



The Bow Times

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DUNBARTON NEWS ON PAGES 12-13

FIVE RIVERS ANNOUNCES 89 ACRES IN DUNBARTON CONSERVED



Five Rivers Conservation Trust is pleased to announce the permanent protection of 89 acres of farm fields, forests, and high-quality wetlands at the Englund Family Farm in Dunbarton. The land and buildings were historically part of Dunbarton’s Twiss Farm, whose owners raised sheep, grew potatoes and hay, harvested timber, and built the stone walls that remain today. In 1983, Thomas and Susan Englund purchased the property, and today, more than 40 years later, their family remains deeply connected to the land.

The Englund Family Farm is an important addition to an impressive network of conserved lands near Dunbarton’s village center. The Dunbarton Conservation Commission has been actively protecting open space outside the village over the past several decades. This is Five Rivers’ sixth project in Dunbarton, where the organization now holds conservation easements on 915 acres.



BOW TOWN MEETING APPROVES \$4 MILLION CONCORD WATER HOOK-UP

At a four hour town meeting on Wednesday, March 11, 300 Bow voters met and approved the sum of \$4,000,000 towards a water line extension from Concord to Bow Junction: State grant money of \$1,500,000, \$305,101 from the Drinking Water State Revolving Fund, and \$2,194,899 from the Bow Business Corridor Tax Increment Financing District or TIF fund. The vote was 273 to 44.

Concord has been resistant to supplying between 25,000 and 60,000 gallons of clean water per day to the Bow Junction area even though Bow would pay for it.

All other warrant articles were approved including the town budget of \$12,445,472.

BOW SCHOOLS TO SPEND \$41 MILLION

At the Friday night school district meeting on March 13, the voters approved a budget of \$40,850,771 for the operation of the schools.

The many requests for a secret ballot on various warrant articles was not a problem at the meeting. The town meeting had five secret ballots despite overwhelming votes in favor of the challenged articles. One voter said that the ones requesting a secret vote failed to “read the room” and wasted everyone’s time.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 18-19

BOW ELECTION RESULTS FROM MARCH 10

Selectwoman Eleana M. Colby ran unopposed and was re-elected with 816 votes. The Budget Committee had four candidates for two seats with Harry Judd (630 votes) and William Knapp (609 votes) winning over Mike Mayo (376) and Van Mosher (343). Bob Arnold was re-elected as a Library Trustee.

Two candidates for School Board ran unopposed and Margie Borawska-Popielarz got 812 votes and Martin Osterloh had 807 votes.

The ballot count was 2,144. All nine zoning amendments were passed overwhelmingly.

DUNBARTON VOTERS RAISE SCHOOL BUDGET 9.8%

At the Saturday, March 7, annual school meeting in Dunbarton the voters increased the school budget by 9.8% to \$11,600,000. Most of the increase was due to higher health insurance cost (\$124,000) and transportation of students.

The meeting also took up a possible change to the SB2 bifurcated process. SB2 splits the traditional meeting into two parts: a deliberative session in which residents can debate and amend warrant articles, followed by a separate voting day when all matters are decided by ballot. That change was defeated by a vote of 152 to 46.

The School Board election for two seats went to Lori Wamser with 227 votes and 226 for Nicole Sloan.

On the town Selectman side, Charles “Chuck” Frost defeated Jonathan Hammond 189 to 83. The other offices were uncontested except for the position of Trustee of the Trust Funds which Karen Cusano won on a write-in with 17 votes. Hog Reeves for the year were Cody Marcou and Liberty Scott.

The zoning amendments were all adopted, including approval of Accessory Dwelling Units by a vote of 231 to 41. All warrant articles passed at the town meeting including the town budget of \$4,044 236.

SCHOOLS DO SURVEYS FOR STRATEGIC PLANNING

Recently, the SAU has made a great deal of progress in the strategic planning process with the completion of the final revisions to the stakeholder surveys. Separate surveys have been developed for staff, parents, students in grades 6-12, alumni, and community members to ensure we gather meaningful feedback from all groups. The surveys opened on March 4 and will remain available through March 20.

Community forums will also be held in both towns to provide an opportunity for residents to learn more about the process and share their perspectives. Dunbarton’s forum will take place on March 26 at 6PM at Dunbarton Elementary School, and Bow’s forum will be held on March 23 at 6PM in the Bow High School auditorium.

UNION LEADER’S FORTY UNDER 40 NAMES BOW ATTORNEY

A. Eli Leino, a 38-year-old attorney based in Bow, New Hampshire, was named to the New Hampshire Union Leader’s 40 Under Forty Class of 2026. This annual recognition honors influential young professionals who are expected to shape the state’s future across various industries.

Leino is an Attorney at Bernstein, Shur, Sawyer & Nelson, P.A., where he



specializes in real estate, zoning, and land use law. His practice focuses on helping his clients navigate the complexities of permit processes, such as converting property uses from residential to commercial, and addressing site plan requirements.

