consultant.

The major difference for the individual who turns 65 is that prior to 65 their health insurance was most likely managed by their work's trusted HR team. Now at 65, with Medicare, that individual is responsible for managing their health plan. With this responsibility there's a lot of information to digest each year and important potential choices to be made. It's important to have someone in your corner. To assist you there are both federal (medicare.gov, cms.gov) and state resources (Servicelink at NH.gov). But, you should really consider working with an independent licensed insurance agent who specializes in Medicare health plans. This person will not charge you any fees for their services (they are commissioned by the carriers, at no impact to plan pricing). What should you ask to find the right insurance agent for you, and properly qualify them? We suggest these questions:

- **Are they local?** Ask them, if you have a problem with your plan and need help can you make an appointment to come see them.
- **Are they an independent licensed insurance agent?** You want an agent who is a fiduciary to you.
- **Do they focus on Medicare health plans?** There are simply too many changes happening (and often too quickly) in our health insurance system, and you want someone who is on top of these changes.

We focus solely on New Hampshire Medicare, offering knowledgeable guidance and in-depth county insight.

By submitting your information, you acknowledge a licensed insurance agent (Christian Troy or Larissa Troy) may contact you by phone, email, or mail to discuss and quote Medicare Advantage Plans, Medicare Supplement Insurance, or Prescription Drug Plan.
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SHOULD YOU CONSIDER OPENING AN IRA?

Have you ever thought about saving up for your retirement? It's never too early to start! At Sugar River Bank, we offer two types of IRA's: Roth IRA and Traditional IRA. It's best for you to speak with your tax accountant about what option better suits your needs, but here's some information to help get you started. You could open an IRA today and still make your contribution for the 2024 tax year before April 15th.

WHAT'S THE DIFFERENCE BETWEEN A ROTH AND A TRADITIONAL IRA?

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

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

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

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

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

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

Current year contribution limit:

Under age 50: \$7,000.00 Over age 50: \$8,000.00

WHAT IS THE DEADLINE FOR MAKING IRA CONTRIBUTIONS?

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

WHEN IS A DISTRIBUTION PENALIZED AND HOW MUCH IS THE PENALTY?

A 10% penalty will be assessed by the IRS if you take a distribution before you reach 59 ½. The institution where your IRA is held may also charge a CD penalty.

The institution's penalty can be avoided if the distribution is taken during the renewal period of the CD.

DID YOU KNOW?

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

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

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

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REAL ESTATE SALES IN BOW – JANUARY 2025 *Serving the areas in and around Merrimack County.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
77 Bow Center Road	3 Bedrooms 2 Baths	1376 Square Feet	.18 Acres	\$375,000
31 Putney Road	3 Bedrooms 2 Baths	2242 Square Feet	1.47 Acre	\$385,000
10 Woodland Circle	3 Bedrooms 2 Baths	1929 Square Feet	1.06 Acre	\$500,000
21 Marions Way	2 Bedrooms 2 Baths	1356 Square Feet	CONDO	\$515,000
1 Hope Lane	2 Bedrooms 2 Baths	2316 Square Feet	2.16 Acres	\$565,000
20 Allen Road	3 Bedrooms 3 Baths	2376 Square Feet	2.21 Acres	\$680,000
22 Longview Drive	4 Bedrooms 5 Baths	4300 Square Feet	2.35 Acres	\$735,000

REAL ESTATE SALES IN DUNBARTON – JANUARY 2025 *We are ready to help you on your next journey.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
182 Grapevine Road	4 Bedrooms 3 Baths	2072 Square Feet	5.39 Acres	\$679,000
1040 Gorham Pond Road	3 Bedrooms 2 Baths	3467 Square Feet	5.11 Acres	\$735,000
1010 Black Brook Road	4 Bedrooms 4 Baths	3238 Square Feet	5.03 Acres	\$775,000

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Join us in the newly renovated Bow Elementary School on Tuesday, March 4th from 5:30 - 7:30pm to learn about resources and opportunities in our local community!

OPEN TO THE PUBLIC!

Want to be involved? Exhibitors please submit an interest request to sau67nh.gov

Find more information reach out to:
Beth Corkum
Coordinator of Wellness & Equity
bcorkum@bownet.org

STRESS ISN'T ALWAYS A BAD THING!

by Jim Olson

Stress reduction is often discussed as being crucial to attaining or preserving good health.

But what if I told you that there is a type of stress that is good for you?

It's self-imposed stress—stress that you choose to undergo by putting yourself outside of your comfort zone.

It's growth-based stress.

For example, let's say you're highly introverted and you choose to do a public speaking engagement. That's going to cause you significant amounts of stress, but the growth you will experience from it is absolutely beneficial.

It is an essential part of one's growth to **choose** to put yourself in those types of situations that force you to overcome your fear and move toward discomfort.

For many individuals, walking through our doors at Individual Fitness can be a scary experience. This is especially true for individuals who haven't maintained consistency in their training. Stepping outside of their comfort zone can be intimidating, but the growth experience it offers is unparalleled.

Can you think of an experience in your life you've been avoiding because it's uncomfortable?

Now, imagine how you'll grow and how your life can change if you embrace that self-imposed stress.

When we decide we want something big in life, such as body transformation, we often **WANT IT NOW.**

Frequently here at Individual Fitness we have to remind clients that health and fitness, like anything important and worthwhile in life, is a marathon effort and not a sprint or a race.

Patience, persistence, and perseverance will get you everywhere when approaching big life changes or goals. Urgency, impatience, and inconsistency will get you nowhere.



Jim Olson

Can you lose 20 pounds in a month? Probably. But 2-3 months down the line things won't look or feel very good.

It's important to remember that things like pain management, habit change, and health improvement require a longer effort.

It is completely unreasonable to have speedy expectations of goals around transformation.

Always be honest with yourself. Do you give up when the results don't come RIGHT NOW or are you in for the long haul when it comes to your health?

To have the body you want and a body that will stay strong for decades, you cannot race to the finish line... because there isn't one.

So, the next time you feel frustrated by slow progress or find yourself slipping, remember you're running a never-ending marathon. Learning to love every moment, even those moments of struggle where we grow the most, is essential to staying on your path.

We're here to support your marathon and growth-based stress.

If you are struggling, need a little direction or need a jumpstart to start fresh, we would love to set up a complimentary consultation to get you going on the right path.

Committed to Your Fitness, Jim, John and the I.F. Team



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NORA'S DUNBARTON NEWS



LEARN TO PLAY MAHJONG at the library: Barbara, our teacher, will be back at 11:00 am on Thursday, February 20. In the meantime, please view the videos that were suggested. For more info, call the library and always check their website or FB page to confirm dates and time.

FEBRUARY SCHOOL VACATION is from Monday, February 24, through Friday, February 28. Enjoy your week off. The Dunbarton PTO meeting is scheduled for Monday, March 3 at 6:30 pm to 7:30 pm at the elementary school. Join the monthly PTO meeting in the DES teacher's lounge. A Zoom link will also be provided for those that prefer to attend virtually. Contact Dunbartonpto@gmail.com for a link or if you have questions.



WILDLIFE IN OUR BACKYARDS: Meet Your Neighbors! Tuesday, February 25, 6:30 pm, Upper Town Hall Presented by Kelly Dwyer: Nature Education Opportunities. Picture your backyard and envision gray squirrels, those forest acrobats, springing between the thin treetop branches. Chipmunks scampering on the ground, vacuuming up seeds at a frenzied pace. Possums and skunks are active at night, leaving evidence of their presence with prints in the snow or mud (or dug up lawns!). We see and hear these amazing mammals, including foxes and coyotes, throughout the year as they share outdoor spaces with us. Join Kelly Dwyer as we explore:

- Fascinating natural histories of these animals.
- Essential ecological roles they play in various habitats.
- Strategies we can adopt to keep them safe and healthy and co-exist together

FMI contact the library and check their website or FB page to confirm dates and time.

BEYOND THE BOOK This month DCC Beyond the Book is reading *Phone Box at the Edge of the World* by Laura Messina. "Laura Imai Messina's international bestselling novel is a story about grief, mourning, and the joy of survival, inspired by a real phone booth in Japan with its disconnected "wind" phone, a place of pilgrimage and solace since the 2011 tsunami." Discussion will be online, Thurs, March 6 at 7 pm. Contact Bbennett@dunbartonucc.org for an online link, or if you have questions.

DUNBARTON ANNUAL SCHOOL MEETING: Is scheduled for Saturday, March 8 2025, 4:00 pm to 7:00 pm at the Dunbarton Elementary School, 20 Robert Rogers Rd. To confirm dates and time or more info: https://www.dunbartonnh.org/sites/g/files/vyhlf6771/f/news/town_and_school_filings_for_the_year_2025.pdf.

MARCH TOWN ELECTIONS will be held Tuesday, March 11 at the school, 7 am to 7 pm. DUNBARTON TOWN and SCHOOL CANDIDATES for the ELECTIONS to be held TUESDAY, MARCH 11, 2025. For updates or to confirm times and information: https://www.dunbartonnh.org/sites/g/files/vyhlf6771/f/news/town_and_school_filings_for_the_year_2025.pdf. Town Meeting: is scheduled for Tuesday, March 11. Town Meeting is held at the elementary school at 7 pm or after voting ends. Voters may register at the polls on election day.

