The Bow Times

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

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VOL 32, NO. 5 | MAY 2025

DUNBARTON NEWS ON PAGES 19 BEVERLY MACINNIS BOSTON POST CANE RECIPIENT!



On Wednesday, April 23, Beverly Mac Innis was recognized as Bow's eldest resident and was presented the prestigious Boston Post Cane. She has been a resident of Bow for the past 47 years.

Select Board Chair Kip McDaniel presented Beverly (age 98) with the Boston Post Cane at the monthly meeting of the Bow Young at Hearts.

Bow resident Eric Anderson notes that when he served as a Town of Bow Selectman in 1991, he had the opportunity to present Beverly MacInnis' mother, Lillian Revoir, with the Boston Post Cane. This may be the first time both a mother and daughter have been the recipient of the Town of Bow's ERIC ANDERSON | Photo presentation of the Boston Post Cane.



BOW POWER PLANT TO GO SOLAR

HOPKINTON-CONTOOCOOK NEWS ON PAGES 15-16

SELECTMEN CONSIDER VOTING LOCATION CHANGE

On April 22, at the Bow Board of Selectmen meeting, Angela Brennan suggested the Board consider returning to a school on election day since they are closed that day. The Board will consult with the School Board to further review that option.



XX ARMBAND CASE **GOES UP ON APPEAL**

www.thebowtimes.com | FREE

After Judge Steven McAuliffe ruled last month that the pink armband wearing Bow parents could not wear them at sporting events, the parents filed an appeal on May 2. The case will be heard later this year in Boston by a three-judge panel of the federal Court of Appeals.

United States District Court Judge McAuliffe addressed the constitutional issue saying:

"This case presents an increasingly common, and commonly difficult constitutional problem: When may public school authorities limit symbolic speech during school athletic contests to protect students from perceived harm?"

The Judge said the parents were targeting the visiting transgender athlete at a fall soccer game at Bow High School. The parents' attorney, Del Kolde said:

"This was adult speech in a limited public forum, which enjoys greater First Amendment protection than student speech in the classroom. Bow School District officials were obviously discriminating based on viewpoint because they perceived the XX wristbands to be 'trans-exclusionary.'"

The Attorney General of the United States, Pam Bondi, reported that she has asked her Civil Rights Division to review the case to see if she will file a brief supportive of the parents.

ED ACTIVITY IN DUNB



Despite getting an exemption for use of coal by the Trump administration, the owner of the Bow Station coal plant is moving forward at the Bow Planning Board for a solar array at the site.

Two years from now the owner, Granite Shore Power plans to build solar farms and battery packs using the site's connection to the power grid to be part of its energy conversion. Granite Shore Power bought the Merrimack station from Eversource in 2018

BOW MEMORIAL DAY CEREMONY & COMMUNITY PICNIC

Memorial Day Commemoration Event | Bow Gazebo | 1 Knox Road

The Memorial Day Ceremony will be at the Gazebo and will start at 4:30 p.m. There will be a community picnic after the ceremony.

A shuttle bus will be provided from Memorial School starting at 4:00 p.m. Bring your chairs and blankets! Contact information 603-223-3910.

See the Bow Community Men's Club ad on page 4 for more information.

Dunbarton Chief Chris Remillard spent the morning directing traffic on what had become a one-lane road. Photo | Chris Remillard

On Wednesday, May 7th, beavers plugged up a culvert running under Route 13 in Dunbarton, which flooded the road and slowed morning traffic on the town's major throughway. Police Chief Chris Remillard said the water had completely covered the northbound lane when it was first reported.

"The culvert had been fine the day before, carrying water from a wetlands on the road's east side to a small creek on the west side. They did it overnight! It doesn't take them much time," said Chief Remillard.

Over the past week, the area has seen more than six inches of rain, which has raised the level of ponds and streams.

Beaver dams, while seemingly adorable due to their engineering and the creatures' industriousness, can also be quite destructive, particularly in human-dominated areas. Beavers build dams to create ponds that provide habitat and protection from predators, but these structures can lead to flooding, damage to trees, infrastructure, and ecosystems.

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

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DEADLINES: 1st of each month; classifieds must be prepaid – cash or a check payable to The Bow Times.

ADVERTISEMENT ERRORS: 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,

GUEST EDITORIAL

EDITOR' NOTE: The tragic outcome when laws are not obeyed has become evident due to the deaths of emergency responders killed by drivers who failed to yield to emergency vehicles, so it is time to make readers aware of this issue. Officer Joseph Rheaume wrote the following article in response to persistent driver offenses that put responders at risk.

PLEASE MOVE OVER FOR YOUR SAFETY AND OURS

by Bow Police Officer Joseph Rheaume

Increasingly in the Town of Bow, we have noticed drivers fail to yield to emergency vehicles in violation of New Hampshire motor vehicle laws. Two specific laws for which we have seen more frequent violations are Section 265:33 of the New Hampshire Revised Statutes Annotated (RSA) and RSA § 265:37-a. RSA § 265:33 (Driving of Vehicles on Approach of Authorized Emergency Vehicles) requires in part, that:

[u]pon the immediate approach of an authorized emergency vehicle making use of audible or visual signals or of a police vehicle properly and lawfully making use of an audible or visual signal, the driver of every other vehicle shall yield the right of way and shall immediately drive to a position parallel to, and as close as possible to, the right-hand edge or curb of the roadway clear of any intersection and shall stop and remain in such position until the authorized emergency vehicle has passed, except when otherwise directed by a police officer.

Following the law ensures a more timely response for first responders, often in situations where seconds count. Not only does yielding to emergency vehicles in accordance with the law create a safer operating environment for first responders and permit faster response times to emergencies, but it also creates safer travel for motorists by reducing the chances of a collision. When everyone knows the rules of the road and adheres to them, there is no question of what is expected of each person. To operate in contravention of the law may subject drivers to a \$64 fine for a first offense and a \$124 for a second offense.

Along similar lines, New Hampshire also adopted in 2004 a "move over" law, which is codified as RSA 265:37-a (Motorist Duties When Approaching Highway Emergencies), and which is designed to protect first responders, stranded motorists, utility workers, and others on New Hampshire's roadways.



Officer Joseph (Joe) Rheaume Bow Police Department Photo | Eric Enderson As of March 2025, the New Hampshire State Senate passed Senate Bill 273, otherwise known as **"Sherrill's Law,"** which was named in honor of State Police Staff Sergeant Jesse Sherrill, who was tragically killed in 2021 when a tractor-trailer struck his cruiser during a highway construction project on Interstate 95 in Portsmouth. The legislation expands the current law to require motorists to move over for all stopped or stranded vehicles displaying warning signs. Those warning signs include hazard lights, road flares, or traffic cones.

Although it is not possible to obtain statistics for violations of yielding to emergency vehicles or for violations of the "move over" law, anecdotally and without exaggeration, we observe it all the time; almost every time our officers are driving code to an emergency call or when we have a vehicle stopped roadside. In that light, where we have more than one officer or supervisor responding to a call, in the event that a driver fails to adhere RSA § 265:33, that driver can expect to be stopped and cited. Similarly, if we have two officers or supervisors on duty while on a traffic stop, and a driver fails to adhere to RSA § 265:37-a, then that driver can likewise expect enforcement action. To be clear, we are hopeful that in

conjunction with our recent enforcement efforts with respect to stopping for school buses, this will further educate the motoring public and make the roads safer for everyone.

MEMORIAL DAY EVER HONOR. NEVER FORGET.

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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.

PHOTO SUBMISSIONS:

Submit event and article photos to Nadeane Mannion nmannion1@comcast.net

CORRECTIONS POLICY:

We strive to present accurate news reports. We will correct factual inaccuracies in our coverage. We encourage readers to tell us if we have made a mistake.

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MEMORIAL DAT HISIORY

Memorial Day, a federal holiday held the last Monday in May, is the nation's foremost annual day to mourn and honor its deceased service men and women. Originally called Decoration Day, it was formalized by a "Memorial Day Order" issued by Grand Army of the Republic Commander-in-Chief John A. Logan in 1868. Modern proclamations call upon all Americans "to observe Memorial Day by praying, according to their individual religious faith, for permanent peace."

EARLY YEARS

In the waning years of the Civil War (1861–1865) and immediately afterward, communities in the North and in the South, Black and White, decorated soldiers' graves with floral honors on springtime "decoration days." The practice of strewing flowers on graves has been documented from Classical Roman times to western Europe in the nineteenth century. On May 5, 1868, the Grand Army of the Republic (GAR), a politically powerful organization of Union veterans led by Major General John A. Logan — issued General Orders No. 11 or the "Memorial Day Act." This issuance formally established "Memorial Day" as a Decoration Day on which the nation would remember its war dead and decorate their graves with flowers. In subsequent decades competition flourished to claim when and where the first such gathering occurred — in one way or another. Recent scholars however, point to the ladies of Columbus, Georgia, who in April 1866 lobbied for a clearly defined Memorial Day on which to place flowers on the graves of Civil War dead.