This recognition reflects his professional achievements in real estate law and his commitment to the New Hampshire community, including volunteer work with the Manchester Police Athletic League and Families in Transition.

WINNER OF 28 NH PRESS ASSOCIATION AWARDS

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LOW TAXES ARE THE RESULT OF LOW SPENDING

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EDITORIALS

CONCORD MAY MISS THE TRAIN OUT OF BOW JUNCTION



Ever since the late Bill Veroneau was Mayor of Concord the city has been refusing to be a good neighbor and sell water to Bow.

The current Mayor and Council are no different. They may soon regret they did not do a revenue sharing plan with Bow to cover the increase in assessed value of Bow property at Bow Junction if a water hook up were to occur.

Unlike Manchester Street in Concord, the property along the miles of Route 3-A in Bow is a gold mine.

One developer on Dow Road has told the TIF Advisory Board he is looking at 33 developed acres with 10 buildings valued at north of \$16 million. Next year the TIF bank account is estimated at \$2.8 million and the town meeting just approved \$4 million for a Concord water hook up.

With a \$5 million bond issue and a repurposing of the \$4 million in Concord money Bow has the funds it needs to tie in to Hooksett water.

Time waits for no man— or city.

WHAT REPUBLICANS NEED TO LEARN ABOUT TARIFFS

With the Dow Jones stock market index at about 47,000 it is interesting to see how far it has come since May 7, 1929, when it hit a high of 326 for the 1920s. But just a half a year later on November 8 its value fell to 198.

The Great Crash of 1929 wiped out \$50 billion which was half the entire \$100 billion GNP for the country.

The answer to our problem was simple, said Congress. All we needed was tariffs, so on June 17, 1930, President Hoover signed the 60% worldwide tariffs called for by the Smoot-Hawley Act.

What happened next was a severe economic contraction also close to 60%. By November 1930 unemployment went from 3,000,000 to 8,000,000 workers, 25% of all factory workers were laid off and 1,300 banks failed.

By September 30, 1931, the Dow was down to 99 – by June 1932 the S&P was off by 86.2% from its high.

Another 10,000 banks failed by 1932 and unemployment was 13,000,000 or 29% of the labor force.

The Great Depression was made worse by the trade war and tariff retaliation by other countries because of our big beautiful tariffs. By 1934 under President Roosevelt, the rates were cut in half and the economy began to grow again.

This lesson in historical reality is why Congress should be in no rush to enact tariffs, which are really just a tax on imported goods.

Last year America's consumers and businesses paid nearly 90% of the cost of President Trump's tariffs according to a recent report from the federal reserve Bank of New York. The nonpartisan Tax Foundation said that equated to a "tax increase of \$1,000 per household in 2025."

A party that for years has said "Read my lips, no new taxes" can't now support a 15% tariff tax on the world.

Candidates for office will have to say whether they are Republicans In Name Only because they support the 10 or 15% import tax or if they are traditional anti-tax conservatives in the Republican Party. You can't be both.

Because MAGA "loves Trump's policies" we may need to form an anti-tax conservative party that follows core principles, not a cult. Maybe we can even call it the Republican Party again?

MILLIONAIRES AND BILLIONAIRES

Senator Bernie Sanders years ago would blast "the millionaires and billionaires" for all of America's problems. Then it turned out his assets exceeded a million dollars so he pared it down to just billionaires. He may also have noticed that last year 24,000,000 voters had assets above one million and 800,000 people earned over \$1,000,000 a year.

That is quite an increase from 1925 when only 207 people, yes 207, had income over \$1,000,000.

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



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<div style="background-color: #663399; color: white; text-align: center; padding: 5px; margin-bottom: 10px;">March 25</div> <div style="display: flex; align-items: center;"> <div style="width: 60%;"> <p>The Serious and the Sideshow: Two Sides of the NH Primary with Neil Levesque and David Tirrell Wysocki</p> </div> </div>	<div style="background-color: #663399; color: white; text-align: center; padding: 5px; margin-bottom: 10px;">April 15</div> <div style="display: flex; align-items: center;"> <div style="width: 60%;"> <p>Life on the Seas with Fred Richards</p> <p>Life with the Bees with Jim and Katie Watt</p> </div> </div>
<div style="background-color: #663399; color: white; text-align: center; padding: 5px; margin-bottom: 10px;">April 1</div> <div style="display: flex; align-items: center;"> <div> <p>An Evening of A Cappella with The Afternotes and Tonehenge</p> </div> </div>	<div style="background-color: #663399; color: white; text-align: center; padding: 5px; margin-bottom: 10px;">April 22</div> <div style="display: flex; align-items: center;"> <div style="width: 60%;"> <p>Magic Play with Andrew Pinard</p> </div> </div>

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UNIFIED ATHLETICS IN BOW: WHERE INCLUSION, COMMUNITY, & HEART TAKE THE COURT

UNIFIED ATHLETICS has become a powerful and unifying force across the Bow School District, bringing students with and without disabilities together through sports while strengthening empathy, leadership, and community pride.