OPEN MIC NIGHT The DCC Spieside Coffee House and Open Mic will be Saturday, March 15 at the Congregational Church, 6 Stark Highway North in Dunbarton. Doors open at 4:30 pm for performers to sign up. The show starts at 5 pm. \$5 suggested donation. Snacks and drinks are available. Donations are gladly accepted for the refreshments. Enjoy a wonderful evening of song, story and poetry. The building and restroom are handicapped accessible. All ages are welcome. To confirm the date and times or if you have questions, contact Lizz@dunbartonucc.org.

THE LIBRARY BOOK GROUP will read *Love of My Life* by Rosie Walsh until Wednesday, March 19 When they meet at noon in the library to discuss the book. "From the New York Times bestselling author of Ghosted comes a love story wrapped in a mystery: an up-all-night page-turner with a dark secret at its core." FMI contact the library and check their website or FB page to confirm the date and time.

MUNICIPAL RESOURCES INC. TO CONDUCT DUNBARTON 2025 REVALUATION

The assessing firm Municipal Resources, Inc. (MRI) has been hired by the Town of Dunbarton to begin a town-wide revaluation, in accordance with the NH Constitution Part II, Article 6 and RSA 75:8a, for the 2025 tax year. The purpose of the project is to bring property assessments uniformly in line with market conditions as of April 1, 2025. The following is a general outline of each phase of the project.

PHASE ONE, MARKET ANALYSIS AND VALUATION:

A variety of resources will be used to analyze the real estate market. MRI will analyze recent sales to determine what market factors influence property values. The current market rates for land and building values, demonstrated by property sales, will be used to establish new land and building values for all properties in the Town.

During the market analysis and valuation, building values will be determined by comparing each property to others with similar characteristics. Land values will be determined based on the desirability of locations throughout the Town as demonstrated by the real estate market.

PHASE TWO, FIELD REVIEW: Once market data is collected and analyzed, all other properties in the town are reviewed for consistency and accuracy.

PHASE THREE, INFORMAL HEARINGS: Once Field Review is complete, a notice of preliminary assessed values will be mailed to each property owner. At this time, property owners will have an opportunity to discuss questions concerning the revaluation process, assessed values, or their property data with MRI personnel.

For more information about the revaluation, please visit: <https://www.dunbartonnh.org/>

Dunbarton, N.H. 03046

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DUNBARTON TOWN AND SCHOOL CANDIDATES FOR NEXT MONTH'S ELECTION

Running for Selectman are Dana Lavoie and Ray Plante. Running for Tax Collector is incumbent Judy van Kalken. Incumbent, Bryan H. Clark is running for Assessor. Cemetery Trustee candidate is incumbent Judy Keefe. Trustee of the Trust Funds candidate is Brian Watford. Martha Patricia Peterson is running for Library Trustee. Incumbent David Allen is the candidate for Ethics Committee Member.

On the school side there are three seats with Holly Barcroft, incumbent Clement Madden and Lori Wamser seeking voter approval.

The election will be from 7 AM to 7 PM on Tuesday, March 11 at Dunbarton Elementary School



ANGELO J. CONSTANT IS SELECTED TO BECOME A MEMBER OF NSHSS!



Bow High School student recognized for superior academic achievement by The National Society of High School Scholars.

The National Society of High School Scholars (NSHSS) announced student **Angelo J. Constant of Dunbarton**, has been selected to become a member of the esteemed organization. The Society recognizes top scholars who have demonstrated outstanding leadership, scholarship, and community commitment. The announcement was made by NSHSS Co-founder and President James W. Lewis.

“We are proud to provide lifetime membership to young scholars to support their growth and development,” stated Lewis. “We help students like Angelo build on their academic success by connecting them with learning experiences and resources to help prepare them for college and meaningful careers.”

LITTLE SPARKS,
TUTORING BY MELISSA

TUTORING SERVICES



Tutoring that engages the student through educational play and interactive support while targeting needs based on data.

CALL OR E-MAIL TO SCHEDULE A SESSION
732-580-6144
MELISSA@LITTLESARKSTUTORING.COM

DUNBARTON POLICE DEPARTMENT

JANUARY 2025 ARREST/CHARGE LOG

Please note: “All defendants are presumed innocent unless and until proven guilty in a court of law.”

01/05: Sheila Ashford, 60, Weare, was taken into custody for driving or operating under the influence of drugs or liquor - 2nd offense, yellow line, unregistered vehicle, and non-inspection.

01/05: An individual was taken into protective custody for a mental health evaluation.

01/07: Andrew Leduc, 45, Dunbarton, was charged with dog-at-large and unlicensed dog violations.

01/08: Jessica Spaulding, 21, Tyngsboro, MA, was charged with two counts (2) of operating without a valid license - subsequent offense and highway markings.

Activity during January includes, but is not limited to:

Animal Complaint: 10	Motor Vehicle Crash: 9
Assist Dunbarton Fire/EMS: 13	Motor Vehicle Stop: 79
Assist Other Agency: 11	School Zone/Patrol: 21
Burglar Alarm: 7	Suspicious Activity/Person/Vehicle: 6
Domestic Disturbance: 2	Theft/Fraud/Scam: 4
Harassment/Stalking: 2	Untimely/Unattended Death: 1
Mental Health: 1	Vacant Property Check: 18
Motorist Assist: 7	Welfare Check: 4
Motor Vehicle Complaint: 5	

Visit us [Facebook.com/DunbartonPolice](https://www.facebook.com/DunbartonPolice) or website at dunbartonnh.org/police-department/pages/monthly-reports



Approximately fifty 6th grade students at the Dunbarton Elementary School (DES) graduated from Law Enforcement Against Drugs (LEAD) *Too Good for Drugs* (TGFD) program on January 17, 2025. DES has graduated its fourth class since implementing the program during the 2021-2022 school year. To date, over 150 Dunbarton students have graduated from the program.

Over the past several months, we taught a total of 10 lessons, which included the topics of setting reachable goals, making responsible decisions, identifying and managing emotions, effective communication, bonding and relationships, the effects of alcohol, tobacco, and nicotine, the safe use of prescription and over-the-counter medicines, and the dangers of street drugs.

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

To celebrate their hard work and dedication, each student was given a graduation certificate and LEAD graduate sticker. The graduation ceremony was topped off with some cookies and baked goods for the students, courtesy of the Dunbarton Police Department.

We would like to thank all of the faculty and staff at DES that provided assistance as well as the Dunbarton Elementary PTO for their continued support of this program. LEAD will return for the 2025-2026 school year.





FEBRUARY News
2025!

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



Notary Services at Baker Free Library: The Library is excited to now be offering notary services! Walk-Ins are welcome, but calling ahead is strongly encouraged to ensure notary is available. Notary services will be free of charge and will only be available inside of our building. For more information, feel free to reach out to Kaitlin via kaitlin@bakerfreelib.org.

Seasons of Reading: a year-long reading challenge for teens and adults! 2025 is just around the corner, and Baker Free Library is so excited to announce our second annual calendar fundraiser! This is a great opportunity to support your local library. All photos in this year's calendar are, once again, exclusively from Eric Anderson! Calendars are almost gone, so get one while you still can!

2025 Visions of Bow Calendars are still available! Get them while you can for \$8 each! 2025 is just around the corner, and Baker Free Library is so excited to announce our second annual calendar fundraiser! This is a great opportunity to support your local library. All photos in this year's calendar are, once again, exclusively from Eric Anderson! Calendars are almost gone, so get one while you still can!



Meet the Candidates Night:

Join us on Thursday, February 20th at 6pm as we welcome those running for elected office in the Town of Bow to introduce themselves to the community. During the first part of the evening, candidates will have five minutes to

address attendees with a prepared speech or talking points. After each candidate has had a turn to speak, we will break for a brief intermission, and then return for the Q&A segment. Members of the public will then be invited to address any of the attending candidates with their questions. Meet the Candidates Night is not live streamed, but will be recorded and uploaded to Baker Free Library's YouTube Channel following the event.

Holiday Closures: The Baker Free Library will be closed on Monday, February 17th for Presidents' Day.

YOUTH PROGRAMMING

Registration is required for all of BFL's children's programs this winter.

Preschool Storytime

Tuesday Mornings at 10:30am starting March 18th

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

Family Storytime

Wednesday Mornings starting March 19th

This multi-age storytime is perfect for families & siblings. Explore stories, songs, and activities that help to promote early literacy learning while addressing attention and motor development for both toddler and preschool aged children. Each storytime ends with open play time, allowing children and their families to socialize. **Recommended for Ages 2 - 5.**

Toddler Storytime

Thursday Mornings at 10:30am starting March 20th

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

Art • Lab | Every Other Wednesday Afternoon at 3:30PM

A bi-weekly art program for artists and creators in Grades 3-6. Take part in sensory, process art, and engineering activities designed to inspire our creativity and expand our knowledge of celebrated artists and their techniques. Activities may include mixed media projects and painting, so come prepared to get messy. **Recommended for students in Grades 3-6.**

Ready Readers

Every Other Monday Afternoon at 3:00PM

This bi-monthly program is a "Big Kid" storytime, designed for storytime graduates and emerging or independent readers in Grades K-2. Explore new books with a specially chosen read-aloud at each meeting, followed by crafts and activities designed to spark creativity and build early literacy skills.

