

The Bow Times

"Of the People, By the People, For the People"

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DUNBARTON NEWS ON PAGES 14-15

ARMBAND PLAINTIFFS SEEK A COURT DECISION



On February 26, two Bow parents who wore XX armbands to a soccer game in September are still trying to get federal judge Steve McAuliffe to rule on their request for a temporary injunction.

The judge held a two day hearing in November saying that because he was on senior status, as a retired judge, he "didn't have a lot going on," and would

decide "as soon as I get briefs" from the parties.

The plaintiffs said those briefs were filed on December 17, 2024, and now, two months later, the spring sports season is about to begin so they want to exercise their First Amendment right to wear the XX armbands at public sporting events in Bow as soon as possible.

Meanwhile in neighboring Maine, a state representative has been denied the right to speak on the floor of the Maine House of Representatives after penning a speech critical of a transgender-identifying male student who won two girls' indoor track championships in February. Greeley High School Junior Katie Spencer won the pole vault.

Two years ago as John, he tied for 5th place in the boys pole vault according to State Representative Laurel Libby of Auburn, Maine. Spencer was the second transgender girls' track athlete from Maine to win a state championship. Maine Coast Waldorf Junior Soren Stark-Chessa won the MPA Class C outdoor girls' track state championship in the 800-meter as a sophomore last June. Spencer and Stark-Chessa could repeat as state champs during the spring 2025 season.

A January 2025 New York Times poll found that 79% of Americans oppose letting transgender athletes compete in women's sports, while only 18% support it.



Each month as thousands of Bow Times roll off the press, the paper is posted *for free* as a PDF on the Internet. Thebowtimes.com had 371,578 hits in 2024 and 20,224 unique visitors made 53,479 visits to the paper online visiting 253,193 pages.

The online presence comes at no cost to writers or advertisers, and neither a paywall nor a subscription is required. Our advertisers deserve the support of our readers because their paid ads make it possible for readers in Bow and Dunbarton to receive the paper at no cost to them.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 10-11

BOW TOWN MEETING APPROVES \$11,802,503 BUDGET

On March 12, 2025, the annual Bow Town Meeting approved a budget of \$11,802,503, for the upcoming fiscal year.

The town also approved a petitioned warrant article that allows the conservation commission to transfer funds to qualified organizations to purchase real estate to be held by the organization for a public purpose.

The two selectmen positions went to Angela Brennan with 934 votes and Chris Nicolopoulos 915. Newcomer Hanna Livingstone got 663 votes.

In a three way race for Library Trustee Sheila Williams prevailed over Wanda White and Corinne Lapan.

Robert Mayo was elected to the Budget Committee with 1,050 votes. On the school side incumbents Jenna Reardon (1,090) and Melanie Klunk (857) prevailed over Judson Malone (553).



At the annual town meeting on March 11, Dunbarton voters bought 16 acres of land on the Stark Highway for \$245,000. The lot, located across from the town pound, is part of over 100 acres already in conservation mode.

Dunbarton voters approved the \$3.7 million operating budget, which represents a 12.5% increase, though \$386,198 of it is offset by the unassigned fund balance, and the vote passed without any discussion. The budget will increase the town tax rate by \$1.11, which is about \$456 more on the annual tax bill for a \$400,000 home.

Voters also decided to change the road agent position from an elected to an appointed role. Jeff Crosby, the current road agent, leaves next year.

In the elections only 15% of enrolled voters chose to vote. In the race for a spot on the Board of Selectmen Alana Lavoie beat Ray Plante 228 to 114. The two school board positions went to Clement Madden (281) and Holly Barcroft (278).

The ancient and honorable positions of the town Hog Reeves went to Colby Gonyer and Rowan Anderson.

HOUSING IS TOP CONCERN OF NEW HAMPSHIRE RESIDENTS

by: Chuck Douglas

The UNH poll for February shows that 29% of state residents say housing is their top issue. That's followed by taxes (10%), education, 8%, drugs and addiction (7%), and the economy (7%).

According to the New Hampshire Association of Realtors, the average sale price for a single-family home in New Hampshire was \$502,500 in January, while the median rent for a two bedroom apartment was \$1,833 in 2024.

Gov. Kelly Ayotte's budget dedicates \$50,250,000 of state funds for housing.

The budget for homelessness is increasing as the governor proposed an additional \$10 million over two years for homelessness services through the Department of Health and Human Services to aid those with substance use disorders using available opioid abatement funds.

WINNER OF 25 NH PRESS ASSOCIATION AWARDS

LOW TAXES ARE THE RESULT OF LOW **SPENDING**

The Bow Times

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We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue, using space equal to the items in error.

LETTERS TO THE EDITOR

Must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside, will be published. It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and letters should be less than 200 words.

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EDITORIALS

THE TRADE WAR WILL COST NEW HAMPSHIRE

Our two neighbors and biggest trade partners are now in a trade war begun by President Trump. While praising the dictator of Russia, Trump now attacks our closest ally to the north.

Is the 25% tariff to get the Canadians to love us so much they will want to become the 51st state?

What a cruel way to screw the auto industry and a longtime ally at the same time. It was Canada who sent 4,000 troops to help us in the Kuwait-Iraqi war and 40,000 soldiers for the long struggle in Afghanistan.

No wonder conservative Rupert Murdoch's Wall Street Journal on March 4th called the 25% tariff on Canada the "dumbest in history" by attacking our friends.

Because auto parts move back and forth between Canada, Mexico and the United States the Journal estimates we will all pay \$8,000 to \$9,000 more for a SUV or a pickup truck.

The auto industry can't quickly retool and replace work done in Canada and Mexico which helps explain why GM stock is down 12% and Ford is down 13.59%.

New England states are obviously reliant on Canadian imports which accounted for \$27 billion in goods last year. And 90% of the jet fuel at Boston's Logan Airport comes from Canada.

For the rest of our nation three-quarters of our sawmill wood products come from Canada so the tariffs could add about \$21,000 to the median-priced new home, further adding to our housing shortage.

Farmers, who Trump says he "loves," will be hit hard. The 2018-2019 tariff battle took such a toll on farmers the last Trump administration had to give them \$20 billion in assistance.

The last major trade war was set off before Donald Trump was even born. The Smoot-Hawley Tariff Act of 1930 reduced American imports and exports by 67% during the Great Depression. By 1931 unemployment went to 16% and then 25% a year later. We can't change history, but we should at least learn from it.

How does this help the average American who voted for a man who said on August 9, 2024: "Starting on day one, we will end inflation and... bring down prices on all goods." The inflation issue won the President the election. How soon he forgets by imposing tariff taxes.

MOVING AND THE AMERICAN DREAM

A cover story in *The Atlantic* for March titled *Stuck in Place* chronicles how much moving has meant in American history."The idea that people should be able to choose their own communities instead of being stuck where they are born-is a distinctly American innovation. It is the foundation for the country's prosperity and democracy, and it just may be America's most profound contribution to the world."

In fact, author Yoni Appebaum said in the 1800's about a third of Americans changed addresses every year. They moved for land, jobs, schools or a better apartment. In the 1960's one out of every five Americans moved in any given year. By 2023, however, only one and 13 Americans moved.

High rents, high home prices, and high interest rates have kept us in place more than ever in our history.

Applebaum describes how each major city decades ago had a date set for Moving Day, when thousands of people packed up and changed houses on a single day each year. The dates differed from state to state and city to city, with April 1 in Pittsburgh, October 1 in Nashville, and New Orleans—but May 1 was the most popular.

In Chicago, it was described as an urban holiday "quite as recognized as Christmas or July 4." How this lack of mobility has affected our sour mood and national psyche was well described by Appebaum: "The loss of American mobility is a genuine national crisis. If it is less visible than the opioid epidemic or mounting political extremism, it is no less urgent. In fact, the despair it fosters is fueling these and other crises, as Americans lose the chance to build the best possible lives for themselves and their children."

> Chuck Douglas For a free press, je suis Charlie

10TH YEAR EDITION OF THE NEW BOW TIMES! By Chuck Douglas

This issue is the 10th anniversary of the new Bow Times, it is with satisfaction we look back at the revival of a dying breed – the local newspaper.

Forty years ago The Bow Times began with local ownership as a community newspaper. All went well until the 2008 recession when the paper ceased its run for seven years. In 2015 I bought the rights and decided to try my hand at publishing by restarting the paper as a Bow resident concerned about government being held accountable.

The first battle was over the planned \$8,000,000 cost of a new safety building. By educating the town the end result was a building that cost over \$4,000,000 but saved the taxpayers millions in bond payments.

The key to the continuation of the paper has been two necessary groups – a pool of regular writers and columnists and loyal advertisers. The 4,350 households in Bow and Dunbarton receive a free paper because the cost of printing and mailing the Times is met by paid ads.

We have two banks and two car dealers who compete for your attention each month; Gondwana and Indigo Blues offer you distinctive styles; while Serv Pro and Maid for You offer different support. Allied and Reliable Insurance are regulars as is Bow Plumbing and E. Cooke, Prescott Oil and Huckleberry Propane are with us each month.

Realtors offer you the chance to know the housing markets each month while Individual Fitness has been a page 7 regular forever it seems.

To all the advertisers we give our thanks for your all-important presence in a well educated and high earning market area.

The three local police departments bring us up to date on arrests and programs for safety of citizens living here. The Men's Club, Garden Club, Rotary and other organizations offer their news as do columnists for travel, medical, wine, food, poetry, stories, music and even trash.

These columnists are not paid but offer their expertise and interests to you free of charge as a public service.

Of course, Kathy Butcher and Nora LeDuc give you updates on activities in Hopkinton and Dunbarton while the Baker Library in Bow shares its programs each month.

The two key players for every issue are Eric Anderson's photographs and Nadeane Mannion's skill at design and placement. Both have won awards from the New Hampshire Press Association for their work. In ten years The Bow Times has won 25 press awards.

Finally, each issue on page two reminds all of us of a very simple truth: Low taxes are the result of low spending.

SCHOOL FUNDING VERSUS STUDENT PERFORMANCE— ARE WE WASTING MONEY?



The 2024 National Assessment of Educational Progress report, titled the *Nation's Report Card*, was released on January 29, 2025.

Its findings show that public education in the United States is still not delivering for stu-

dents, with grave implications for the nation's future.

New Hampshire's scores were up slightly over 2022 for both 4th and 8th grade reading as well as 8th grade math, however, 4th grade math scores fell by two points.

