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DUNBARTON NEWS ON PAGES 6



Dane Burke, from Maine was arrested in Dunbarton after a police chase on January 17
Photo | Jay Heath | Concord Monitor

DUNBARTON POLICE ARREST MAN ACCUSED OF MURDER

After police in Maine found a woman killed by blunt force trauma, their suspect, Dane Burke of Skowhegan, took off beginning a three state pursuit of him. On January 17, around 8 a.m., Burke was spotted driving a 2018 silver Jeep Compass in Lowell, Massachusetts. When local police attempted to stop the vehicle, he refused to pull over, which led officers on a pursuit that crossed state lines into New Hampshire, according to Maine State Police.

As the pursuit continued onto Interstate 93, his speeds ranged from 60 to 100 miles per hour, with the chase moving through Manchester, Goffstown, and ending in Dunbarton.

At about 9:12 a.m., on Route 13 in Dunbarton, Burke’s vehicle left the roadway and crashed head-on into a tree.

According to court documents, officers repeatedly ordered him to exit the vehicle, but he did not respond.

When he still failed to comply, members of the New Hampshire State Police SWAT team used less-lethal tools to break the vehicle’s window glass. A K-9 unit then approached from the passenger side, and officers removed Burke through the passenger window and took him into custody.

Burke faces charges in three states. In New Hampshire, he is charged with disobeying an officer, resisting arrest, reckless conduct with a deadly weapon and being a fugitive from justice.

BOW PLANNING BOARD APPROVES FOUR MORE ZONING AMENDMENTS

At the January 8, 2026 Bow Planning Board, Chairman Don Berube, Jr. held public hearings on more proposed zoning amendments. All were later approved by the board to be voted upon on March 10 at the town election at the Bow Memorial School.

Amend Section 4.01(B) - Purpose Statements

The proposal reorganizes existing purpose statements by relocating them from Section 4.01 into the appropriate overlay district sections. No changes were made to language or intent; references were updated accordingly.

Amend Section 5.11 and Add Section 7.28 - Multifamily Housing in Commercial District

The proposal allows multifamily housing as a permitted use in the Commercial District and establishes supplemental regulations. It was noted that these items were previously discussed separately and then combined into one amendment. This change is based on state law requirements.

Amend Section 7.04 - Accessory Dwelling Units (ADUs)

The proposal updates ADU regulations to align with state law, including:

- Removal of conditional use permit requirement for detached ADUs.
- Allowance of one ADU per lot with a single-family dwelling.
- Clarification that existing nonconforming structures may be converted to ADUs.
- Maximum ADU size remains 800 square feet.
- Requires that adequate water and septic capacity be demonstrated.

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HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9

HAWKS GIRLS & BOYS DOMINATE D-III ALPINE STATE CHAMPIONSHIP



Congratulations 2026 Girls Alpine State Champions!

At the Division III Girls’ Alpine State Championship, held at Sunapee on February 10th, Hopkinton maintained its strong alpine performance history. With 391 points in the Giant Slalom and 386 points in slalom, the Hawks took home the state championship overall.



Congratulations 2026 Boys Alpine State Champions!

The Hawks boys kept pace with the girls, by winning the division themselves and qualifying even more skiers into the Meet of Champions.

It wasn’t a cakewalk for the boys, though. The Kearsarge boys took a 15-point lead in the morning after the Giant Slalom, but Hopkinton stormed back to win it by two points and took down the defending D-III champs.

The Hopkinton boys finished with 722, compared to Kearsarge’s 720, to win Division III.

SELECTMEN DEAL WITH COMMUNITY BUILDING AND YOUTH CENTER FUNDS

At the January 27 meeting of the Bow Selectman the Board heard from four town leaders concerned about the future plans for the Community Building. Colleen Hunter, Harry Judd, Glen Dugas and Jeff Knight have served the town well in multiple capacities and offered to be an ad hoc committee to work on an affordable, but good redesign for the Community Building. The town meeting has been building a kitty in the Capital Reserve funds of \$1,466,000 million and another \$500,000 will be voted on in March at the town meeting.

The Selectmen then approved the drafting of a warrant article to authorize “Town Manager Stack to spend up to \$175,000 from the Bow Recreation Revolving Fund to come up with a creative solution to meet the storage and office space needs at Bow Recreation Center.” The vote was unanimous and kept faith with their pledge last year to have the voters approved capital spending out of the Fund.

LOW TAXES ARE THE RESULT OF LOW SPENDING

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EDITORIALS

GOING TO WAR FOR NOT GETTING A PEACE PRIZE

For some strange reason, Donald Trump has a compulsion to attack our friends and allies while giving our real enemies like Russia's Putin praise. The President at the recent NATO conference said that we are there for them, but the NATO members aren't there for us.

Several NATO countries took exception because they came to our aid when we began the 20 year campaign against terror in Afghanistan. While we lost 2,461 men there, Britain had 457 killed, Canada 157, France, Germany and Denmark 196. To me that ain't nothing.

In return, the President said we might invade Greenland which for 300 years has been controlled by Denmark. In a bizarre January 7 interview with the New York Times the President was asked why we had to own Greenland rather than have bases there? "Because that's what I feel is psychologically needed for success," Trump said.

White House correspondent Katie Rogers—whom Trump recently called "ugly, both inside and out" for writing a story about his age—asked, "Psychologically important to you or the United States?" "Psychologically important for me," Trump answered. "Now, maybe another president would feel differently, but so far I've been right about everything."

After the stock market tanked, Mr. Trump went full TACO (Trump Always Chickens Out) and the invasion for his fragile psyche was called off. By January 20 he was saying: "Our stock market took the first dip yesterday because of Iceland," the president said, referring to market shifts related to his repeated threats to seize Greenland. "So Iceland's already cost us a lot of money."

But, of course, when a reporter asked why the president was confusing Iceland and Greenland, Carol-lying Leavitt said "No he didn't," again defying reality.

Ever the one to have a grievance, we have since learned that the war on Greenland may have been a response to not getting the Nobel Peace Prize. After threatening Norway with high tariffs, Trump wrote Norway's Prime Minister saying: "Considering your country decided not to give me the Noble Peace Prize for having stopped 8 wars PLUS, I no longer feel an obligation to think purely of peace, although it will always be prominent, but can now think about what is good and proper for the United States of America."

This was four days after Maria Machado gave the actual Nobel Peace Prize she won for 2025 to our child president. Besides, the pathetic staff at the White House failed to tell Mr. Trump that Alfred Nobel, the Swedish inventor of dynamite, left money in a private Nobel Foundation for the Peace Prize, and that the Norwegian government has had no control since Nobel's death in 1896.

So we almost attacked a NATO ally because Mr. Trump didn't get a peace prize. But his followers still say "I like his policies." Really?

ORDINARY AMERICANS RESIST POLITICAL PAYBACK

On February 10 a federal grand jury of 23 citizens chosen at random rejected the Trump Justice Department's attempt to charge two United States senators, second district Congresswoman Maggie Goodlander, and three other members of Congress with seditious conspiracy. The indictments were not obtained because, unlike the prosecutors, the grand jurors adhered to their oath of office which required them to "inquire diligently and objectively into all matters brought before them," or "not to indict based on malice, hatred, fear, or favor."

A 90 second video by the six sought to explain to our soldiers that they must not obey illegal or unconstitutional orders. That just happens to be the law.

Congresswoman Goodlander said:

"Today an American grand jury honored our Constitution by standing up to an outrageous abuse of presidential power and taxpayer dollars. No matter the threats, I will keep doing my job and upholding my oath to our Constitution."

Thank God, our Founding Fathers knew that jurors and grand jurors can serve as a check on vindictive use of power.

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

WE CANNOT LOOK AWAY

(A Guest Editorial)

Still holding his phone in the fatal January 24 encounter, Minneapolis V.A. nurse Alex Pretti was pepper sprayed as he attempted to assist a fellow protester who had been shoved to the ground by ICE agents after she failed to move far enough from the street. He was sprayed again, taken to the ground by multiple agents, struck repeatedly with a pepper spray canister and then fired at multiple times by two agents after a third agent removed a firearm from the back of Mr. Pretti's back waistband and left the pileup with the weapon in hand to secure it.

The agents fired at least 10 shots in five seconds, continuing to shoot as Mr. Pretti lay face down on the roadway where he died.

Homeland Security Secretary Kristi Noem said Mr. Pretti attacked officers while "brandishing" a gun. White House Deputy Chief of Staff Stephen Miller called Mr. Pretti an "assassin" and said he tried to murder federal agents. Border Patrol Commander Gregory Bovino claimed Pretti "wanted to do maximum damage and massacre law enforcement."

Multiple video we all saw and sworn witness statements, contradict the official statements.

Let us be clear:

You can support the police.

You can support ICE.

You can support President Trump and his immigration policy.

You cannot support this.

We cannot, and will not, support this.

Federal officials—from the elected and the appointed to the boots on the ground and career professionals—cannot lie to the American people.

We as a country and as Americans, cannot look away from this.

Pine Island Eagle Editorial

LETTER TO THE EDITOR

I read your January editorial “Narcissist in Chief.” I appreciate and share your sentiments. Chuck, you’re a conservative... what has happened to the proud old GOP conservative values i.e. small government, low taxes (not just for the rich) a strong defense (that would include NATO)?

I am beside myself with all the gold adornments, the Trump branding of everything federal, the threats to allies (Canada for heaven sakes!), the abrupt termination of international assistance (some of it life saving), gunboat “diplomacy” in the Caribbean, our new found friendship with Putin, our failure to support Ukraine, the ICE spilled blood on American streets, the jump in food prices, the destruction of protection of our independent regulatory agencies, the whole tariff morass and on and on.

It makes you wonder how one person can turn the entire world upside down. Where is the Republican leadership? This is way beyond partisan politics.

George Bruno, Manchester (Former U. S. Ambassador to Belize)

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HEALTH WATCH

COLORECTAL CANCER IS NOW BIGGEST CANCER KILLER FOR THOSE UNDER 50

Colorectal cancer is on the rise among young people. It is now the leading cause of cancer death in the U.S. for those under 50, according to a new analysis.

American Cancer Society researchers reported that more than 1.2 million people under age 50 died of cancer in the U.S. from 1990 through 2023.

As colorectal cancer among younger people has emerged as a bigger threat, medical groups have lowered the recommended age for colonoscopies that can detect the disease while there are good odds for effective treatment.

Yet not enough people under 50 are getting the screenings, doctors said, prompting calls for a redoubling of efforts to educate doctors and nurses about the need to talk with patients.

Colorectal cancer diagnoses have been rising for many years in young adults, and the disease was already the No. 1 cause of cancer death for men. Now it tops the list for men and women combined, said Dr. Ahmedin Jemal, the Cancer Society's senior vice president.

Three out of four colorectal cancer patients under 50 are diagnosed at an advanced stage, according to the new analysis.

Researchers have associated several risk factors with the rise in colorectal cancer cases, including obesity, physical inactivity and diets heavy in ultra-processed food.

Colorectal cancer can progress more quickly in young people.

Betsy McKay | Wall St. Journal

FOOD PRESERVATIVES LINKED TO CANCER

Consuming preservatives commonly found in industrially processed foods and beverages like deli meat and breakfast cereal is associated with an increased risk of cancer, according to a new study.

The study, published in the British Medical Journal on January 7, 2026, found that a higher intake of several preservatives that are often used to extend a product's shelf life was linked to a higher risk of cancer compared with those who ate less or none at all.

Researchers used detailed dietary and health data from more than 105,000 participants between 2009 to 2023 to analyze the impact of 17 different preservatives.

Though some of these preservatives were not associated with cancer incidence, others were, including potassium sorbate, potassium metabisulfite, sodium nitrite, potassium nitrate and acetic acid.