Little Makers

Every Other Thursday Afternoon at 3:00PM

A bi-weekly program for our youngest messy makers! Take part in sensory and process art activities designed to inspire your little one's creativity and curiosity. Activities may include mixed media projects and painting, so come prepared to get messy. **Recommended for children in Pre-K through Grade 2, in the company of a parent or caregiver.**

Glow-in-the-Dark Mini Golf

Monday, February 24 from 11am-2pm

Challenge your friends and family to a round of miniature golf, right in the library's Lower Level. Play through all 9 holes at your own pace. And the best part: each hole is lit with LED's! Tee times will be available between 11AM and 2PM, and registration is not required. All ages welcome.

ADULT PROGRAMMING

Registration is required for all of BFL's adult programs this winter.

Board Game Night | Wednesday, March 5th | 5:30pm

Join us in celebrating the library's new assortment of board games! Drop by for some snacks and socializing while exploring the library's new collection. Feel free to bring your own favorites or check out one of ours!

The Salem Witch Craft Trials and 'Moldy Bread': A Case Study in Fake News | Wednesday, March 12th | 6pm

On April 2, 1976, Science Magazine published an article by Linnda R. Caporeal which posited that during the 1692 Salem witchcraft trials, the visions of specters and painful physical sensations described by the girls who claimed to be afflicted by witches could have been caused from eating bread made with flour tainted by ergot, a naturally occurring fungal hallucinogen that grows on rye grain under certain growing conditions. While experts immediately debunked this claim – the historical and medical data used to support the hypothesis was cherry-picked – the claim went viral in a pre-Internet age. More than four decades later, belief in this is still pervasive. This program will unpack how this explanation about a lurid chapter in American history was born and cemented in the public imagination. It is a case study in how mass media induces people to buy into "fake news." This program is made possible by New Hampshire Humanities to Go.

Mary Baker Eddy: New Hampshire's Most Important Religious Thinker | Monday, March 17th | 5:30pm



Mary Baker Eddy was New Hampshire's most innovative religious thinker. Mark Twain called Eddy "the most interesting woman that ever lived, and the most extraordinary." The church she founded, The Church of Christ, Scientist, profoundly affected both American ideologies of religion as well as public opinion of the role of women in society. This program discusses ways in which Eddy's experience as a woman in Victorian-era America influenced her gendered understanding of God as well as the nature of humanity, the body, health, and the

place of women in powerful organizations. In Eddy's theology, the divine was not punishing but welcoming and caring; not a domineering father but a loving father-mother – a perspective that uplifted the feminine in both the divine realm and the human world. Although Eddy's perspectives on healing have always been controversial, her rejection of medicine stemmed from encounters with nineteenth-century physicians that she felt were demeaning and violating. Eddy instead advocated a patient-centered method of self-empowered healing, a perspective that has much in common with later views of positive psychology and the power of the mind over the body. This program is made possible by New Hampshire Humanities to Go.

Craft Club | Tuesday, March 18th | 6pm

Craft Club is back! Meetings will be held every third Tuesday of the month, downstairs in the Merrimack County Savings Bank Room. You must be registered ahead of time to attend, as space and supplies are limited.

Registration for this session will open on Wednesday, February 19th at 10am. For March's craft, we will be making decorative book pages! Feel free to bring your own book to paint, but books will be supplied as well. A pop-up version of this craft will be available on Monday, March 24th at 4pm for those who do not have a chance to attend.

BOOK CLUBS

Whodunits | Tuesday, March 4th | 1:00pm

Love mysteries? Join the Whodunits to sleuth through a new one every month! This mystery-exclusive book club meets at White Rock Senior Center on the first Tuesday of every month.

March Book Discussion: *Motherless Brooklyn* by Jonathan Lethem.

Book Talk at BFL | Tuesday, March 11th | 12:30pm & 6:30pm

Do you love to read? Are you willing to try books outside your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Group is for you!

March Book Discussion: *The Bell Jar* by Sylvia Plath

White Rock Book Group | Tuesday, March 18th | 1:00pm

Do you want to read outside of your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Talk at White Rock Senior Center is for you!

March Book Discussion: *The Bell Jar* by Sylvia Plath



IN THE GALLERY

February Exhibit – Racial Unity Team: 6th ANNUAL ART & POETRY CHALLENGE

Belonging – What does it feel like to Belong? Or... NOT TO BELONG?

The Racial Unity Team is a nonprofit organization that exists to advance relationships among people of different racial identities, increase understanding, and reduce racial bias in our communities.

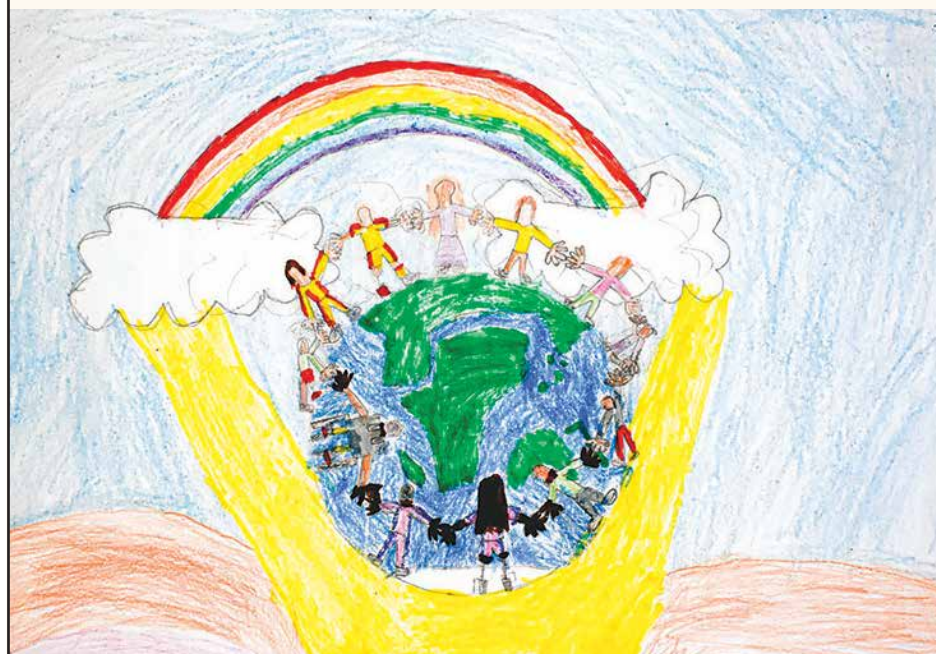
Our Vision is a future in which Granite Staters fully embrace, respect, and encourage racial diversity and unity so that New Hampshire fosters a genuine feeling of belonging for all who live, work, and visit here.

The theme of our sixth annual Art & Poetry Challenge is ‘Belonging.’ K-12 students and adult artists and poets from 36 New Hampshire towns submitted their work in competition. They were encouraged to consider the following questions.

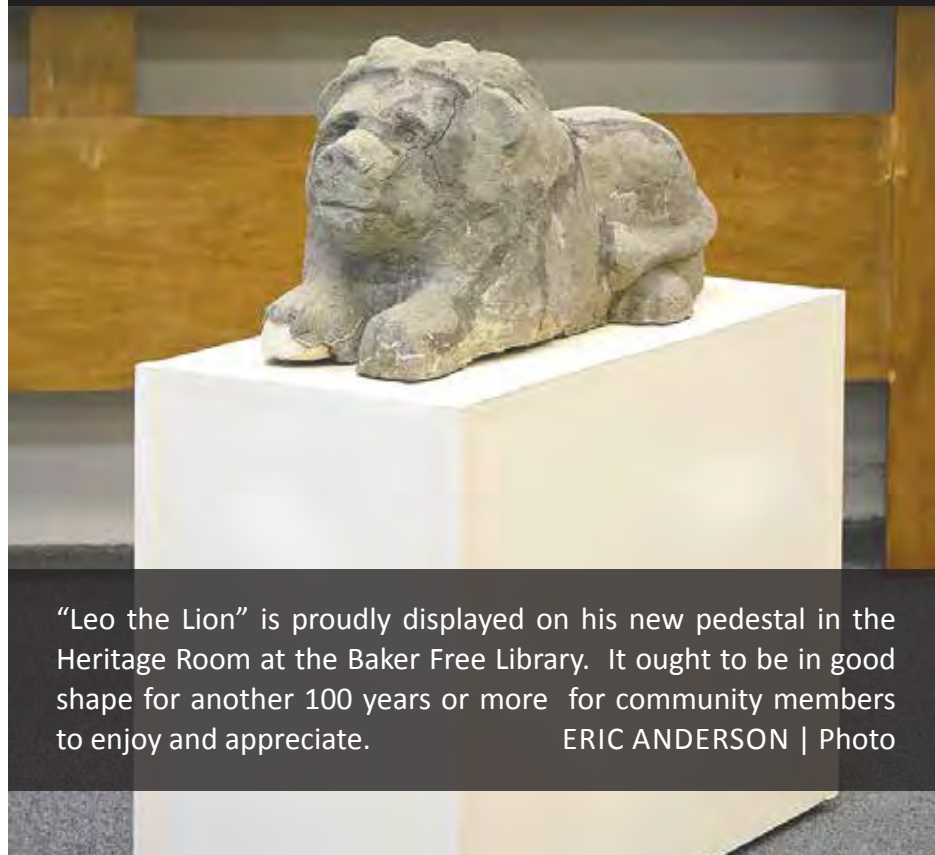
- What does belonging mean to you?
- What does it feel like to belong?
- What does it feel like to *not* belong?
- How can we help others feel a greater sense of belonging?
- Do you ever feel like you don’t belong because of your identity?
- What is the cost of belonging?