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Never Forget, Forever Honor

The Bow Community Men's Club Invites You to The Annual Memorial Day Ceremony and Community Picnic

May 26, 2025

Memorial Day Ceremony at the Gazebo 4:30-5:15

Expires 5.1.25

Expires 5.1.25

WHY ? Do We Say... "To butter someone up?"

Meaning: To flatter, praise, or compliment someone

Origin: In ancient India, people would throw little pieces of ghee butter at statues of some of their gods when praying for personal favors. In traditional Tibetan practices, they would craft sculptures of divine figures from butter during festivities, a ritual that was meant to bring peace, happiness, and prosperity in the coming year. In both of these instances, butter was associated with flattery.

That's why today the expression "to butter someone up" means to gain favor through flattery.

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

Community Picnic 5:15-6:30

Sausage & Peppers, Cheeseburgers & Hotdogs. Potato Salad, Beans and Bottled Water, Donations Welcome

Shuttle Bus service provided from Memorial School starting at 3:30 Bring your chairs and blankets.





BOW ROTARY WILL HOLD ITS 14TH ANNUAL CAR SHOW ON SATURDAY, MAY 17, 2025.

The show has 19 vehicle classes with 21 trophies awarded. Classes include early to 1930s, 1940s, 1950s, 1960s, 1970s, 1980s, 1990s, 2000s and newer, Camaro, Corvette, Imports, Mopar, Mustang, Rods and Custom pre-1949, Survivor (most original), Trucks, Motorcycles, British and Muscle Cars.

The car show will run from 8:00 AM until 2:0 PM at 508 South Street, Bow. Registration is \$20. Entrance fee is \$3. More information can be found at **bowrotarycarshow.com.**

ROTARIANS CLEAN UP ROUTE 3-A HAULING IN 40 BAGS OF TRASH!

A group of 10 Rotarians cleaned up the roadside on Route 3A on Saturday, April 19, filling 40 bags of trash.

During the cleanup, Rotarians found a social security card, a title to a camper, three pairs of pants, nine non-matching gloves and a deceased beaver. The group did find fewer discarded empty alcohol bottles than in previous cleanups.

Bow Rotary participates in the roadside cleanup twice a year.



SELECTMEN APPOINT CITIZENS TO BOARDS AND COMMISSIONS

On Tuesday, April 22, the Board of Selectmen made the following appointments to boards.

Business Development Commission Phil Brogan Dan Thomas

Buildings and Facilities

Glenn Dugas

CIP

Mark Davis
Drinking Water

Protection Committee

Cynthia Klevens
Energy Committee

Chris Moore Michael Leuchtenberger Russell Anderson Heritage Commission

Dik Dagavarian

Planning Board Jonathan Pietrangelo

Recycling and Solid Waste Committee Mark Davis

Taj Pietkiewicz

South Bow TIF District Don Berube

Zoning Board of Adjustment Harry Hadaway

Stephen Buckley

These citizens are to be unpaid for their service but they will keep Bow moving forward until the end of their terms in 2028.

NOTTINGCOOK FOREST HAS 25[™] ANNIVERSARY

Bow Open Spaces will mark the 25th anniversary of Nottingcook Forest on National Trails Day, Saturday, June 7, a day dedicated by the American Hiking Society "to celebrate and give back to trails."

Nottingcook events include: morning work parties for repairing/improving trails; stewardship work to protect the land; and, a recognition lunch for all participants.

History - The Town of Bow in 1998 approved the purchase of land, later named Nottingcook Forest. The bond has since been paid in full. The citizens of Bow, at the 2000 Town Meeting, authorized the recording of a permanent conservation easement deed on a portion of the forest, encompassing 629 acres.

Starting in 2003, Bob Dawkins and the Bow Rotary Club, supported by the Bow Conservation Commission, Bow Open Spaces, Cobb Hill Construction, and Middleton Building Supply, undertook the construction of hiking trails, signs and kiosks within Nottingcook Forest. The trails showcase captivating view spots situated on abutting private properties owned by the Sampo, Woodbury, and Dawkins families.

The Bow Pioneers also maintain a recreation trail within the forest, facilitating activities within the conservation easement. Overall, the Conservation Commission is entrusted with the management of the property, while Bow Open Spaces is responsible for ensuring compliance with the conservation easement and trail maintenance. Access is off of Woodhill Hooksett Road and South road.



Pictured left to right are: Matt Dodge, Joya Dennehy, Matt Gatzke, Ben Kiniry, Jerry Kingswell, Gerry Carrier, Bill Ames and Mike Griffin all participated in roadside cleanup. Photo | Eric Anderson.



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TOP 10 PERSONAL FINANCE TIPS FOR COLLEGE STUDENTS

Check out the ten tips listed below from the ABA Foundation to help college students work on mastering personal finance.

You are in charge. You are responsible for your finances and you should act accordingly by creating a realistic budget or plan and sticking to it.

Watch Spending. You control your money, determining how you spend or save it. Pace spending and increase saving by cutting unnecessary expenses like eating out or shopping so that your money can last throughout the semester.

Use Credit Wisely. Understand the responsibilities and benefits of credit. How you handle your credit in college could affect you well after graduation. Shop around for a card that best suits your needs.

Utilize Your Bank Account. Banks are more than money in a vault. They offer valuable services that students can benefit from like check cashing, debit cards, online banking, balance alerts, personal loans, direct deposit, financial education and some offer identity theft protection.

Lookout for Money. There's a lot of money available for students, you just have to look for it. Apply for scholarships and look for student discounts.

New is out. Consider buying used books or ordering them online. Buying books can become expensive and often used books are in as good of shape as new ones.

Entertain on a budget. Limit your hanging out fund. There are lots of fun activities to keep you busy in college and most are free to students. Use your meal plan or sample new recipes instead of eating out.

Be particular when it comes to money. Don't just trust anyone with your money. Be skeptical of classmates, friends or salespeople that have ideas for your money.

Save. Things happen, and it's important that you are financially prepared when your car or computer breaks down or when you have to buy that unexpected bus ticket home. No matter how small the amount you should start putting some money away immediately.

Ask. This is a learning experience, if you need help, ask. Your parents or your banker are a good place to start and remember the sooner the better.



RELIABLE INSURANCE SOLUTIONS RELOCATES TO BOW

Reliable Insurance Solutions, a trusted provider of comprehensive insurance services, is excited to announce its official move to The Stiel Building, located at 48 Grandview Road, Bow, New Hampshire. The agency's new location places it alongside The Associated General Contractors of New Hampshire and Bruce J. Marshall Law Offices.

After experiencing significant growth over the past decade, agency owner Matthew Poulin, a Bow resident himself, saw the opportunity to expand the company's presence in the local community. "As a long-time Bow resident, it was important to me to establish our business here, where we can continue to serve the community that has supported us from the beginning," said Poulin. "This is the perfect location for us to continue growing while staying close to the heart of Bow."

Reliable Insurance Solutions is known for its commitment to offering tailored insurance coverage that fits the needs of every client. Whether it's auto, home, business, or life insurance, the agency is dedicated to providing expert guidance and ensuring peace of mind for its customers.



FROM LEFT TO RIGHT: Alex Koutrouba, Executive Vice President of The Associated General Contractors of New Hampshire; Matthew Poulin, Agency Principal of Reliable Insurance Solution; and Bruce Marshall, Esq. of Bruce J. Marshall Law Offices PLLC Photo | Eric Anderson.



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Remember that time I asked for your opinion?

NEITHER DO I!





WHO KNEW

Who says you have to learn music theory and read music to become a famous musician? Here are a few of the most notable musicians in history who could not read music, and who made it to the top, purely by their own passion, innate talent and a very "good ear."

ELVIS PRESLEY, the King himself, could not read music, but was able to pick up instruments and just play them. He could play back a song after only hearing it once. In the 1950's, he became the leading artist in the new "rock and roll" movement.

IRVING BERLIN was an American gem whose music fills a huge part of the Great American Songbook. During his 100-year lifetime, he wrote over 1,500 songs without being able to read music. He would poke out songs on his piano and then hum, whistle or sing them to someone who would transcribe the music.

ERIC CLAPTON, regarded as one of the most influential singers, guitarists and composers of all time, could not read music. He is self-taught by spending countless hours playing sustained blues improvisations on the guitar.