For example, sorbates (a chemical used to prevent mold and bacteria growth) were associated with a 14% increased risk of overall cancer and 26% increased risk of breast cancer. Sulfites (used in fermented products like wine and beer) were associated with a 12% increased risk of overall cancer.

Sodium nitrite, which is used to preserve bacon, ham and other products, was associated with a 32% increased risk of prostate cancer. A related preservative called potassium nitrate was associated with a 13% increased risk of overall cancer and 22% increased risk of breast cancer.

About 85% of sulfite intake was from alcoholic drinks; 54% of nitrites and 80% of nitrates were from processed meat; and 44% of propionates were from refined grains and cereals, according to the study.

For now, the authors urge manufacturers to limit unnecessary preservatives and recommend that consumers opt for minimally processed foods.

Sara Moniuszko | USA TODAY

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- Positioning ambitious **graduates** for roles

Thoughtful preparation and support create options and confidence.

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WORRIED ABOUT JOB SECURITY?

HOW TO STAY RELEVANT, PREPARED, AND IN DEMAND

by Jonna Ferguson

We learned in the January *Bow Times* article, **“College Educated Workers Fearing Job Loss,”** that anxiety is rising among college educated professionals. Layoffs, AI, and a shifting economy have disrupted what once felt like stable career paths. For many mid-level and senior professionals, the fear isn't solely about losing a job, it's losing positive trajectory, control over what comes next, and at times, relevance or professional identity.

While corporations are making difficult staffing decisions, individuals have more influence over their career security than they realize. Resilient professionals don't wait, they prepare.

What does preparation actually look like in practice?

1. Shift from “employee” to “creator of value”

Professionals least likely to be impacted by workforce reductions can clearly articulate the value they create, whether through revenue generation, efficiency improvements, client experience, or leadership impact. Ask yourself:

- *What problems do people rely on me to solve?*
- *Where do my skills positively affect our business results?*
- *How do I add value beyond my formal role or responsibilities?*

Being indispensable means thinking beyond your job description and knowing your impact.

2. Stay skilled and current

Many high performers believe that their education and experience protect them. In today's market, relevance requires ongoing development and visible growth. This doesn't mean chasing every trend. It means staying knowledgeable about:

- *How AI and automation could affect your function*
- *Emerging skills in leadership, communication, and strategy*
- *Cross-functional intelligence that expands your usefulness*

Professionals who continue learning and applying new methods are more likely to remain competitive in uncertain markets.

CONTINUED | PAGE 13

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QUOTE OF THE MONTH

“Never argue with a fool because they will drag you down to their level and beat you with their experience.”

Mark Twain

Bow Community Men's Club



Attention Bow High School Students!

Have you applied for Scholarship yet? You could be awarded up to \$2,000 toward your education in a trade or public service career field. Talk to your guidance counselor for details.

Follow us on Facebook

Are you interested in learning more about the Bow Community Men's Club



Join us February 26, 2026 at 6:00 pm as our guest.
Meeting location: Bow Old Town Hall
Bow Center Road, Bow.



The Bow Community Men's Club has proudly supported the Boy Scouts of America dating back to 1957 by sponsoring Pack 75.

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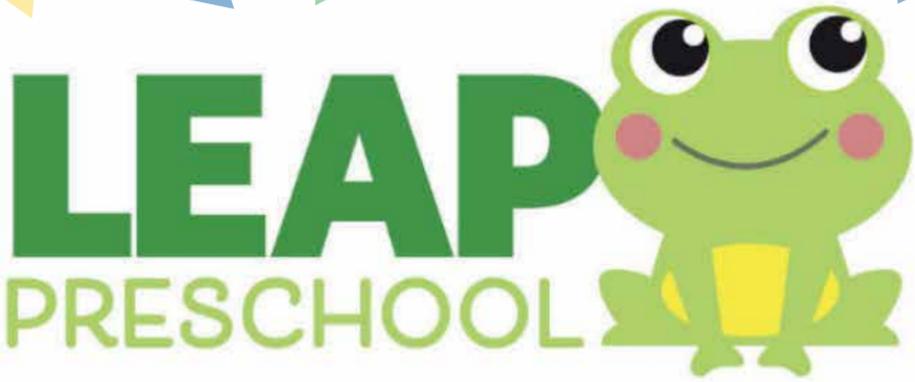
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DUNBARTON NEWS



LEARNING MAH JONGG at the library, meets at 10:15 am, on Friday, February 20 and 27. Thank you to all, and especially to Brigitte and Barbara. For more info, please call the library.

KNITTING FOR KIDS is held at the library right after school on Fridays. Relax and have fun with friends while you knit. All materials are provided, but feel free to bring your own things and projects you are working on. Any questions, call Mary at the library 774-3546.

KNITTING FOR ADULTS is Friday, February 20, 6:30 to 8:30pm, at the vestry next door to the Dunbarton Congregational Church in the town center. Everyone and all levels of knitting are welcome to join. Contact Tammy572003@gsinet.net

SPIRESIDE OPEN MIC will be at the Congregational Church in the town center, on Saturday, February 21. Doors will open at 4:30 pm. Suggested donation \$5. Music starts at 5:00pm and continues until everyone has shared their talents. Enjoy complimentary coffee, tea, soup, and snacks while connecting with neighbors and friends. Donations for snacks are welcome. FMI www.community-dunbarton.org/spireside-coffeehouse.

“ SCHOOL VACATION WEEK IS MONDAY, FEBRUARY 23 THROUGH FRIDAY 27. ”

CHAIR YOGA with Sherry Gamble will meet on the second floor of the town hall on the following Thursdays at 11:00 am. February 26, March 12, 19, and 26. Dress comfortably and bring water. Check the library’s FB page or website for changes or confirmation.

KIDS READ TO DOGS at the library on Thursday, February 26 and March 12, from 2:30 to 4 pm. To learn more, or to sign up for a 15-minute reading session, please call the library, 774-3546.

BEYOND THE BOOK, book club, sponsored by the Congregational Church, will meet Thursday, March 5 at 7pm on Google Meet to discuss We Need No Wings by Ann Davia Cardinal. For a link or more info, contact Barbara bbennett98@Comcast.net.

TOWN & SCHOOL CANDIDATES ELECTIONS to be held Tuesday, March 10, 2026, at the elementary school on 20 Robert Rogers Road. Polls are open from 7:00 am to 7:00 pm or until everyone in line votes. Candidates are below or at dunbartonnh.org.

TOWN MEETING will be Tuesday, March 10, at the elementary school at 20 Robert Rogers Road. Meeting from 7pm to 9pm.

LIBRARY BOOK DISCUSSION GROUP will meet on Wednesday, March 18 at noon in the library to talk about *The Secret Life of Sunflowers* by Marta Molnar: “A gripping, inspiring novel based on the true story of Johanna Bonger, Vincent van Gogh’s sister-in-law.

DUNBARTON POLICE

JANUARY 2026 ARREST/CHARGE LOG



01/02: Arthur Chalmers Jr., 44, Dunbarton, was taken into custody on a Dunbarton PD warrant for domestic violence - assault and simple assault. He also had an active electronic bench warrant for non-appearance in court on an original charge of driving while intoxicated.

01/22: Sean Plumer, 55, Manchester, was taken into custody on a Dunbarton PD warrant for second degree assault (felony) and domestic violence - assault.

01/28: Gregory Rule, 43, Bow, was taken into custody on a Hooksett PD warrant for 6 counts of possession of a controlled/narcotic drug - subsequent offense (felonies), possess prescription drugs, and felonious use of a firearm.

01/28: Edward Balletto, 36, Goffstown, was taken into custody for violation of privacy, loitering or prowling, open container of alcohol, criminal trespassing, and unattended vehicle.

In addition, 2 individuals were taken into protective custody.

Some of our activity as reported during the month of January includes, but is not limited to:

Animal Complaint: 7	Motor Vehicle Complaint: 3
Assist Dunbarton Fire/EMS: 11	Motor Vehicle Lockout: 1
Assist Other Agency: 12	Motor Vehicle Stop: 61
Burglar Alarm: 3	Paperwork Service: 7
Civil Matter: 1	Pistol Permit: 3
Criminal Threatening: 1	Police Courtesy/Assist Citizen: 5
Domestic Disturbance: 6	School Zone/Patrol: 23
Firearms Related Complaint: 1	Suspicious Activity/Person/Vehicle: 2
Follow Up: 11	Theft/Fraud/Scam: 3
Mental Health: 3	Vacant Property Check: 15
Motorist Assist/Disabled: 8	VIN Verification: 1
Motor Vehicle Collision: 6	Welfare Check: 1

Police also issued 5 traffic citations (some may have been issued in conjunction with an arrest) for various offenses including, but not limited to, speeding, unregistered vehicle, misuse of plates, and passing a school bus.



We are pleased to announce that the entire 6th grade class at the Dunbarton Elementary School graduated L.E.A.D., the Law Enforcement Against Drugs’ Too Good For Drugs course yesterday!

Students were presented with a graduation certificate, followed by plenty of baked goods to enjoy. Many thanks to DES, 6th grade faculty and staff for their continued support of this program! LEAD is an evidence-based drug and violence prevention program that promotes effective decision making skills, goal setting, and positive relationships. LEAD was introduced to 6th grade students at DES starting with the 2021-2022 school year. To date, over 200 students have graduated from this 10-week program.

To learn more about LEAD, please visit the link below.
Dunbarton Elementary PTO. <https://www.leadrugs.org>

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Rotary Club of Bow

Submissions for the
4-WAY SPEECH CONTEST
are due
Monday, March 24



BOW ROTARY CLUB 4-WAY SPEECH CONTEST SUBMISSIONS ARE DUE

Submissions for the Rotary Club of Bow’s annual 4-Way, public speaking contest for high school students are due by Monday, March 24.

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. The contest challenges youth to use Rotary’s Four-Way Test to analyze their decision making. All four tests are to be included in the topic of their speeches.

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.

Contest details and an application form can be found at bowrotary.org.

The in-person contest will be held at the Baker Free Library on Tuesday March 31 at 6:30 p.m.




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Rotary Club of Bow

Applications Available for
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REMINDER: SIGN UP FOR DONOTCALL.GOV

Unwanted telemarketing calls are more than just annoying, they interrupt your day and can sometimes be a cover for scams. One of the best tools available to U.S. consumers to reduce these calls is the National Do Not Call Registry, managed by the Federal Trade Commission (FTC). You can register your personal phone numbers for free at DoNotCall.gov or by calling 1-888-382-1222 from the phone number you want to register. You must confirm online registrations by clicking a link sent to your email within 72 hours. Once registered, telemarketers have up to 31 days to remove your number from their call lists.

There’s a common misconception that Do Not Call registrations expire after a set period like five years and that you need to re-enroll regularly. That used to be the case when the registry was first created, but Congress passed the Do-Not-Call Improvement Act of 2007, and now registrations do not expire as long as your number remains active. The FTC will only remove a number if it’s disconnected and reassigned or if you choose to take it off.

However, it’s still a smart idea to check your registration status periodically, especially if you change service providers, get a new number, or notice that unwanted calls have increased again. You can verify your number’s status on DoNotCall.gov to be sure it’s still listed. If you’re not registered, add your number today and give telemarketers up to a month to update their call lists.

Even with your number on the registry, some calls are still allowed for example, from charities, political organizations, companies you have done business with in the last 18 months, or informational services. But for most commercial telemarketing calls, DoNotCall.gov provides a strong line of defense.

Taking a few minutes to sign up, or double-check your status can significantly reduce interruptions and help protect your privacy.

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BOW ROTARY CLUB FOUNDATION SCHOLARSHIP PROGRAM IS SEEKING SUBMISSIONS

The Rotary Club of Bow annual Foundation Scholarship Applications are now available. The Foundation will award more than \$20,000 in post-secondary scholarships and \$5,000 in camperships in 2026.