We hope that you find clear answers to these questions as you experience the art, poetry, and personal messages within this exhibit.

For information, please visit www.RacialUnityTeam.com.



A PEDESTAL WORTHY OF LEO THE LION



“Leo the Lion” is proudly displayed on his new pedestal in the Heritage Room at the Baker Free Library. It ought to be in good shape for another 100 years or more for community members to enjoy and appreciate.

ERIC ANDERSON | Photo

Jim Dimick, of the Bow Heritage Commission, constructed the pedestal and painted it to display “Leo the Lion.” Casters have been installed to make it easier to move the “Leo the Lion” display around.



HUMAN TRAFFICKING

January is Human Trafficking Awareness Month. I am writing this piece in January; you will be reading it near the end of February. It does not matter. The main point is to become aware of a problem that may not be on your radar. Just like the looters stealing from the vacated homes during the LA fires, traffickers take advantage of natural disasters and conflicts to exploit others. It is estimated that over 27 million persons around the world are subjected to human trafficking. All forms of trafficking ultimately involve exploiting human beings for economic profit. This can involve organ removal, persons with disabilities, migrants and asylum seekers, forced marriages, and ‘slave’ labor in homes or industry. Victims of trafficking can be found at the bottom rungs of any industry.

According to the Department of Justice the number of persons prosecuted for human trafficking in the US more than doubled from 2012 (805 persons) to 2022 (1,656 persons). Human trafficking has been reported in all 50 states.

There is much bureaucracy involved in trying to track and apprehend those involved in the trafficking trade. There are laws in place and public figures make statements supporting efforts to combat this evil.

But what can you and I do? How can we become more aware of the presence of a trafficked person? Physicians and health care professionals should be particularly alert to the signs that should trigger a further investigation. A “red flag” would be: Is there a person with the patient who does all the talking and is reluctant to leave the patient alone with the health care professional?

Here are some warning signs from the Polaris Project that may indicate a person is a victim of human trafficking:

- Avoiding eye contact, social interaction, and authority figures.
- Lacking official identification documents.
- Poor physical or dental health.
- Tattoos/branding on the neck and/or lower back
- Not being allowed to go into public places alone or speak for themselves.
- Not being able to leave their job.

As we say in many other areas: “If you see Something, Say Something.” We all play a vital role in keeping our communities safe, protecting the vulnerable, and rescuing the trafficked person.

Here are “Hot Lines” for help: **Call: 888-373-7888 Text: 233733**

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**WE ARE PLEASED TO ANNOUNCE THAT
COLDWELL BANKER LIFESTYLES & COWAN AND ZELLERS
HAVE JOINED FORCES.**



Coldwell Banker Lifestyles is excited to announce that we have joined forces with Cowan and Zellers in Concord, NH to create the Capital Region's new premiere real estate company.

Our agents and staff that you know and trust are here to serve you – and you, our clients, will enjoy all the benefits that the Coldwell Banker brand brings to your next transaction – expanded marketing, a luxury division, and a massive national and international network.

We look forward to introducing you to Coldwell Banker Lifestyles and working with you to buy or sell your property in the greater Capital Region.

LIFESTYLES BY THE NUMBERS

83 YEARS
OF GUIDING PEOPLE HOME

3.3 MILLION
IMPRESSIONS ACROSS THE WEB***

#1
COLDWELL BANKER
AFFILIATE IN NH

**OVER \$540
MILLION**
IN SALES VOLUME**

#1 IN ALL CATEGORIES IN MERRIMACK,
GRAFTON, SULLIVAN, CARROLL,
WINDSOR, ORANGE & OXFORD
COUNTIES COMBINED*

150
AGENTS

10
OFFICES

\$548K
AVERAGE SALES PRICE**

1227+
SALES IN 2023

5X CHAIRMAN'S
CIRCLE
AWARD
WINNER

*As reported by Prime MLS for all categories sold in 2023 in the combined NH counties of Grafton, Sullivan and Merrimack; combined VT counties of Windsor and Orange; and the ME county of Oxford. | **As reported by Prime MLS for single family residential sales in 2023. | ***Data derived from Google and Meta Analytics for November 2023 - October 2024.

HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

MEET-THE-AUTHOR EVENT Please join us at the Hopkinton Town Library for a meet-the-author event on February 19th at 5:30 PM. Linnea Hartsuyker, author of *The Golden Wolf Saga*, an epic tale of 9th century Norway, will be at the library to discuss her novels and related aspects of Viking culture. Sponsored by the Friends of the Hopkinton Town Library. In conjunction with this event, we are reading and discussing the first book in the saga, *The Half-Drowned King*, for the library's monthly Book Discussion Group which will meet at 1:00 on February 19th.

FREE TAX RETURN PREPARATION will be available at Hopkinton Town Library on Wednesdays and Thursdays from 9:45 AM-1:30 PM, from February 5, 2025, through April 10. Make an appointment by going online to www.nhtaxhelp.org or calling 2-1-1.

THE FARMERS MARKET is inside Maple Street School on Saturdays from 9am-12pm. Ongoing updates and information available at Contoocook Farmers' Market on Facebook.

LINDEN RAYTON PROGRAM Here's another fun program provided by naturalist Linden Rayton this February vacation! Join us for Orienteering for Families at Hawthorne Town Forest on Tuesday, February 25th at 3:00 PM! This program is free but space is limited so register today! This is not a drop-in program. To register: www.HopkintonRec.com.

CONTOOCCOOK CREAMERY at Bohanan Farm strives to produce milk of the highest quality to provide the community with a fresh, wholesome, and local product by utilizing the most efficient and environmentally sound practices available. Contoocook Creamery products are available in markets across New Hampshire. You also can visit our farm store for dairy products, including milk in returnable glass bottles, fresh eggs, vegetables in season, 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.

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www.indigobluesandco.com

**Hopkinton Historical Society's
EXHIBIT 2025**

**THANK YOU,
HOPKINTON!**

Celebrating a Tradition of Care & Kindness

The Society's Exhibit 2025 is a celebration of the many ways our townsfolk have supported and cared for our families, friends, and neighbors throughout the years: from personal acts of kindness to town-wide efforts. But we need your help!

We invite you to share a story to help us foster a spirit of togetherness by using the QR code below or going to the Society's website at:

www.HopkintonHistory.org

Stories will be collected through March 1.
Help us bring our town's shared history to life.

Hopkinton Historical Society
300 Main Street
Hopkinton, NH 03229
603-746-3825
www.HopkintonHistory.org

2 VILLAGES ART SOCIETY

PORTRAITS OF THE WILD
Dotty Holcomb Doherty
February 15- March 15, 2025

Dotty Holcomb Doherty's photographs capture the beauty and diversity of birds and mammals in their natural habitats from Australia to Zimbabwe. More than 70 of her works are presented in this exhibit, representing years of travel, study, and perfecting the techniques of a wildlife photographer. Her subjects range from the familiar Great Blue Heron and Carolina Wren to the more exotic hornbill, barbet, and wattlebird. All are sharply precise and often display an unexpected pose or aspect of the bird or animal. A special talk and presentation will be held with the artist on Sunday, March 2 at 1 pm.

TVAS gallery is open to the public free of charge,
Thursday- Sunday from 12-4 pm.
846 Main Street in the village of Contoocook

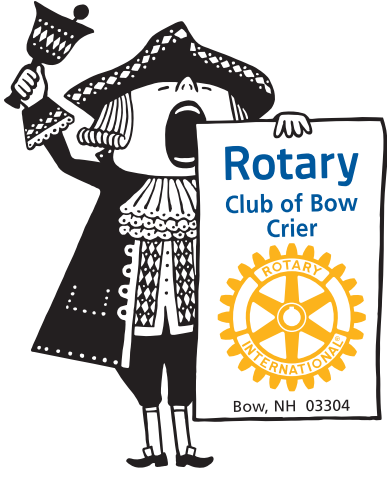
HOPKINTON POLICE DEPARTMENT

JANUARY 2025 ARREST LOG
2 Arrests • 5 Accident • 305 Traffic Stops

1/12 James Swalgen, 33, of 115 Lower Straw Road, Hopkinton, was arrested for Domestic Violence; Simple Assault - BI.

01/29 Tevin Mitchell, 30, of 17 Edgewood Drive #3, Belmont, was arrested for DV; Simple Assault; BI or PC, Criminal Mischief, Criminal Mischief, Criminal Mischief and Theft by Unauthorized Taking \$0-\$1000.

Rotary Club of Bow



ANNUAL 4-WAY TEST SPEECH CONTEST

The Rotary Club of Bow conducts an annual public speaking contest to challenge high school students to develop their public-speaking skills and to explore how they make decisions that affect other people. The basis of the contest is Rotary's "Four-Way Test," a tool to encourage ethical decision making. Bow Rotary awards cash prizes to the top three speakers and sends the winner on to compete against winners from other clubs in our district, which includes much of southern New Hampshire and Vermont.

The contest will be held in person at the Baker Free Library on March 19, at 6:30 PM. Applications are due by :00 PM on Monday, March 10. Contest details and application form can be found at www.bowrotary.org.