Unified Sports is an inclusive program that places students with disabilities (Unified athletes) and their peers (Unified partners) on the same team. The result is far more than competition – it is connection, belonging, and shared accomplishment.

Bow High School has proudly participated in Unified Athletics for many years, building a strong foundation of inclusion and school spirit. This year's Unified Basketball team exemplified that legacy under the leadership of coaches Principal Matt Fisk and Special Educator Jessica Desrochers, whose commitment to inclusion and student engagement has helped the program thrive.

Leadership on the court came from Bow's seasoned senior partners Izzy Densmore, Mae Morrow, and Cami Morrow, who have been part of the program year after year. Their tenacious play and leadership helped propel the team forward in every game.

Anyone who stepped into the Bow High School gym during a Unified Basketball game felt like a winner. With a massive roster of 35 athletes and two managers, the program is considered a no-cut sport, though interest was so high that the team unfortunately had to turn away a few potential partners simply due to limited uniforms and the desire to ensure a high-quality experience for all participants. One of the standout moments of the season was the first home game against Concord, which set the tone for an exciting and meaningful year.

Senior athletes Elora Cordier, Gabe Densmore, and Ella Wood are to be commended for their strong performances and dedication this season. Another beloved highlight is the annual Staff vs. Unified game held during

**Special
Olympics
Unified Athletics**



the February school meeting. Energy is electric and school spirit reaches an all-time high. The coaching staff is grateful for Bow High School's continued support of inclusion and participation in this impactful program.

Building on the success at the high school level, Bow Memorial School is now in its second highly successful year of Unified Athletics. Last school year, BMS decided to "test the waters" by launching a Unified Soccer program. Under the leadership of coaches Lauren Cass, Bow Memorial School Athletic Director and Physical Education Teacher, and Michelle Lahey, Special Education Teacher, the program quickly exceeded all expectations.

What followed was transformative. Eighth-grade peer partners gained a new understanding of empathy and leadership, realizing how meaningful and rewarding it can be to support others. There is nothing quite like the moment a special education student scores a goal, their face says it all. Parents often tear up in the stands, witnessing their child participate as an athlete in ways they never thought possible. Behind each of these moments are dedicated coaches, teachers, and paraprofessionals working tirelessly to make it all happen.

This winter, Bow Memorial expanded its program to Unified Basketball and hosted Merrimack Valley at home, drawing an incredible crowd of supporters. The final Unified basketball game of the BMS season will take place against Cawley and Rundlett Middle Schools on Wednesday, February 11 (snow date February 12) at Cawley Middle School. In the spring, Unified Soccer will return once again.

Unified Athletics has become a point of pride not only for Bow schools, but for the entire town. These programs represent the very best of education, where students learn teamwork, compassion, and the joy of shared success.

In Bow, inclusion isn't just encouraged, it's celebrated.



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April 22, 2026



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STONEHILL COLLEGE

Maia Kimball, Bow High School Class of 2022, made the Dean's List for Fall 2025 at Stonehill College. Maia is a Health Sciences Major.




Evan Smith, Bow High School Class of 2022, to graduate Plymouth State University on May 9, 2026 with a BS in Marketing and Professional Sales.

Feature student academic achievements, artistic endeavors or sports accomplishments, in The Bow Times!
Send news and photos to: nmannion1@comcast.net

IS IT WHAT YOU SAY OR HOW YOU SAY IT?

Based on The Minds Journal, these 9 Social Rules focus on cultivating respect, mystery, and mindful communication to improve relationships and personal impact.

1. Stop sharing everything: Mystery earns more respect than overexposure.
2. Listen to understand: Don't just listen to reply.
3. Calm demeanor: Speak calmly, even when others are shouting.
4. Inclusive greeting: Greet everyone when entering a room, not just important people.
5. Impact over words: People forget what you said, but never how you made them feel.
6. Don't interrupt: Never interrupt someone's story; it is how you lose respect.
7. Move in silence: Don't chase attention; those who move quietly often hold the most power.
8. Avoid gossip: If they gossip to you, they will gossip about you.
9. Lasting impression: Your words matter, but your actions make a lasting impression.

These rules emphasize that how you interact is often more important than what you say.

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HEALTH WATCH

WHAT WOMEN SHOULD KNOW ABOUT HEART HEALTH

Heart disease kills more women than all cancers combined. But many women believe they are most likely to die of cancer, or breast cancer alone, according to surveys. That's not too surprising. Women's heart health has long been overlooked and understudied.

The list of risk factors is longer. Hypertension, high cholesterol, diabetes, smoking, inactivity and family history of heart disease increase risk for both men and women.

But women have to consider a longer list. Polycystic ovary syndrome, or PCOS, is associated with higher risk of heart disease. So are lupus and rheumatoid arthritis, autoimmune diseases that are much more common in women. And women who go through menopause before age 45 are especially vulnerable.