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.

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

Applications will be available in fillable PDF format for download in the upcoming weeks at bowrotary.org under the Scholarships/Grants menu. The deadline for submissions is April 6.

HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

AARP TAXAIDE will prepare free tax returns in the Community Room of the Hopkinton Town Library on Wednesdays and Thursdays, starting on February 4. You can make an appointment by calling 2-1-1 or going online to <https://nhtaxhelp.org>. Bring all 2025 tax documents and your previous year's tax return, plus checking and/or savings account number information.



THE WINTER FARMERS' MARKET is at Maple Street School on Saturdays from 9am-12pm. Updates are at Contoocook Farmers' Market on Facebook.

HOPKINTON FOOD PANTRY Families in need of food, utility or other assistance can contact: Lisette Cid, Human Services Coordinator at 603-746-8244 or humanservices@hopkinton-nh.gov. The Hopkinton Food Pantry is located at the Slusser Center, and serves local households biweekly and special holiday distributions. The pantry is completely supported by community donations, so every contribution helps. Non-perishable food donations (in date and unopened) can be dropped off at the Slusser Center.

To donate money, mail checks to the Hopkinton Food Pantry, c/o Human Services Department, 330 Main St, Hopkinton. Currently checks should be made out to the Town of Hopkinton w/a notation that it is for the food pantry.

GOT LUNCH! HOPKINTON is sponsored by St. Andrew's Episcopal Church. This volunteer program provides nutritious food to Hopkinton families during school breaks and summer months. To learn more of to sign up, contact Judy McPhail at mcphail.j@comcast.net or visit <https://standrews-hopkinton.org/got-lunch>

HOPKINTON'S 2026 DOG OF THE YEAR CONTEST

Submit one photo of your dog per household, with your dog's name and a short caption, as well as your name, phone number and email. Entries can be submitted to dtctc@hopkinton-nh.gov through February 20th noon. Please contact the Town Clerk's office at 603-746-3180 with questions. To be eligible, you must be a resident of Hopkinton and your dog's rabies vaccination must be up to date, and licensed for 2026 by February 20th at noon. Town employees will narrow down to five finalists.

THE SPECIAL KIDS ELECTION will be held on March 10th, on Town & School Election Day at Hopkinton Middle High School. The winner will be notified by phone or email, and announced at the Hopkinton Town Meeting on March 19th.



COTY AWARD The Hopkinton Rotary Club is pleased to announce it's 2025 Citizen of the Year, Lee Wilder. Lee was recognized and honored for the many amazing projects he has undertaken for our community. These include the rehabilitation of the historic cabins at Kimball Pond which had been slated to be torn down (this was an eight year project completed solely by volunteers). He also worked on restoring the early Town fire pump.

In 2019, Lee undertook the restoration of the Town Clock in the bell tower at the First Congregational Church of Hopkinton and the list goes on.



In recognition of all Lee Wilder has done to give back to our town, the Hopkinton Rotary made a donation in Lee's name to his charity of choice, the Horseshoe Preservation, a project to move the large stack of horseshoes at the side of the old Horseshoe Tavern.

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**EXPLORE EXPRESS:
"PAINTING WITH PURPOSE"**

On Display February 7 – March 14, 2026

Artist and teacher Patrick McCay of Bedford, brought a group of painters together in Manchester 15 years ago, and they've been painting and learning together ever since. The group started out as students in a weekly painting class at the Manchester Institute of Art/ New England College. Students who continued to attend the class every year have formed a creative, vibrant community under McCay's guidance.

McCay was born in Scotland, where he began his artistic education. He exhibits throughout the country and in the UK, displaying works that combine abstract and figurative elements. He has garnered numerous awards and teaches at the Institute of Art and Design at New England College. In 2025, he served as the juror for the TVAS Summer Members Show.

Opening Reception 12-2:00 PM Saturday, February 7th.



In this exhibit, McCay and his students and fellow painters display their work together for the first time. Sixteen artists, from Lincoln, New Hampshire, to Lowell, Massachusetts, are participating in the exhibit. The exhibiting artists include:

- Meghan Baird, Susan Cook, Monica Cote,
- Emily Edwards, Robert Fox, Joanne Greer
- Suzanne Hodge, Joanne Hoy, Sean D. Jameson,
- Aline Lotter, Sarah Lussier, Patrick McKay,
- Olivia Pierog, Sara Steffensmier,
- Anne Stevenson, & Roberta Woodson.

For up-to-date information about the schedule, artists, and other events at the gallery, visit the TVAS website. <https://www.twovillagesart.org/>



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

846 Main Street, in Hopkinton's Contocook Village

HOPKINTON POLICE DEPARTMENT



JANUARY 2026 ARREST LOG

4 Arrests • 3 Accidents • 194 Traffic Stops

01/01 Susan Madonna of Hopkinton, was arrested for DV; Simple Assault; BI or PC.

01/03 Nyembo Mutombo of Manchester, was charged with Suspension of Vehicle Registration and Unregistered Vehicle.

01/29 Nicolas Pinault of Concord, was charged with Suspension of Vehicle Registration.

01/30 Iris Holden of Hopkinton, NH was arrested on Warrants.



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HOW EDUCATION IS AFFECTING MARRIAGES BY MEN

William Galston, writer for the Wall Street Journal, recently reported the decline in marriage among non-college educated men as more women attained college degrees.

Patterns of college attendance have changed significantly in the past 50 years. In 1975, the share of men with college degrees was almost twice as large as the share of women. By the mid-1990s, the shares had converged. Today, 46% of 45-year-old women hold four-year degrees, compared with only 39% of men that age.

That gap continues to widen. Forty-four percent of American women 18 to 24 are enrolled in college or graduate school, compared with 34% of men. Fifty-seven percent of college undergraduates and 61% of those seeking advanced degrees are women.

These figures generate a puzzle: As the number of college-educated women exceeds that of college-educated men by a widening margin, one would predict a downward trend in marriage for these women. That hasn't happened. Since the early 1990s, the percentage of 35-year-old women with bachelor's degrees who are married has remained steady at about 70%. The share of 35-year-old women without college degrees who are married has declined from 70% to 50%.

A new paper by economists Clara Chambers, Benjamin Goldman and Joseph Winkelmann resolves this apparent paradox. Faced with a shortage of college-educated men, college-educated women are increasingly likely to marry high-earning men without degrees. Over the past 50 years, the share of women 40 to 49 who are college-educated and married to non-college men has quadrupled, from 2.3% to nearly 10%.

They write that this shift, combined with tough times for working-class men overall, has "sharply reduced the pool of economically stable partners available to non-college women," undermining their marriage prospects.

Working-class men with marketable skills and reliable work habits can do well in today's economy. Entry-level plumbers earn close to \$50,000 annually, while master plumbers can make twice as much. Other skilled tradesmen—electricians, auto mechanics, bricklayers—also enjoy decent starting salaries and good prospects.

But there are skill shortages throughout our economy. Ford's CEO recently lamented his company's inability to fill 5,000 open positions for well-trained mechanics despite annual salaries of up to \$120,000.

If we care about marriage rates among working-class Americans, we need to focus on increasing the number of men without college who can offer young women what they're looking for in a husband.

If men are going to be able to earn more without a degree, schools must offer better skills training.



SOMETIMES YOU JUST CAN'T WIN

by Bow Resident Paul Pomeroy

Well, another Valentine's Day has come and gone. I am relieved actually. I am not a big fan of this holiday. Which is a surprise because, in our family, I am the hopelessly romantic one. I'm the lovey dovey one. I'm the one who tears up at sentimental movies. It's just that this holiday seems to bring on a lot of pressure. For those who have a significant other, to find an appropriate gift. (How many of us have purchased those roses from the guy standing at the red light on the morning of?) Maybe dine out on Valentine's Day when the same meal would cost significantly less, in a much less crowded restaurant. If purchased a day or two after Valentine's day. Cringe a bit when your love begins to rattle off the gifts her friends have received from their loves. "This is not a competition you know." But it really sort of is.

What about those who don't have a significant other? I'm guessing a number of us have been in that situation at one time or another. Travel to the candy store and buy a big box of chocolates for our phantom love. Then drive home and shamefully eat the whole box while watching a rerun of "Love Actually."

We can't talk about Valentine's Day without mentioning the cost. Who knew perfume could cost so much?! And Jewelry?? Geesh. (A hint here. If you are planning to get engaged soon, do the whole ring thing on Valentine's Day. It kills two birds with one stone.) And the afore mentioned roses? Shocking!

I know nothing about lingerie. Sadly, **Victoria Secret** never visited our house.

Which leads me to a story about a clever young man:

It seems he concluded that he had the whole thing figured out. No more worrying what to buy for Valentine's Day each year. For their first Valentine Day together, he gave his wife a rose. He professed that, from then on, he would add a rose for each year that they were married. Romantic and reasonable early on. But as the years added up so did the roses and his costs. He really needed to stop this escalation. So, on Valentine's Day in the fourteenth year of their marriage, he presented his bride with a dozen roses.

"One for each happy year together."

"But we have been married *fourteen years*" she exclaimed.

The clever fellow replied; "I said *one for each happy year* we've been married."

His lovely wife looked at him while pausing.

Then she walked over to the trash can and threw three roses away.

I mean really. Sometimes you just can't win.

MADE WHILE I WAS HERE

by Bow Resident Christopher Stone

The small figure dries under a desk lamp I've had for years. The room smells like acrylic paint and dust. I shouldn't love it, but I do.

The paint is uneven. One eye is slightly larger than the other because my hand slipped and I didn't fix it. I keep it out where I can see it anyway.

When I first started painting, I followed instructions exactly. The desk stayed clean. The colors were correct. The results looked right in the way instructions always say they will. I set one finished piece down and waited to feel proud.

I didn't.

Later, after a stretch of not painting at all, I picked up a spare figure I didn't care about ruining. I ignored the rules. I chose colors because they felt right. I let mistakes stay. The result wasn't better by any measurable standard, but it was unmistakably mine.

It sits on my desk now, imperfect and handled. You can see where I changed my mind.

Perfection makes things that could have existed without me. I don't ask if it's correct anymore. I ask what I'm afraid to try, and I try that first.

Sometimes.

The Bow Times *TaleSpinner*, is a forum for local authors to submit anecdotal short stories and poetry. We invite writers of tales and yarns to send their narratives (fictional and nonfictional) to be featured in our newspaper.

Please limit content to no more than 500 words. You may email stories to: nmannion1@comcast.net.



CLOTHING & TEXTILE RECYCLING PROGRAM

HELPSY Home Pick-up on Wednesdays

★ **Three Bag Minimum**

The Town of Bow is proud to continue to partner with HELPSY to offer free home pick-up of clothing and household textiles to residents.

These pickups will now happen in Bow on the **SECOND WEDNESDAY** of the month. Sign up at www.helpsy.co/bownh. Once a timeslot is booked a driver will be scheduled to pick-up on the selected date. Clothing and textiles should be clean, dry, bagged and left outside close to the street prior to 7 am the morning of pickup.

For pick-up and a list of acceptable items please visit:

www.helpsy.co/bownh

★ **PTO Drop-off container at Bow Community Building** ★



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If you ever find yourself in search of the *perfect musical gift*, you may want to consider having a custom song written and recorded for that special occasion for someone you love.

There are many musical companies that work with customers to compose, arrange, orchestrate and, in some cases, provide world class singers to create the perfect recording for your momentous event. They provide these services to be performed at weddings, anniversaries, funerals, birthdays, and even just to send to someone special to say hello.