APPLICATIONS AVAILABLE FOR THE 2025 FOUNDATION SCHOLARSHIP PROGRAM

The Rotary Club of Bow annual Foundation Scholarship Applications are now available. The Foundation will be awarding a total of \$23,000 in post-secondary scholarships and \$5,000 in camperships in 2025.

The scholarship program is for graduating high school seniors who either attended Bow High School or who are Bow or Dunbarton students who attended other area high schools. Bow High School tuition students must be from a town/city either without a Rotary club or with a Rotary club that doesn't offer college scholarships.

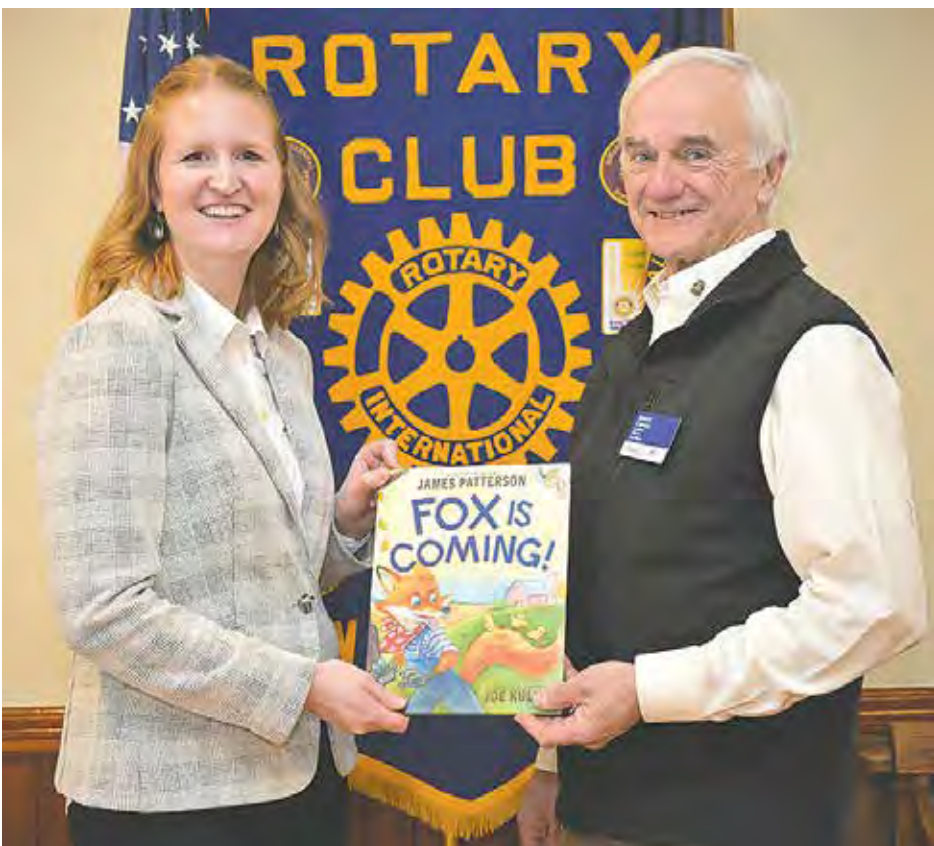
Three different types of scholarships available: Traditional, for students who are currently a graduating high school or homeschooled senior or have been a student attending college within the last four years; vocational school or certificate program scholarships for students who wish to attend a technical/vocational school two-year program or wish to attend a certificate program; and an adult scholarship for older adults, who have not attended school in the last four or more years.

The applications are available in Fillable PDF format for download from bowrotary.org under the Scholarships/Grants menu. The deadline for submissions is 3 p.m. April 7.

The Bow Rotary Club received a very generous donation of \$19,000 to the Bow Scholarship Foundation from Sarah Tinsdale of Hillsboro, OR, in memory of her mother Nancy Tinsdale, a long-time resident of Bow.

WEEKLY LITERACY PROGRAM

Kaitlin Camidge, Director of the Baker Free Library, addressed the Bow Rotary Club on January 31, 2025. Bow Rotary Club President Gerry Carrier presented Camidge with a book in appreciation for her presentation. The book, in turn, that is signed by Kaitlin will be given to the Bow Elementary School Library to support the Club's weekly "Literacy Program."



Pictured from left: BFL Director, Kaitlin Camidge and Bow Rotary Club President Gerry Carrier. Photo | Eric Anderson

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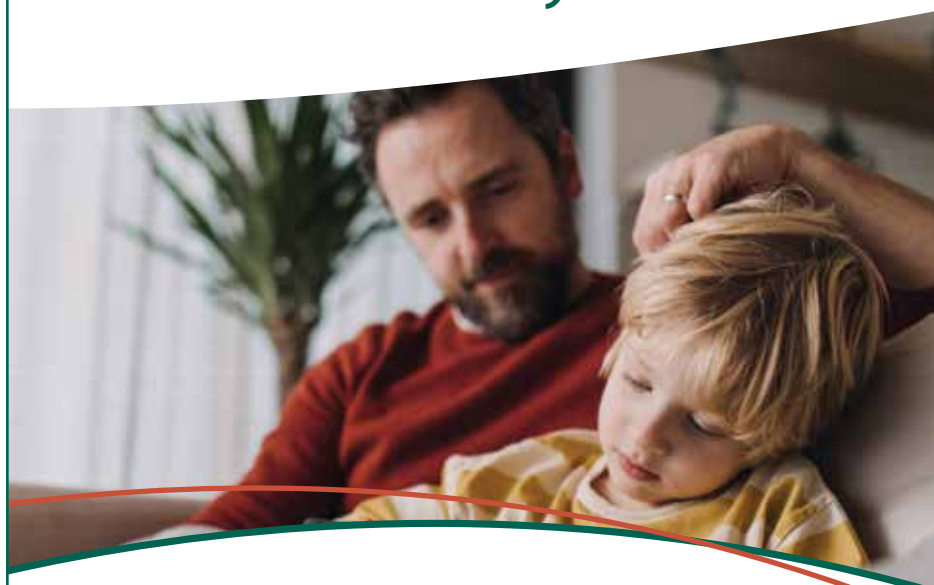
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BOW HIGH SCHOOL SPORTS SPOT

by Matthew Mampuzha, Bow Times Sports Editor ➔ Photos | Chip Griffin



Bow's Jake Reardon (#34) attempts a 3-point shot against John Stark as he scores his way to and past 1,000 career points.

BOYS BASKETBALL

Jake Reardon Scores 1,000 Career Points!

Bow's boys basketball squad has a 5-4 record and ranks tenth out of 20 teams after many successful wins and a few disappointing losses. Ranking tenth would get the Falcons into the playoff of 14 teams, but it is highly unlikely that they would receive home court advantage by ranking tenth. Lots of time remains, with the season only being around halfway through. Although the team lost to strong Manchester West and Pembroke basketball teams, they were both close losses, being 64-61 and 78-75, respectively. It has beaten Hanover, a powerful team, and has also beaten Laconia and John Stark back-to-back. In the 56-34 home win against John Stark, junior Jake Reardon reached 1,000 points with a shot made in the third quarter. Congratulations for this big achievement!



Senior captain Owen Webber against Windham

BOYS ICE HOCKEY

Coach Tim Walsh Gets 300th Win, Owen Webber Scores 100 Career Points for Boys Ice Hockey!

The boys ice hockey team made a comeback by winning 3 recent games to break even once more with a record of 4-4-1, the team unfortunately dropped its games against a co-op team made up of the three main Manchester high schools 2-1 and Oyster River High School 4-1. The Falcons started their win streak with a 3-1 home win against the Pinkerton Academy Astros.

Then, at Londonderry, Coach Tim Walsh got his 300th win as the team won 5-2. Seniors Landon Westcott, Owen Webber, and Luke Hartshorn, along with junior Massimo Palelli and sophomore Gavin Szafran all scored goals or assists in this win. A 3-2 home win against the Windham Jaguars followed three days later, where senior captain Webber reached 100 points scored.



Bow sophomore, Vera Virta scores her second goal of the night to put her team ahead, 6-0, over Souhegan on February 10th at Tri-Town Arena.

GIRLS ICE HOCKEY

The girls ice hockey team boasts an impressive 7-2 record. It has defeated several opposing teams at home, and has defeated Pinkerton Academy and a Manchester Central, Manchester Memorial, and Manchester West High School co-op away from home. Sophomore goalie Lyrah Lydon has played exceptionally well, along with junior Audrey Starr and sophomores Kaylee Jacques and Vera Virta.

ALPINE SKIING

The boys' and girls' alpine skiing teams performed well at the Capital Cup, a competition for capital area alpine teams. Bow got second place in the boys' rankings with a team score of 730 points. Points are calculated based on skiers' performances in races. Both freshman Cavot Blaney and sophomore Oliver Weiss placed in the top 10, with Blaney ranking 5th and Weiss 9th. In the girls' rankings, sophomores Madelyn Hebert and Sierra Scull, along with senior Sophia Coombs, all ranked in the top 10. Hebert received 6th place, Coombs received 7th place, and Scull got 9th place.