Menopause is a critical juncture. Largely because estrogen helps protect the heart and blood vessels, women tend to develop heart disease about 10 years later than men. Menopause is the key transition: As estrogen falls, blood pressure and cholesterol tend to increase, and arteries tend to become less elastic, a surprise to many women.

Symptoms can be profuse. Doctors and patients alike frequently dismiss women's heart attack symptoms because they don't always present as crushing pain and pressure. Chest pain is still the most common symptom. But many women describe it differently, as "a pressure or a heaviness, as opposed to men, who will sometimes just say it hurts." said Dr. Natalie Bello, an associate professor of cardiology at Cedars-Sinai and director of women's cardiovascular health and cardiology at Atria Health and Research Institute. And women are likelier than men to have several symptoms, such as shortness of breath, nausea, dizziness, jaw pain, upper back pain, cold sweat or unusual fatigue.

Causes of failure can diverge. For example, women are likelier than men to have coronary microvascular disease, which affects small blood vessels, and they are also prone to coronary artery spasms, in which an artery periodically squeezes, said Dr. Nupoor Narula, the director of the Women's Heart Program at Weill Cornell Medicine. Both conditions can cause heart attacks. Women are also disproportionately susceptible to spontaneous coronary artery dissection, a tear in an artery's wall that is especially common after childbirth.

The usual tests may fail. Emergency room doctors sometimes wrongly conclude that a woman's symptoms are unrelated to the heart because atypical heart attacks don't always show up on standard tests. For example, an ordinary angiogram, in which a provider injects dye into blood vessels and takes X-rays, may not show artery spasms or a blocked minor blood vessel.

If you go to the E.R. with heart-attack-like symptoms and your angiogram is normal, it's a good idea to see a cardiologist afterward. The doctor may recommend assessments such as a PET scan, a heart M.R.I. or coronary function testing.

Even medical devices are designed for men. Many women receive stents optimized for the size of men's arteries, which can increase complications, said Leslee Shaw, the director of the Blavatnik Family Women's Health Research Institute at Mount Sinai.

Women also sometimes avoid discussing heart health because they fear doctors' judgment of their weight or lifestyle.

"I turn that back on us as the medical system," Dr. Bello said. "We need to be more accommodating of our patients and explaining how we can help them, and not blaming people."

Excerpt | Maggie Astor | New York Times | 1/27/26

FISH FACT:

What Is The Largest Freshwater Fish?



The Beluga sturgeon (*Huso huso*) is the world's largest freshwater fish with historical records of individuals reaching up to 24-28 feet in length and weighing over 3,500 pounds.



As a long-lived, prehistoric species, they can live for over 100 years. The inset photo shows the largest white sturgeon on record, taken in 1898 on the Snake River in Idaho. It weighed over 1,503 lbs; though modern catches are generally smaller.



PROVEN WINNER

What's new in Plant Varieties? Amy Cardello from **Pleasant View Gardens** will provide us with an illustration of what goes into creating a plant worthy of the "Proven Winner". She will introduce us to some of the new varieties that will be coming to the garden centers in the Spring.

Join the Bow Garden Club for this presentation on...

Monday, April 13th

Bow Old Town Hall

REGISTRATION is FREE but seats are limited. Please use the QR Code below to register

SCHEDULE:

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6:30PM - Presentation

7:45PM - Member's Meeting



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THE MOST VALUABLE GIFTS YOU CAN GIVE YOURSELF!

by Jim Olson

The best thing you can do for your health and fitness is to set a goal and create a realistic plan for reaching it. When you have a goal, you have something to strive for, and when you have a plan, you have a roadmap to help you get there. So take time to sit down and figure out what your goals are, and then come up with a plan for how you're going to achieve them. The results will be worth it!

THE FIRST STEP TO BETTER HEALTH

When you have something concrete that you're working towards, it's much easier to stay motivated and stay on track with your plan. If you want to lose weight, give yourself a specific weight-loss target. If you want to start exercising more, set out a clear weekly or daily goal for how much you'll exercise; if you want to eat healthier, determine what changes in your food choices you're going to make.

If it's your dream to eventually compete in an event like a marathon, write down all of the specific things you'll have to do in order to get there.

BE REALISTIC

It's also important that your goal be realistic within the context of your life right now. If your goals are realistic within the context of your life, you'll be more likely to stick with them.

IT'S NEVER TOO LATE

It's never too late to set new fitness goals for yourself, or reach your old ones. You may have "quit" on your New Year's resolution after only two weeks, but that doesn't mean you're stuck with what you've got right now. You can go after any goal at any time, and whether you take the steps to do so will depend on how badly you want it.

ACCOUNTABILITY

Being accountable to yourself creates an inner pressure to act that turns good intentions into actions, whereas setting goals without following through can't actually help you reach your destination. This isn't just about motivation, though; it's also about self-discipline and being able to stick with your plan.