Some of these musical companies are Songlorious, Song Finch, TeTa Tune, Heartune, Song Oven, Suno, Your Melody, and Custom Song Gift, just to mention a few. Their talented, creative teams will collaborate with you as you select your favorite musical genre in which to incorporate those most memorable inside jokes, names, dates and places that will be incorporated into the lyrics of a uniquely, original gift of music.

Songlorious got its start on Shark Tank, when Mark Cuban declared them “really impressive.” This company is the only one of its kind that uses *real* (non-AI generated) composers, lyricists, vocalists and instrumentalists. Imagine a bride and her father dancing to an original song with personal, heartfelt lyrics to celebrate this quintessential moment.

Other companies use AI in composing, arranging and voicing your custom song. Some companies contract with world-class singers, including Grammy winners and Indie stars, to whom they have paid millions of dollars for the use of their AI generated voices. And, you must sign a contract that states you will not be allowed to use “your song” for marketing or commercial purposes. It is strictly for personal use only.

The cost of creating your unique song varies greatly from one company to another, ranging from a base price of \$179, to others charging thousands of dollars, depending on the scale of your musical production and the fees to cover the rights for its use. Pricing might also depend on the *number of words* in your song. Maybe you would simply like to change the words in an existing song. Changing even a single word in a copyrighted lyric might involve paying a fee to whomever owns the rights to that particular song.

So, what better way to commemorate life’s most special moments than with *music!!!* In the words of Irving Berlin, “Say it with music, beautiful music. Something you should know, but how am I to start? Sentimental speeches never could impart, just exactly what I want to tell you. So say it with a beautiful song.”



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Directed by KELSEY BERTHIAUME

Music Direction by ERIC BERTHIAUME

Choreographed by SARAH WENRICH

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CONGRATULATIONS TO TONIA LINDQUIST FEBRUARY EMPLOYEE OF THE MONTH

Tonia exemplifies exceptional dedication and professionalism, serving as a vital contact for Bow’s town operations and community engagement. Tonia’s willingness to assist employees, citizens, vendors, various Town boards, committees and commissions reflects her commitment to excellent customer service. As Executive Assistant in the Town Manager’s office, she fosters a positive work environment, and consistently supports her colleagues with website management questions and other similar needs. Tonia plays an invaluable role in ensuring the smooth functioning of town affairs and community well-being.

Town of Bow EMPLOYEE - OF THE - MONTH

CONGRATULATIONS TO
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FOR BEING SELECTED AS
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FOR FEBRUARY



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JUST SOLD: BOW

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SALLY LOBDELL C: 603.731.7513



JUST SOLD: WARNER

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What Do I Need to Do to Be Compliant With Medicare?

by Christian Troy

We're lucky. Truly. The people who walk through our doors are curious, thoughtful, and engaged. Many arrive having already done their homework—visiting Medicare.gov, attending webinars, and even tackling the impressive stack of Medicare mail that seems to appear overnight in their mailbox.

And yet, almost everyone says some version of the same thing: "I've read a lot... but I'm still confused." Part A. Part B. Parts C and D. Then there's G. And N. And questions like, "If I don't take prescriptions, do I really need Part D?" If that sounds familiar, you're in the right place. Let's slow things down and simplify.

Medicare starts with two essential building blocks:

- **Part A** (hospital insurance)
- **Part B** (medical insurance)

To move forward with any additional coverage, you must be enrolled in Medicare Part A and Medicare Part B and have this information (which will be located on your Medicare card):

- Your Medicare Beneficiary Identifier (MBI)
 - An effective date for both Part A and Part B
- These two pieces form the foundation. Everything else builds from here.

The Part D Requirement

Once enrolled in Part A and Part B, Medicare requires that you also have **creditable**

prescription drug coverage. This requirement can be met in one of two ways:

- Enrollment in a **Medicare Advantage plan** that includes prescription drug coverage, or...
- Enrollment in a **stand-alone Medicare Prescription Drug Plan (Part D)**

Even if you do not currently take prescription medications, having a creditable coverage prescription drug plan is important in order to avoid a late-enrollment penalty.

To be clear, "Medicare Compliant" means:

You are considered compliant with Medicare when you have:

- Medicare Part A
- Medicare Part B
- Creditable prescription drug coverage that satisfies Part D requirements

That's it.

All other coverage options are **optional**, not required for Medicare compliance. Some of these options may include:

- Medicare Supplement (Medigap) plans such as Plan G or Plan N
- Medicare Advantage plans (governed by Part C of Medicare)
- Dental or vision coverage (not part of Medicare, but important for your health coverage)

These options are about **choice and fit**, not obligation.

From Compliance to Confidence

Once Medicare compliance is established, the next step is strategy—making sure your coverage aligns with your health needs, preferences, and budget. That's where guidance matters.

We're here to help with both!

You're welcome to call us at **603-499-4399** or visit us at **www.woodpeckermedicare.com** to schedule an appointment with a licensed insurance agent. We'll take the time to explain your options, answer your questions, listen carefully, ensure you are compliant and help you feel confident in the coverage decisions you make.

We look forward to welcoming you and helping you navigate Medicare—thoughtfully, clearly, and at your pace.

We look forward to working with you!

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Rocky, the Aussie shepherd (not a licensed insurance agent)

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By submitting your information, you acknowledge an independent 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)

WORRIED ABOUT JOB SECURITY? | CONTINUED from page 4

3. STRENGTHEN YOUR INTERNAL BRAND

Your reputation inside your organization matters more than ever. Leaders facing tough decisions often ask: *Who can adapt? Who will lead effectively through change? Who can be trusted with greater responsibility?* Be intentional about:

- Communicating progress and results
- Building relationships beyond your immediate team
- Volunteering for high-impact initiatives, while being thoughtful about where you invest time and energy

Visibility, collaboration, and exposure to new projects demonstrate your sound judgment, agility, and willingness to get involved.

4. PREPARE BEFORE YOU NEED TO

Waiting until a layoff or burnout moment to update your resume and LinkedIn profile puts you at a disadvantage. Proactive professionals prepare quietly even when things seem "fine."

This plan includes:

- Defining your strengths and career narrative
- Updating resumes to reflect impact, not tasks performed
- Re-engaging your professional network to stay in contact with allies before it's urgent
- Exploring adjacent roles or alternative paths (this isn't retreating, it's advancing in a different direction)

Creating options increases focus on what's within your control, reduces fear, and improves decision-making.

CAREER SECURITY IS NO LONGER GUARANTEED.

It has been replaced by a demand for professional agility. By investing in your leadership capabilities, business acumen, interpersonal skills, and strategic thinking, you're better equipped to navigate change whether you stay at your current company or pursue something new.

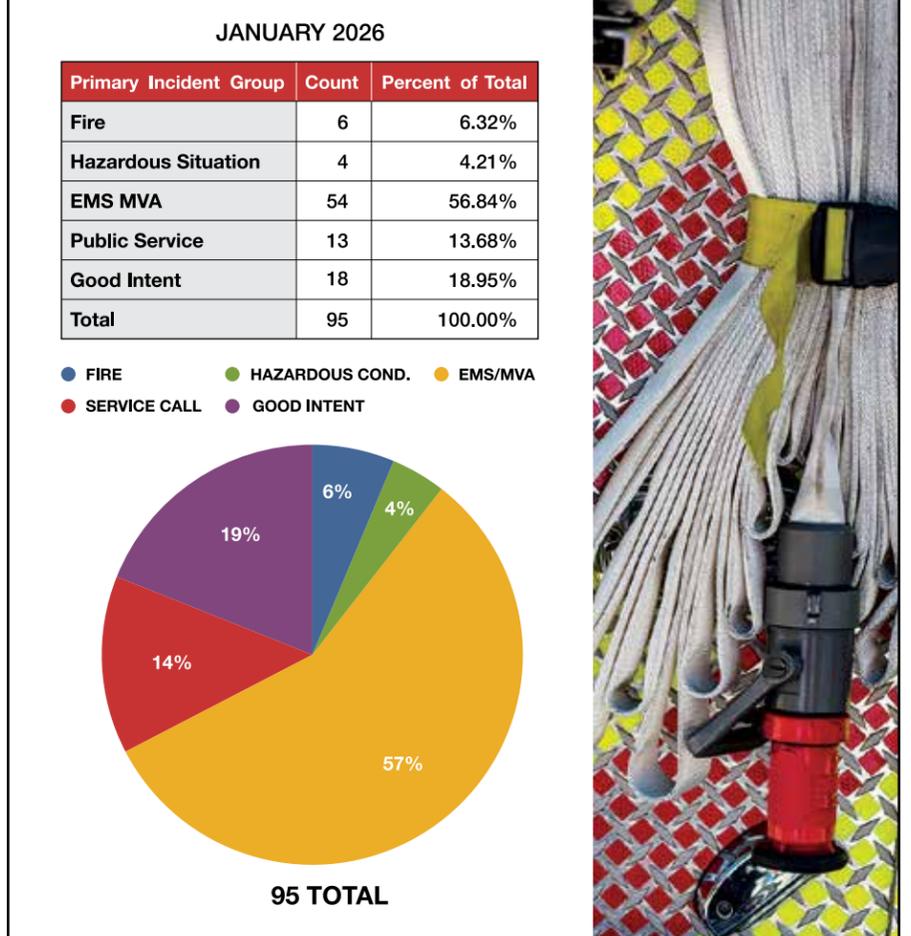
Uncertainty doesn't have to hold you back. Preparation and a clear plan can make the difference between reacting to change and navigating it with confidence and intention.

Jonna Ferguson is an executive coach and career strategist based in Bow who works with mid-level and senior professionals navigating career transitions, leadership growth, and workforce change.



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BOW HIGH SCHOOL SPORTS SPOT

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

The **ESPORTS** team at Bow High School has had an outstanding performance this winter season! Ever since the fall of 2021, coaches Sam Dixon and Allan Sheehy have worked to train team members to be the best they can be.

This season, all five teams participating in Bow High School's esports program qualified for the playoffs, and the Smash Kings received third place in the team's Smash Bros League! The Smash Kings team consists of: Carter Monroe, Matthew Kropp, Colton Currier, and Zach Cannon.

When asked about the structure of the esports team, Coach Dixon explained, "Each team has one or two captains. Their roles are to manage their individual teams as well as the match assistant features in our online league." The captains' responsibilities could include



selecting game preferences before the game and setting up game lobbies (pre-game interface).

Coach Dixon added that while esports was always "a blast," there were plenty of distinct highlights on the season! "Perhaps some of the greatest moments were the nailbiter matches against our archrivals, the Bedford Bulldogs – their Smash team is amazing, and watching them and our Smash Kings battle it out in these friendly but intense matches is a wild ride!"

"We're very lucky to have such a supportive administration – Mr. Fisk, Mr. Desilets, Ms. Guerette – they're very helpful and supportive of whatever it is we need. We've built a program that other schools look to as they build their own, and administrative support is an important part of this," said Coach Dixon. "Also, a shout out to Aria who always brings amazing peanut butter cookies to our games!"



Junior Anna Zerba in a game against John Stark played at NHT



Junior Jacob Littlefield against Hanover

GIRLS BASKETBALL

The girls basketball team has carried itself to a strong 8-2 record as the month of January closes out. The Falcons have successfully defeated Kennett, John Stark, Coe-Brown, Laconia, Hollis-Brookline, and Hanover during the month of January in addition to their wins against Bishop Brady and Souhegan in December. Their only two losses were to the Derryfield School and Pembroke.

The Falcons' opponent in the latter of the two losses, Pembroke, is undefeated going into February, and the former of the two games was a close 32-30 loss. With 0.5 seconds left on the game clock, the Falcons inbounded the ball but were forced into a hasty shot that missed.

Looking to February, the team has 8 games, just under half of the season's, scheduled. The team visits Merrimack Valley, Milford, Plymouth, and Sanborn, and hosts Oyster River, Pelham, Pembroke, and Lebanon. The team is in a very good position to nab a top-4 seed in the playoffs!