GIRLS BASKETBALL

The Falcons now sport a 8-3 record after a productive month. They began January with a crushing 50-49 loss against The Derryfield School, which has a record of 12-0 as of this writing. They did not let the loss get to them, instead winning 2 games in a row before losing at Laconia. The team then won 3 clean wins, against John Stark, Pembroke, and Kennett. In the lopsided 50-12 Kennett win, senior Bry Szepan scored 17 points, junior Audrey Glennon scored 8 points, junior Reis Domini scored 7 points, and several other teammates scored 1-5 points to give Bow an overwhelming 38-point win heading into February.

BOYS WRESTLING


Division III boys wrestling team has lived up to expectations. At the Salem Blue Devil Classic tournament in Salem, the team placed 14th out of 16. At the Blue Devil Classic, senior Jackson Hall placed second in the 215 weight class, junior Chase Flagg placed fifth in the 190 weight class, junior Jacob Todisco Coulon placed sixth in the 138 weight class, and his brother, sophomore Jaron Todisco Coulon, placed fifth in the 113 weight class. To continue,




Junior Herbert Madden

the team competed at the Keene Minickiello Wrestling Tournament, where it placed ninth overall against teams from all divisions. Jaron Todisco Coulon placed second in the 113 class at this competition, along with sophomore Joshua Roos placing fifth in the 126 weight class, Jacob Todisco Coulon placing sixth in the 138 class, and Flagg placing sixth in the 190 class.

FALCONS FLY FOREVER!



present...



“What's Wild: A Half Century of Wisdom from the Woods and Rivers of New England”

April 14th at 6:00pm
Lower Level at Bow Baker Free Library, 509 South St, Bow


Author Eric Orff

Wildlife Biologist Eric Orff will be talking about a half century of living on the wild side of NH, while working with bears, moose, and even snakes and eels. Eric was the state's first bear biologist in the 1970s and began a half century career as a “forest ranger who works with animals.” A respected wildlife biologist, with more than thirty-one years at the New Hampshire Fish and Game Department and fifteen years with the National Wildlife Federation, he still publishes a video blog called “What’s Wild in New Hampshire” that regularly receives many views each week. Eric’s new book “What’s Wild: a Half Century of Wisdom from the Woods and Rivers of New England” will be for sale at the presentation.

Registration

Thank you to the Baker Free Library for sponsorship of this exciting and popular topic. Registration will be open in March on the library calendar. Please register ahead as seats will be limited.

Schedule: 6:00pm - light dinner and social time
6:30pm - presentation by Eric Orff
7:45pm - BGC Club Meeting



AMANDA GRAPPONE OSMER AND HARBOR CARE TRYING TO END VETERAN HOMELESSNESS

Henry Och, President of Harbor Care, gave special thanks to one of Bow's concerned business owners, Amanda Grappone Osmer, for progress on Merrimack County's homeless veterans.

A standing work group involving several organizations was set up in August that now meets every two weeks to identify homeless veterans in the Concord area and connect them to services.

As of February 1, there are 6 identified veterans experiencing homelessness in the Concord area. A point person from one of the participating agencies in the work group assigns all the identified veterans.

Steve Duprey, who is soon to reopen the Holiday Inn as a DoubleTree, donated 40 rooms of furniture.

Furthermore, preventing veterans from falling into homelessness in the first place is key to the long-term success of this effort in 2024.

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THE Poetry PLACE

Dr Seuss On Being A Grandfather

by Bow Resident Paul Pomeroy

A granpa they said now how can this be
When I look in the mirror it's still only me
That handsome young man who for many years could
Run all those miles and chop all that wood
A model of youth who rose before dawn
And played hoops with the kids after mowing the lawn
Sure now I can't run or chop quite so much
Or compete with the kids or wrestle or such
But a grandpa you say can it really be true
Has the time really come that I start again new
With a bike and a ball to catch and to throw
O my there's so much that he just has to know
Be a pal he can count on someone to come through
To be able to slip him a fast buck or two
To drive him to school and watch him perform
And tell him to me he is always the star
A granpa is it this may be all right
Someone I can spoil and then say goodnight
Someone to cuddle while he still is a lad
And someone to cheer him when he's feeling sad
A grandpa I am that's why I glow
For my grandson is coming whom I am longing to know




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Talking Trash

by Danielle Ruane

NOT A "WASTE" OF TIME LOOKING BACK AT 2024

The Bow Recycling & Solid Waste Committee had another busy year in 2024. It continued to help oversee the town's solid waste and recycling collection, hosted the town's annual Household Hazardous Waste Day, and continued working on recently-implemented programs including a residential drop-off program for compost, Terracycle collection and Trex plastic bag collection. It also continued its partnership with Helpsy, a service for home pick-up of used clothing and textiles. Here is an overview of how much waste was collected and recycled:

Single-Stream Recyclables and Trash Collected: In 2024, the Town's contractor collected 828 tons of recyclable materials through the single-stream recycling program. Interesting, the tonnage of recyclables collected has steadily declined over the last four years from 2021 (926 tons collected), 2022 (877 tons collected) and 2023 (851 tons collected). It is difficult to "read into" these numbers, but optimistically they reflect that residents are being more careful to avoid contamination and are trying to only include items that are accepted by the town's recycling program. The numbers may also reflect that companies are reducing packaging when feasible.

In 2024, the Town's contractor collected 2,284 tons of trash. The tonnage of trash collected over the last four years has fluctuated slightly since 2021 (2,312 tons collected), 2022 (2,292 tons collected) and 2023 (2,251 tons collected). The total tonnage of trash collected in 2024 remains lower than 2021.

Trex Plastic Bag Collection Program: The Committee began assisting in the Trex plastic bag and film collection program in January 2024 (the bins are located outside the Bow Community Center, near Knox Road). This program has been a huge success, and in just the first 12 months, volunteers collected over 2,000 pounds of plastic bags for the program. Considering that a plastic bag weighs only 6 grams, that is a tremendous amount of plastic bags and film collected. A special "thank you" goes out to Deb Unger, Sherri Cheney, Beth Titus, Leon Bernard and Mark Davis for all of their efforts in the collection.

Terracycle: The Terracycle collection program began in July 2023 (the bins are located outside the Bow Community Center, near Knox Road). The Committee currently collects for recycling all brands of (1) empty squeeze pouches through the Go-Go Squeeze program; (2) dental products such as old toothbrushes, empty toothpaste and empty floss containers through the Colgate program; (3) razors and razor packaging through the Gillette program; and (4) and trigger heads from spray bottles through the Febreze program. The program continues to be successful, as shown by the 193 pounds of Go-Go and other brands of squeeze pouches collected during calendar year 2024.

Helpsy Textile and Clothing Pick-ups: In 2024, Helpsy collected 3,323 pounds of clothing and other used textiles from residences in Bow.

Compost Drop-Off Program: The compost drop-off program consists of two 65-gallon totes that are picked up each week (the bins are located outside the Bow Community Center, near Knox Road). The bins are regularly checked and have been consistently used by residents. Each week one of the 65-gallon bins is completely full, and the other 65-gallon bin is usually approximately half or more full. Based on the calculation that a full 65-gallon toter of food scraps weighs 227.5 pounds, it is estimated that over 14.3 tons of food scraps have been collected and diverted from the waste stream over the last 18 months. The Board of Selectmen recently voted to continue this program.


Household Hazardous Waste Day (HHWD): The towns of Bow and Dunbarton joined forces on October 19, 2024 to host HHWD for all residents. There were 451 households that participated, making this one of the largest collections in the history of Bow. The vendor collected 5,880 pounds of hazardous ignitable, reactive, toxic and/or corrosive fluids as well as 8,700 pounds of additional hazardous materials. With the help of Woody Bowne, the Dunbarton Transfer Station Manager, the event also recycled 210 pounds of batteries, 144 propane tanks, and 657 light bulbs (compact fluorescent, LED, incandescent, and fluorescent bulbs). The event also accepted hundreds of gallons of used oil, and the electronics vendor collected 5,225 pounds of electronics to be recycled. Thank you to everybody who helped ensure the proper disposal of these items.

New Concord Monitor Newsletter: Lastly, there was recently an announcement from the Concord Monitor that one of its reporters is starting a newsletter that was surprisingly named "Trash Talk." But rather than talking trash about the name of the Concord Monitor's newsletter, I wish them the best of luck and encourage my fellow readers to read it.


As always, if you have a question about whether an item is recyclable or how to properly dispose an item, please visit

<https://bownh.gov/289/Trash-Recycling-Services>

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Bow Town Meeting 3/12/25


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EASY AND DELICIOUS ASPARAGUS SOUP

Asparagus is a versatile vegetable that has a delicate, slightly earthy flavor and crisp texture. It's often used in salads, pasta, or simply roasted as a side dish. But did you know that asparagus makes a wonderfully creamy and comforting soup as well? Asparagus soup is an easy-to-make dish that combines the natural flavors of the vegetable with a few simple ingredients to create a delicious, light, and nutritious meal. Whether you're looking for a healthy appetizer or a filling lunch, this soup is a perfect choice.

Asparagus is packed with essential nutrients like vitamins A, C, E, and K, along with folate and fiber. It's a low-calorie vegetable, making it a great choice for those who are looking for a light, healthy meal.