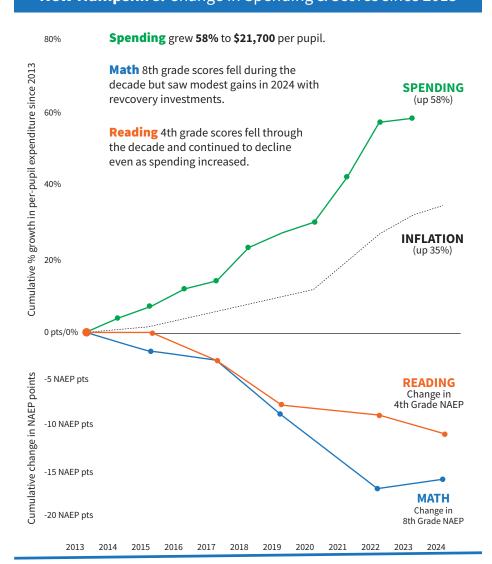
Though New Hampshire's average scores are above the national averages, our overall performance remains low. Only 43% of 4th graders and 32% of 8th graders are proficient in math. Only 36% of fourth graders and 34% of 8th graders are proficient in reading. Proficiency in reading and math is down since 2003, after rising for a decade, except for 4th grade math, which is now back to its old 2003 level.

Between 2001-2019, public schools in New Hampshire increased their total expenditures per student on an inflation-adjusted basis by **66.8%**, from \$11,336 in 2001 to \$18,905 in 2019. This means that New Hampshire public school students had 66.8 percent more in inflation-adjusted taxpayer funding devoted to their education in 2019 than in 2001.

So have trends changed since 2019? Today, New Hampshire spends \$3.9 billion on K-12 public education, for an average per-pupil cost of \$21,545 when counting only operating expenditures, or \$26,320 when counting total expenditures (including non-operating expenses such as capital and debt). Enrollment since 2019 has fallen by just shy of 12,000 students.

A 12 year look back on the relationship of school spending and the two performance scores is not a pretty one. The chart from the Edunomics Lab at Georgetown University is reprinted below from a New Hampshire report by the Bartlett Center for Public Policy.

New Hampshire: Change in Spending & Scores since 2013



Analysis by Edunomics Lab using date from these sources: SCORES: The Nation's Report Card (NAEP) 2013-2014

SPENDING: U.S. Census Annual Surbey of School System Finances through 2023.INFLATION: CPI, BLS. QUESTIONS: Edunomics@Georgetown.edu



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Spring 2025



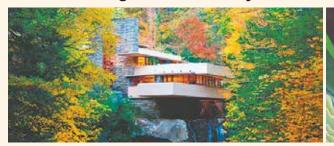
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March 19

Jane Oneail: Revolutionary Design:
Modern Architecture in New England,
and Georgia O'Keefe: Beyond the Blossoms



March 26



New England Traditions:

Maple Mania with Willa Caroka
and Discovering
New England Stone Walls
with Kevin Gardner

April 2

Tiny Instruments and Big Attitudes with The New Hampshire Ukeladies



April 9



Before They Could Speak:
Laurel & Hardy
in the Silent Film Era
with Jeff Rapsis

April 16

A Cappella Concert with Mixtape



April 23



A Tribute to
Duke Ellington
with the Aardvark
Orchestra

WalkerLecture.org



If you, or an organization you work for, would like to have some volunteers or a bit of time on this day, please reach out to Beth Corkum at bcorkum@sau67nh.gov.

We can schedule a large or small group to come to you with adult supervision by BHS staff members!

This is an opportunity for our students to engage with the community and provide acts of service!



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Aaron Phinney, Kayla Phinney & Andrew Phinney

We're proud to call Bow our hometown! Having grown up here and as lifelong "Granite Staters," we bring extensive local knowledge and innovative solutions to every real estate transaction, ensuring our clients achieve their goals—even in the most challenging markets.



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Alternatives to a bank account, like keeping your money at home, places you at risk of losing your cash to burglary, theft, fire, floods, or other potential disasters. Plus, if you hide it somewhere, there's always a chance you may forget where you put it, and you'll never earn a dime on it.

When you use a bank account:

- Your money can be insured against loss up to \$250,000 and many banks offer products that can provide additional protection.
- Your money can gain interest, depending on the type of account you set
- Your money is protected from unauthorized electronic transactions carried out, for example, by someone who has stolen your identity.
- You can use banking services to conveniently transfer money.
- You can take advantage of electronic bill pay services to efficiently pay bills instead of mailing payments.
- You may use alerts and other tools to help you track your money, keep an eye on your spending habits and improve your budget.

What is FDIC insurance?

The Federal Deposit Insurance Corporation (FDIC) is a federal agency that protects bank depositors against insured deposit losses when FDIC-insured banks close. The FDIC insures up to \$250,000 per depositor per FDIC-insured bank. In the nearly 90-year history of the FDIC, no depositor has ever lost a penny of an insured deposit due to a bank closure.

Do I need to apply for FDIC insurance when I open a bank account?

No. Bank customers do not need to do anything; it's automatically applied to any FDIC-insured bank deposit account. View the FDIC's Deposit Insurance resource.

How can I check if my financial institution is FDIC-insured?

FDIC-insured banks will have the FDIC logo at teller stations or posted at bank entrances. Look for "Member FDIC." You may also check using the FDIC's BankFind online tool to search for your institution. Alternatively, you can also contact the FDIC directly at 1-877-275-3342 and submit a request.

Are all bank products covered by the FDIC?

No. Deposits held in checking accounts, savings accounts, money market accounts, and certificates of deposits (CDs) are covered. Annuities, bonds, crypto assets, life insurance, mutual funds, safe deposit box contents, and stocks are not covered. For more information, check out the FDIC's resource on "Are My Accounts Insured by the FDIC?"

Are there ways to protect my funds beyond \$250,000?

Many banks offer a range of products and account options that can provide additional protection for your funds. Ask your bank if any of those products might be right for you.

Does FDIC insurance apply to online banks?

Yes, it does so long as they are member FDIC banks. FDIC insurance is not limited to brick-and-mortar banks.

What happens when FDIC-insured banks close?

The FDIC works to ensure that your insured deposits - up to \$250,000 are covered and available for you. The FDIC may take any of the following approaches to address the situation:

- 1. Pay depositors
- 2. Manage the bank and set up a "bridge bank" to assume the deposits and obligations of closed banks.
- 3. Sell it to another bank.

Regardless of the strategy the FDIC uses, you can rest assured that you will be able to access your insured deposits. Source American Bankers Association.



RICHARD OBERMAN AWARDED CITIZEN OF THE YEAR



Greg Cordier (left) with Rich Oberman the 2025 Citizen of the Year Award.

The Bow Community Men's Club honors Rich Oberman as this year's Citizen of the Year. Rich was chosen for his devotion and selflessness demonstrated in serving the people of Bow.

As a coach for youth sports Rich has impacted the children of Bow by teaching them not only the athletic skills to succeed in their sport, but also sportsmanship and humility.

As a former president and board member of the Bow Community Men's club, Rich has helped to raise thousands of dollars that have been donated directly to youth clubs, charities, town organizations, and Troop 75, the local Scouts of America troop in Bow. Through his leadership, more than \$10,000 in scholarships has been donated to graduating seniors of Bow High School to continue their education.

As the State Surgeon, Wellness Director, and a Colonel in the New Hampshire Army National Guard, Rich has served not only his community, but also his country. He has worked tirelessly to advocate for New Hampshire veterans suffering from PTSD, depression, anxiety, and substance misuse by helping to establish programs to combat behavioral and mental health issues.

Perhaps Rich's most significant contribution to the community of Bow is his dedication and expertise in his role as a paramedic and EMT in the Bow Fire Department. Seemingly always on-call, he regularly puts aside his personal life to respond to medical emergencies in Bow and the surrounding communities. He has provided emergency medical care and saved the lives of hundreds of Bow residents.

It's no surprise that those who know Rich will tell you that he's one of the most selfless individuals they know.



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11 Whittier Drive, Bow Bianca Contreras 603-491-8849



101 Corn Hill Road, Boscawen Offered at \$379,000 MLS #5029687 Sabrina O'Keefe 603-724-7138514



225 C Belknap Drive, Pembroke CONDO Offered at \$367,900 MLS 5031543 Ann Dippold: 603-491-7753101



32 Hamilton Court Ann Dippold 603-491-7753



514 Davison Road, Henniker Offered at \$420,000 MLS #5022999 Bianca Contreras 603-491-8849



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5 Hollow Road	3 Bedrooms 2 Baths	1332 Square Feet	2.4 Acres	\$451,000
5 West Gate Drive	4 Bedrooms 4 Baths	3618 Square Feet	3.05 Acres	\$525,000
14 Birchdale Road	4 Bedrooms 2 Baths	1824 Square Feet	3.01 Acres	\$595,000
63 Robinson Road	6 Bedrooms 4 Baths	2815 Square Feet	5 Acres	\$702,500
82C Sawmill Road	4 Bedrooms 3 Baths	2931 Square Feet	1.25 Acres	\$1,039,90

REAL ESTATE SALES IN DUNBARTON — FEBRUARY 2025

BEDROOMS / BATHS ADDRESS SQUARE FOOTAGE ACREAGE PRICE 62 Gile Hill Road 3 Bedrooms | 4 Baths 2652 Square Feet 12.48 Acres \$854,900 98 Grapevine Road 5.02 Acres \$945,000 3 Bedrooms | 4 Baths 1802 Square Feet

Sales Data for February 2025 is provided by the NHMLS.



YOU WANT RESULTS — WE HAVE THE SOLUTION!

by Jim Olson

You want results. That extra 15, 25, or even 50 pounds should have been gone... like... yesterday, right?

You want to be pain-free but getting off the couch or out of the desk chair seems near impossible?

We all want a better body, to be healthier, to live longer.

But we don't want to put in the work to get there. Even worse, CHANGE IS SCARY!

People are truly terrified of change and of the unknown.

In order to lose weight, manage pain, get stronger, perform better and alter your body/health in whatever way aligns with your goals, **change must happen.** And if you're not mentally ready for it, it's not the time to try to change. You have to be very mentally aware and focused if you are going to make life-altering changes.

We have an awesome program here at Individual Fitness, and people seek us out, ready to change and ready to join us.

Every now and then, I sit down with someone who just isn't ready. I know it in my heart when I see it. And sometimes I don't get it! Why wouldn't you want to look and feel better, have great health, live your best life, be vibrant, radiant, and strong, and be PROUD of yourself and your dedication? You can't put a price tag on that! But I have to reel it back in.

Though eating well and exercising aren't always the thing I feel like doing, I have to remember that those things are engrained into my life. They are habits. And if people aren't willing to work on those habits, change can't happen.

Tony Robbins always has an amazing way of putting perspective on things.

One of his concepts regarding change that I love is that everything happens FOR you not TO you.

It's the idea that everything in your life serves a purpose, teaches you a lesson, propels you into growth.

When we find ourselves overweight, in pain, and out of shape, it's easy to look back and list 100 reasons why.

We had to neglect ourselves because _____ (fill in the blank).