MICHAEL JACKSON was a virtuoso singer and dancer, but could not read music. He would work out the entire orchestration of a song in his head and then communicate the exact details to each individual musician, vocal backup singer and dancer. Dance choreographers have marveled at some of Michael's never-before-seen dance movements that he invented.

PAUL MCCARTNEY was embarrassed that he could not read even the simplest sheet music. He said that all those notes in the music were just "dots on the page." But he sure could sing, compose and arrange music, along with the other Beatles, winning him world-wide acclaim.

FRANK SINATRA could not read music, but had an incredible ear and perfect pitch. His original and uniquely identifiable musical styling is the subject of college music theory classes, even though he never took a single music theory class. Nelson Riddle was one of Frank's favorite musical arrangers, who orchestrated every instrument in the band. Nelson said that at rehearsals, Frank would sometimes stop the band because he heard a wrong note from one of the instruments, and he was always right.

LIONEL RICHIE learned to play piano purely by watching his grandmother play classical music. Other than that, he was entirely self-taught, wrote 63 songs and was inducted into the Songwriter's Hall Of Fame.

PRESIDENT NIXON played piano, saxophone, violin, clarinet and accordion even though he could not read music. He had a keen ear and could pick out even the most complex notes of classical pieces. His improvisational talent was noteworthy as was his having composed a piano concerto. He accompanied Pearl Bailey in concert at the White House, and played "God Bless America" at the Grand Ol' Opry. The 37th president is considered by some historians to have been the most musical president.

These are just a few famous musicians who had little or no formal musical training. But what they all seem to have in common is *passion*, natural musical instincts, a good ear, years of dedication and focus on the development of their special gifts. Who knows, maybe taking lessons or studying music in college might have hindered them, trained them to set boundaries on their creativity and limit their thinking outside the box. These musicians were fearless and made music in their own, unique and wonderful ways.



Bow Young at Heart Club

UPCOMING EVENTS

MAY 28, 2025 11:30 AM - 2:30 PM

Meet at the Old Town Hall for lunch followed by a visit the **Miniature Horse Farm** in Bow. The public is always welcome to attend meetings. Membership is open to residents 55 and older.

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



Here for our neighbors, 158 years & counting!



Pable Picasso said "learn the rules like a pro so you can break them like an artist." In art and music, some skip through learning the "rules" and just become the artists.

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Matter



MAY FLOWERS AND YOUR HEALTH

by Jim Olson

"Someone's sitting in the shade today because someone planted a tree a long time ago."

-WARREN BUFFETT

As a professional health and fitness coach, I often see people too frightened or too overwhelmed or too skeptical to take control of their health.

Rather than taking control of their bodies they:

- Extreme diet one week and regain the weight (plus some) the following week
- Spend hundreds of dollars on fads that do little to help; or
- Give up entirely and slowly add weight and lose muscle as they age

Want to know why?

Well, 9 times out of 10 it's because the actions they take today are not enough to produce immediate results. And most of us are looking for a quick fix. An instant win.

Unfortunately, that is not the way it works. You have got to put in the effort to reap the rewards.

But let us assure you that the rewards are well worth it.

For example...

Mary spent hundreds of dollars on weight loss solutions that guaranteed results. And although she saw immediate results with most of the programs, she did not have enough willpower to sustain her progress. Of course, she did not figure that out until after the terms of the guarantees were void.

After experiencing a heart-health scare, Mary realized her progress needed to be continuous. She became a client, and we began coaching her safely, effectively and progressively all within her recommended guidelines. Within 3 months, Mary was off her heart medication. She lost 35 pounds and found a level of energy she had not seen in years.

Here is what Mary had to say:

Jim Olson

"Honestly, I had no hope. I felt like I had tried everything. Turns out I needed more accountability than I had planned on. My coach helped me keep going when all I wanted to do was quit."

And then there's Brad...

Any sustained success starts with a positive mindset, Brad was unprepared for the sacrifices he would have to make to lose weight. Not a fan of fitness but a huge fan of fast food, Brad had resigned himself to a life of obesity. Until his first child was born. And Brad realized his life was no longer his own.

What Brad needed, more than intense workouts, was to break the habits he had had for years. The tendency to reach for food even when he was not hungry. He preferred to watch over taking walks.

Here is what Brad had to say;

"I did not think I could ever break the patterns that lead to my weight gain. You do not expect to get psychological help from a gym. But that is what made the biggest difference for me."

A healthy body starts with one single action: making the choice for things to be different.

If you had started with a personal trainer in April, you might already be seeing:

- Up to 20 pounds of weight loss
- More strength in your core
- Significant increase in your metabolism

If you are struggling like Mary and Brad were and are finally ready to achieve your health and fitness goals to live with, then let's get you scheduled for a complimentary consultation with no obligation today!

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TOWN OF BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT APRIL 2025 ARREST LOG

4/1 Keith Sinders, 48, of Bow, arrested on a charge of domestic violence-related simple assault

4/2 Paige Averill, 36, of Bow, arrested on a charge of reckless conduct with a deadly weapon

4/6 Jude Stohl, 53, of Barrington, arrested on a charge of domestic violence-related stalking

4/10 Collen Adams, 33, of Hopkinton, was arrested on a Hampton Police Department warrant for harassment

4/11 Timothy Gove, 38, of Franklin, was summoned for suspended vehicle registrations

4/12 Sean Nelson, 40, of Bow, was arrested on a charge of driving under the Influence

4/13 Michael Martin, 39, of Cumberland, RI, was arrested on a charge of criminal trespass; Jason Baker, 44, of Malden, MA, was arrested on a charge of criminal trespass; Shawn Lathan, 37, of Jamestown, RI, was arrested on a charge of criminal trespass

4/14 Dreux Carroll, 40, of Fall River, MA, was arrested for driving after suspension-subsequent offense and breach of bail

4/19 Nicholas Fuchs, 38, of Warner, was arrested on an electronic bench warrant for failure to appear

4/22 Christian Beck, 38, of Salisbury, was summoned for suspended vehicle registration

4/23 Jonathon Engelhardt, 29, of Hooksett, was summoned for suspended vehicle registration and driving after suspension

4/26 Jhoana Astudillo Hurdato, 31, of Blackstone, MA, was summoned for operating without a valid license

In addition, there were:

3 violation level arrests and 1 involuntary emergency admission.

A Message from CHIEF KEN MILLER



This Memorial Day, the Bow Police Dept. stands with our community in honoring the brave men and women who have made the ultimate sacrifice in service to our nation. We remember their courage, their dedication, and the profound impact they've had on our freedoms. We are forever grateful for their service and sacrifice. Please take time this Memorial Day to reflect and remember.

POLICE OFFICER AUGUSTUS B. FARMER OFFICER DOWN MEMORIAL | BOW POLICE DEPARTMENT

END OF WATCH: THURSDAY, JUNE 15, 1893



Police Officer Augustus Farmer succumbed to injuries he received when he was assaulted while attempting to arrest a man who was harassing him on June 12, 1893.

Officer Farmer had stopped at a watering hole for his horse around 6:00 p.m. in Bow, near Dunbarton Road, a few miles from Hooksett village. The subject, James Jameson, who had been following him and had been threatening to kill him, also stopped to verbally berate him for a previous incident. When the subject swung at Officer Farmer, he attempted to

arrest him, and a scuffle ensued. During the confrontation, the subject yelled for his brother Albert, who appeared from the woods, striking Officer Farmer multiple times over the head with a billet of wood. Once Officer Farmer was on the ground, Albert kicked his shoulders and head before fleeing the area.

A witness rendered aid to Officer Farmer but left after Officer Farmer told the witness he would be okay. When the witness returned 15 minutes later, Officer Farmer was unconscious. He was transported to his home, where he never regained consciousness and passed away on June 15, 1893.

The two brothers were apprehended. James Jameson was found guilty of aggravated assault and sentenced to three months. His brother, Albert was convicted of first-degree manslaughter and sentenced to three years.

Officer Farmer was a US Civil War Union Army veteran and had served as a police officer in Bow. He had previously served as the doorkeeper of the New Hampshire House of Representatives. He was survived by his wife and two daughters.

Police Officer Farmer is buried at Head Cemetery in Hooksett, Merrimack County, New Hampshire. 132 years after his line of duty death, we honor his legacy and his service to the Town of Bow.

WE'RE HIRING! APPLY TODAY! WE'RE CURRENTLY HIRING FOR: POLICE OFFICER PAYSCALE: \$59,155 up to \$72,072

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In that spirit of remembrance and honoring service, we are also currently researching the history of the Bow Police Department and are seeking your help! We plan to display

department memorabilia in our lobby to recognize the dedicated individuals who have served our community. If you have any items that might be suitable for display, please reach out to me at the police department. It's crucial to understand the foundations of our department and the people who built it.