INGREDIENTS YOU'LL NEED:

- 2 lbs. of fresh asparagus
- 1 medium onion
- 6 cloves garlic - chopped
- 4 C vegetable or chicken broth
- 2 T olive oil
- 4 T butter
- 1 14.5-15.5 oz. can cannellini beans
- 2 tsp. fresh thyme - chopped
- Salt and pepper – to taste
- Optional: 1/2 cup cream
- Optional garnish: Fresh herbs (like parsley, chives or sprig of thyme)

Be sure to watch for February's article as I deep dive into the "Spice and Herb" cabinet! I will be featuring my top favorites for 2025!!

Kitchen Tip – Use your toaster oven to keep plates or bowls warm. Heat to the lowest setting for about 5-7 minutes and place your dishes in the oven. This should be just enough to take the chill off but not too hot to handle.

Kitchen Quote – "There is no sincerer love than the love of food." by George Bernard Shaw

Debra Barnes lives in Bow with her husband Randy. She is a graduate of the Cambridge School of Culinary Arts and an avid gardener. Follow at #eat603

STEP-BY-STEP INSTRUCTIONS:

- 1. Prepare the Asparagus:**
Start by rinsing the asparagus and trimming off the tough, woody ends. Trim off about 1 inch from the base. Once trimmed, cut the asparagus into 2-inch pieces to make them easier to cook and blend later.
- 2. Sauté the Onion and Garlic:**
In a large pot, heat the olive oil and butter over medium heat. Once hot, add the chopped onion and cook for about 6-8 minutes until it becomes soft and translucent. Add the garlic and cook for another 2-3 minutes, careful not to let it turn brown or burn.
- 3. Cook the Vegetables:**
Add the chopped asparagus to the pot, stirring to combine with the onions and garlic. Cook for about 5 minutes, allowing the asparagus to soften slightly. Add the beans and thyme at this point – it will help create a smooth, creamy texture for the soup.
- 4. Add the Broth:**
Pour in the broth and bring the mixture to a soft boil. Reduce the heat and let it simmer for 15-20 minutes, or until the asparagus are tender.
- 5. Blend the Soup:**
Once the vegetables are cooked, remove the pot from heat. Allow to cool before blending. Using a blender, blend the soup until smooth.
- 6. Add Cream (Optional):**
If you prefer a creamier soup, stir in the cream at this point. You can also add a splash of lemon juice for a bit of brightness, or season with more salt and pepper to taste.
- 7. Serve:**
Reheat and ladle the soup into bowls and garnish with freshly chopped herbs, a drizzle of cream, or even a sprinkle of grated Parmesan cheese if you like.

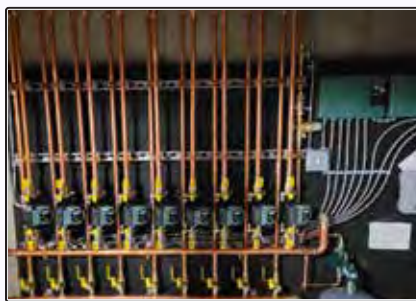
Asparagus soup pairs wonderfully with crusty bread, a simple salad, or a sandwich for a full meal. For a special touch, you could also serve it with a dollop of sour cream or a few croutons on top.



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- Motor Vehicle Accidents: 13**
- Fires /Hazardous Conditions/Alarms: 18**
- Service Call Incidents: 3**
- Total Activity: 116**
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BFD ICE RESCUE TRAINING



Department members attained **Ice Rescue Technician** certification (IRT), which is a qualification that allows individuals to safely rescue people from ice incidents. The Ice Rescue Technician course teaches how to operate in a safe manner in a high-risk environment. Ice rescue courses are essential for emergency service personnel who must respond to victims involved in a hazardous ice incident.

During the course, students learn the unique properties and problems associated with working on and around the ice, personal equipment and self-rescue techniques, rescuer safety, pre-planning for and size-up of ice rescue incidents, and victim rescue. The course teaches students how to determine ice strength, recognize and deal with cold stress and hypothermia, and participate in various self- and victim-rescue drills.

Because all of our people were well-versed due to prior experience, they were able to move quickly through the objective-based skills portion. The grueling nature of ice rescue training left our guys tuckered out!

THE COLD FACTS ABOUT ICE

You can't judge ice conditions just by appearance or thickness. Many other factors, including water depth, size of water body, water chemistry, currents, snow cover, age of ice, and local weather combine to determine its strength.

- New ice is usually stronger than old ice. Four inches of clear, newly formed ice may support one person on foot, while a foot or more of old, partially thawed ice may not.
- Ice seldom freezes uniformly. It may be a foot thick in one location and only an inch or two just a few feet away. Ice near shore can be weaker than ice farther out. Check ice thickness every 150 feet at a minimum.
- Ice formed over flowing water and currents is often dangerous. This is especially true near streams, springs, channels between lakes, bridges, culverts and aeration systems. Also, the ice on outside river bends is usually weaker due to the faster current.
- The insulating effect of snow slows down the freezing process. The extra weight of snow cover also reduces how much weight the ice sheet can support. Shovel any snow before testing the ice for thickness and color.
- Watch for large cracks, depressions or pressure ridges in the ice and avoid those areas.
- Moving fish populations can bring warm water up from the bottom of the lake, and waterfowl can warm the surface of the ice causing holes to open up, posing a threat to anyone traveling on the ice.

FORMER BOW TEACHER IS STATE'S VOTER EDUCATION COORDINATOR

After years teaching social studies in Bow, Lily Woo is now the Secretary of State's Civic and Voter Education Coordinator. The position was created by the legislature last year so that students can understand why and how to vote.

Her first task? To create learning resources on New Hampshire voting and elections for use in public schools.

"The curriculum that I'm building is geared around the responses that the election officials told us were questions they felt they were repeatedly answering," Woo said.

It brought to light certain topics where more education is "badly needed," she said. For example, it includes what voters can and cannot wear in polling places due to electioneering laws; how ballot counting devices are safe and can't be hacked; and what happens if a voter makes a mistake on their ballot.

She's also creating educational materials for people on what they can expect when they go to vote.

"[It's] things like that, that will help, for young first-time voters, ease the anxiety maybe of what to expect," Woo said, "and then for seasoned voters, a reminder of why election officials do what they do."

With a barrage of misinformation coming at people from all sides, like social media, artificial intelligence, and "deviant actors," Woo said she's focused on getting the facts out there.

"We're up against a real giant of a problem," Woo said. "I think we have to push back against it in any way we can, especially through education."

Her main focus, for now, is to keep building community — whether that's through education, relationships or otherwise. It's one reason she took the job in the first place.

"If you strengthen ties of communities, you build back that trust in institutions," Woo said. "I think that's what I was hoping for."

Courtesy Charlotte Matherly – Concord Monitor

Harriet Tubman, legendary leader of the abolitionist movement during the Civil War, has been posthumously commissioned a brigadier general in the Maryland National Guard.

Harriet Tubman, who has been called the "American Moses" for her courageous efforts in leading dozens of slaves to freedom via the Underground Railroad, made her own daring escape from Maryland slavery in 1849. When the Civil War began, she volunteered to serve in the Union Army as a cook and field medic.

In June 1863, Tubman guided elements of the 3rd Rhode Island Heavy Artillery and a unit of Black soldiers in gunboat operations along the Combahee River. "Thanks to the intelligence collected by Tubman, more than 750 men, women and children were liberated," the National Park Service recounts. "And U.S. troops destroyed several million dollars' worth of plantations, warehouses and rice fields along the river."

The Combahee, South Carolina operation made Tubman the first American woman to oversee military action in a time of war.

Maryland National Guard Adjutant General, Maj. Gen. Janeen Birkhead said Tubman's "willingness to risk everything to help others to action - her moral conviction - inspired audacious actions."

Bow's Men's Club Gave \$13,000 to Students in 2024

On January 3, 2025, the annual meeting of the Bow Community Men's Club reaffirmed its support for its largest fundraising program, Flags Across Bow.

In 2024, the Flags effort led by Dik Dagavarian raised \$13,587 in profits for the Club. The Men's Club donated \$10,000 in scholarships to graduating seniors of Bow High School and \$3,000 to the scouts.

The Club's members are a Bow mainstay in cooking meals for events throughout the years, from the Turkey Trot to the Scouts and a Lobster Fest.

New officers for 2025 are Greg Cordier, Acting President; Dik Dagavarian, Treasurer; and Brad Jobel as Secretary. The new Directors are: Matt Bailey, Josh Cloutier, Bob Goldthwaite, Charlie Griswold, Rob Hollinger, and John McKinnon.



SUSAN LEE JOHNSON

Susan Lee (Schiltgen) Johnson, aged 78, passed away peacefully on January 21, at her home in Bow.

Sue was born on May 16th, 1946, in St. Paul, MN to Edward (Butch) Schiltgen and Marguerite (Dietz) Schiltgen and was raised on the family farm in Lake Elmo, MN. Sue met her husband, David Johnson, in the summer of 1966, just months after his release from active duty with the U.S. Army. Susan and Dave started their family with the birth of son, Nathan in 1972. Shortly thereafter, Susan and Dave moved to Washington D.C. where daughter, Dara, was born in 1976. From there they moved several times with Dave's job from Washington DC to Butler, PA and finally to Bow, in 1995.

Sue's great love throughout her adult life was gardening. Susan won many awards for her flower arrangements including a "Best In Show" award from the renowned Boston Flower Show and many others from several venues across New England. In addition, Sue became an active Flower Show Judge, which she enjoyed, and which activity was only exceeded by her other great passion: teaching and learning from her children and grandchildren.