Jim Olson

What if that reason, like being too busy in a job for example, was used to make us more efficient with our time so that you HAVE time to take care of yourself? That busyness is happening FOR you to help you grow and make positive changes.

Is there a situation in your life right now you can look at where perhaps you've wondered "why is this happening to me!?" Can you reframe it to see the purpose it serves? To see how it aided in a positive change happening in your life?

I'll say it again. **Change is scary.** It is normal to want to avoid discomfort at all costs. But, sometimes change isn't just uncomfortable for us. It is uncomfortable to others around us as well.

Here's the funny thing about change... **Sometimes friends** and family often don't like it when YOU change! It makes **THEM uncomfortable!**

It's a bizarre concept that I see all the time. We've had clients whose friends and family members have become very negative about their transformation and positive habits. Sometimes it's just a look, other times it's a snide remark, some will even tell the successful person that they look SICK when they simply look fit and healthy.

Bringing down the successful person seems to make the other person feel better. But the truth is that the negative person wishes so badly that they were able to commit to change the way their friend has.

If you've committed to change or you're considering it, I think it's important to know what to expect. If you see this pop up in your life (and I truly hope it doesn't!), please remember this message. This is one of the reasons being part of our community here at Individual Fitness is so powerful.

If you're ready to embrace change, we'd love to chat. We love helping our clients in every way we possibly can.

Committed to Your Fitness — Jim Olson



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THE GREAT PATH QUESTION

by Christian Troy

In the world of Medicare, everyone's circumstances are different, as everyone's health needs are unique. But people don't just consider their own health care when it comes to Medicare, they consider so much more. For example, they consider what the impact of enrolling in Medicare and a Medicare health plan will have on their family's overall health coverage. They consider



a plan's healthcare network and its ability to give access to their needed drugs, their preferred primary care doctors and specialist doctors, preferred hospitals and pharmacies, and preferred additional forms of care. They factor complete plan coverage. And of course, there is the consideration of cost.

With cost, there are typically two different philosophies.

- 1. Backload the cost: There are those who want to pay for most of a service only if they use it, then receive the final reconciled bill afterward.
- 2. Frontload the cost: There are those who want to pay most of the bill ahead of time, so that when a service is employed the majority of the billing is already paid.

According to healthinsurance.org, as of September 2024 there are 345,184 Medicare policies in effect in New Hampshire. According to the website KFF.org which is an "independent source for health policy research...", 44% of these total policies, or a little over 150,000, are "MediGap" Supplement plans. KFF.org also reports that 38% of these total policies, or a little over 130,000 are Medicare Advantage plans.

Why does this matter?

Generally, with MediGap Supplement plans there is a higher monthly premium cost. That cost gets the beneficiary the national Medicare network, and essentially the philosophical choice to go with a MediGap plan is a choice to 'frontload' the cost. Medicare Advantage plans often have lower out of pocket costs. Medicare Advantage plans are private health insurance plans with private networks typically delivered as HMO or PPO networks. Here the philosophical decision is about 'backloading' the cost and paying for the HMO/PPO network only if you use it.

New Hampshire is roughly split in this philosophical choice. Both sides are right, and it comes down to the individual and how they want to manage their finances and purchasing.

Everyone's situation is different. We work with our Medicare beneficiaries to help them work through the considerations: their drugs, their doctors, their hospitals, pharmacies and other important forms of care. We help them factor their family and their family's coverage. And we help them build all of this into their budget. But often the path decision- to go with a Medicare MediGap coverage or to go with Medicare Advantage coverage as the route for Medicare supplemental coverage comes down to frontloading or backloading cost. This is a very personal decision.

Medicare is confusing. It's important to a have a local, independent, licensed insurance agent in your corner who can help you navigate it and all of the considerations that you must factor in your decisions with it. At Woodpecker Insurance, we do exactly this.

Give us a call at 603-499-4399 to speak with Christian or Larissa Troy, licensed insurance agents.

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.

Christian Troy (Lic #: 21379781) • Larissa Troy (Lic #: 21381136)





DEADLINE FOR BOW ROTARY SCHOLARSHIP APPLICATIONS NEARS

The deadline for the Rotary Club of Bow's scholarship applications is 3 p.m. on April 7.

There are three types of scholarships available: Traditional scholarships for students who are currently graduating from high school, are homeschooled seniors, or have attended 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 and adult scholarship for older adults, who have not attended school in the last four or more years.

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.

The Foundation will award a total of \$23,000 in post-secondary scholarships in 2025.

The applications are available in fillable PDF format for download from bowrotary.org under the Scholarships/Grants menu.

BOW ROTARY 4-WAY TEST SPEECH CONTEST TO BE HELD ON MARCH 19

Support students competing in the Bow Rotary 4-Way Test speech contest by attending the event at 6:30 p.m. on March 19 at the Baker Free Library.

The contest helps students 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.



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COLDWELL BANKER LIFESTYLES



6 Boulder Pass, Hillsborough 2 beds | 2 full baths | \$445,000

Turn-key colonial-style raised ranch in Hillsboro's Emerald Lake District, just a short walk to beaches! The open-concept upper level features vaulted ceilings, two bedrooms, a full bath, and a new four-season sunroom leading to a deck. The lower level offers a spacious family room with a pellet stove, an office/third bedroom, a full bath with laundry, and a walk-in pantry. Outside, enjoy a deck, patio, shed, and extra lot with garden space and future garage potential!

Rachel de Thomas c: 603.748.1800 MLS# 5029696



72 Sawmill Road, Bow 3 beds | 2 full baths | \$1,019,900 John Langill c: 603.234.6836 MLS# 5014394



7 Sawmill Road, Bow 4 beds | 2.5 baths | \$949,900 John Langill c: 603.234.6836 MLS# 4986615



29 River Street, Charlestown Multi | 2 units | \$349,900

Ashley Feleen c: 603.477.2995 MLS# 5011731



23 Sawmill Road, Bow 4 beds | 2.5 baths | \$979,900 John Langill c: 603.234.6836 MLS# 5022259



160 Waterloo Street, Warner 5 beds | 3 baths total | \$850,000 Rachel de Thomas c: 603.748.1800 MLS# 5016322



CONCORD OFFICE: 603.525.7123

THECBLIFE.COM

BOW HIGH SCHOOL STUDENTS ATTEND HARVARD MODEL UN CONFERENCE



Bow High School students attended the Harvard Model United Nations (HMUN) conference from January 30—February 2, 2025. Like a real UN conference, it was an opportunity for students to tackle global issues, sharpen debate skills, and collaborate with peers from around the world. This 4-day international relations simulation brought together nearly 4,000 students from hundreds of schools worldwide.

Representing the UAE, Morocco, and various special committees, BHS delegates worked at the conference to get favorable resolutions to the issues at hand passed. Morocco and UAE delegates made strong impacts in multiple committees, and a standout UNICEF delegate spoke 13 times. Meanwhile, the Press Corps representative responded to a late-night crisis event with professionalism and composure.

Advisors Nick Watson and Michelle Hlavaz thank you all for supporting BHS' HMUN program. We look forward to another year of inspiring young diplomats!



We invite you to join us in celebrating the incredible accomplishments of our 2025 HMUN delegates:

Trevor Abel Sean Atwell Anabelle Cattabriga Preesha Chatterjee Milo Cocola Colton Currier Shristi Dua

Madelyn Fish Jonathan Gancarz Sophia Hernandez Mallory Hinck Lia Karanouh Charlotte Lewis Matthew Mampuzha

Katie McCabe James Menezes Liam Miller Casey Totten Stella Wantuck Adam Valpey



JOPKINT own Cuer

two villages \ one heart

by Kathleen Butcher kathb123@comcast.net 603-724-3452



AARP TAX-AIDE SERVICES AARP Foundation provides free tax assistance, preparation, and filing for New Hampshire taxpayers with low to moderate incomes through the AARP Foundation Tax-Aide program. AARP Tax-Aide services are free to all, regardless of age, and AARP membership is not required. In person help with tax preparation is available at the Hopkinton Town Library Wednesdays and Thursdays 9:45-1:30 through April 10th. For an appointment call 2-1-1 or schedule on line at - https://eznetscheduler.com/calendar/nhtaxhelp.



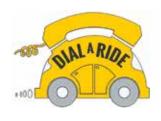
THE FARMERS MARKET is inside Maple Street School on Saturdays from 9am-12pm. Ongoing updates and information available at Contoocook Farmers' Market on Facebook.Contoocook Creamery at Bohanan Farm strives to produce milk of the highest quality to provide the community with a fresh, wholesome, and local 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.

LINEC COURSES Good news for Hopkinton seniors. Through the generosity of the First Congregational Church, two LINEC courses will meet there this spring. Tuesday afternoons, Glenn Stuart's Shakespeare class, "All's Well That Ends Well" will view film versions of the play and discuss Mona Awad's 2021 novel, All's Well. Thursday afternoons, Don Melander will instruct "The History of Language, Especially English"Those who prefer Zoom can enroll in "Alexander von Humboldt: The Consilience of Science and Art," The Economy and Politics in 2025" or "Philosophy Talks." Other in-person classes will include "Belles of Broadway," Art Colonies of New Hampshire," "Astrobiology," Abraham's Ladies: Union Women and the Battle of Gettysburg," and a film class, "Scorsese, DeNiro and (sometimes) Pesci. Details and registration forms for spring mini-courses, which run from April 7 to May 16 are at https:// linec.org. Registration closes March 24. LINEC, The Learning Institute of New England College, is affiliated with Road Scholar.

WEDNESDAY SENIOR LUNCH. Come to the Slusser Center every Wednesday at 12:00pm for a home-cooked meal. The Center is fortunate to have volunteer groups from all over who donate their time and efforts to cooking a wonderful meal. So come, eat, laugh, and make new friends! Suggested donation per person is \$5.00. We are always looking for groups to sponsor a meal. Call (603) 746-8265 for more information.

THE DIAL-A-RIDE PROGRAM was founded in 1979 by Anne Longley Slusser. This program is housed at the Slusser Center on 41 Houston Drive in Contoocook, and is available for all Senior Residents of Hopkinton and Contoocook. The Hopkinton Woman's Club is a sponsor of this program. Transportation (by private car) is available 5 days a week (Monday through Friday) for Contoocook/Hopkinton and Concord areas for food shopping, hospital, medical, dental and other appointments.



It is necessary to give the Dial-A-Ride Office 48 hours advance notice. You can either drop in at the Dial-A-Ride Office, or call the office at 746-HELP or 746-4357. The Dial-A-Ride Office is open on Mondays, Wednesdays and Fridays from 10:00 a.m. to 12:00 noon. If you call the office at other times, please leave a message on

the answering machine, and your call will be returned when the office is open. Dial-A-Ride is a service program operated totally on a non-fee, nonfunded basis by a continuous network of responsible and dedicated volunteer townspeople from all areas of the Town of Contoocook/Hopkinton. They donate their time, talents, vehicles and gasoline in order to meet the needs of senior residents. Voluntary donations may be made to: Dial-A-Ride, P.O. Box 83, Hopkinton, NH 03229-0083.