In our research, we've uncovered the story of Officer Augustus B. Farmer, who tragically died in the line of duty on June 15th, 1893. A respected figure in Bow during the late 1800s, Officer Farmer was a Civil War veteran, local farmer, and dedicated public servant. I'm proud to announce his inclusion on the Officer Down Memorial Page and am working to have his name inscribed on national and state law enforcement memorials, ensuring his sacrifice is finally recognized. If anyone has old photos of Officer Farmer or knows of any living relatives, please contact me. Your contributions will help us preserve and honor our shared history.

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





Foyer Mailbox: There is a mailbox in the front foyer of the Police Department. It is video monitored and is available 24 hours a day for paperwork drop off. Items accepted in this mailbox include: Parking tickets with exact

fee, Pistol permit applications, Statements, Vacant House Check (VHC) forms.



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53 Old Pumpkin Hill Road, Warner 3 beds | 3 baths total | 15.16 acres | \$1,200,000

This custom-built contemporary offers stunning mountain views from every room and sits on a quiet country road just minutes from downtown. Featuring a fireplaced living room, sunroom, chef's kitchen, luxurious primary suite, multiple guest spaces, finished basement, and beautifully landscaped grounds—this architect-designed home is ideal for comfort, style, and convenience.

Rachel de Thomas c: 603.748.1800 MLS# 5037900

CONCORD OFFICE: 603.525.7123



15 Lincoln Circle, Hillsborough 3 beds | 2 full baths | \$435,000 Jocelyn Kulbacki c: 603.680.1695 MLS# 5038189



Waldron Hill Road, Warner Land | 11.90 acres | \$349,000 Rachel de Thomas c: 603.748.1800 MLS# 5038299

JUST SOLD: BOW



BY JOHN LANGILL C: 603.234.6836



151 Woodland Hghts Rd, Springfield Land | 71.00 acres | \$350,000

Rachel de Thomas c: 603.748.1800 MLS# 5036008



7 Sawmill Road, Bow 3 beds | 2 baths total | \$839,900 John Langill c: 603.234.6836 MLS# 4986615



BY RACHEL DE THOMAS C: 603.748.1800

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GLP-1 Drugs...Let's talk about them

by Christian Troy

One of the hot topics in our office is whether GLP-1s are covered in prescription drug plan formularies. For those who do not know what GLP-1s are, GLP-1 stands for Glucagon-Like Peptide-1. This is a naturally occurring hormone in our bodies that plays a role in regulating blood sugar, appetite, and digestion. This hormone is also the target of a class of medications called GLP-1 agonists, or GLP-1 agonist receptors. Brand examples of GLP-1 agonists include Ozempic, Wegovy, and Mounjaro, amongst others. These medications work by mimicking naturally occurring GLP-1 with the intent of blood sugar control, weight loss, and creating cardiovascular benefits.

"Will my GLP-1 be covered?"—is the direct question most of our clients ask us.

Our answer is often: that depends. If you need a GLP-1 purely for weight loss, the answer is no, it will not be covered. But, as these drugs were initially designed for diabetes and cardiovascular control, if you are taking a GLP-1 in coordination with the management of your diabetes / cardiovascular health, then the answer can potentially be a maybe. Note that Medicare Part D Prescription plans are required to cover at least two drugs for type 2 diabetes and/or cardiovascular disease, but not specifically GLP-1s. So, it will depend on your carrier and on their formulary.

"Will they change things and cover my GLP-1 soon?"—is usually the follow up question we get.

In April of this year, the current administration rejected a rule that would have seen GLP-1s covered by Medicare under the category of anti-obesity. The administration has cited wanting to address the cost of the drugs first. We are watching this closely

for updates. In the end though, a drug's cost will largely come down to the carrier and their plan's formularies, and changes in a plan's formulary should be expected.

But, it's not your job to stay on top of these changes. It's ours. At

Woodpecker, an important component of our service is the ongoing support we provide our clients. After we help our clients confidently enroll in Medicare, we stay with them every single year and check in to provide guidance on their health plan and their health plan options. As we often say: you are not alone in understanding your Medicare health plan options, you have a woodpecker!

If you have questions about your Medicare prescription drug plan and would like a plan review, we would be delighted to meet vou. We're right here on Main Street in Concord. We're independent- we work for you. And our services are free to youwe are paid by the carriers, at no cost to you. More importantly, we are here for you-year in and year out, to help you confidently manage your Medicare health plan and the options available to you.

We look forward to working with you! 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.

30 South Main Street, Concord, NH 03301 • 603-499-4399 • www.woodpeckermedicare.com

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)





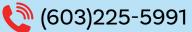




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BOW HIGH SCHOOL SPORTS SPOT

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

BOYS LACROSSE

The boys lacrosse team rolled out to a hot start, going undefeated as of this writing. Wins at home against Kearsarge, Bishop Brady, and a strong 13-1 win over John Stark along with an away win at Lebanon have put the team at 4-0 as the month of April finishes up. Junior Bradley Ekstrom made his **300th career save in the John Stark win.**



Senior Harrison Denise (in white) against John Stark

SOFTBALL

The end of April sees a 6-1 record for the Falcons. With three shutout wins against Hollis-Brookline, Manchester West, and Pelham to start the season and additional wins against Pembroke, Hanover, and Campbell, the team is off to a great start.



Senior Lauren Oppold in a scrimmage game against Bishop Brady

BASEBALL

Bow baseball, though losing its season opener at Hollis-Brookline 1-3, has largely done its best to make up for it, winning all but one of its games since that point, giving it a 5-2 record as of this writing. The team has four All-State players from last year: seniors Dillan Abbate, Owen Webber, and

GIRLS TENNIS

The girls tennis team, despite a 3-5 record as April finishes up, has displayed invariable tenacity in its matches so far. With seniors Katie McCabe, Maddy Desrosiers, Makaylie Laws, and Lillian Gula along with other underclassmen making up the team's top 6, the team has defeated Goffstown, Kennett, and Milford, all home games. In the win against Kennett, Laws, Gula, Alexis Pelletier, and Sierra Scull all won their singles matches and Laws and Desrosiers won their doubles match to give them the win.



Senior Katie McCabe makes a backhand shot against Kennett

GIRLS LACROSSE

The Falcons have had a 3-2 April, defeating Concord Christian High School 19-1 at home and Laconia and Gilford 15-2 and 7-6, respectively. sadly, the team stands at 3-2 due to tough losses against Hopkinton and St. Thomas Aquinas. In the Hopkinton loss, however, **team goalie Gianna Trott made her 100th career save!**



Goalie Gianna Trott against Hopkinton.

BOYS TENNIS

The boys tennis team has won 4 games and lost 3 tough games into May.

Brady Lover and junior Jake Reardon. Wins over Laconia, Pelham, Merrimack Valley, Pembroke, and Oyster River have accounted for the 5 wins thus far.



Owen Webber against Pelham

Wins at Kennett, at Milford, and at home against Kingswood gave the team 3 wins, but tough games against Winnacunnet, Goffstown, and a close loss against Merrimack gave the team 3 losses. However, the Falcons bounced back in their final April game, winning every single match in their game against Alvirne.



Senior captain Ben Rondeau against Winnacunnet

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110 Canterbury Shore Dr., Canterbury Listed at \$480,000 Bianca Contreas 603-491-8849



NEW LISTING

4 Morrill Lane, Concord Listed at \$729,000 Kathy Cleary 603-545-1998



UNDER CONTRACT

14 Whittier Drive, Bow

Listed \$785,000

Ann Dippold 603-491-7753

SOLD

6 Longview Drive, Bow Sold for \$850,000 Bianca Contreas 603-491-8849

11 Fernwood Lane, Amherst Sold for \$647,000 Ann Dippold 603-491-7753

SOLD

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152 Poplar Street, Manchester Sold for \$675,000 Bianca Contreas 603-491-8849

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	4 Bow Center Road	3 Bedrooms 4 Baths	2754 Square Feet	CONDO	\$550,000	
	49 Chandler Circle	4 Bedrooms 2 Baths	3072 Square Feet	2.55 Acres	\$625,000	
	53 White Rock Hill Road	4 Bedrooms 3 Baths	2756 Square Feet	2.41 Acres	\$770,000	
	6 Longview Drive	5 Bedrooms 4 Baths	3850 Square Feet	2.32 Acres	\$850,000	
	Lot 82-G Sawmill Drive	4 Bedrooms 3 Baths	2914 Square Feet	1.48 Acres	\$969,000	
	34 Sawmill Road	4 Bedrooms 3 Baths	3419 Square Feet	2.69 Acres	\$1,159,900	
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Sales Data for APRIL 2025 is provided by the NHMLS.						
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MOTHER'S MONTH OF MAY by Bow Resident Paul Pomeroy

It was a bit difficult to get enthusiastic for Our "Mother's Month of May" last year. What with the very mild February followed by unwelcome storms in March and April. We were unable to spruce up our surroundings as much as we may have liked. But it appears that Mother Nature has followed a much more traditional path in 2025. February and March were nasty. Cold, snow, and those winds! But we started to come out of the winter in April. And it appears that we will be able to celebrate our moms in appropriate fashion this month. After all it is Mom's Month.