Susan is preceded in death by her son, and is survived by her husband, David and daughter, Dara.

In lieu of flowers, the family kindly requests that you consider donating to the American Cancer Society.

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**Granite
VNA**

**SUPPORT GROUPS
& PROGRAMS**



HEALING HEARTS — A GRIEF SUPPORT GROUP FOR CHILD LOSS

Tuesday, February 25 from 5:30 to 7:00 PM

Bow Mills United Methodist Church, 505 South Street

This support group is for parents who have suffered the death of a child at any age due to any circumstance and whether the loss was recent or some time ago. Parents are encouraged to come individually, with partners, spouses, or co-parents, to connect and journey toward healing alongside other bereaved parent figures who are on this path of grief – to listen, to share, to remember, and to give and receive support.

This monthly grief support group for child loss takes place on the fourth Tuesday of each month.

Registration and a brief screening is required. All community members are welcome to attend. This program is offered at no charge. Masks optional.

To register, call (603) 410-9861 or visit www.granitevna.org



ONLINE CAREGIVER CONNECTION

Thursday, February 27 at 10:00 AM

This program is on the fourth Thursday of each month.

Caregiver Connection is an opportunity for family caregivers to support one another and connect with our staff professionals. We look forward to providing a safe space to connect with other caregivers facing similar challenges.

Registration is required. To register, call (603) 224-4093, ext. 85664 or visit www.granitevna.org. Once your registration is confirmed, you will receive a link to the program. Technical instruction is available to participate in the group.



Bow Young at Heart Club

UPCOMING EVENTS

FEBRUARY 26, 2025. 11:30 AM - 2:30 PM

Andy Bullock, Director of the Mt. Kearsarge Indian Museum will give a talk about the museum's history and types of exhibits.

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

TOWN OF BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT JANUARY 2025 ARREST LOG

1/12 Christopher Burlock, 53, Gilford, was arrested for driving under the influence.

1/13 Leiton Sigal Garcia, 24, Philadelphia, PA, was summoned for operating without a valid license.

1/14 Monroe O'Neil, 30, Stoddard, was summoned for driving after suspension or revocation.

1/18 Roger Houle, 50, Pembroke, was arrested for driving under the influence.

1/20 Rockie Andrus, 43 Warner, was arrested for possession of a controlled drug, driving after suspension, and transporting drugs in a motor vehicle.

1/23 Jennifer Vermillion, 40, Weare, was arrested for reckless conduct.

1/31 Ariel Mateo-Garcia, 33, Bow, was summoned for Suspended Registration and operating on a suspended license.

In addition, there was one Involuntary Emergency Admission and three additional violation arrests.



A Message from CHIEF KEN MILLER



As your Chief of Police, I would like to take a moment to express my appreciation for your ongoing support and collaboration in making our community a safe and welcoming place for everyone. Together, we have faced challenges and celebrated successes, all while building trust and understanding between law enforcement and the community we serve. I encourage each of you to remain engaged, share your concerns, and participate in our programs aimed at enhancing public safety. Our commitment to transparency, accountability, and the well-being of our community remains steadfast.

Moreover, I want to address the current staffing levels, which, like many other police departments across NH, are experiencing staffing shortages. We are actively working towards filling our ranks and we are just a couple of officers shy of achieving full staffing levels. Our commitment to hiring the best-qualified candidates remains steadfast, and we will not compromise our standards in the hiring process. Thank you for your understanding and support as we strive to strengthen our team.

Lastly, our department has been diligently working to achieve NH State Accreditation, a rigorous evaluation process that assesses our compliance with nationally recognized standards of excellence. Upon completion of our final assessment in February, we expect to receive accreditation status, which will provide numerous benefits, including enhanced efficiency, improved public trust, increased employee morale, and increased access to funding opportunities. I will provide an update to the community once the process has been finalized.

Together, let's make our town a safer community for all.

BOW EMERGENCY SERVICES



CALL IF YOU CAN

TEXT IF YOU CAN'T

RISING STAR RECIPIENT SAINT-MARC



On Saturday, February 1, 2025, Officer J. Ricardo Saint-Marc was honored with the "Rising Star Award" given by the National Organization of Black Law Enforcement Executives (NOBLE) Massachusetts Chapter. He was nominated by Chief Miller and selected by the NOBLE Executive Board as a 2025 award recipient.

Officer Saint-Marc was recognized for his exceptional work ethic, positive attitude, and significant contributions to the Bow community.

A graduate of the NH Police Standards and Training Academy, Ricardo began his journey in public safety with the Newington Police Department before finding his professional home with the Bow Police Department.

He is a proud Haitian immigrant, and the first member of his family to pursue a career in law enforcement, a milestone he holds with immense pride. Ricardo holds a degree in Automotive and Diesel Technology from the Universal Technical Institute and worked as a diesel mechanic for several years. Despite his success in the automotive field, his passion for community service and his goal of becoming a police officer never waned.

Officer Saint-Marc is excited to grow alongside his colleagues and serve the Bow community with dedication and integrity. He believes deeply in the principles of family, community, and service and looks forward to making a positive impact throughout his career.

BOW POLICE TRADING CARDS!

The Bow Police Department is thrilled to introduce a new trading card initiative designed to promote community connections. These limited-edition cards highlight members of the department, showcasing their roles, accomplishments, and personal interests.



The goal of this initiative is to foster positive interactions between officers and residents, especially with local youth, encouraging engagement and support for law enforcement in a fun and creative way. The cards will be distributed at community events, schools, and various local activities. Try to collect them all!

A special thank you to Officer Shuter for spearheading this project, and to Evans Printing for their expertise in designing the cards and generously donating their services.

USE CAUTION WHEN DRIVING ON ICE!



We remind drivers to exercise caution when operating vehicles on frozen bodies of water, as ice thickness can vary and change rapidly.

Stay off the ice at night, especially during a snowfall or foggy conditions. If that's unavoidable, be extremely cautious and drive slowly since holes can open up quickly.

Roll a window down and unlock doors or keep a door slightly ajar to speed escape.

Don't wear a life vest while riding inside a vehicle. The extra bulk could hamper your escape through a window.

Don't go back into a partially submerged vehicle to retrieve equipment or other belongings.

THE  *Music* LADY
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PENNY LANE IS IN MY EARS AND IN MY EYES



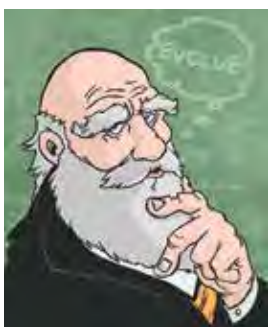
Everyone knows that the Beatles were the best selling musical act and the most influential band of all time. John, Paul, Ringo and George were together from 1960-1970, and by 1964 they were international stars. John Lennon and Paul McCartney were the primary songwriters for the group, and it was in 1967 that they wrote yet another mega-hit, “Penny Lane.”

The real Penny Lane actually exists in Liverpool, where John, Paul and George spent their childhoods. As boys, they frequently went to play near the bus station roundabout. The lyrics of “Penny Lane” recall the childish and merry memories from their boyhood years, including Bioletti’s barber-shop where they got their haircuts, the corner bank and the Mather Avenue firehouse.

“Penny Lane” was recorded in 1967 in London at Abbey Road Studios, at a time when the Beatles were already established as a worldwide sensation. The recording went well, but Paul wasn’t quite satisfied with the musical interlude that occurred between the sung verses. Then, on one serendipitous afternoon when Paul was relaxing at home while listening to his radio, he heard the BBC Symphony Orchestra broadcast of Brandenburg Concerto. It was the piccolo trumpet that caught his ear, and he knew immediately that he wanted THAT instrument to play the musical interlude in “Penny Lane.” He thought that the impossibly high and bright, clean and clear sound of the piccolo trumpet would cast the magical spell he desired for the nostalgic recording of “Penny Lane.” This smallest member of the trumpet family dates back to the 1800’s and is pitched one octave higher than a standard trumpet. It was Paul’s mission was to find out who the piccolo trumpeter was, so he could contact him and hire him to come to the studio and record the musical interlude.

That classical musician was David Mason. Paul visited David personally, and, as hard as it might be to believe, David was so totally consumed with his world of classical music that he had never heard of the Beatles! But he agreed to take the job and went to Abbey Road Studios to make the recording. Paul explained the sound he was looking for, and David was such a pro that he made the Baroque-style recording in a single take. The interlude was dubbed over the previous recording, and “VOILA!” That unique piccolo trumpet solo in “Penny Lane” became the trademark of the song.

“Penny Lane is in my ears and in my eyes. There beneath the blue suburban skies. Penny Lane.”



DARWIN CANDIDATE?

by Chuck Douglas

During a recent visit to Santa Fe, New Mexico, Debra and I went to a Home Goods store that had plywood over several of its front windows. As it turns out a young man had applied for a job but was told on February 3rd that he was not selected. He went outside to his car and got a gun that he used to shoot out the windows.

Police had no trouble locating him because the store had his application with his name, address, cell phone number, etc.

Luckily no one was hurt, but the 24 year old certainly qualifies for a Darwin Award nomination for those who have astoundingly stupid judgment.

The Darwin Award is a tongue-in-cheek, fictional award given to people who commit acts of utter stupidity.



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 | Irvings 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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