Freshman Lena Starr against Exeter

GIRLS ICE HOCKEY

The girls hockey team has rolled out to a comfortable 9-2 record. Its two losses, against St. Thomas Aquinas-Winnacunnet-Dover and Oyster River-Portsmouth, were by scores of 3-4 and 2-3, respectively—both 1-point losses. Its largest win, on the other hand, was a 10-0 win against a co-op between the three Manchester high schools. 7 games, all to be played in February, remain for the Falcons.

BOYS BASKETBALL

With a 54-52 win over Kennett, the boys basketball team has managed to keep a winning record at January's end. The Falcons' record, 5-4, is the product of their 4-game win streak at the end of January. Laconia, Coe-Brown, John Stark, and Kennett were the wins that made up the win streak. These four games, along with the Bishop Brady win that took place at the beginning of the season in December, account for the team's 5 wins, while the four losses, against Souhegan, Manchester West, Hanover, and Hollis-Brookline, were also all in a row.

The boys basketball team has exactly half of its 18 games left to play in February. The Falcons will be playing tougher games like against Oyster River, against Pelham, and a rematch against Manchester West. Manchester West and Hollis-Brookline are both currently undefeated.



Senior Parker Kazanowski against Bedford

BOYS ICE HOCKEY

The Falcons boys ice hockey, while sporting a 2-10-1 record, have pushed to put in their best effort wherever possible. The team, coached by Tim Walsh, has made statement wins against Portsmouth-Newmarket-Sanborn and Nashua North-Nashua South by scores of 7-0 and 4-2. The Falcons also forced a tie with Oyster River High School! There are plenty of games still to go, and this team deserves all the support it can get!

TOWN OF BOW POLICE DEPARTMENT



DECEMBER 2025 ARREST LOG MISDEMEANOR AND FELONIES

- 01/01** Daniel Bennett, Bow, Driving While Intoxicated
- 01/02** Ashlynn Ronfeldt, Acton, ME, Fugitive from Justice, Stalking, Obstructing Govt. Administration
- 01/05** Daniel Thibeault, Laconia, Aggravated Felonious Sexual Assault, Felonious Sexual Assault
- 01/07** Charles Jean, Manchester, Operating without a Licence
- 01/11** Jordan Paul, Deering, Theft of Lost or Mislaid Property
- 01/16** Margaret Filkorn, Richmond, VT, Driving While Intoxicated
- 01/22** James Bautista, Bedford, Felonious Sexual Assault
- 01/27** Brian King, Weare, Simple Assault; Domestic Violence
- 01/27** Mary Smith, Manchester, Driving While Intoxicated
- 01/28** Thomas Rowell, Bow, Simple Assault, Reckless Conduct



In addition there were 3 Involuntary Emergency Admissions, 1 Protective Custody for Intoxication, 5 Violation level arrests

A Message from CHIEF MILLER



As we move through February, I would like to address some matters of safety and community interest. As you know, there is still a long road ahead before spring finally arrives, and the current forecast of sub-zero wind chills remains a primary concern.

Extreme cold brings significant risks, including frostbite and hypothermia. I encourage all residents to limit outdoor exposure and dress in multiple layers.

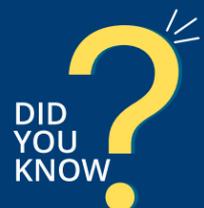
This is also a critical time to monitor home heating safety. Keep space heaters at least three feet away from furniture and curtains and never leave them running unattended. Please also test your carbon monoxide detectors and smoke detectors to ensure they are functioning properly.

I also want to provide an update on the status of motor vehicle inspections.

While state law initially slated the repeal of mandatory inspections for January 31, 2026, a federal judge has issued a preliminary injunction blocking that repeal. This means that annual vehicle inspections remain legally mandatory for the time being. Because of the confusion surrounding this transition, the NH Department of Safety has announced that enforcement of inspection violations is suspended through April 10, 2026, for vehicles expiring before March. However, because the legal situation is fluid, I urge residents to remain in compliance to avoid future issues. Regardless of the court's final decision, the legal responsibility to maintain a safe vehicle remains with the owner. Officers will continue to cite drivers for equipment failures, such as bald tires or broken lights that compromise road safety.

Finally, I would like to recognize February 15th as National School Resource Officer Appreciation Day. I want to thank SRO Serena Shuter for her continued hard work and presence within our schools. Her dedication to the Bow School District is greatly appreciated by this department and the community alike.

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



Town Ordinance 164-9 states:

No vehicle shall park on any road or right-of-way in a manner that hampers snow removal. Vehicles found in violation may be towed at the discretion of the Director of Public Works or any police officer.

WE'RE HIRING! APPLY TODAY!

WE'RE CURRENTLY HIRING FOR:

PATROL OFFICER

Eleven (11) Paid Holidays

Medical Insurance (w/Buy-out option)

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Accrual of annual, sick, and comp time leave

Officers work 4/3 schedule with rotation every 3 months

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EMAIL RESUME & COVER LETTER TO:

Lt. Pratt at

Mpratte@bownhpd.gov

**\$10,000
SIGN-ON BONUS
FOR CERTIFIED
OFFICERS!**



SRO Shuter Honored on SCHOOL RESOURCE OFFICER APPRECIATION DAY

Bow School students honored SRO Serena Shuter on February 15 with a colourfully crafted poster sign, thanking her for her service.

School Resource Officers (SROs) are sworn law enforcement officers responsible for ensuring school safety, fostering positive relationships, and acting as informal counselors or educators within the school environment. They maintain a visible, proactive presence to deter crime; conduct threat assessments; and act as a liaison between the school and police department.



BBQ APPRECIATION LUNCHEON



Grappone Ford graciously hosted an appreciation luncheon for members of the Bow Safety Team, catered by Lakes Region BBQ. The food was incredible, and your generosity is truly appreciated. We can confirm the BBQ boosted morale (and maybe a few belt notches). Thank you Grappone for your continued support of Bow Police and Bow Fire!



ANN DIPPOLD
PRINCIPAL BROKER
Cell: 603-491-7753
ann@hometown603.com



BIANCA CONTRERAS
ASSOCIATE BROKER
Cell: 603-491-8849
bianca@hometown603.com



HEATHER MANN
REALTOR
Cell: 603-344-1401
heather@hometown603.com



KATHY CLEARY
REALTOR
Cell: 603-545-1998
kathy@hometown603.com

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MELISSA RICHARDS
REALTOR
Cell: 603-724-9186
melissa@hometown603.com



SABRINA O'KEEFE
REALTOR
Cell: 603-724-7138
sabrina@hometown603.com

**324 SOUTH STREET
CONCORD, NH 03301
603-333-0070
hometown603.com**



REAL ESTATE SALES IN BOW — JANUARY 2026 *Serving the areas in and around Merrimack County.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1 Hop Kiln Road	1 Bedrooms 1 Baths	1262 Square Feet	1.00 Acres	\$350,000
30 Albin Road	4 Bedrooms 3 Baths	2256 Square Feet	2.07 Acres	\$535,000
27 South Bow Road	3 Bedrooms 3 Baths	2014 Square Feet	7.53 Acres	\$570,000

REAL ESTATE SALES IN DUNBARTON — JANUARY 2026 *We are ready to help you on your next journey.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
12 Gary Road	2 Bedrooms 2 Baths	840 Square Feet	0.39 Acres	\$355,000

Sales Data for JANUARY 2026 is provided by the NHMLS.



SOLD
347 Pembroke Street, Pembroke SOLD \$412,000
Sabrina O'Keefe 603-724-7138



SOLD
8 Whittier Drive, Bow SOLD \$936,000
Ann Dippold 603-491-7753



SOLD
30 Orchard Hill Rd., Peterborough SOLD \$705,000
Melissa Richards 603-724-9186



UNDER CONTRACT
11 Wellesley Drive, Pelham Listed \$519,000
Bianca 603-491-8849 & Melissa 603-724-9186



UNDER CONTRACT
20 Grandview Road, Bow Listed \$449,000
Bianca 603-491-8849 & Sabrina 603-724-7138



UNDER CONTRACT
100 Allen Road, Bow - Listed \$579,900
Bianca Contreras 603-491-8849



ACTIVE LISTING
Lot 8 Bay Road, Farmington Listed at \$659,900
NEW CONSTRUCTION
Heather Mann 603-344-1401



ACTIVE LISTING
19 Depot Street, Alton Listed at \$1,600,000
DEVELOPMENT OPPORTUNITY
Heather Mann 603-344-1401



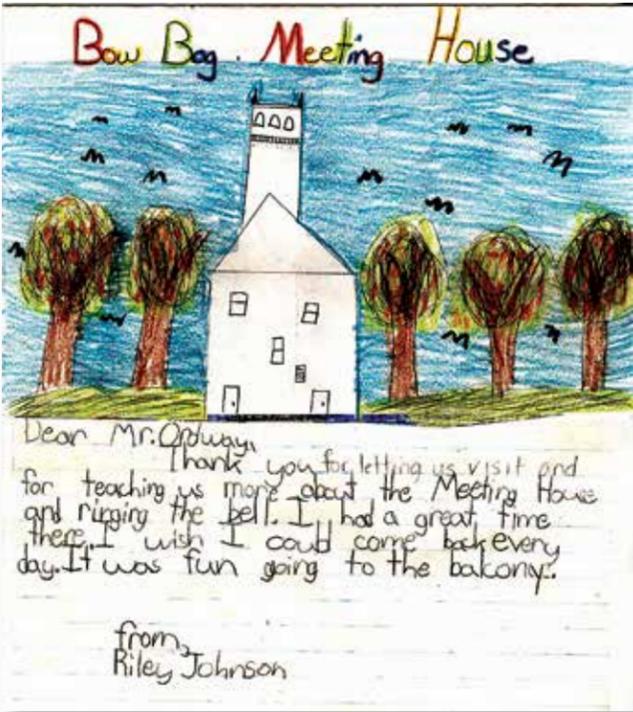
ACTIVE LISTING
120 Broadway, Concord Listed at \$2,650
RESIDENTIAL RENTAL 3BR/1BA \$2,650 Monthly
Bianca Contreras 603-491-8849



CELEBRATING the BOW BOG MEETING HOUSE

Did you know that Bow has the honor of being one of only fourteen of all 234 municipalities with its meetinghouse on the prestigious NH State Register of Historic Places?

Built in 1835 by George Wheeler, who also built the 1847 Old Town Hall, the Bow Bog Meeting House it is the oldest town-owned building and Bow's only state registered site. Its history demonstrates Bow's grit and values through numerous community members, including a society formed for the sole purpose of preserving it for future generations.



Drawing by Riley Johnson, 3 grader at Bow Elementary School.

They raised all funds needed to return it to its near-original state by a notable Strawberry Banke restoration expert and then gifted it to Bow. Volunteers and donors, including local clubs, skilled craftsmen and business owners, have helped the Bow Heritage Commission steward our heirloom.

From its roots as a gathering place for like-minded believers and vested townspeople, it continues to ground our community by informing us of the past as we pursue future endeavors. Through years of field trips, hundreds of our 3rd graders have experienced this history firsthand by seeing the nearly 200-year-old wavy glass windows, kerosene chandeliers, steeple containing a century old bell they've delighted in ringing and heard the 1880 Prescott Reed organ. It has created rippling effects, most poignantly witnessed in a high school senior returning to ask if he could make a landmark sign which adorns our gem today.

With Bow soon to celebrate its **300th Anniversary**, we can all recall many celebrations the meetinghouse hosted throughout the years, including the Bicentennial of the U.S. Constitution signing, Bow Heritage Days, NH Humanities Programs, family gatherings and weddings.