So, as I celebrate all the moms I know and love, and cherish the memory of my own mom, I call on others to help us out with their sentiments:

"Acceptance, tolerance, bravery, compassion. These are the things my mom taught me." *Lady Gaga*

"The loveliest masterpiece of the heart of God is the heart of a mother." *St. Therese of Lisieux*

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

"Mother's love is peace. It need not be acquired, it need not be deserved." *Erich Fromm*

"My mother had a slender, small body, but a large heart–a heart so large that everybody's joys found welcome in it, and hospitable accommodation." *Mark Twain*

"Mothers have the ability to liberate by love or, by neglect, to imprison. They're our first teachers; they are our first loves." **Maya Angelou**

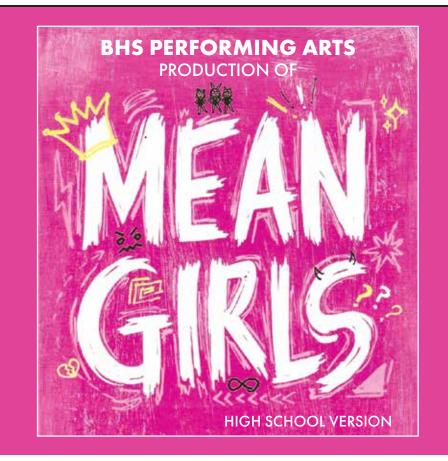
"You sacrificed for us. You're the real MVP." Kevin Durant

"Mothers can look through a child's eyes and see tomorrow." *Reed Markham*

"A father may turn his back on his child, brothers and sisters may become inveterate enemies, husbands may desert their wives, wives their husbands. But a mother's love endures through all." *Washington Irving*

"A mom forgives us all our faults, not to mention one or two we don't even have." – *Robert Brault*





Book by TINA FEY • Music: JEFF RICHMOND • Lyrics: NELL BENJAMIN Based on the Paramount Pictures film MEAN GIRLS Directed by Kelsey Berthiaume | Music Direction by Eric Berthiaume Choreographed by Sara Wenrich | Stage Manager Hanna McLeod | ASM Zachary Cannon

Performances at **BOW HIGH SCHOOL AUDITORIUM** Friday, May 16th at 7:00 PM Saturday, May 17th at 7:00 PM Sunday, May 18th at 2:00 PM \$10 each for Staff & Students (in person only) \$15 each for General Audience (available online & in person)

PLEASE NOTE: DUE TO SUBJECT MATERIAL, THIS PRODUCTION IS RATED PG13. Some material my be inappropriate for children under 13. Parental Guidance strongly suggested. Presented through special arrangement with Music Theatre International (MTI). All authorized performance materials supplied by MTI (mtishows.com)



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THE FARMERS' MARKET is outside at Riverway Park on Saturdays from 9am-12pm. Ongoing updates are available at Contoocook Farmers' Market on Facebook.

THE ANNUAL FLEA MARKET at the First Congregational Church of Hopkinton is Saturday May 10th from 9am-12pm. There will be a wide variety of items for sale including clothes, kitchen items, plates, vases, pictures and jewelry as well as small appliances, furniture, tools, camping equipment, and toys.

CLEAN OUT YOUR CLOSETS for Changing Lives Equine Center! In May we will be collecting clothing, accessories and household textiles. All items must be clean and in sellable condition. The funds raised will support older rescue horses who are used by therapeutic riders, veterans, Special Olympians and 4-H members. To arrange to drop off donations (deadline Friday May 30th), contact Marcia Evans (603) 545-5231 or email marciadawnmar@tds.net. To arrange for pick up text Kath Butcher (603) 724-3452 or email kathb123@comcast.net

VINTAGE YARD SALE. The Hopkinton Historical Society is accepting donations for its Vintage Yard Sale on May 17 (rain date May 18). Items needed: furniture, tools, collectibles, framed art, old silver, china, jewelry, etc. We would be happy to pick up any of these items. Please email administrator@hopkintonhistory.org or call 603-746-3825 to schedule pick-up or drop-off of your items. Thank you for your support!



Saturday, May 31st at Harold Martin School from 10:00 AM – 2:00 PM





Games & Activities Live Music New Concessions Facepainting 50/50 Raffle & **SUMMER CAMPS** There are many camp options available for this summer. Hopkinton Rec Camp. Summer Chess Champs Camp. Summer Art Camp. Camp Invention STEM. British Soccer Camp. Sign up today at www.HopkintonRec.com

LIBRARY BOOK SALE The Hopkinton Town Library's annual book sale is on May 17th from 10am to 4pm. \$5 bag sale 1-3pm. Free books after 3pm. We'll be accepting gently used books at the library on the following dates: Saturday May 10th 10:00-2:00, Wednesday May 14th 10:00-6:00, Thursday May 15th 10:00-6:00, and Friday May 16th 10:00-4:00. Limit 3 boxes per family (banker box/wine box size). Please do not donate old/ musty books, Reader's Digest books, magazines, textbooks or CD/VHS/ DVD. Books should be in good sellable condition. If you can volunteer to help with sorting, please email -libraryfriends03229@gmail.com

ZEN MINDFUL SERIES for adults. Presented monthly. The next one is Friday, June 6 at 10:30 am - Mindful Movement and Tai Chi. All programs are free but require registration as space is limited. Please call the Slusser Center at 603-746-8065 to sign up.



SUMMER MEMBERS SHOW & SALE

MAY 31 — JUNE 28, 2025



COME SEE WHAT OUR MEMBERS ARE CREATING!

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You'll find ceramics, painting, photography, prints, mixed media,

Sunny, by Liz MacBride

woodworking, sculpture, and more, in a variety of sizes and price points. Sales support local artists and TVAS, so it's a great occasion to shop for gifts or the perfect item for your home.

> TVAS gallery is open to the public free of charge, Thursday– Sunday from 12:00 – 4:00 PM. www.twovillagesart.org



APRIL 2025 ARREST LOG

Raffle Baskets Cakewalk & so much More!

PTA FUN FAIR We are super excited to be bringing back the PTA Fun Fair! It will be held on May 31st, and we need your help to make it a success. Fun Fair planning is getting started and we would love you to join us! Please let us know if you'd like to be added to the group working on Fun Fair. For information email connect@HopkintonPTA.org. or send us a message on our Facebook page.

DOG LICENSE Dogs were due to be licensed by April 30th. Please reach out to us with any questions. 603 746-3180 or TCTC@HOPKINTON-NH. GOV. Licensing can be done online, in person at the Town Clerk's office (Town Hall, 330 Main St., Hopkinton), or utilizing the drop box in front of Town Hall. Town Clerk's office must have updated rabies vaccine information on file to be processed.

THE HOPKINTON FOOD PANTRY has a variety of volunteer opportunities for adults and teens. Please reach out to Priscilla at prismnh@ comcast.net .

5 Arrests • 3 Accidents • 319 Traffic Stops

4/10 Emily Gonzoles, 28, of 399 Old Henniker Road, Hopkinton, was charged with Disorderly Conduct.

4/11 Vincent Kennedy III, 34 of 1039 Clement Hill Rd., Hopkinton, was arrested for DUI-Aggravated .16+ and DUI; 2nd impairment.

4/11 Gino Costarelli, 25, of 17 Williams Path, Kingston, NH was charged with Reckless Operation and Negligent Driving.

4/16 Dylan McGregor,16, of 36 Hunt Pond Road, Sandown, NH was charged with Reckless Operation and Negligent Driving.

4/25 Adam Simard, 42, of 31 Maple Street Apt 4, Hopkinton, NH was arrested for DUI and Open Container Alcohol or Marijuana.







In nature, spring is the most active time of year. There's a buzz in the air: flowers blossom, trees turn green as they come back to life, and new growth abounds. Isn't it time to get busy working on your financial future? Let's craft a custom financial plan that will have you ready for everything life has in store, so you can enjoy what each new season has to offer.

THE GONDOLAS OF VENICE

Venice, also known as La Serenissima (Most Serene), has fascinated people from all over the world for centuries. Putting aside its storied history, famous masquerade balls during Carnevale and its stunning architecture, it is primarily recognized as the floating city with transportation only available on boats which travel along its many canals.

While there are different types of boats which transport commerce and people the most famous are the gondolas.