Jim Olson

Fitness is something quantifiable that can be measured, and that's one of the reasons why it's so important to determine your goals in advance. Measuring whether or not you're succeeding, keeps you accountable also helps you stick with your plan. If you set a goal for yourself but never track it, how do you know if it's really working?

Tracking your progress allows you to see how far you've come, which can also add to your motivation. Track your progress by setting daily, weekly, or monthly targets for yourself that are measurable. This way, you can work out for 30 minutes every day instead of just "working out more" without any accompanying effort.

REWARDS

Working out may feel like a chore when you're just doing it to be healthy, but it becomes far more fun when you

look forward to the rewards.

By thinking about the future benefits of reaching your goal, it becomes easier to work through those tough days when you just don't feel like getting out of bed. You'll be more satisfied crossing the finish line knowing how hard you had to work for it.

GIFT YOURSELF

The most valuable gifts you can give yourself are a goal and a plan for reaching it. Starting today, don't just think about changing your life for the better; go out and actually do it. You have all the potential in the world to accomplish everything that you put your mind to if you just have a plan for reaching it.

Whether it's a resolution, a lifestyle change, or just something you want to do for yourself, now is exactly the right time to start working on those goals and putting together your plan for success.

Don't hesitate any longer to take the actions necessary in order to achieve your fitness goal and make this better life possible.

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
6 Abbey Road	3 Bedrooms 3 Baths	2219 Square Feet	2.04 Acres	\$650,000
19 Woodhill Hooksett Road	5 Bedrooms 4 Baths	4854 Square Feet	2.72 Acres	\$900,000
8 Whittier Drive	4 Bedrooms 4 Baths	3582 Square Feet	1.34 Acres	\$936,000
36 Westover Lane	4 Bedrooms 4 Baths	3259 Square Feet	2.27 Acres	\$1,294,000
29 Westover Lane	4 Bedrooms 4 Baths	3909 Square Feet	1.26 Acres	\$1,450,000

REAL ESTATE SALES IN DUNBARTON — FEBRUARY 2026

We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
15 Robert Rogers Road	2 Bedrooms 1 Baths	932 Square Feet	.67 Acres	\$370,000
227 Twist Hill Road	3 Bedrooms 2 Baths	2256 Square Feet	5.07 Acres	\$635,000

SERIOUS ABOUT SELLING? START WITH A STRATEGY!
Download our Strategic Pricing Guide and learn how smart sellers price to maximize value.

SNOW ROLLERS & THE PART THEY PLAYED IN BOW'S HISTORY

Article by Cheryl Mortimer | Photos Eric Anderson



1920 photograph, possibly from the 3-day Blizzard of 1920, of Philip Sargent and Sanford Sidelinger snow rolling along Grandview Road. Photo courtesy of Philip Sargent.

If you have driven by 2 Woodhill Road, you may have noticed a wood structure next to the one-room schoolhouse. It is our snow roller restored by master craftsman, Dick Welch, and a team of volunteers using original parts found at a residence on Bow Center Road.

Traveling two miles per hour, one-ton rollers packed down snow, making roads passable for people traversing by horse, sleigh, or foot in the 1880s to 1930s. Heavily clad in wool, road maintenance crews braved harsh conditions guiding their 6-horse teams through exhausting terrain. Every few hours they warmed up, ate, and rested at farmers' homes along their routes. Noted in November 2024 by Peggy Pearl from the St. Johnsbury History and Heritage Center, Vermont snow roller, Warren Farrington, was paid 60 cents per hour.

Rolled roads were "beautiful" according to Donald Foote, a student of Town House School at Bow Center in the 1920's. It was not uncommon for loggers to wait for winter to transport their portable sawmills because the roads were smoother than in summer.

By 1921, at \$250 a pop, Bow owned five snow rollers without which winters would mean isolation, limited commerce, and poor school attendance. The annual town report for the year ending January 31, 1927, attests that impassable roads caused failures to meet the required 36 weeks of school. New Hampshire's 1919 school law allowed rural towns experiencing such unavoidable circumstances to petition the State Board of Education to shorten the term.

Today, like the days of yesteryear, our road maintenance crews work long hours so we can travel safely. Sign up for the Ride Along Program to join them during a storm. And next time you're in Bow Center, check out the snow roller.

Contact Bow Heritage Commission for Bow books, notecards, frameable posters, information and more.



The shelter over Bow's restored snow roller was built in 2012 using posts and beams from the 1700s Hammond barn formerly on Dunbarton Center Road and lumber from fallen trees in the 2008 ice storm and 2010 windstorm. by Eric Anderson

Sales Data is provided by the NHMLS.



BOW HIGH SCHOOL SPORTS SPOT

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



COED WRESTLING

For the third year in a row, the wrestling team has taken home the D-III state championship as a team! This marks the third championship coach Billy Chavanelle has helped to lead his team to. The dominant squad also saw several individual accomplishments along the way.