Community Picnic sponsored by Bow Heritage Commission. Food cooked and provided by Bow Community Men's Club.

Article written by Cheryl Mortimer, photos by Eric Anderson. Learn more at Bow's website bownh.gov or at Baker Free Library.

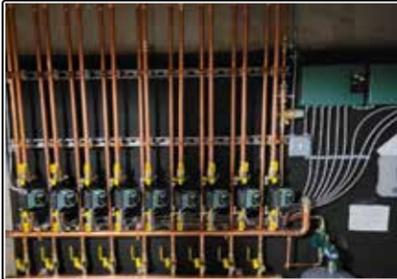
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- Replacement of broken or worn locks
- Key cutting and door lock service

How You Coach AFFECTS YOUNG ATHLETES

By Rebecca McNutt, 17-year-old student athlete

Young athletes often enter sports hoping to gain confidence, form identities, and enjoy positive social interactions. Sports environments are strong social institutions that shape norms, values, and behaviors. Coaches, as authority figures, play a key role in this process. Ideally, they guide young people toward discipline, motivation, and personal growth.

However, in many competitive settings, coaching can shift from guidance to emotional manipulation, humiliation, and intimidation. Because coaches hold power within the sports hierarchy, abusive coaching is often accepted or overlooked.

Misuse of power in coach and athlete relationships can cause psychological harm that affects not just athletic involvement but also social development, mental health, and future career paths. To understand how abusive coaching impacts young athletes, we must look at both the psychological aspects and the social forces that allow this abuse to happen and continue.



Many athletes reported that coaching behaviors like constant criticism or verbal degradation were seen as part of the competitive culture. As a result, abusive behavior is perpetuated through silence and fear, fostering a culture where emotional harm is normalized.

When athletes experience abuse from authority figures, their understanding of relationships, expectations, and self-evaluation becomes distorted. Many former athletes noted that feelings of failure or inadequacy in adulthood trace back to patterns formed during abusive training.

Studies exploring the mechanisms of abusive coaching also show clear sociological impacts. Psychologists and collaborators Cho, Choi, and Kim found that controlling

or authoritarian coaching styles raised competitive anxiety contributing to athlete burnout. While they focused on psychological results, this dynamic also reflects power relations in sports. Coaches use their authority to control behavior, and athletes can feel pressured to comply because of team culture, scholarship requirements, and competition for spots. Therefore, burnout becomes not just a psychological outcome but also a social one.

Abusive coaching also affects decisions regarding sports participation, education, and career goals. Athletes who face emotional abuse often consider quitting their sport or reducing their involvement. This represents a disruption in the socialization process. Sports are typically a central part of young people's identities, social networks, and routines. When an abusive coach undermines an athlete's self-worth or makes participation emotionally damaging, the athlete risks losing a vital source of social connection and identity development.

Evidence indicates that abusive relationships between coaches and athletes produce harmful psychological and social effects that last long after the final competition. To protect young athletes and promote healthier social environments in sports, organizations must implement stronger policies that clearly address emotional and psychological abuse. Coaches should receive training in supportive methods that promote growth instead of fear.



Research on the emotional and psychological effects of abusive coaching shows deep-rooted patterns related to power, authority, and socialization in sports. In one study of elite child athletes, every athlete interviewed had received treatment that qualified as emotional abuse, such as belittling, shouting, humiliation, scapegoating, and threats. Many athletes report-

ed feeling worthless, fearful, or humiliated.

While this 2004 study highlighted individual experiences, it also points to a wider trend. Elite youth sports often have strict hierarchies where coaches maintain near-total authority. These athletes learn early on that they must obey and endure, while questioning authority could threaten their place on the team. Because they are socialized to accept harsh treatment, many do not see their experiences as abusive until later in life.

A large 2024 survey of college athletes in the United States found that nearly ten percent had experienced some form of interpersonal violence, including emotional or psychological abuse, during their college years.



Sports should be sources of joy, discipline, and personal growth. However, abusive coaching can replace these positive experiences with anxiety, fear, and lasting emotional scars. Evidence shows that emotionally abusive coaching harms mental health, undermines motivation, disrupts identity formation, derails athletic careers, and perpetuates harmful power dynamics that affect athletes long after they leave sports.

WHY LATINO TEENS HAVE A LOWER SUICIDE RATE

Young Americans are facing a mental health crisis. Suicide deaths among youth aged 10 to 24 increased 62% between 2007 and 2021, and in surveys nearly half of U.S. high-school students say they feel hopeless.

Yet one group offers a fascinating counterpoint. Young people in Latino immigrant families have better physical and mental-health outcomes than their peers born in the U.S., including other Latinos. This phenomenon is especially notable given today's heightened immigration enforcement and the anxiety and uncertainty it is creating across many Latino households.

A 2009 study in the American Journal of Public Health found that among immigrants who came from Mexico to the U.S. as teenagers, just 2.3% reported suicidal ideation, compared with 8.9% of their American-born peers. Another study in Social Science and Medicine in 2013 concluded that "immigrant youth have a lower risk of alcohol, tobacco and marijuana use relative to U.S.-born youth."

One explanation for the difference lies in family structure. Recent Latino immigrants are more likely to live near or with their family, sometimes even purchasing a larger home or additional living unit to accommodate grandparents. This brings

practical benefits: After school, there's always someone around. A large body of research shows that a strong connection to family is linked to higher prosocial behavior, stronger self esteem and lower rates of substance use and delinquency.

Sociologists describe the Latino family as organized around familismo, or "family-ism" – a cultural value that emphasizes prioritizing the family's needs, often extending beyond the nuclear family to include grandparents, aunts, uncles, cousins, godparents, and even friends and neighbors. The importance of godparenthood, known as compadrazgo (literally "co-parenting,") means that other adults, who are often aunts and uncles, help guide young people well into adulthood.

Familismo "teaches children that they're accountable to something larger than themselves," said Gustavo Carlo, a professor at the school of education at U.C. Irvine who studies Latino adolescent development. "It's a buffer against the loneliness and detachment so many kids feel today."

By Ann Denning, co-author of "Radical Señora Era: Ancestral Latin American Secrets for a Healthier Happier Life."

WHAT WE LEARNED ABOUT MICROPLASTICS IN 2025

by: Shannon Osaka

For many scientists, 2025 was the year of microplastics. Researchers have known for decades that tiny plastic particles were floating around in rivers and lakes and accumulating in the ocean. But it's only in the past year or so that they have begun to understand that the tiny plastics are in our bodies and food as well.

Here are some of the main things we learned about microplastics in 2025.

Microplastics are accumulating in the brain. Researchers at the University of New Mexico found plastics were not only entering the brain – they were actually accumulating there. Brains of people who died in 2024, for example, had significantly higher concentrations of microplastics than the brains of people who died in 2016. There was no correlation between the amount of microplastics and the age of the person at the time of their death.

The study also estimated that the human brain contained around 7 grams of the tiny plastics, about the weight of a plastic spoon.

New links between microplastics and certain diseases. Although the science of microplastics is new, studies in 2025 linked the tiny particles to several diseases, including Alzheimer's and heart disease.

In one study by researchers at the University of Rhode Island, scientists analyzed mice with a genetic predisposition to Alzheimer's. When the mice were exposed to tiny particles of polystyrene - the same plastic used in Styrofoam - the mice showed signs of memory problems consistent to early-stage Alzheimer's. The mice not exposed to microplastics did not show the same problems.

There are other suggestive links. In the New Mexico study, researchers found that patients with dementia had three to five times the amount of microplastics as patients without. But, the researchers warned, dementia can make the brain more porous - meaning those brains were more vulnerable to the tiny particles.

How to avoid microplastics in your food and drink. Researchers say one of the key risk factors is heat. A plastic cup with a hot drink, for example, is more likely to shed tiny particles into the beverage than a cold drink. Other researchers have found that plastic tubs and containers shed many more particles when heated or placed in the microwave.

Highly processed foods are also more likely to contain higher concentrations of microplastics – likely because the food passes through numerous assembly lines and processing equipment before it reaches the plate. Those foods are also more likely to have high concentrations of plastic chemicals, that can disrupt hormones in the body.



THE *Poetry*
PLACE

ODE TO THE MARCH WIND

by Bob Lux

O hopeful wind! Prancing through bright blue skies,
sculpting wisps of white...
Saucy, irreverent, kite-tosser... harbinger of life.
Begin the stirring, you insouciant waif of seasonal change -
beckoning across the folds of earth brown and white,
holding promise for timid sprouts.
Passing o'er ponds freed from winter's grip, caressing
surfaces to sparkling ripples, scatter winter's faded ice...
whose dreary face so reluctantly admits spring's tenure.
O March wind! Dancing across stubbled fields newly bared;
November's gentle cousin, wet and chilling,
Stirring half-buried leaves in playful whirls...
You bring life in flowing sap, creaking brooks, shortening
shadows...
You lighten the hearts of those irrevocably part of the
pattern you stir anew.
O youthful wind! whistling with kind assurance, tempering
winter's blasts for summer's whispers...
You are vibrant... but, alas, ephemeral... like the glow of a
maiden lightly lifted...
Come play with kites, with hearts... with me...
before you wander afar.

A LITTLE WINTER HAIKU

by Nadeane Mannion

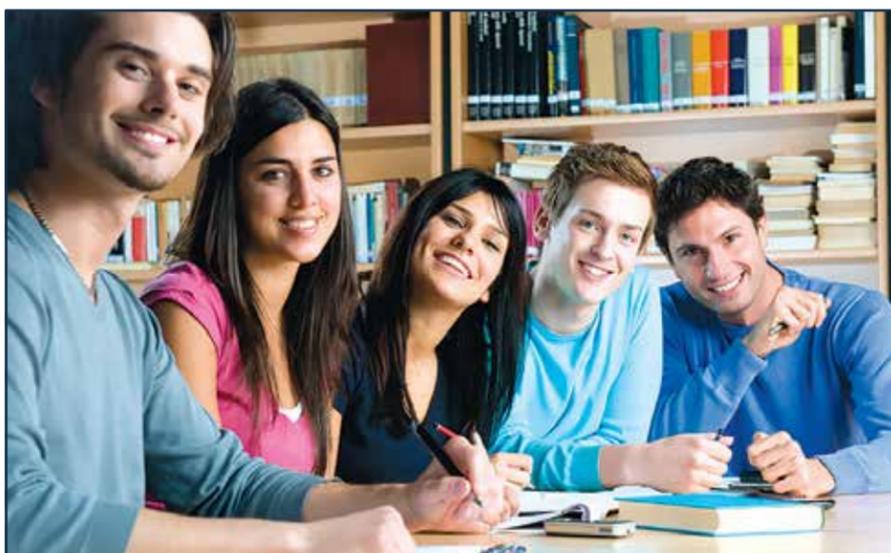
Snowflakes are patterns of unique and rare design Heaven-crafted lace.	Knee-high, white surprise invites the winter artist to sculpture snowmen.
Black, howling winds like dark intruding fingers filching thieves of warmth.	Ice-bent birches stand like wailing, unclad mourners undone by sadness.

UConn
UNIVERSITY OF CONNECTICUT

**DEAN'S LIST
FALL 2025 SEMESTER**

MARK FOLSOM OF BOW MAKES THE DEAN'S LIST

The University of Connecticut announced that Mark Folsom of Bow made the Dean's list for the fall 2025 semester.



share your *student's*
achievements

If your child is a student at college feel free to send us news about them so their friends, family and neighbors can share important milestones in their life.

Feature your child's academic achievements, artistic endeavors or sports accomplishments in The Bow Times!