The use of gondolas became extremely popular in the 14th Century when the government banned horses from the streets of the city. By the 16th Century it is estimated there were about 10,000 gondolieri maneuvering through the city's canals.

Today there are about 400 gondolas still in use, but they cater primarily to tourists and are also used for ceremonial events and competitive rowing.

The gongolas you see today look different from those used long ago. When first introduced, they were primarily used by the wealthy and the nobility, To display their wealth and importance the owners added luxurious decorations to gondolas that were shorter, larger, and symmetric. During the 19th Century, Venetians began to construct longer gondolas which were approximately eleven meters long, like they are today.

A gondolier's guild was created which established rules and regulations for the gondoliers. These special licenses were often passed down from father to son, and they closely guarded the secrets of their profession.

Aspiring gondoliers were subjected to a rigid apprenticeship, and they often began at an early age. They had to learn navigation skills and knowledge of the canals including location in relationship to other canals and areas of the city and also how to control the gondola in all types of weather.



Since it is still very much a family tradition, the basics are still taught early on. Aspirants will learn the Voga alla Veneta or the Venetian style of rowing where you stand up and row facing forward. They must also pass a swimming and rowing test before they are even accepted into the "Arte del Gondoliere" school. There are just 40 places in the prestigious gondolier course each year and the students complete approximately 400 hours of instruction.

Once one passes all the requirements, they must then join the Gondolier Guild and apply for a license which can cost 20,000 to 30,000 Euro. Only 425 licenses in total are granted.

The guild is a very tight community, and licenses are still typically passed down from father to son. If a gondolier does not have a son to pass down his license, he can then get approval to sell it. In 2009 history was made when Guild officials approved the transfer of a license from a father to his daughter. Giorgia Boscolo, 23, a mother of two, became the first woman gondoliera 900 years to become part of an all-male profession.

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Gondoliers are easily identified by the unique outfits they wear as a symbol of their profession. Historically, they wore dark pants and a white shirt, but many changed this to wearing a striped shirt, either black and white or blue and white. It is also common for them to wear a straw hat, usually with a colored ribbon.

Gondoliers certainly benefit from this good income, but most will agree they enter this centuries-old profession to keep this rich Venetian tradition alive.

They are steadfast champions for the millions of tourists who visit each year in a city which has begun to rebel against the large numbers. It makes sense that the gondoliers would support tourists as they are the primary reason they are able to continue their cherished and time-honored profession.

Courtesy Delaware Valley, Italian American Herald, 2025



APRIL 2025 RESPONSE ACTIVITY LOG

Basic Life Support Transports: 11 Advanced Life Support Transports: 22 Non-Transports Lift Assists 27 Fires /Hazardous Conditions 18 Service Calls: 1 Total Activity: 86 Overlapping Incidents: 17

BRUCE MAXWELL & DUANE RESSE Awarded for Acts of Valor!



Pictured left to right: Bruce Maxwell and Duane Reese joined by Bow Fire Chief, Dennis Comeau. Photo | Tonia Linquist.

On April 15, 2025 at 11:27, Bow Fire Dept. was dispatched for a propane delivery truck involved in an accident with a tractor trailer unit. The propane tanker had rolled over, the grass was ignited, and the truck was leaking propane.



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Bow DPW employees Bruce Maxwell and Duane Resse heard the crash and ran up the hill, finding the overturned truck and the driver trapped in the cab. With no regard for their own safety, they climbed the truck and were able to extricate the driver to safety. He was transported to the hospital with minor injuries. Their distinguished service and selflessness merited the department's Lifesaving Award and commendations for their valor.



The scene as Duane and Bruce worked to free the driver.

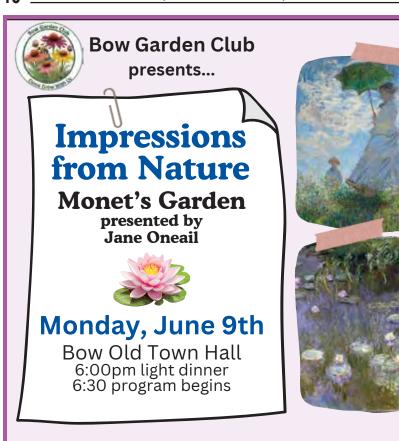


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Claude Monet was the founder of French Impressionism, a style that involves working outside on sketchy paintings to capture momentary effects of light and shadow. Monet's career included his beloved series on the water lilies in his garden in Giverny, France. This program traces the artist's life and career and includes many of his most beloved works, focusing on his gardens. Our speaker, Jane Oneail, delivers art appreciation programs to audiences throughout New England.

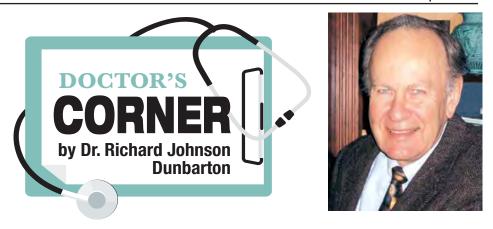


THIS EVENT IS FREE AND OPEN TO THE PUBLIC, BUT REGISTRATION IS REQUIRED. PLEASE EMAIL REGISTER@BOWGARDENCLUB.ORG



Contact us for a free, no obligation quote. No artificial intelligence, only





EHLERS-DANLOS SYNDROMES

You may not have been aware, as I was also not aware, that May is the month that focuses our attention on the Ehlers-Danlos Syndromes (EDS). In fact, you may not have ever heard of EDS. There have been descriptions of people with lax joints in the writings of Hippocrates, but the syndrome was coined in 1936 and derives its name from the work of Edvard Ehlers, a Danish dermatologist, and Henri-Alexandre Danlos, a French physician who in the early 1900s delineated the features of this group of inherited disorders.

All 13 of the inheritable different types of EDS share the features of loose and fragile skin, poor wound healing and severe bruising and scaring. Each type of EDS has, however, its own distinct features. The most common is Hypermobile EDS (1 in 3 to 5 thousand) and Classical EDS (1 in 20 to 40 thousand). Most of the other types are rarer (1 in 1 million). In my surgical practice I was privileged to care for a young person with the Classical EDS manifested by very fragile and stretchy skin with a velvety texture. This child was easily injured with the skin simply falling apart when sustaining the most minimal trauma. By adolescence the child's legs were covered with scars. There was no integrity to the skin, so every suture placed would easily pull through the skin with minimal tension. Care required a slow and very compassionate approach, letting the child make many of the decisions. As the child grew and gained confidence in my care, we developed a trusting and exclusive patient-physician relationship. Caring for this patient into adulthood was a wonderful privilege.

These syndromes are an inherited genetic abnormality, some are autosomal dominant and some autosomal recessive. The result is there are 13 different presentations depending on the resultant collagen abnormality. Heart valves can be affected, foot deformities, craniofacial abnormalities, hip dislocations, muscle weakness, hypotonia, gum disease and tooth loss, organ fragility & rupture, chronic pain, joint instability, and arterial fragility with secondary aneurysm or dissection and rupture. Each type of EDS has its own diagnostic criteria and if the person meets the diagnostic criteria a genetic test should be done to confirm the diagnosis, but not all the EDS types have genetic tests available. Since there is not one specific treatment for EDS, each person's symptoms are managed as they present resulting in multiple health care professionals being involved in each person's care.

You may have heard of hypermobility spectrum disorders (HSD). By definition, when a condition is causing any issues or pain, it is considered a disorder. Although HSD is not considered EDS, there may exist a spectrum of these conditions. More genetic work needs to be done before we can make a definitive diagnosis in every case. Speak to your primary care physician if you suspect or are worried about the possibility of having either EDS or HSD. Genetic testing might be helpful in sorting out difficult symptoms and physical findings.

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DUNBARTON NEWS



CHAIR YOGA WITH SHERRY will be Thursdays at 11:00 AM upper floor at the town hall/library: May 22, May 29 and June 12. Dress warm and comfortably and bring water. Confirm dates and time on the library's FB page or website.

CLOSED Town offices closed for Memorial Day Monday, May 26.

THE AMERICAN LEGION Post 116 will hold the Wreath Laying Ceremony at the Dunbarton Town Common & Center Cemetery. The ceremony begins at 11:00 am. Veterans, please arrive at 10:45 am for assembly. The Annual Memorial Day Ceremony with the Hopkinton Band will begin at 1:00 pm at the Dunbarton Community Center (School Gymnasium).Veterans, please arrive at 12:45 pm for assembly. **Everyone is welcome.** For more info contact Charles Frost (603) 774-3634.

BEYOND THE BOOK The Congregational Church: Beyond the Book group will read *Christianity After Religion* by Diana Bulter Bass. Discussion is scheduled for Thursday, June 5 at 7pm. Contact **barbbennett51@gmail. com** for location or/and if you have questions.