The Carrolls Family Exhibit "Four Related Visions"

From March 22 - April 19 Opening Reception Noon to 2pm Saturday, March 22

This exhibit will feature a well-known family of New Hampshire artists from March 22-April 19.

"The Carrolls: Four Related Visions/David M. Carroll, Laurette Carroll, Sean Carroll, Riana Frost" opens Saturday, March 22, with a reception from 12-2 p.m. Light refreshments will be available, and live music will be performed by David Newsam.

David and Laurette Carroll, and their children Sean and Riana, will display works in various genres, including oil and watercolor, multimedia, sculpture, and feather painting.









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

YOU NEED JEANS THAT FIT... WE CAN HELP.







FEBRUARY 2025 ARREST LOG 3 Arrests • 3 Accident • 203 Traffic Stops

02/19 William Cuzco Argos, 37, 88 North Main Street, Bellingham, MA, charged with License Required; Operate without Valid License.

02/21 John Sadatis, 45, of 567 Cedar Street, Apt 1, Manchester, NH was charged with Drive After Revocation/Suspension.

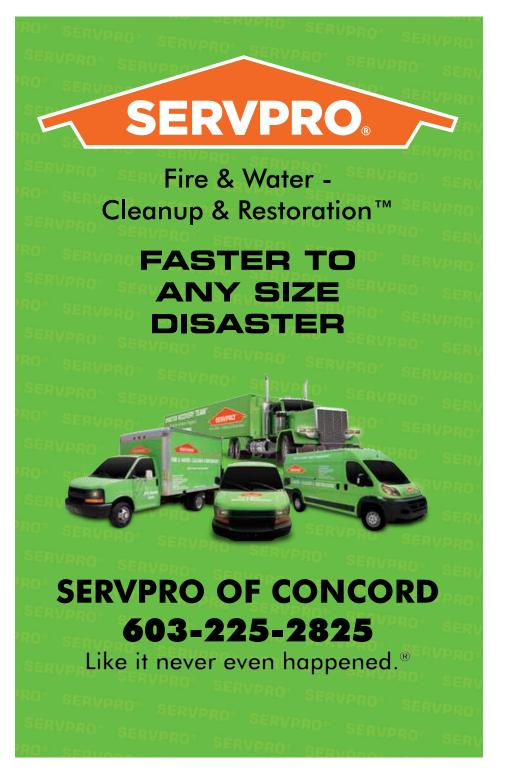
02/22 Peguy Alusma, 36, of 15 Colby Street, Lawrence, MA was charged with Drive After Revocation/Suspension.

YOU CAN TEXT 911 IN NH!

- Text if you are hearing impaired, or have a speech disability.
- Text if you are in a dangerous situation and it's unsafe to call.
- Text if you have poor cellular service or your battery is low.

Be sure to type in a short description of the emergency, type in the exact location of the emergency, answer the 911 call taker's questions, be brief and follow instructions!







Baker Free Libary | 509 South Street Bow, New Hampshire 03304

Visit our online Calendar to sign up for upcoming programs and events

at bowbakerfreelibrary.org





SEASONS OF READING

Seasons of Reading is a Year-Long Reading Challenge for Teens and Adults, hosted by Baker Free Library. Sign up at the library to receive your list, and work your way through a new set of reading prompts each season.

Your task is simple: over the course of one calendar year, complete as many individual reading prompts as you can. There are 40 prompts in total, each designed to help you explore new titles, authors and genres. You'll have three months to complete each season's challenge, based on the following schedule:

> WINTER: January 1 - March 31

SPRING: April 1 - June 30

SUMMER:

FALL:

July 1 - September 30

October 1 - December 31

At the end of each season, check in with a library staff member. Every reader who completes 8 or more prompts in that season's challenge will receive a small prize. Any reading completed in 2025 can be applied toward any prompt, but only one prize can be earned per season. (This means you can read ahead if you'd like, but won't be able to claim prizes ahead of time!) Readers who complete all four seasonal challenges by the end of 2025 will win an additional prize.



Lauren Porter

TAKE OUT A BOOK

Take Out a Book is back! | A revival of a book display favorite!

Stop by Baker Free Library to take out a good book! On our main display read the receipt on each bag, and find the one 'for you' to read! Display will be up while supplies last.

YOUTH PROGRAMMING

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

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-weekly 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.

Wildlife Encounters: Live Animal Outreach! Saturday, March 29 from at 10:30am

Wildlife Encounters returns to Bow! At this show, an Outreach Ambassador will visit the library with seven live animals from different habitats, allowing children and their families to learn about each unique critter. Animals may include reptiles like lizards and snakes, tortoises, parrots, hedgehogs, foxes and armadillos, among others! The presentation is expected to last 45-60 minutes, and is recommended for children aged 5 and up. Space is limited. Registration is required to reserve your space.

ADULT PROGRAMMING

Tech Time with Liesl! | Every Monday from 4-6pm

Tech Time with Lies!! Get help with: Libby/Overdrive, Hoopla, Kanopy, EBSCOhost, HeritageQuest, Ancestry.com, Kindle, email, Google Drive, Microsoft Office, using our library catalog, and more!

Walk-ins are welcome but appointments are strongly encouraged! To make an appointment please email liesl@bakerfreelib.org or give us a call!

The Square Inch Project: A Watercolor Workshop Thursday, March 20th | 6pm

In this workshop we will be using only square inches of painted watercolor paper and glue. Julie Daniels recently created a series of collages that she entitled The Square Inch Project after working with a local jeweler who was using bits of her failed watercolor paintings in her jewelry. Unsure how to be compensated for her paintings, she settled on charging by the square inch. Suddenly, this sad pile of paintings had new life. So, she started mining her own work for sections of color or texture that spoke to her, and then she would play. Not unlike solving a puzzle, you need to move things around until they fit. The process is surprising and delightful every single time. This workshop is appropriate for any skill level or ability. All supplies will be provided; just bring your imagination! Please register if you're planning to attend.

Onboarding Medicare: "I'm Turning 65, but I'm still working, should I join Medicare?" | Tuesday, March 25th | 6pm

Are you thinking about signing up for Medicare? No idea what you should do about health insurance as you get close to qualifying for Medicare? Never fear! The talented folks at Woodpecker Insurance are offering an Onboarding Medicare presentation to answer questions like:

- Do I have to sign up for Medicare?
- I have great coverage with my job's plan, will I have worse coverage by going with Medicare?
- My spouse is on my plan, will they lose coverage if I go with Medicare?
- What about my HSA, will I lose it if I go with Medicare? Can I still use it?
- I hear there are penalties for not signing up, is this true, and what are they?
- Basically, I just want to know if going with Medicare is the right decision for me. Can you help me?
- * This is a Medicare Educational Event and no specific plan information will be discussed. This presentation is completely free and open to the public. Please register if you're planning to attend.

Board Game Night | Wednesday, April 2nd | 5:30pm

Join us in celebrating the library's 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!

IN SHARP FOCUS

Gallery Opening Night Thursday, April 3rd | 6:30pm

In April, the gallery will feature the works of the late artist Barbara Morse.

A Connecticut native receiving her formal art training at The Paire College of Art in New Haven, Barbara was a long-time resident of New Hampshire. Beginning her career as an illustrator, she worked for many of the top publishing houses and national publications, like Houghton-Mifflin and Yankee Magazine. She had a vision that her drawings could be more dynamic when created as works of fine arts; and she could pursue her passion of working primarily in graphite, while developing a style, she considered unique and challenging, In Sharp Focus. With time the work has become more refined adding hints of color in acrylics to bring attention to a portion that enhances the entire image. Of her process, Barbara said, "Working in graphite and sometimes adding a hint of color to attract attention to an area enhancing the entire image, no matter the level of labor intensity, I find joy and satisfaction watching a piece come to life before me. My reward, though, is not having the viewer see the work through my eyes, but their own; creating a personal and long-lasting image to be timelessly viewed and shared."

The works featured in the gallery are provided by Barbara's husband, Alan Morse, who will be offering an informal conversation with the audience about his late wife's body of work.

What's Wild: A Half Century of Wisdom from the Woods and Rivers of New England by Eric Orff | Monday, April 14th | 6pm



Eric Orff, Author

Wildlife Biologist Eric Orff will be talking about a half century of living on the wild side of New Hampshire. Eric was the state's first bear biologist in the 1970s and began a 50 year career as a "forest ranger who works with animals." These animals include bears, moose, and even snakes and eels. As 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, Eric still publishes a video blog called "What's Wild in New Hampshire."

Eric's book, "What's Wild: A Half Century of Wisdom from the Woods and Rivers of New

England," will be for sale at the presentation.

Refreshments will be available starting at 6:00 PM, and the presentation will begin at 6:30 PM. You must be registered in advance as seats are limited. This event is made possible by the Bow Garden Club and the Baker Free Library.

Craft Club | Tuesday, April 15th | 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, March 19th at 10am.



Whodunits | Tuesday, April 1st | 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.

April Book Discussion: A Cold Day for Murder by Dana Stabenow

Book Talk at BFL | Tuesday, April 8th | 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!

April Book Discussion: Yellowface by R. F. Kuang

White Rock Book Group | Tuesday, April 15th | 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!

April Book Discussion: Yellowface by R. F. Kuang

IN THE GALLERY

March Exhibit – What is on the Horizon? A Collection of Fine Art by Julie Daniels

A horizon line offers a place of rest for not only the eye, but the mind and spirit as well. Looking out at a horizon line takes you out of yourself to what might be; what could be. The possibilities are endless as the eye searches along that line to see what can be discerned. Suddenly, the mind is quiet, and the soul is soothed. A low horizon line leaves you feeling airy and light, where a high horizon line makes you want to jump in and swim. With all this, the question must be asked: What is on your horizon?



Point Connect Sunset — Julie Daniels

Julie May Daniels is a fine artist who lives and works in Hopkinton. She grew up in Massachusetts outside of Boston, then lived in Vermont for fifteen years after which she moved to Hopkinton in 2017. She has a bachelor's degree in fine art and a Master's in Education. Her main muse is the ocean and all that surrounds it. Having grown up on the shores of Buzzards Bay in Massachusetts during the summers, she loves to capture the light and movement of the water, the sky and of course what happens in between: the horizon line.



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NORA'S DUNBARTON NEWS



THE DUNBARTON GARDEN CLUB is pleased to offer a \$1,500 scholarship to a graduating Dunbarton senior in good academic standing who attends Bow High School. This scholarship is open to any applicant who is attending an institute of higher learning to study any of the following: horticulture, agriculture, floriculture, botany, conservation, environmental sciences, forestry, plant sciences, garden history and design, landscape architecture, pollinator research, conservation, and ecological restoration. The deadline for applications is April 1, 2025.