Send photos & news to
Nadeane at: nmannion1@comcast.net



Bow Young at Heart Club

MARCH 11, 2026 11:30 AM - 2:30 PM

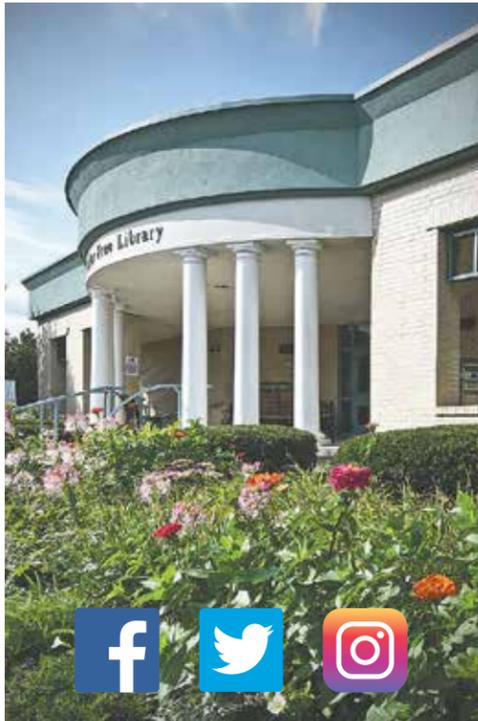
Dr. Mary Kelly will present "A Nation Once Again: Ireland's Road to Independence, 1169-1999," which details the struggle of the Irish people from the time of the Gaelic chieftains until today. The discussion describes the key players, contending traditions, and political forces that made Ireland "A Nation Once Again."

FEBRUARY 13, 2026 11:30 AM - 2:30 PM

Annual Pizza Party! The club will hold its annual pizza party followed by games. Guests are welcome.

Meetings are at Old Town Hall, 91 Bow Center Road. Bring your own lunch at 11:30, desert is provided. The public is welcome! 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.



Baker Free Library
February/March News

509 South Street
Bow, NH 03304

See our online Calendar at
bowbakerfreelibrary.org

to sign up for upcoming
programs and events.



**Baker Free Library will be closed on
Monday, February 16th for President's Day.**



MEET THE CANDIDATES

Meet the Candidates Night | Thursday, February 19th | 6:00pm

Join the community in meeting this year's candidates for the town's Selectboard, Library Trustee, Trustee of the Trust Funds, Budget Committee, School Board, and more. Each candidate will have 5 minutes to introduce themselves, and then, after a brief intermission, attendees will have the opportunity to participate in a Q&A.

YOUTH PROGRAMMING

Frozen February: Science & Treats with Subzero Ice Cream Tuesday, February 24th | 2:00pm

At this special presentation from Subzero Ice Cream, children will learn the incredible science behind liquid nitrogen! Watch amazing demonstrations as you investigate what makes this substance so unique. After the science, stick around for a treat: Subzero will craft a one-of-a-kind, nitrogen ice cream for all registered participants. Recommended for Ages 6 and Up, in the company of a parent or caregiver. Every child must be registered to attend. Please register using our online calendar, or visit the library today! Only those registered will receive ice cream.

Mr. Aaron Presents: La La Squad & The Missing Piece Thursday, February 26th | 2:00pm

Mr. Aaron returns to Baker Free Library with a brand new show! Hoppy Socks Bunny is one puzzle away from becoming a master puzzler, but he's missing all of the pieces! Can you help him complete the puzzle? Join Mr. Aaron and the La La Squad on an interactive musical journey with plenty of puppets, singing, dancing, beat-boxing, made-up songs and more! This hilarious and clever show is very interactive, like a musical choose-your-own-adventure. Recommended for ages 2-8, but all are welcome to join the fun. Registration is not required.

ADULT PROGRAMMING

Driving Towards Zero NHDOT! Thursday, February 19th | 4pm

Learn about the importance of road safety from the NH Department of Transportation - and get some cool free NH DOT swag! Eliminating deaths on New Hampshire's roadways is the driving force behind the work of the New Hampshire "Driving Toward Zero" campaign. The NHDTZ's mission is to create a safety culture where even one roadway fatality is one too many. Zero fatalities are the only acceptable number and of course, the only number we can all live with! Visit nhdtz.com to learn more.



Christian Troy | Woodpecker Ins.

NEW TO MEDICARE? TURNING 65 SEMINAR

**Monday, February 23rd
6:00 PM**

New to Medicare: "I'm still working, but I'm turning 65. Should I join Medicare?" Learn what you need to do in this educational Medicare program presented by Woodpecker Insurance in Concord. This program will go over questions such as:

- 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?
- Will I lose HSA if I go with Medicare? Can I still use it?
- Are there penalties for not signing up, if so what are they?
- Basically, I just want to know if going with Medicare is the right decision for me. Can you help me?

Per Medicare guidelines, this is a Medicare Educational event, so no specific carrier or plan information will be discussed. This program is presented by Christian Troy, from Woodpecker Insurance in Concord.

Adult Board Game Night | Wednesday, March 4th | 5:30pm

Join Liesl for a night of board games! Come explore the library's collection of board games (available to check out!) and enjoy some good company and snacks. You are always highly encouraged to bring games from home to share! Registration is encouraged but not required.



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

Chair yoga will be held the first Thursday of every month, at 8:30 AM! **You must be registered to attend**, as space is limited. Please dress comfortably and bring water with you to class!

This gentle and welcoming Chair Yoga class will allow you to receive the benefits of practicing yoga while sitting in a chair or standing using the chair for balance. Through guided yoga postures and breath-work, this class will help to increase strength and range of motion, improve circulation, and deepen mental and physical relaxation. No experience needed!

Paint Along! | Wednesdays, March 11th & 18th | 5pm

Join Liesl for a relaxing paint along! In the spirit of Bob Ross, stop in for an evening of painting landscapes. No experience necessary! The library will provide all supplies needed, but feel free to bring your own acrylic paint brushes or pallets.

Registration is required to secure your spot and supplies! Registration opens March 1st! We heard you loud and clear :) There will be TWO sessions this month! Please only sign up for ONE session - it will be the same class/painting so you won't miss anything!

Avalyn Reed Trio Concert | Saturday, March 14th | 2pm

Join us in the historic 1914 Room for a performance by the Avalyn Reed Trio! Friends Christine Fell (clarinet), Nancy Fiske (clarinet), and Maria Isaak (bassoon) have been spreading the joy of their music since 2023. Learn more about the trio on their website.

This event is graciously made possible by the Concord Community Music School!

Adult Craft Club | Tuesday, March 17th | 6pm

Adult Craft Club at the Baker Free Library is held every third Tuesday of the month!

Advanced registration is required to attend, as space & supplies are limited!

BOOK CLUBS

WHODUNITS

Tuesday, March 3rd | 1pm

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.

Book Discussion: *The Last One at the Wedding* by Jason Rekulak

ADULT BOOK TALK AT BFL

Tuesday, March 10th | 12:30 & 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!

Book Discussion: *The Reading List* by Sara Nisha Adams

WHITE ROCK BOOK GROUP

Tuesday, March 17th | 1pm

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!

Book Discussion: *The Reading List* by Sara Nisha Adams



IN THE GALLERY

February 2026: Racial Unity Team ~ Art & Poetry Contest

The Racial Unity Team is hosting its 7th Annual Art & Poetry Challenge in 2025. NH residents are invited to submit a poem or visual work of art inspired by this year's theme: *"Building Bridges, Tearing Down Walls."*

Participating students should consider the following questions:

- How can we learn about others' experiences, identities and perspectives?
- Despite our differences, how can we find connections with others and appreciate the value that different perspectives bring to our community?
- What does it mean to build bridges between people?
- How does it feel to make connections with others?
- How does it feel when there is a barrier to connecting with others?
- What does my community need to improve to build bridges across difference?
- How can we communicate better to tear down walls between us?
- What can our communities do to have conversations across difference in a respectful way?

Looking for additional resources? Check your local library or bookstore.

PERSPECTIVES ON ARTIFICIAL INTELLIGENCE

LARGE GAPS BETWEEN EXPERTS AND THE PUBLIC ON AI'S POTENTIAL IMPACT ON JOBS, THE ECONOMY.

AI SEEN DIFFERENTLY BY WHITE COLLAR EMPLOYEES VERSUS CEOS

Business leaders' faith in the productive boosting powers of AI is getting a reality check – from their own workforces.

Employees say AI isn't saving them much time in their daily work so far, and many report feeling overwhelmed by how to incorporate it into their jobs. Companies, meanwhile, are spending vast amounts on artificial intelligence, betting that the technology's power to speed everything from sales to back-office functions will usher in a new era of efficiency, profit and growth.

Workers in the Section survey were far more likely to say they were anxious or overwhelmed about AI than excited. The reverse was true for the C-suite – and 40% of all respondents said they would be fine never using AI again. The most common way most people said they used AI tools was for basics like Google-search replacements or generating drafts. Far fewer used it for more-complex tasks like data analysis or code generation.

Whatever changes AI is bringing to business operations and jobs, chief executives said that isn't translating to the bottom line yet. In a PricewaterhouseCoopers survey of chief executives presented at the World Economic Forum's annual meeting in Davos, Switzerland, 12% said AI had delivered both cost and revenue benefits. More than half of the nearly 4,500 CEOs polled worldwide said they have seen no significant financial benefit so far. Some companies have already reported ambitious AI efforts that later required humans to help.

The 5000 worker survey by the company Section revealed that 73% of C-suite workers are "excited" about AI, but 50% of managers were anxious or overwhelmed by it.

Lindsay Ellis | Wall St. Journal | 1/22/26



AN AI CEO WARNS OF 10% UNEMPLOYMENT

Anthropic Chief Executive Dario Amodei predicted a future in which artificial intelligence will spur significant economic growth—but could lead to widespread unemployment and inequality.

Amodei said the government will need to play a role in navigating the massive displacement in jobs that could result from advances in AI. He said there could be a future with 5% to 10% GDP growth and 10% unemployment.

"That's a combination we've almost ever seen before," he said. "There's gonna need to be some role for government in the displacement that's this macroeconomically large."

Amodei painted a potential "nightmare" scenario that AI could bring to society if not properly checked, laying out a future in which 10 million people – 7 million in Silicon Valley and the rest scattered elsewhere—could "decouple" from the rest of society, enjoying as much as 50% GDP growth while others were left behind.

When it came to social responsibility, he drew a distinction between the AI companies that were run by scientists – such as himself and Demis Hassabis at Alphabet— and those run by leaders who were formed by their work at social-media companies.

He said scientists focus on the effects of the technology they build, "not ducking responsibility."

In contrast, he said, business incentives shaped social-media entrepreneurs. "The way in which they interacted with – you might say manipulated – consumers is very different," he said.

Keach Hagey | Wall St. Journal | 1/21/26



R2-D2 TAKES JOBS AWAY

Amazon.com, the third biggest employer in the US, behind the federal government and Walmart, plans to automate 75% of its operations with AI and robots, which could save the company up to \$4 billion annually and by 2027 could reduce the need to hire more than 160,000 warehouse workers according to Morgan Stanley.

The other Amazon said on January 28: it plans to eliminate about 16,000 corporate jobs, marking its second round of mass job cuts since last October.

The job reductions come just a few months after October's layoffs, when 14,000 employees were let go across Amazon's corporate workforce. At the time, the company indicated the cuts would continue in 2026 as it found "additional places we can remove layers."

Meanwhile UPS expects to cut an additional 30,000 operational positions this year, the company said as it continues with its restructuring efforts.

The shipper eliminated 48,000 positions in 2025, comprising 14,000 management positions and 34,000 jobs in operations. UPS has been working to right-size its business after reducing volumes from Amazon.com, which was once its largest customer.



OBITUARIES

GREGORY J. CALER

Gregory Caler, 57, of Hopkinton passed away on Sunday, January 25, 2026, after a short battle with congestive heart failure.