THE LIBRARY'S BOOK GROUP is reading *Queen of Paris: A Novel of Coco-Chanel.* "Called 'top-notch historical fiction' by Publishers Weekly, this meticulously researched, bestselling novel of Coco Chanel is as elegant as the woman who inspired it." Discussion is at noon at the library on Wed, June 17. There are no book meetings in July and August. Confirm dates and time on the library's FB page or website.

THE GARDEN CLUB will meet Monday, June 9 at the Dunbarton Library/Town Hall 2nd Floor, 1004 School St, Dunbarton, NH. The meeting agenda will start at 6:45pm. Connect with members to discuss what's happening in the garden club throughout 2025. Members of the public are welcome. Contact: DGC03046@gmail.com

6TH GRADE PROMOTION CEREMONY at the elementary school is schedule for Tuesday, June 10, 6:30pm to 8pm. Come celebrate with our sixth graders before they head off to BMS next year. FMI contact dunbartonpto@gmail.com.

SPRING FLING Last Day of School/Spring Fling is Friday, June 13, 7:55am to 11:55am. The elementary school will have outdoor activities, weather permitting. Contact the dunbartonpto@gmal.com.

OPEN MIC SPIRESIDE COFFEEHOUSE will be held at the Dunbarton Congregational Church, 6 Stark Hwy N on Saturday, June 21. Donation is \$5.00. Doors open for Open Mic sign-ups at 4:30pm. Music starts at 5pm. Musicians, poets and storytellers are welcome. Coffee, tea, soup and snacks are provided, and donations are accepted for them. Contactlizz@community-dunbarton.org.

DUNBARTON POLICE DEPT

APRIL, 2025 ARREST & CHARGE LOG

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

04/04: Danielle Merrill, 39, Dunbarton, was taken into custody for driving after revocation/suspension - DUI 2nd conviction, driving after revocation/ suspension - refusal of implied consent, and alcohol ignition interlock circumvention.

04/04: Austin Bouch, 20, Dunbarton, was charged with unlawful possession of alcohol; Angelina Naya, 22, Concord, was charged with prohibited sales - alcoholic beverages; An individual was taken into



protective custody; Kelsey Nadeau, 20, Nottingham, was charged with unlawful possession of alcohol; Alexis Laughton, 20, Manchester, was charged with unlawful possession of alcohol.

04/15: Joseph Montminy, 37, New Boston, was taken into custody for driving or operating under the influence of drugs or liquor, open container, and 2 counts of highway markings.

04/16: Andrea Proulx, 34, Manchester, was taken into custody on a Dunbarton PD warrant for theft by unauthorized taking, taking a vehicle without owner's consent, unauthorized use of a propelled vehicle, and driving after revocation/suspension - refusal of implied consent.

04/23: Ashley-Ann Mullen-Sherrard, 34, Concord, was charged with possession of a controlled/narcotic drug (methamphetamine) and transporting drugs in a motor vehicle from a Dunbarton PD warrant.

04/25: Jordan Fitzgerald, 34, Henniker, was charged with driving after revocation/suspension - subsequent offense, misuse of plates, and unregistered vehicle; Derek West, 23, Hopkinton, was taken into custody for driving after revocation/suspension - DUI conviction, unregistered vehicle, and non-inspection.

04/29: Ryan Tacy, 41, Dunbarton, was taken into custody on a Dunbarton PD warrant for 3 counts of registration of online identifiers - penalty.



The Dunbarton Police Department has had a contract with the Goffstown Police Department for dispatching services since 2016.

The dispatchers, otherwise known as Communication Specialists, answer emergency and non-emergency calls for police assistance. The dispatch center is staffed 24/7

365 days a year, and our direct dispatch line, 603.224.1232, will always be answered by a trained Communications Specialist. To learn more about this vital service, please visit www.goffstownnh.gov.

Office Line – Non-Emergency: 603.774-5500. Office Fax: 603.774.5600 General E-Mail: dunbartonpd@gsinet.net. Do not e-mail us to request police services. Instead, call dispatch at 603.224-1232.

Website & Social Media: dunbartonnh.org/dunbarton-police-department facebook.com/dunbartonpolice

It's Coming! Save the Date for Dunbarton's 9th Annual





10:30 AM, Wednesday, June 25th Library Parking Lot | Band Stand Area

This is the day we all look forward to! Kids of all ages will have the opportunity to touch, feel and climb through each an every vehicle available – Meet a police officer, a fireman, and who know who else!

Bring your cameras! Parental supervision is required.

Due to the high volume traffice on School Street, we ask that attendees park at the school and walk over.

For more information, please caoo the Library at 774-3546 An update will appear in the next issue of The Bow Times.



Baker Free Library May/June News



Bow, New Hampshire 03304

upcoming programs and events

at bowbakerfreelibrary.org

Baker Free Libary | 509 South Street

Visit our online Calendar to sign up for

SEASONS OF READING

A year-long reading challenge for teens & adults!

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:	Spring:		
January 1 - March 31	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.

ADULT PROGRAMMING

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

Tech Time with Liesl! 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!

ONBOARDING MEDICARE:

"I am still working, but I'm turning 65, should I join Medicare? Tuesday, June 3rd | 6pm

Are you thinking about signing up for Medicare? No idea what you should do about health insurance as you get closer 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? May I still use it?

Chair Yoga with Sara! | Thursday, June 5th | 8:30am

Chair yoga will be held the first Thursday of every month! You must be registered to attend, as space is limited. Please dress comfortably and bring water with you to class!

This class will allow you to receive the benefits of practicing yoga while sitting in a chair or standing using the chair for balance. Gain increased strength and range of motion, improve circulation, and deepen mental and physical relaxation. No experience needed!

Wellness Reads | Friday, June 6th | 10am

Wellness Reads is an innovative collaboration between public libraries and Granite VNA Community Health with the intent to bring health and wellness literature to adult patrons and community members. All books selected are recommended by the National Library of Medicine and the National Institutes of Health. Wellness Reads will meet every other month; and selected titles will be available for pick up no less than 6 weeks before each meeting. Guest lecturers who are experts in a particular book's health and wellness topic will attend each meeting to contribute to discussions. Please register to attend.

This month's book selection is *The Secret Diary of Hendrik Groen, 83¹/*4 *Years Old,* by Hendrik Groen and translated by Hester Velmans. Secret Diary of Hendrik Groen is an inspiring, charming, and laugh-out-loud delight for readers of any age."

Craft Club | Tuesday, June 24th | 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, May 21st at 10am.

In June, we're making terrariums! If you miss this session, be sure to stop by the library on June 25th to grab a take-and-make terrarium kit. Take-and-make kits are available beside the Circ desk, until supplies last.

BOOK CLUBS

Whodunits | Tuesday, June 3rd | 1:00pm

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

June Book Discussion: Bluebird, Bluebird by Attica Locke

Book Talk at BFL | Tuesday, June 10th | 12:30pm & 6:30pm

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

June Book Discussion: Abide With Me by Elizabeth Stout

White Rock Book Group | Tuesday, June 17th | 1:00pm

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

June Book Discussion: Abide With Me by Elizabeth Stout

IN THE GALLERY

May Exhibit - 'Tulips and Other Living Things' by Susan Rock

"My artwork represents who I am at the moment." says Susan Rock.

Rock works mainly in watercolor and fabric, exhibiting her work throughout New Hampshire. One of her watercolor scenes received an Artist of Merit Award in Two Villages Art Society's 2022 Summer Member Show.



- What 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.



ABOUT THE PRESENTERS: Christian and Larissa Troy are independent, licensed insurance agents. They own Woodpecker Insurance located at 30 South Main Street in Concord. They are solely focused on Medicare Insurance plans. Christian and Larissa are both graduates of Providence College (RI), and are Medicare (AHIP) Certified appointed by almost all of major carriers for both Medicare Advantage,

Medicare Supplement, and Prescription Drug Plans.

Board Game Night | Wednesday, June 4th | 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! "When painting, the most important element for me is how the color speaks," Rock says. "It is ever fascinating to see how a loaded watercolor brush will react over icicle white paper, and then how another color merges and both speak poetry while I watch."

Susan works in her home studio and a small summer studio in the Monadnock Region. An avid gardener, she often depicts garden scenes and still life floral arrangements.

As a fabric artist, Rock teaches embroidery and sewing techniques and has written articles for numerous magazines. She is a certified needlework instructor and teaches embroidery techniques in her home studio.

LIBRARY YOUTH PROGRAMMING

Drop-In Storytimes! Every Tuesday and Thursday Morning May 6th – 29th at 10:30am

Join us for a short season of drop-in storytimes during the month of May, followed by open play time! Registration is not required for this session. All ages welcome.