Dunbarton Garden Club will hold its first 2025 meeting on Monday, April 14, upstairs in the Dunbarton town hall. Social time is 6:30pm to 7pm. The meeting agenda will start at 7pm to discuss what's planned for 2025. Spring is on the way! Reconnect after a long winter, with fellow club members and guests. Members of the public are welcome. Contact: **DGC03046@gmail.com** or www.dunbartongardenclub.org.

CHAIR YOGA will be held in the upstairs of the town Hall on Thursday March 27 and April 10, 11am to noon. FMI contact the library and check their website or FB page to confirm the date and time.

ROBERT FROST ON THE FARM – New Hampshire Farming as told by the poet. Presented by Jeff Zygmont. Made possible by generous funding from New Hampshire Humanities and held Tuesday, March 25, 6:30pm in the Dunbarton Upper Town Hall. While his poetry makes spoken words sing like sauntering music, Robert Frost's poetry can also help us appreciate the rigor of life on a New England farm in the early 20th century. (Hint: It was hard.) In an exploration of both New Hampshire history and Frost's poetry, author and poet Jeffrey Zygmont recites a selection of Frost's poems about farming. Alongside each recitation, he provides background on Frost's life, offering insight into the poem's origins, and commentary on the work's artistic beauty, as well as the experiences and emotions it expresses. Participants will join a lively discussion celebrating Robert Frost's unique gift for capturing farm life in poetry. FMI contact the library and check their website or FB page to confirm the date and time.



SCHOLASTIC BOOK FAIR – The elementary's Book Fair begins on Monday, March 31. Classroom visits will be by class. The last of the Book Fair is the Easter Bunny Breakfast on Saturday, April 5, 9 a.m. to 11 a.m. Don't forget you can put money into a digital account, so you don't have to send cash or a check into schoo. Visit: https://bookfairs.scholastic. com/bf/dunbartonelementaryschool to add money to your child's account. Checks can be made payable to Dunbarton PTO. Questions? Contact dunbartonpto@gmail.com.

EASTER BUNNY BREAKFAST – A full-farmhouse Easter Bunny Breakfast and free photos with the Bunny is scheduled for Saturday, April 5, 9 a.m. to 11 a.m. at the elementary school. Sponsored by the PTO!

PTO MEETING scheduled for Monday April 7, 6:30 p.m. to 7:30 p.m. Come to the monthly PTO meeting in the DES teacher's lounge. A Zoom link will also be provided for those that prefer to attend virtually. Questions or for a link contact Dunbartonpto@gmail.com.

BOOK GROUP – On Wednesday, April 16 the town library's book group will meet at noon in the library to discuss This is Happiness by Niall Williams. Accolades include: Best Novel in the Irish Book Awards. 2020 Walter Scott Prize for Historical Fiction. For more information contact the library and check their website or FB page to confirm the date and time.

2025 DUNBARTON REVALUATION – Municipal Resources, Inc. (MRI), an assessing firm, 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. FMI visit: https://www.dunbartonnh.org/.

DCC BEYOND THE BOOK – This month the DCC Beyond the Book group is reading Part-time is Plenty: Thriving Without Full-time Ministry by Jeffrey McDonald. Discussion will be online, Thurs, April 3 at 7 pm. Contact Bbennett@dunbartonucc.org for an online link, or if you have questions.

OPEN MIC NIGHT – The DCC Spireside Coffee House and Open Mic will be Saturday, April 19 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.

ART AT THE LIBRARY – Local watercolor artist Donna Duchesneau paints still life, barns, nature and stonewalls of scenes in our lovely town, and surrounding area. Visit the library to see these beautiful works of art.





DUNBARTON POLICE DEPARTMENT

FEBRUARY 2025 ARREST/CHARGE LOG

Pleasee note: "All defendants are presumed innocent unless and until proven guilty in a court of law."

02/05: Melissa Moscaritolo, 47, Contoocook, was charged with false reports to law enforcement from a Dunbarton PD warrant.

02/08: Judith Trainor, 62, Weare, was charged with driving after revocation/suspension, operating without a valid license, driver's license prohibitions, and highway markings.

02/21: Megan Arnold, 37, Weare, was taken into custody for aggravated driving while intoxicated and endangering the welfare of a child.

02/25: Nathan Sweeney, 43, Weare, was charged with default or breach of bail conditions from a Dunbarton PD warrant.

Some of our activity during the month of February includes, but is not limited to:

Animal Complaint: 5 Assist Dunbarton Fire/EMS: 9 Assist Other Agency: 10 Burglar Alarm: 6 Mental Health: 1 Motorist Assist: 5 Motor Vehicle Complaint: 5 Motor Vehicle Crash: 3

Motor Vehicle Stop: 107

Police Courtesy/Assist Citizen: 5 School Zone/Patrol: 16 Stolen Motor Vehicle: 1 Suspicious Activity/Person/Vehicle: 4 Theft/Fraud/Scam: 4 Untimely/Unattended Death: 1 Vacant Property Check: 37 Welfare Check: 3

Visit our Facebook page at Facebook.com/DunbartonPolice or website at dunbartonnh.org/police-department/pages/monthly-reports



On February 20th, 2025, the New Hampshire Division of Emergency Services and Communications (DESC) conducted presentations on how and when to call 911 for grades K-6 at the Dunbarton Elementary School. The students learned what resources are available to them in an emergency situation.

We are very grateful for New Hampshire 911 and their continued partnership with the Dunbarton Police Department and the Dunbarton Elementary School in an overall effort to promote community safety through education and outreach.



All full and part-time police officers in New Hampshire are required to complete annual training in order to remain certified. These training requirements are imposed by the New Hampshire Police Standards and Training Council (PSTC) as well as internal department policies. Currently, officers must complete annual training in: eth-

ics, implicit bias, de-escalation, firearms, use of force, and other topics. We generally host a monthly department training and utilize both in-person and online learning methods to meet these requirements.

We'll be completing many of the above topics in 2025, as well as training in tactical medicine, minimal facts interviewing, and digital evidence. In January, 2025 we completed Crisis Intervention Team (CIT) refresher training that focused on domestic violence and mental health as well as drug induced psychosis. February, 2025's training included ethics, implicit bias, and prioritizing mental health.

EXTRA PATROLS

To request extra traffic enforcement patrols in your neighborhood, please call (603) 224-1232 or e-mail dunbartonpd@gsinet.net.

WHY? Do We Say...

"It's Raining Cats & Dogs"

Meaning: It's raining very heavily.

Origin: In the 17th century, London was not a very sanitary place. Dead pets and waste from butcheries were thrown among other things, in heaps of garbage and left on the streets. When the rains were heavy, these carcasses and garbage would be washed up in the flood, which would end up in the River Fleet and other water bodies. In the wake of the storm, carcasses of cats and dogs could be spotted floating on the water or lying along the banks of the river, which gave the impression that they had somehow fallen from the sky along with the rain. Poets from that era, including one Jonathan Swift, often described this phenomenon in colorful terms, and that's how "it's raining cats and dogs" came to mean it's raining very heavily.

"The Writing is on the Wall"

Meaning: That a certain result has become inevitable, or that a potentially dangerous situation has become imminent, and apparently unavoidable.

Origin: This phrase originates from the Bible, specifically in the book of Daniel. Belshazzar, a corrupt, unjust, and unworthy king, was debasing sacred objects and spending his time drinking and reveling instead of leading his people. During one such debaucheryfilled event, a disembodied hand (supposedly the hand of God) appeared and wrote an ominous warning on the palace wall. The prophet Daniel was brought in to interpret the writing, and he explained that God had passed judgment on the king and his kingdom, found them wanting, and decided to break the kingdom apart and hand over control to foreigners. The writing on the wall was effectively a final judgment, one that the king had no power to get around - it was inevitable.

Matthews, Scott. Why Do We Say That? 101 Idioms, Phrases, Sayings & Facts! A Brief History On Where They Come From!



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NEW HOMES IN BOW TO PAY \$7,400 IMPACT FEE

On February 20, 2025, the Bow Planning Board unanimously voted to implement the assessment of a school impact fee as authorized by the Bow Zoning Ordinance.

Each newly constructed house will pay \$7,742 on costs associated with the elementary school project. At the public hearing no one spoke pro or con to the assessment.

In other matters, Ballard Truck Center proposed a 25,000 square-foot building with 14 service bays and parking for 35 employees on Route 3.-A. Ballard Has eight locations in New England, in Manchester, Maine, Rhode Island and Massachusetts.

On December 17, 2024, the Zoning Board of Adjustment unanimously voted to grant Ballard a special exception. When they build the Bow facility, they will join Berube's, Peterbilt, Matt Brown and others in the route 3-A truck corrider.

G COLDWELL BANKER LIFESTYLES

Coldwell Banker Lifestyles Joins Forces with Cowan and Zellers to **Create the Capital Region's Premier Real Estate Company**

Coldwell Banker Lifestyles is thrilled to announce Cowan and Zellers has joined Coldwell Banker Lifestyles, combining strengths to form the Capital Region's premiere real estate company. As part of this exciting evolution, Cowan and Zellers is now proudly operating as Coldwell Banker Lifestyles.

Coldwell Banker Lifestyles will be relocating to the former Cowan and Zellers location. This move ensures a seamless transition and continues the tradition of providing exceptional service to the community.

This partnership builds on a foundation of excellence, enhanced by the advantages of the Coldwell Banker brand. Clients will enjoy access to:

- **Expanded Marketing Resources**: A comprehensive suite of tools to showcase properties to a wider audience.
- **Luxury Division Services**: Specialized expertise in the luxury real estate market to meet the needs of discerning buyers and sellers.
- National and International Network: A massive network that connects clients to opportunities far beyond the local market.

Coldwell Banker Lifestyles looks forward to serving the community and working hand-in-hand with buyers and sellers to achieve their real estate goals.

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Bow Young at Heart Club

UPCOMING EVENTS

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

Kay Herrick, will give a presentation about her journey exploring the many covered bridges of New Hampshire.

APRIL 9, 2025. 11:30 AM - 2:30 PM

Alan Hoffman, will discuss Lafayette's Farewell Tour of the *United States in 1824 and how his role in the American Revolution* impacted the United States and New Hampshire.

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



WE ALL LIVE IN A YELLOW SUBMARINE

"We All Live In A Yellow Submarine." Say what?

"Who Let The Dogs Out." Come again?

There are so many novelty songs that have become part of the fabric of our musical culture which have catchy, nonsensical, comical, or meaningless lyrics. We smile and sing along with the snappy refrains, unburdened by having to look for any deep meaning in the lyrics. These songs are just pure fun, and learning what composers had in mind when writing them just might add to your musical enjoyment the next time you're singing your heart out on karaoke night.