Greg was born on January 15, 1969, to Harold "Sonny" Caler and Sandra (Clark) Caler. He graduated from Noble High School in Berwick, Maine in 1987 where he was on the football and wrestling teams.

He was a lifelong avid Miami Dolphins fan and was able to see his beloved Dolphins beat the NE Patriots in 2019. He loved cooking, camping, musical theater, yard sales, craft fairs, and being with family.

Greg was predeceased by his father, Sonny, and his mother-in-law, Charlotte Paul. He is survived by his wife Charlene, his mother Sandy, sister Christina Dame (Christopher), and his children Candice Staples, Storm Caler and Codi & James Kaichen. Also, Charlene's daughter Caitlyn (Sean) Bohanan and son Zachary (Sarah) Calley. He also leaves his grandchildren Lily Anna Sprague, Charlie & Clara Bohanan and Julianna Dubuque and nieces Breck & Monica.

WILLIAM F. CARNEY, SR.

William F, "Bill" Carney of Bow passed away peacefully on the morning of January 11, 2026.

Bill is predeceased by four brothers Jackie, Bob, Ralph and Paul. He is survived by his wife of 68 years, Eileen; two sons William (Annie) and David; grandchildren Michael (Maria), Alyson (Brycen) Colin, Jake and Jack; great grandchildren Skyla and Liam.

Bill was born March 29, 1934, in Salem, MA. Bill was a veteran of the Korean Conflict and spent time in Korea.

After his retirement Bill and Eileen made their home in Bow. Bill was a NH Fish & Game Commissioner for Merrimack County for eight years and spent countless hours hunting and fishing.

In lieu of flowers donations may be sent to Duck's Unlimited, Inc., 1 Waterfowl Way, Memphis, TN 38120.

LEE R. HERRINGTON

Lee Roy Herrington, III of Bow was born January 10, 1947, to Lee Roy Herrington II and Pluma Ellen Herrington in Hartford, Connecticut before he passed away on Thursday, January 22, 2026. He is survived by his wife Joan and their six children: Lauren, Lance, Brooks, Ian, Shelby, and Sydney. Lee was blessed with a growing number of grandchildren, whom he loved dearly- and who affectionately called him "Pappy." He is also survived by two of his three brothers: Stuart and Dale; his brother Alan passed away in 2025.

Lee founded the Herrington Catalog in 1980 and ran it for over 30 years. The Herrington Catalog was his vision for a mail-order shopping experience that harkened back to the "days before malls." Under his leadership, the catalog expertly blended high touch personal service, carefully curated wears, and romantic storytelling and photography.

Lee loved his family above all things and counted them at the very top of his many blessings. He was happiest when sharing his passions with his wife and children - of course playing tennis in the summers and watching the Steelers on a cold fall day in front of a roaring fire, but also mid-day golf tee times with his children or captaining a spirited sail at sunset "Golden Hour."

In lieu of flowers, please consider making a donation to the school Lee chose for its commitments to both academic rigor and to formation of character, a place where his children were able to "grow up slowly." Checks can be made out to Friends of St. John Regional School, 61 South State Street, Concord, NH 03301.

CLARKE L. KIDDER

After a brief illness, Clarke L. Kidder of Contoocook passed away on December 16, 2025. He was born (September 21, 1943) in Upstate New York, which is where he met his wife of 61 years, Judith A. (Flood Kidder). The couple moved to Contoocook in 1975.

For decades, Clarke was a telecommunications engineer at area companies, including TDS. He cherished his community, serving as a Hopkinton selectman and planning board member. He was also very active with his church, the Lions Club, the Boy Scouts, the Telephone Association of New England, and the Telephone Museum in Warner.

In addition to his wife, Clarke is survived by his daughter and son-in-law, Laura M. Kidder and Denis T. Kingston; his son and daughter-in-law, Andrew C. and Kristina (Brierre) Kidder; and two grandchildren, Dean (19) and Paige (17) Kidder.

RICHARD A. MORIN

Richard A. "Dick" Morin, 76, of Dunbarton, passed away unexpectedly on Sunday, January 4, 2026, at the Elliot Hospital.

Born on July 1, 1949, in Manchester Richard graduated from Manchester West in 1967. He dedicated over 30 years of his career as a talented photographer for the Union Leader, where his work captured countless moments that shaped the community. He retired from the Union Leader in 2008.

He was a lifelong member of the National Rifle Association. He especially cherished time with family and friends, sharing his skills and teaching his sons and grandchildren how to shoot and fix just about anything.

He is survived by his children, Tim Morin, Scott Morin (Laura), and Sean Cunningham (Melissa) and brothers, Dan Morin (Susan), Steve Morin (Cathy).

Richard was predeceased by his beloved wife, Denise Morin; his parents, Fernand and Dorothy Morin; brother, Lee Morin.

OBITUARY COST

Standard \$50 Text not exceed 250 words.

Premium \$75 includes photo - text not to exceed 385 words.

nmannion1@comcast.net for information



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MEMORY CAFE – CONCORD

Wednesday, February 18 | 2:00 to 4:00 PM

Granite Ledges of Concord, 151 Langley Parkway

Topic: Responding to Dementia-Related Behaviors

Enjoy this monthly gathering designed for individuals living with memory impairment and their friends, family, or caregivers. Set in a safe, welcoming, and uplifting environment, these meet-ups offer moments of connection and understanding. Share conversation, engage in light, fun activities, and enjoy the company of others who truly appreciate both the joys and the struggles of living with memory changes.

Registration is not required. This program is offered at no charge. Masks optional. Light refreshments available.

Note: this gathering does not serve as a support or respite group.

HEALING HEARTS – BOW

Tuesday, February 24 | 5:30 to 7:00 PM

Bow Mills United Methodist Church, 505 South St.

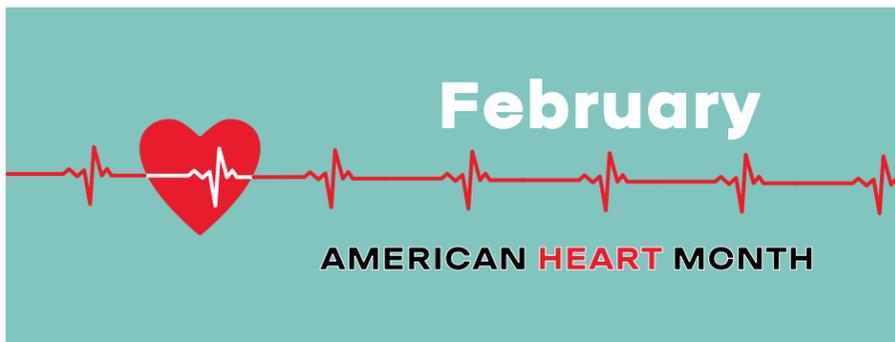
This monthly support group is for parents who have suffered the death of a child at any age due to any circumstance and whether the loss was recent or some time ago. Parents are encouraged to come individually, with partners, spouses, or co-parents, to connect and journey toward healing alongside other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

Registration & a brief screening is required. All community members are welcome to attend. This program is offered at no charge. Masks optional. For information please call **603-224-4093, ext 82828.**



AMERICAN HEART MONTH

Every month of the year is used to focus our attention on various diseases and medical problems. February is no exception, but we are often distracted by Valentine's Day and Super Bowl Sunday and miss thinking about health issues. In 1963 President LBJ urged citizens to confront the problem of heart disease, and February was chosen as a focus point. National Snack Food Month, Hot Breakfast Month, Low Vision Awareness Month are just a few of the topics that also try to get our attention in the month of February. Possibly the most important "awareness" topic for February is American Heart Month.



Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups. In 2023 almost 1 in every 4 deaths in the US was caused by heart disease. (1) High blood pressure is a leading cause of heart disease, and nearly half of US adults have high blood pressure. (2)

A recent NYT article (27 Jan 26) reminds us that heart disease often presents differently in women than it does in men. Women and men must both contend with hypertension, elevated cholesterol, diabetes, smoking, inactivity, and excess weight. But women also deal with the loss of protective estrogen at menopause, symptoms that are frequently different from men: not as 'crushing' or severe, and additional and different symptoms from men such as shortness of breath, heaviness in the chest, nausea, upper back pain and unusual fatigue. It is also true that health care professionals have dismissed women's symptoms as not being important, especially if they are not 'classic' or 'textbook' male symptoms.

What can we do to try to prevent death from heart disease?

1. Know your family history
2. Eat a heart-healthy diet (vegetables & fruit, whole grains, lean proteins, more fiber & less sugar and salt)
3. Get your weight into an acceptable range.
4. Be physically active (walking, cycling, swimming, any sport you enjoy).
5. Manage your cholesterol. Talk to your health care professional and make a plan.
6. Check your blood pressure. Most pharmacies offer a free BP check, and there are several home BP monitoring devices. Discuss with your health care professional which of these options is best for you.
7. Quit smoking.
8. If you are wondering if your symptoms, whatever they are, might be signaling a cardiac condition call 911 or go to the nearest medical facility.
9. Wear "RED" in February and support your favorite heart programs, especially those that are advocating for women's heart health.

Heart disease also has economic consequences. An AI overview states that "direct medical spending is estimated at over \$233 billion per year, with costs projected to quadruple by 2050 to nearly \$1.5 trillion due to population aging and increased prevalence of risk factors." This projection is just direct cost and does not include lost productivity.

1. National Center for Health Statistics. Multiple Cause of Death 2018-2023 on CDC WONDER Database.

2. <https://millionhearts.hhs.gov/data-reports/hypertension-prevalence.html>



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



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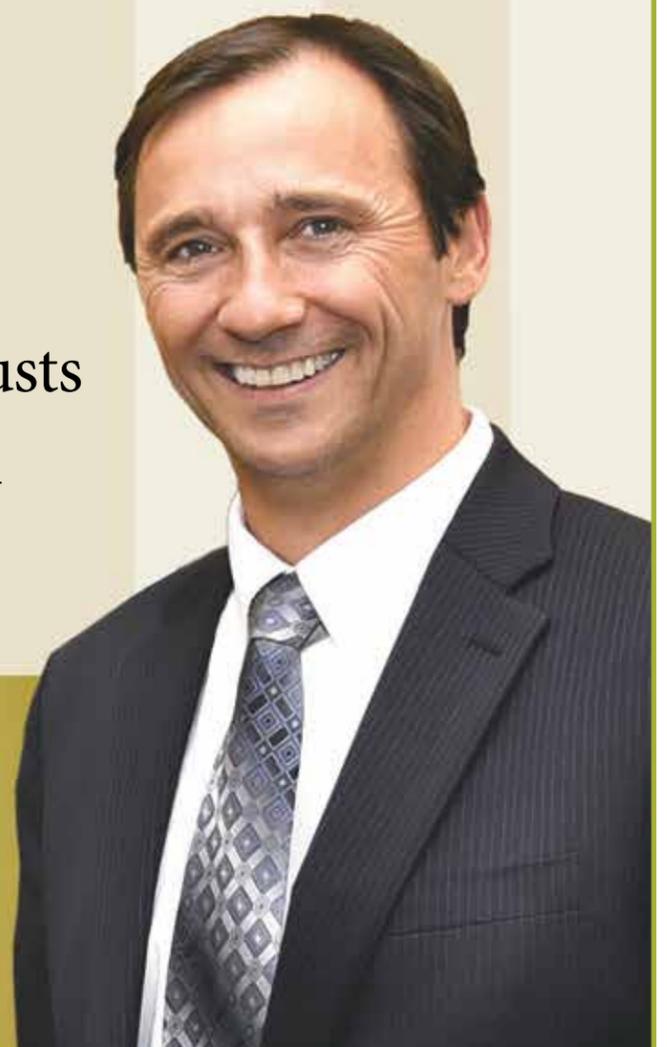

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