Meets Every Tuesday and Thursday morning in May.



Save the Date: Summer Reading Kickoff Party!

Friday, June 20th through Thursday, August 7th at 3:30pm

At 4:30 PM COME ONE, COME ALL: Magic Fred brings his celebrated show to Bow! Enjoy laughs, illusions, and plenty of audience participation, including the famous Floating Kid trick! Recommended for ages 4 and up. No registration required.

This year's theme for Summer Reading is Color Our World!



94 Silk Farm Road | Concord | 603.856.8756 PREREGISTRATION REQUIRED at www.pmspca.org

Eden Zook

Animal Intuitive/Medium Animal Reiki Master Certified Dog Trainer & Behavior Consultant





TWELVE MONTHS

by Bow Resident Bob Lux

January is bright and white, February lingers but ends with longer light. March, tis said, roars in, but by end is largely dead. April lifts her skirts and too soon runs away. Along comes May but she won't stay. Soon there'll be June but who knows her tune. July can't be a lie, just look around. August indeed is august in the aging year. Of September, many songs feature "remember." Of October, the year in flame is her game. Dark November is always sad to remember. And December, at year's depth, is beyond remember.

MY MOTHER'S EYES

by Bow Resident Nadeane Mannion

Moonlight invades the room harboring the fugitive image of my mother's face

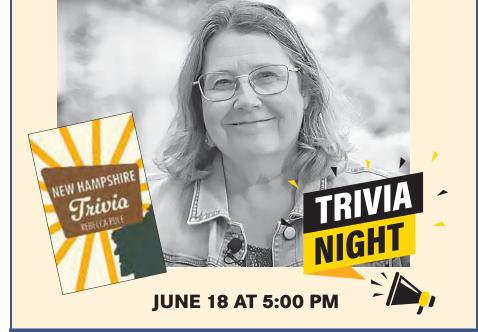
Eyes soft and doelike masking life's sadness the grinding grief of her past

Eyes that rarely reflected joy knowing little of hope but disdaining tears

Eyes that gently held my gaze when I asked for more, than she could give.

Darkness yields tenderly the memory of love always seen in my mother's eyes





Eden Zook

Eden Zook & Trivia Night with Rebecca Rule to be held at: Banks Humane Education Center | 95 Silk Farm Road | Concord

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MARTIN JOSEPH KASHULINES

Martin Joseph Kashulines, 95, of Hopkinton, passed away peacefully on April 11, 2025.

Born on April 24, 1929, in Nashua, Martin was the proud descendant of Lithuanian immigrants who came to America at the turn of the century. He graduated from high school in Nashua, where he met the love of his life, Doris, his high school sweetheart. They married in 1952 and began their journey together.

As a natural entrepreneur, Martin fulfilled his dream of owning a business when he purchased and operated the Cracker Barrel grocery store in Hopkinton. Through tireless effort and determination, he transformed the store into a community staple and a thriving business.

Marty was predeceased by his wife Doris in 2014. He is survived by his son, David Kashulines; grandchildren, Donald, Daniel, and Deanna Kashulines; and great-granddaughter Charlotte Kashulines.

RICHARD LEONARD MARDEN

Richard Leonard Marden, 89, of Bow, passed away peacefully at home on Monday, March 21. He was born on February 12th, 1936, in Concord, to Robert Marden and Florence (Lanzo) Marden. Richard graduated from Concord High School in 1954 and The Massachusetts College of Pharmacy in 1958.

Richard dedicated his life to serving others through his work as a pharmacist. Richard was an active member of the Knights of Columbus, the Eagles, Christ the King Parish, and Immaculate Heart of Mary, exemplifying his commitment to Faith and service.

He is survived by his brother, Allen Marden of Melbourne, Florida, five children, Richard Lloyd Marden, Kevin Marden of Bow, Brian Marden and his wife Christina (Hatch) Marden of Allenstown, Bruce Marden of Manchester, and Lynda Marden.

Richard was predeceased by his parents and two brothers, Doug Marden and Anthony Marden and Richards former wife and mother to his children, the late Katherine Virginia Marden.

JOAN OBERMAN

Joan M. Oberman, 90, of Bow, died April 21, 2025, at the Jack Byrne Center for Palliative & Hospice Care in Lebanon. She passed away peacefully with her sons at her side, leaving behind a legacy of love, strength, and resilience. She was predeceased by her beloved husband, Dick Oberman, with whom she shared a lifetime of memories and devotion.

Joan is survived by her two sons, Robert and Richard Oberman, her daughters-in-law, Cindy and Elizabeth, and her cherished grandchildren, Kaylee, Ryan, and Andrew. Her family was the center of her life, and she found endless joy in their company.

She will always be remembered for her fighting spirit, her deep love of family, and the warmth she brought to everyone. In lieu of flowers, donations can be made in her name to the Bow Volunteer Firefighters Association, 7 Knox Road, Bow, NH 03304.

PAUL H. WUNDERLICH



near the street end of your driveway at least three days prior to each of the following holidays:

Memorial Day, Flag Day through Juneteenth, Independence Day, Labor Day through 9/11 and Veterans Day.

The flag and pole will be removed approximately 3 or more days after each holiday and reinstalled prior to the next holiday. The ground stake for mounting the flag and pole will remain in place for the duration of the season. Weather may sometimes alter the schedule.

Proceeds to benefit Scouts BSA Troops 75 (boys unit & girls unit).

Be sure to select "Right side" or "Left side" when ordering. This refers to the side of the driveway the flag will be placed on when facing the house/property from the street. Also include any information about underground utilities, sprinklers or other information in the area in the space below.

Order your flag today online at https://bowscouts.square.site, scan the QR code, or mail this form along with payment (made out to "TROOP 75") to:

Troop 75 - Flags Across Dunbarton 39 Foote Road, Bow, NH 03304



https://bowscouts.square.site

Side of Driveway Circle 1 -> Left Right (This refers to the side of the driveway the flag will be placed on when facing the house/property from the street.)

Additional Placement Information:

Name:

Town:

Phone:

Email:

Street Address:

How did you hear about us: ____

(underground utilities, sprinklers or other info)

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

Members of the Bow Community Men's Club will place the "Stars & Stripes" on your property near the end of your driveway at least three days prior to each of the following patriotic holidays of 2023: Memorial Day, Flag Day through Juneteenth, Independence Day, Labor Day through 9-11, and Veterans Day. We will remove the flag three days after each holiday and reinstall it for the next holiday. Your payment of \$50 will be used to support the BSA and Cub Scouts, Scholarships for Bow HS students, Robotics Club and other charities within our community.

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

THERE ARE TWO OPTIONS TO ENROLL:







Paul H. Wunderlich, 87, of Contoocook, passed peacefully on Thursday, February 20, 2025, at Epsom Healthcare Center.

Paul was born on February 22, 1937, to the late Frank H. Wunderlich and Evelyn V. (Chelles) in West Hopkinton.

He had worked as a Paper Tec for Hogue Spraque at the West Hopkinton Paper Mill for 44 years. Anyone who worked with Paul would tell you how hard of a worker he was.

Paul had lived in Contoocook his entire life and was very involved in the community. Every week he would volunteer his time and help at the food pantry. He also would go to the senior citizens dinner every Wednesday. He cherished going to the Hopkinton High School sports games, he was even given a shirt that said, "number one fan." He was a very kind soul that was loved by many and would give anyone in need the shirt off his back.

Paul is survived by many loving family members and friends. He is predeceased by his wife, Rita V. (Chase) who passed away on February 1, 2005.



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:	
Town:	
Contact Phone:	
Email Address:	
Place an "X" below for your preferred flag location. Please identify any	

underground utilities, sprinklers, or other buried items in the vicinity of flag locations.

YOUR DRIVEWAY

YOUR STREET

NOTES:

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



HIGHWAY MAINTENANCE WORKER FULL-TIME

The Town of Dunbarton seeks a full-time, Highway Maintenance Worker for the Dunbarton Highway Dept

Position requires a NH License, CDL B with air breaks endorsement, three years' minimum road plowing experience, and a knowledge of heavy equipment operating.

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For information call the Road Agent at: **603-496-6587** or go to the town website at **Dunbartonnh.org** Open until filled

TRANSFER STATION ATTENDANT PART TIME – TOWN OF DUNBARTON

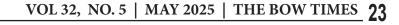
The Town of Dunbarton seeks a part time Transfer Station Attendant (24-32 hours).

Able to operate related recycling equipment (a plus), will train.

STARTING PAY IS \$18.94/HR.

Job description and job applications are available through the Town Website: **dunbartonnh.org**, the Transfer Station, or Town Offices during normal business hours

603-774-2090 or 603-774-3540 Open until filled





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

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





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