Speaking of "Yellow Submarines," Ringo Starr knocked it out of the park as the lead singer in this Beatles #1 worldwide hit in 1966. It was at the height of their fame, during a night of an LSD/marijuana psychedelic indulgence, when John Lennon and Paul McCartney fantasized about traveling in a yellow submarine in order to escape the complex, rigorous, materialistic world of stardom. "Yellow Submarine" was a code word for marijuana and for other drugs that were sold in yellow capsules. The fantastical submarine "journey" took them on a nostalgic, exotic voyage back to the simple pleasures of a happy place, with "sky of blue and sea of green, with all our friends aboard." Sound effects were dubbed over the recording. The sound of gurgling water was made by George Harrison swirling water in a bathtub. The sound of bubbles was made by John Lennon blowing through a straw in a bowl of water. (John Lennon was not in the bowl of water) Although the lyrics of this song originated from the psychedelic culture of the time, the song could also have been a simple children's favorite about a boy taking an underwater trip.

"Who Let The Dogs Out" was written in 1998 by a Trinidadian musician named Anslem Douglas, (no relation to Chuck), and it was recorded by a Bahamian band called Baha Men. The song is a feminist anthem that criticizes men who shout out disrespectful "catcalls" at women. The women refer to such men as "dogs." The lyrics of the song begin with, "Well the party was nice, the party was pumpin', until the fellas started name callin' and the girls start respondin'.

Who let the dogs out, who, who, who, who, who?" This man-bashing song became popular around the world and has been consistently voted the most annoying song ever written.

What exactly is a "Total Eclipse Of The Heart?" The composer, Jim Steinman, admits he "wrote it to be a vampire love song. It's all about the darkness and love's place in the darkness." It is more often interpreted to be about being so consumed by a love affair that one's life is plunged into darkness and the sun is completely blocked out. The song is often sung at karaoke bars, likely unburdened with knowledge of the composer's state of mind. Oh, well.

In closing, let's all sing a chorus of "Yellow Submarine" together. One, two, three, four: "We all live in a yellow submarine, a yellow submarine, a yellow submarine. We all live in a yellow submarine, a yellow submarine, a yellow submarine." (This is not an endorsement of mind altering drug use.) Gurgle, gurgle, bubble, bubble.



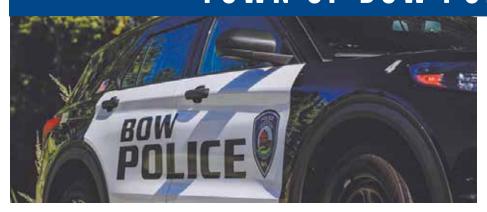
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TOWN OF BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT FEBRUARY 2025 ARREST LOG

2/2 Robert Leduc, 55, homeless, was arrested for driving after suspension or revocation, suspended vehicle registrations, and breach of bail.

2/4 Patrick Hawley, 46, Manchester was summoned for driving after suspension or revocation.

2/5 Jhonathan Euzebio-Lemes, 33, Melrose, MA, was arrested for criminal trespass and loitering.

2/8 John Kiskinis, 50, Concord, was arrested on a warrant for non-appearance in court.

Keith Hardy, 49, Hopkinton, was arrested for driving under the influence.

2/9 Shariff Johnson, 46, Concord, was arrested for domestic-violence-related simple assault.

2/10 Marie Smith, 24 Concord, was summoned for driving after suspension or revocation and suspended vehicle registrations.

2/11 Morgan White, 22, Carlisle, Ontario, Canada, was arrested for driving under the influence, possession of a controlled drug, and transporting drugs in a motor vehicle.

2/19 Isaiah Roy, 26, Franklin, was arrested on a warrant out of Laconia for theft by unauthorized taking.

2/23 Ethan Snee, 36, Manchester, arrested for driving under the influence.

In addition: One Involuntary Emergency Admission and one violation arrest.

A Message from CHIEF KEN MILLER



As we look forward to spring and warmer weather there will be more people out enjoying the fresh air, so we would like to take a moment to remind everyone to be cautious, whether driving, walking, jogging or cycling. Our goal is to simply make our streets safer for everyone! To help us achieve this goal, we will be utilizing grant funding from the NH Office of Highway Safety to increase random traffic enforcement patrols focusing on speeding, school bus violations, driving under the influence, stop sign violations and distracted driving.

On another note, I'm happy to share that our final Accreditation assessment with the NH Law Enforcement Accreditation Commission (NHLEAC) happened on February 12th, and it appears to have gone very well. We'll find out in March, after their next council meeting, if we've earned state accreditation. It's a big deal for us, and I'll keep you posted on the outcome. If you're curious about what accreditation means or want to learn more about the process, check out the NH Police Academy website at https:// www.pstc.nh.gov/leac/index.htm.

As your Chief of Police, I'm excited to share that the Bow NH Police Department is actively recruiting dedicated individuals to join our team. We're looking for people who are passionate about serving and protecting our tight-knit community.

Why work with us? Bow PD offers a supportive environment, opportunities for growth, and the chance to make a real difference in a town that values its safety and connection with the police department. We take pride in our commitment to excellence, teamwork, and building trust with the people we serve. I encourage anyone interested in a law enforcement career to review the NH police academy website for the standards and qualifications required to be a police officer in the State of New Hampshire.

If you or someone you know is interested in a rewarding career with us, please reach out to Lt. Phil Lamy plamy@bownhpd.gov for more details. Let's work together to keep Bow a great place to live, work, and visit!

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

TASER 10 TRAINING

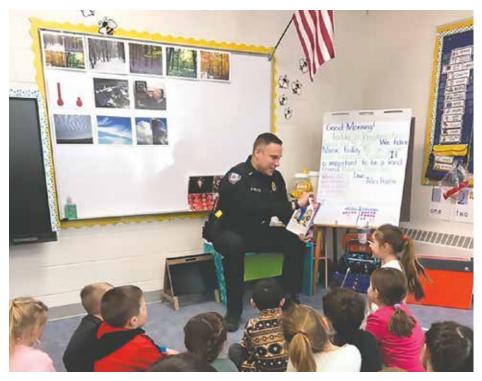
Lt. Lamy, Lt. Pratte, Sgt. Behning, and Sgt. Welch were certified by Axonto be instructors in the Taser 10 platform.

In February, the instructors hosted a training to certify all Bow Police officers as Taser 10 users. Training consisted of a classroom portion, live deployments on conductive targets, and scenariobased training. The instructors will conduct re-certification training with



all officers annually. The Taser 10 is what Axon considers to be the "new era" in less lethal technology. For more information on the Taser 10, please visit the Axon website at: https://www.axon.com/products/taser-10.

WORLD READ ALOUD DAY



On February 5th, Lt. Pratte and SRO Shuter participated in World Read Aloud Day by reading a book to children.

World Read Aloud Day is celebrated on the first Wednesday of every February, highlighting the importance of reading by encouraging people to read aloud to others, whether in classrooms, libraries, or at home. It's a day to share the joy of storytelling, and foster a love for reading within our community.

BOW CELEBRATED NATIONAL SCHOOL RESOURCE OFFICER DAY



On February 15, School Resource Officer (SRO) Serena Shuter was recognized for her dedication to keeping our schools safe. Officer Shuter has a diverse role in the school and community and has many duties and responsibilities. She was assigned an SRO on a long-term basis, and trained to perform three major roles: informal mentor, law educator, law enforcement officer, and to support students.

IN MEMORIAM OF **CJ GIRARD**

On behalf of all the members of the Bow Police Department, we extend our deepest condolences to the family, friends, and co-workers of Concord Firefighter Christopher "CJ" Girard. You are all in our thoughts and prayers during this difficult time. CJ was a member of the Bow community and will be deeply missed by all who had the honor of knowing him.





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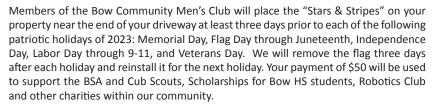
Old Town Hall

PHOTO BY ERIC ANDERSON

Bow Community Men's Club

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

FLAGS ACROSS BOW Enrollment Form 2025



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

THERE ARE TWO OPTIONS TO ENROLL:

1) Send a check for \$50 payable to the Bow Community Men's Club with this form to:

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

2) or enroll on-line and pay \$52 via Square at https://bowmensclub.square.site/

PLEASE NOTE: Customer service calls this year should be direted to Jim Weber (new Flag Team Leader) at 603-340-3063 or email bowflags@gmail.com

Name:	
Street Address:	
Email Address:	

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

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DINIVETORI	!

YOUR STREET

NOTES:

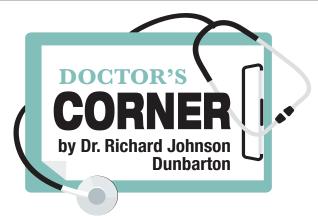
Website: https//bowmensclub.square.site/ Email: info@bowmensclub.org



This flag, which we honor and under which we serve, is the emblem of our unity, our power, our thought and purpose as a nation. It has no other character than that which we give it from generation to generation. The choices are ours. It floats in majestic silence above the hosts that execute those choices, whether in peace or in war. And yet, though silent, it speaks to us — speaks to us of the past, of the men and women who went before us, and of the records they wrote upon it.

President Woodrow Wilson, 1917







HOME HEALTH CARE

When I was ill as a child, in the 1940s' & 50s, my parents called our family physician, and he came to our home to evaluate my illness.

That practice model did not last long, and soon it was the doctor's office, the emergency room and hospital that took the brunt of disease and injury. Now hospitals are over worked and understaffed, and patients wait for hours in the ER, and usually cannot see their primary physician who has closed the office and gone home.

If you have ever been cared for in a hospital, you know from the bill that you or your insurance carrier received, it is an expensive stay.

Hospital care can be compassionate, but many times with too many patients and too few staff, patients feel they are more a project than a person. I say this as a surgeon whose patients were always in the hospital. I never made a surgical "house call." My colleagues and I must remember, each time we enter the patient's room, that the patient is a person, is not the surgical procedure. They are so much more.

I have been acutely aware of the value and need for home health care. With the help of home health care professionals, one relative has been a 24/7 care giver for the last 3 to 4 years. The spouse has a chronic, progressive debilitating disease. Another relative's spouse had a stroke during the night and awoke unable to move the left side. At that moment the patient's spouse became a 24/7 caregiver and has begun the process of securing home health care help. Another couple, in their 80's, is being cared for in their children's home as Alzheimer's disease takes its toll. My own mother, living alone with terminal cancer, had great hospice care. But most poignantly, two of her granddaughters spent a week at a time with her as she was slowly being worn down by the malignancy. Both granddaughters view this as a high point of intimacy with their grandmother. My wife and I were with my mother the weekend she died. We were going to reposition her for nighttime sleep, and as I laid my mother down on her pillow, she took her last breath.