Jake Todisco Coulon and Chase Flagg, both senior captains for the team, placed first in the 138 lb and 190 lb weight classes, respectively. Junior Sean Flaherty placed first in the 113 lb weight class as well. Then, sophomore Kevin Mullen placed second in the 215 lb weight class for the second year in a row. Junior Shane Rabalais, senior captain Herbie Madden, freshman Carter Geddes, and senior Hunter Hutchinson all placed third in the 126 lb, 150 lb, 175 lb, and 285 lb weight classes, respectively. Senior captain Ryan Dolder and junior Brayden Brown both reached 4th place in the 144 lb and 157 lb weight classes.

Since the top four finishers in each weight class qualify for the Meet of Champions, an inter-divisional meet that in turn qualifies for the New England Championships, the Falcons will have 10 players at the Meet of Champions this year!

COED SWIMMING

After competing in meets such as the Bobcat Invitational and the Icebreaker Invitational (both at UNH), as well as various smaller meets like at Goffstown and at Windham, the swimming team's season is over following an impressive state championship performance. Senior captains Emily Hou, Sabine Karanouh, David Owen, and Maya Owen led the team, which saw many personal best times achieved throughout the season.

Team bests on the girls' side included sophomore Ava Popielarz, who reached times of 0:27.33 and 1:00.19 for the 50-yard and 100-yard freestyle events, Karanouh, who reached a time of 1:12.27 for the 100-yard backstroke, junior Madelyn Fish, who reached a time of 7:18.19 in the 500-yard freestyle, and Hou, who reached a time of 1:17.21 in the 100-yard breaststroke. In the relay, the team of junior Hailey Mauro, Hou, Karanouh, and Popielarz reached a time of 4:26.73 in the 400-yard freestyle relay.

On the boys' side, made up of just two members, freshman Benjamin Delude reached times of 0:23.37 and 0:55.42 for the 50-yard and 100-yard freestyles, and 0:58.20 for the 100-yard butterfly. Senior David Owen reached times of 0:29.14 and 1:08.05 in the 50-yard and 100-yard freestyles.

At the state championship meet, Delude placed 4th in the 100-yard butterfly in addition to 5th in the 50-yard freestyle. Popielarz placed 6th in the 200-yard freestyle, and the relay team placed 4th place in the 400-yard freestyle relay. Congratulations to the entire swimming team on its great accomplishments!



Freshman Bella Berg against Pelham

GIRLS BASKETBALL

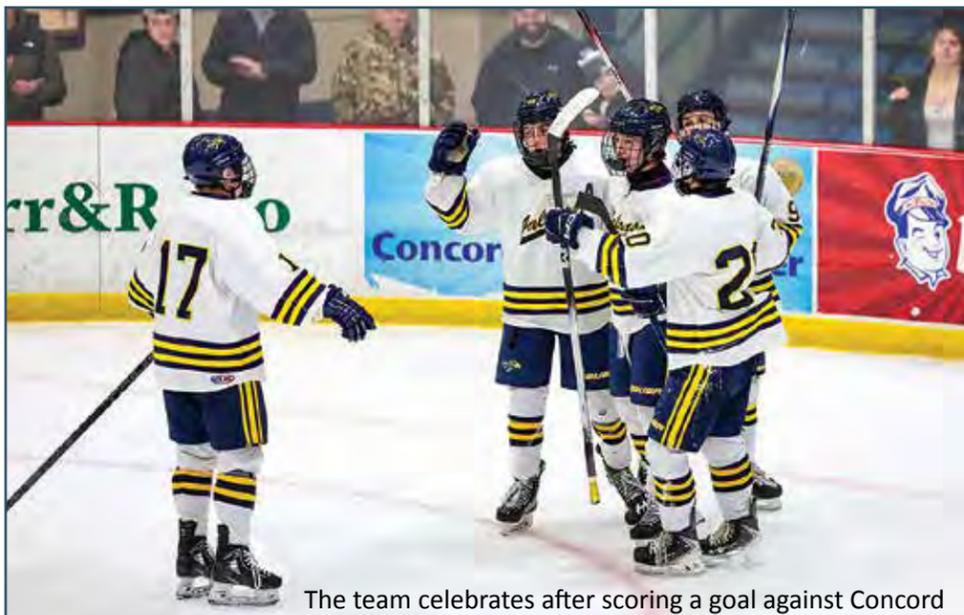
With a record of 15-3 as the month of February ends and the postseason on the way, the girls basketball team is in an excellent position to take a top 3 seed in the Division II playoffs. Though there are other strong teams like The Derryfield School, which barely defeated the Falcons by a score of 32-30 earlier on in the season, Pembroke, which has played and defeated the Falcons twice, and Pelham, which the Falcons defeated 40-37. In addition, through the month of February, the team has made solid statement wins against Merrimack Valley, Oyster River, Sanborn, and Milford. A top 3 seed would put the Falcons in the perfect position to make a deep foray into the playoffs, perhaps even to win it all!



Senior Connor Eno against Milford

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 team celebrates after scoring a goal against Concord

BOYS ICE HOCKEY

The boys hockey team has finished up its season after a loss against Salem with a record of 2-15-1. Although the season may not have lived up to the hopes of some, every member of the team gave their best effort, and it must be remembered that the team was competing in Division I, a step above most Bow sports teams' Division II competition.

"It has been a tough season record wise for the boys, but they have stayed competitive through all of it," said seasoned team coach Tim Walsh. "[W]e have played many teams over the years that have been in our same situation and those teams didn't compete, stay engaged or stayed together like this group has." Coach Walsh offered some positivity looking to the future, saying, "Our hope is that the boys take the steps and work needed to improve in our areas of need between now and next season so we can improve our overall performance."

FALCONS FLY FOREVER!



**NH MANUFACTURING ALLIANCE
LAUNCHES IN BOW TO STRENGTHEN THE FUTURE OF
MANUFACTURING ACROSS NEW HAMPSHIRE**

The **NH Manufacturing Alliance** (NHMA), founded by Bow resident Sabrina Costabile, officially launches with a straightforward mission: to keep New Hampshire’s manufacturing sector strong, resilient, and ready for the future.

Located on 3A, NHMA provides high-impact training and services to manufacturers through a team of fifteen dedicated subject matter experts in:

- Lean Manufacturing • Leadership Development • Quality Management
- Succession Planning • Technical Training

Sabrina Costabile, President and Principal Consultant, brings extensive industry experience to NHMA:

“New Hampshire’s manufacturers are the backbone of our state. They keep planes flying, save lives with medical devices, and build the equipment that protects those who serve our country. They are exceptional at making high-quality American products, but many struggle to keep their businesses running smoothly. That’s where we step in,” said Costabile.

“A generational gap is leaving critical jobs unfilled and young people need real, hands-on training, which NHMA provides. Government contracts have ever-changing requirements, and NHMA keeps manufacturers compliant so that they can bid successfully. Talented professionals sometimes struggle to lead teams, and NHMA develops leaders to support organizational goals.”

In addition to its training and consulting services, NHMA has a fully operational Training Center in Bow. The facility hosts organizations and employees from across New Hampshire, serving as a hub for professional development, collaboration, and continuous improvement.

For more information about NHMA, or if you want to be a part of the mission, visit thealliancenh.com.

QUOTE OF THE MONTH

Do not dwell on the past. The past is to be built on, not dwelled upon.

— Author Karen Witemeyer



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All We Do is New Hampshire Medicare

Navigating Medicare Enrollment by Christian Troy

Turning 65 is a meaningful milestone. Along with it often comes a new question: *Is it time to enroll in Medicare?*

For some people, enrollment happens automatically. For others, it requires a decision and a bit of planning. And for many, the options can feel confusing at first. Our goal here is simple—to walk you through a few common scenarios so you can approach Medicare with clarity and confidence.

Medicare is a federal health insurance program primarily for people age 65 and older. In general, you are eligible if you:

- Are 65 or older, and
- Are a U.S. citizen or a lawful permanent resident who has lived in the United States for at least five continuous years

However, eligibility isn't limited to people turning 65. Some individuals under 65 may also qualify due to certain disabilities or medical conditions, which we'll discuss shortly.

Automatic Enrollment at Age 65

Many people are automatically enrolled in Medicare Part A and Part B when they turn 65. This typically happens if you are already receiving retirement benefits from the Social Security Administration or survivor benefits based on a deceased spouse's work record. In these cases, your Medicare card is usually mailed about three months before your 65th birthday, and coverage for Part A and Part B begins the first day of the month you turn 65.

When You Need to Enroll Yourself

If you are not yet receiving Social Security retirement benefits, Medicare enrollment does not happen automatically.

Instead, you'll need to enroll yourself during your Initial Enrollment Period, which is a 7-month window that includes the 3 months before your 65th birthday month, your birthday month, and the 3 months after your birthday month.

Working Past 65

Many people continue working beyond age 65 and receive health insurance through their employer or a spouse's employer. If that employer coverage is considered creditable coverage—generally from an employer with 20 or more employees—you may be able to delay enrolling in Medicare Part B without a late-enrollment penalty.

Some individuals in this situation choose to:

- Enroll in Medicare Part A (hospital insurance), which is often premium-free, while continuing their employer coverage
- Delay Part B (medical insurance) until they retire or lose employer coverage

Once employer coverage ends, a Special Enrollment Period allows you to enroll in Part B. Because every employer plan is different, reviewing the details before making a decision is important.

Medicare Eligibility Under Age 65

While most people qualify at 65, some individuals under 65 may become eligible for Medicare earlier.