Home Health Care is medical care that you receive at your home. You might qualify if you are homebound recovering from an illness, surgery, of an injury, or you might have a chronic medical condition.

Studies have shown that 2/3 of people between 60-80 years old prefer to stay in their homes as they age (1)

Can you be adequately monitored at home? Let's start with your wristwatch and go from there! With data collected over time, a care team can manage and treat chronic conditions, as they affect a patient's lifestyle.

Two goals need to be pursued:

- 1. Improve clinical outcomes for patients and
- 2. Reduce the total cost of care. This is a huge topic with many different facets that have pros and cons. For a more detailed discussion please look at (2).
- 1. The Linus Group. (2022) Home is the Center of Health. Retrieved from: https://www.thelinusgroup.com/ home-is-the-center-of-health
- 2. https://www.ama-assn.org/system/files/health-at-home-models.pdf

LONELY? YOU ARE NOT ALONE!

A 2024 American Psychiatric Association survey found that 30% of adults "feel lonely." Another study by Penn State University last year links loneliness to high blood pressure, anxiety, and depression.

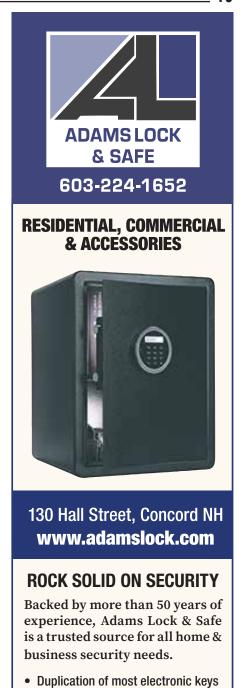
A Florida State University College of Medicine study of 600,000 people found that for the lonely the risk of dementia rose by 31%.

WHAT CAN YOU DO?

One expert in aging says: "It can be hard to meet people when you're older. Get involved in neighborhood or town issues or events. Take a class such as pottery, current events, crafts, or art history, for example, at a local college, or find out what's happening at a nearby senior center. Many offer varied activities, including ping pong, book clubs, choruses, social hours, and bridge."

Also helpful to you and others is just old fashioned volunteering. It can make a difference not just in others' lives but in your own, too. Helping offers a sense of purpose, sharpens a skill, or provides a new interest— and don't forget the fun factor.





Replacement of broken or worn locks

Key cutting and door lock service



by Bow Resident Paul Pomeroy

The gender lines have indeed been crossed if not completely erased. All of this is for the best I guess. But for an old guy like me – sometimes it's hard.

It was simpler 79 years ago. On his fifth birthday each boy was given apiece of paper. It contained a list of those things for which he would be responsible. The car, the trash, the lawn, all the tools, the painting, the plumbing, household repairs, etc. A second list included what he absolutely needed to do. He needed to catch and throw a ball (being able to hit it was a bonus.). He needed to be able or at least willing to fight, skate, ride a bike and do arithmetic. A third list of things he didn't have to worry about—cooking, cleaning, shopping, fashion, or feelings. And a fourth list of things he was forbidden to do —like crying, talking in church, squealing on a buddy, being disrespectful of his mom. He could never ask for help. Or directions. A guy didn't necessarily like everything on those lists but there were no options available. I'm pretty sure girls received a list also but since I didn't have any sisters, I never saw one. But I'm guessing it contained things like puppies and ribbons, cleaning products, recipes, make-up tips, colored thread, and doll accessories. I think they needed to learn to cry on cue, always smell nice and never be too assertive. You know. Stuff like that. But that was then. This is now. There are no lists today. My Dentist is female. So is my Physician's Assistant. My Cardiologist is Male as is my Urologist. A woman cuts my hair. A woman alters my clothes. My florist is a man. My bakery consists of a husband and wife team. Everyone does everything.

But... There are still two hurdles to be overcome.

- 1. Fashion: Even the most foppish of man cannot keep up with even the most average woman shopper. Who really needs all those shoes?
- *Child Birth:* This is woman's territory. Although women have been doing their best to drag their male counterparts into the experience.

Last fall my friend's daughter and her husband came to visit.

"Guess what?" She said, grasping her hubby's hand, "We're pregnant!"

"Honey," I said, "There is no WE. YOU'RE pregnant. He's just along for the ride." Funny. No Christmas card from them this year.

Let's be honest. Birthing classes? Breathing support? Come on. Women have been giving birth for eons. You really think they need our help? Tell the truth ladies. I know what you are all thinking. "If I have to be miserable for nine months, so do you!" Now I wouldn't dare wander into this perilous discussion if I didn't have some common ground upon which to stand. My grandmother had three children and one kidney stone. She said she would give birth any day of the week if given the option. I just gave birth to my ninth kidney stone. And like six of its previous siblings, I couldn't pass it. The doctor had to go get it. I know, I know. It's not the same thing as having a baby. But it's as close as we men are going to get. And there are some similarities. Like.....It takes a while for the little buggers to grow. We know what causes them. For the stones --too much calcium. For the pregnancy... well you know. Both cause great pain during delivery. And those involved usually make wild promises during the pain.

"I'll never eat another piece of cheese as long as I live!!!!"

"I'll never, ever, ever let you come near me again!!!"

Usually, in time, those promises begin to fade away.

"Oh hell. One piece of cheese. What harm can that do?"

"One little kiss can't hurt anything right?"

But there are glaring differences also. A pregnant woman gets big during the pregnancy but at least knows approximately when the pain will start. She can plan. Inform work. Pack her bag. A kidney stoner doesn't get bigger. And he/she also has no clue when the pain will hit. On a plane to Vancouver. At the Mall. In the car. No warning. Just Wham!

And afterward the new mom gets to take home a cute little bundle of joy who will hopefully grow up to be successful and take care of her when she gets old and senile. A kidney stoner gets to take home a pet rock in a specimen cup. For me I don't need anyone to hold my hand. I don't want to go to classes to prep. Just knock me out as soon as is reasonable and get the thing out of me! I thought I'd just let you know that, because I got some startling news this week. My Urologist informed me that WE are pregnant again. Two additional little pebbles making themselves right at home in my kidneys.

I know, I know... "Breathe, breathe..."

MY TABLE TO YOUR TABLE

by Debra Barnes

In the heart of winter, when the world is blanketed in snow and the cold air bites your skin, there's an undeniable craving for summer's warmth, particularly the smoky, savory flavor of ribs slathered in rich BBQ sauce. The thought of tender, fall-off-the-bone ribs sizzling on the grill surrounded by the scent of wood smoke and tangy sauce is enough to make anyone long for the sunshine of warmer days. The BBQ sauce, a little sweet and tangy with just the right hint of spice, coats the ribs perfectly caramelizing on the grill to create that irresistible and slightly charred crust. It's the kind of meal that evokes memories of backyard cookouts, the laughter of friends and the simple joy of eating outdoors. In winter, when the weather keeps us cooped up inside, these warm-weather memories feel almost out of reach. Yet as the cold winds howl outside, the craving

for summer BBQ becomes stronger. While the winter chill might hold us captive for now, soon enough the grill will fire up again and bring those beloved summer ribs and that tangy BBQ sauce back into our lives. Until then we can create something close in our ovens! Let's get cooking!

Kitchen Tip – If you need to freeze meat and you do not have a vacuum seal machine, apply a small coat of olive oil to the meat first. This will give it a moisture barrier and help alleviate the "burn".

Be sure to keep an eye out for my tomato seedling sale in May! All plants are grown with love.

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

OVEN-BAKED SMOKEY RIBS WITH TENNESSEE BBQ SAUCE

INGREDIENTS:

- 3 racks pork ribs
- ½ ¾ cup your favorite rib rub
- 1 bottle of liquid smoke (I like Hickory)
- 1 cup of water
- My favorite rub is Spanglish All-Purpose Rub. I do add a little extra cayenne for more heat! You can order online or the big warehouse stores like Sam's carry it.

TENNESSEE BBQ SAUCE

- 2 cups tomato ketchup
- 1 ½ cups apple cider vinegar
- ½ cup water
- 3 TBSP salt
- 6 TBSP sugar
- 2 tsp cayenne pepper (add more for spicier flavor)
- 4 tsp fresh ground black pepper
- ½ cup butter (optional)

Place all ingredients in a 2-quart sauce pot. Heat over medium heat until warm (6-8 minutes). Serve on the side or let cool before brushing on ribs.

This sauce will last a few months in your fridge or you can freeze it in a mason jar.

Preheat your oven to 275°F.

Begin by removing the silver skin from the back of the ribs for a more tender result and pat dry with paper towels. Cut each rack in half. Liberally season both sides of the ribs with your dry rub of choice.

Line 2 cookie sheet pans large enough to hold both racks of ribs (see picture) with tin foil, being sure not to poke any holes. Place a cooling rack on prepared cookie sheets. Combine the water and liquid smoke in a bowl. Place ribs on the rack. Pour ½ cup of water/liquid smoke into the bottom of each pan. Using the large length tin foil, carefully cover and secure around the edges so to fully enclose. Try not to let much of the foil touch the ribs. At this point you can place in the fridge overnight to let marinate or, if short on time, just put in preheated oven and bake for 3 hours. Remove from the oven. If you want to stop the ribs from cooking more but have some time before you want to grill off, just pull up a corner a few inches to let steam out. Please note that there will be a bit of liquid in the bottom of the pans from the ribs. You may want to drain off carefully before proceeding with broiling.

You can grill it to finish with your favorite BBQ sauce *or* broil in the oven. If broiling in the oven, just remove the top foil and brush both sides with BBQ sauce. Broil 4-5 inches away from broiler until sauce has caramelized. If grilling, brush with the sauce and place on a 400-450 grill. Once done, let the ribs rest for a few minutes before slicing and serving with extra BBQ sauce on the side. Enjoy your delicious, tender oven-baked ribs!

TIPS for successful ribs – Use a paper towel to grab the silver skin. They are very slippery! Feel free to adjust your rubs. More salt and spice makes everything nice. Warm up whatever sauce you decide to use. Adding a good coleslaw on the side is just perfect







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OBITUARIES

MARC A. DOLBEC

Marc A. Dolbec, 71, of Bow, died unexpectedly on February 11, 2025, at his residence, with his wife at his side.

Born in Sherbrooke, Canada on November 14, 1953, he was the son of the late Delphis and Orianna (Breton) Dolbec. The Dolbec family moved to New Hampshire when Marc was 6 years old.

A drywall tradesman, he was a proud member of the International Union of Painters & Allied Trades Local 577 for 30 years before retiring in 2010.

Marc was an avid outdoorsman. He enjoyed hunting, fishing, bowling and loved playing golf. His favorite pastime was by far the long Sunday afternoon barbecues spent by the pool with his family by his side.

Family includes his wife of 50 years, France (Mailhot] Dolbec of Bow; one son, Adam D. Dolbec and wife Jennifer of Goffstown; one daughter, Jessica M. Clukey and husband Brock of Auburn, and four grandchildren.

In lieu of flowers, donations in Marc's memory may be made to: Tunnel to Towers Foundation, www.t2t.org or NH Food Bank, 700 E. Industrial Dr., Manchester, NH 03109.

RICHARD JOSEPH GIBBONS

Richard Joseph Gibbons Sr., age 71, passed away February 11, 2025, at home in Hopkinton. He was born on March 10, 1953, in Waltham, MA, the son of the late Robert and Margaret Gibbons.

He was a 1972 graduate of Waltham High School and attended UNH Manchester. He worked in transportation and sales. He was predeceased by his parents and his brother, Robert Gibbons Jr.

He is survived by his caretaker and best friend, Sherri Gibbons of Hopkinton, his son, R.J. Gibbons Jr., and his wife, Rosa, of Dover, his daughter, Kellie Cedrone, and her husband, Michael, of Litchfield, and his grandchildren, Emmett, Eva, and Eli Cedrone of Litchfield, and Richie Gibbons Ill of Dover.

CHRISTOPHER GIRARD

It is with extreme sadness that the family of Christopher "CJ" Girard, 39, announces his passing on March 1, 2025, at his home in Bow, after a brief illness.

He was born in Berlin on May 5, 1985. He attended Plymouth State University and graduated in 2007 with a Degree in Graphic Design.

His ambition was to be on the Concord Fire Department, with the aspiration of operating Tower 1. He reached this goal in 2018, becoming a member of that department; then in 2023, becoming operator of Tower 1.

He was a loving son, a beloved husband, an exceptional father, a loyal friend, a caring and giving person. He was an outstanding fireman, who expected excellence of himself in his training and performance and held others to that same standard.

He was predeceased by his father, Richard Girard in 2014. He leaves behind the love of his life, his wife of 10 years, Shannon (Whitehead) Girard, his two beautiful children, son Greyson and daughter Camille. His mother Jolene (Jay) Girard of Berlin, his brother Corey Girard of Pembroke. his mother and father-in-law, Gayle and Lionel Tandy of Loudon, his brother & sister-in-law, Shawn & Kate Whitehead of Holliston, MA and their two daughters, Riley and Emma.

In lieu of flowers, donations in his memory may be made to the Concord Fire Fighters' Relief Association, 150 N. State St., Concord, NH 03301.

RALPH EDWARD HAYLES, JR.

Ralph Edward Hayles, Jr. passed away on February 13, 2025, at his home in Dunbarton. He was born on May 3, 1949, in Harlingen, Texas, to Ralph Edward Hayles, Sr., and Marion Frances Hayles (nee Simms). Ralph grew up in Corpus Christi, Texas.

He was married to Diana Callaway Hayles, father to two sons; Clay Hayles of Dunbarton, and Trace Hayles and wife Leah of San Antonio, Texas, He served 20 years in the United States Army, achieving the rank of Lieutenant Colonel. He flew Apache helicopters and commanded tanks and saw active service in the Gulf War.

In 2021, Ralph and Diana moved to Dunbarton. He dearly loved golfing, fishing, baseball, his two sons, his wife, his dogs, and most especially his savior Jesus Christ. In addition to his immediate family, he is survived by countless friends and family spread nationwide who remember him as a larger-than-life man of great moral character and conviction.

In lieu of flowers donations may be made to the Deacon's Fund at the Bedford Presbyterian Church.

TERJE REINERTSEN

Terje Reinertsen, born in Norway, on April 1, 1937, passed away peacefully on March 3rd, at home, with wife Priscilla at his side, in Contoocook.

Terje studied psychology at the University of Oslo, where he met his future wife. The couple married in her hometown of Rochester, NY, and moved to Durham, where Priscilla continued her studies.

The couple moved to Dunbarton in 1968. Terje worked at the NH State Hospital as a clinical child psychologist before becoming a therapist at Central NH Community Mental Health (now Riverbend). He served as its Director for 25 years. Terje leaves a legacy of considerably expanding mental health services in the region.

Terje is survived by his wife Priscilla, one brother Jakob, and a brotherin-law Amt Olav Penne, and a nephew Oyvind Penne, who live in Norway.

GLORIA DAWN SYMONDS

Gloria Dawn (Jackson) Symonds passed away while at her home in Contoocook, at the age of 93, on February 24th, 2025. Gloria brought love, joy, and light to those around her throughout her time on this earth. An active member of the local Contoocook community, her loss will be felt by the many that learned from her, laughed with her, and loved her dearly.

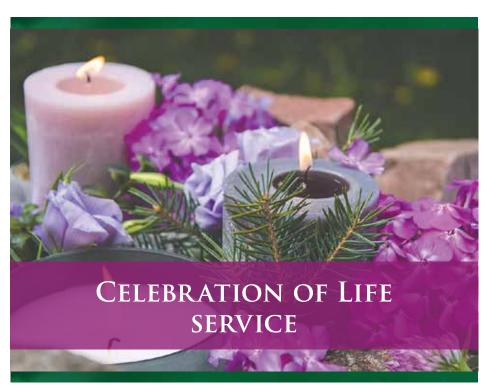
Gloria was born December 2, 1951, in Bethlehem, to Elmer and Lilfian (Ross) Jackson, where she grew up with her five siblings. She graduated from Bethlehem High School in 1948, and went on to pursue her degree in teaching, graduating from Keene State College.

Gloria held many roles and titles throughout her life: student, teacher, dedicated worker, volunteer, Brownie Troop Leader, cribbage champion, good friend, wife, mother, and grandmother. No matter what the role, she brought her compassion, sharp wit, and exuberance.

Gloria met her husband and love of her life. Richard Symonds, in 1955. They married May 18, 1957, but he passed away in 2003.

Gloria is survived by her brother, Alan Jackson of Bethlehem, and her two children and their spouses. Bethany (Symonds) and Neil Chapman of Weare, and Michael and Maria (Sartorelli) Symonds of Contoocook.

In lieu of flowers, donations may be made theto Slusser Senior Center, 41 Houston Drive in Contoocook.



PHYLLIS MADELINE THANNER

OCTOBER 10, 1934 - MAY 26, 2024

Phylis Thanner's Celebration of Life service has been rescheduled for Saturday March 22, 2024 at 11:00 AM at the Dunbarton Congregational Church, located at 6 Stark Highway North, Dunbarton.

Following the service, all are welcome to gather at the Thanner family home, 1003 School St., Dunbarton.

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



BOW HIGH SCHOOL SPORTS SPOT

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



WRESTLING TEAM CLAIMS 2ND CONSECUTIVE CHAMPIONSHIP



Bow's wrestling team has won the Division III championship behind strong performances from its members. Senior captain Jackson Hall, junior Jake Todisco Coulon, and sophomore Jaron Todisco Coulon all received individual titles, in the 215 lb, 138 lb, and 106 lb weight classes respectively. However, freshman Kevin Mullen placed 2nd in the 285 lb weight class and captains Chase Flagg and Herbie Madden, both juniors, as well as sophomore Jacob Hammond placed 3rd in their respective weight class. Junior captain Ryan Dolder along with sophomores Brayden Brown, Joshua Roos, and Sean Flaherty finished 4th in their weight classes.

In order to qualify for the Meet of Champions, the next step up from the state championship that includes the best players from all divisions, a Division III player had to place in the top 4 in his/her weight class. This means that the Falcons had 11 players competing in the Meet of Champions!

At the Meet of Champions, Flagg placed 3rd in the 190 lb weight class and Hall placed 3rd in the 215 lb weight class, meaning that both are heading to the New England championships in Providence, RI.

INDOOR TRACK

The Bow indoor track team competed at the Division II state championship this past February. In the 4 x 800 mens' relay, senior Thomas Sargent, junior Wyatt Worcester, and freshmen George and Sam Kohl placed 5th out of 9 with a time of 9:06.55. Junior Julia Hou placed 4th out of 12 in the 1000 meter race with a time of 3:15.00. For the women's high jump, sophomore Camden Wilson, freshman Keegan O'Meara, and senior Emily Fauteux all placed in the top 5. Senior Kody McCranie placed 2nd in the men's 300 meter race with a time of 35.99 s, a new school record. To top it off, senior Hannah Pawlowski placed 1st not only in Division II, but also in the entire state for the 600 meter race! She had a time of 1:38.52, also a school record.

At the New England championships, McCranie received 7th place out of 27 of the best in all of New England for the 300 meter race with a time of 35.51 s. Likewise, Pawlowski received 10th place out of 25 for the 600 meter race with a time of 1:39.96!



The swimming team at its senior night celebration.

SWIMMING

At the Division II State swim meet, the Falcons placed 4th out of 25 teams in the women's section. Senior Lena Thompson won first place on the 100-yard butterfly and the 100-yard freestyle races and scoring 16 points on each. Bow also performed well on the relays, where Thompson, juniors Sabine Karanouh and Emily Hou, and freshman Ava Popielarz scored in the top 5 for 2 of the different 3 types of swimming relay races. In the third swimming relay, the 400-yard freestyle relay, seniors Olivia Shippos and Anna Fellers, junior Sabine Karanouh, and freshman Molly Key took 4th place. Hou also received 6th place in the 100-yard breaststroke out of 14 swimmers. As a whole, the team scored 120 points.

GIRLS BASKETBALL

As the regular season comes to a close, the girls basketball team remains in a solid position after winning games at home vs Milford, at Pelham, vs Plymouth, and a 51-17 game vs Sanborn and losing games at home vs Merrimack Valley, at Oyster River, and at Pembroke. In the Sanborn victory, Bow's senior night, seniors Bry Szepan, Gabriella Tarsa, Kate McGovern, Ella Gray, and Kylie McKee all contributed to a 51-17 win. Sporting a 13-5 record, the team will be seeded 6th out of 15 teams qualifying.



Members of the girls basketball team cheer on their teammates.

BOYS BASKETBALL

The boys basketball team is in a similar spot to the girls basketball team heading into the postseason. Wins against Oyster River, Kennett, Pelham, and Plymouth propelled the Falcons despite losses to Pembroke and Sanborn. They have the #9 seed in playoffs after a 46-31 win against Lebanon.



Freshman Ben Reardon takes a shot against Lebanon

GIRLS ICE HOCKEY

The Brinity Falcons (a co-op between Bishop Brady, Trinity, and Bow) have put together a 13-5 (72% win percentage) regular season, with its Bow High School members playing key roles in the successful regular season performance. This 13-5 record means that the team will be seeded around 4th in the upcoming tournament.



Bow Sophomore Kaylee Jacques.



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