You may qualify if you receive disability benefits from the Social Security Disability Insurance for 24 months, or receive disability benefits from the Railroad Retirement Board for 24 months. After those 24 months, enrollment in Medicare is generally automatic.

Some medical conditions also create eligibility, including:

- End-Stage Renal Disease (ESRD) – permanent kidney failure requiring dialysis or a transplant
- Amyotrophic Lateral Sclerosis (ALS) – also known as Lou Gehrig's disease. Individuals diagnosed with ALS typically qualify for Medicare the same month their disability benefits begin.

Starting With the Right Conversation

When someone first approaches Medicare, the most important step is understanding how enrollment applies to their situation.

- Will enrollment happen automatically?
- Is it something you need to initiate yourself?
- Are you working and covered by an employer plan?

Taking the time to answer these questions early can make the entire process much smoother. At Woodpecker Insurance, we begin every conversation with enrollment—because getting that step right sets the foundation for everything that follows.

We meet with clients in-person at our office at 30 South Main Street in Concord, and our appointments are designed to give you the time and space to understand your options. Each meeting typically lasts about an hour, allowing us to carefully walk through your situation and help you make informed decisions about your coverage.

Our goal is simple: to provide clear guidance so you can move forward with confidence.

If you have questions about Medicare enrollment, we'd be glad to help you navigate the process.

We look forward to meeting you.

Christian & Larissa Troy
Independent Licensed Insurance Agents
Woodpecker Insurance



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)

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THE  *Music* LADY
FOR THE LOVE OF MUSIC

PONDERING THE MEANING OF MUSIC

What is Music? Take a minute to think of how *you* would define music. Can you put it into words? Is there any *one definition* that encompasses all aspects of music?

What if your child asks you “Mommy, what’s music?” You might sing a simple song to demonstrate what music is. Or you might play a song on your child’s toy piano to *show* them what music is. But how would you define it for a child?

The textbook definition of music is “the art of arranging, combining and organizing sounds and silence – typically through elements like pitch, rhythm, harmony and timbre– to create a form that expresses emotion or beauty.” Whew!

You might take your child in the yard and find some sticks and stones, and just hit them together to make **noise**. But if you were to hit them together in a **rhythmic** way, then that is music. The textbook definition says that **typically** the sounds of music include the elements of pitch, harmony and timbre, but not always. Hitting sticks and stones, or banging pots and pans in a rhythmic way is percussion music. *The cacophony of an orchestra warming up is noise — but when all the instruments play the musical score in rhythmic harmony, then that is music.*

There are sounds of music in nature: songbirds sing to attract a mate; orchestral music can be played to the rhythms of waves crashing onto rocks in the ocean; spring peepers can create a chime-like sound; coyotes can howl at night; even dogs can “sing.”

There just isn’t a single definition that encompasses all aspects of music. **Music defies explanation**, but, just like the intangible concepts of “beauty,” “honor” and “love,” you *know* it when you hear it or feel it. And if musical melodies alone weren’t sublime enough, the lyrics can sometimes add to the mystique of the supernatural spell that music casts over us. Lyricists seem to know that some of the best things in life are ethereal and beyond human understanding, with lyrics like “how to you hold a moonbeam in your hand,” or “catch a falling star and put it in your pocket,” or “painting rainbows in the sky.”

Enjoy some great music today.

BOW COMMUNITY MEN’S CLUB



Bow High School Students!
Will you be graduating in 2026?

Plan to attend a school to obtain a skill set such as HVAC, Plumbing, Nurse, Teacher, Police, Fire, or something along those lines?
Apply for the Bow Community Men’s Club Scholarship at: www.bowmensclub.org

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

Join us **March 26, 2026 at 6:00 pm** as our guest.

Meeting location:
Bow Old Town Hall, Bow Center Road, Bow.

Follow us on Facebook 



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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TOWN OF **BOW**
NEW HAMPSHIRE



Community Visioning Session

The Bow Planning Board invites you to participate in a **Community Visioning Session** for the Master Plan Update. We encourage you to join us to share your thoughts and engage with your neighbors!

March 25, 2026
6:30 PM – 8:30 PM
Bow High School Auditorium



Breakout group topics include:

- Land Use/Economics
- Housing
- Transportation
- Community Facilities & Cultural Resources
- Natural Resources

Questions?
Karri Makinen
Community Development
603-223-3971
kmakinen@bownh.gov

Childcare and pizza will be provided 

DUNBARTON NEWS



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.

The next Knitting for adults is Friday, March 20, 6:30 to 8:30 pm, in 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



OPEN MIC NIGHT The Congregational Church's Spireside Open Mic is scheduled for Saturday, March 21 at the church in the town center. Doors open at 4:30 pm for sign-ups. Suggested donation is \$5. Music starts at 5:00 pm 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.

A NEW REVOLUTION IN MIGRATION RESEARCH

The Motus Wildlife Tracking System, presented by Dr. Carol Foss, of the NH Audubon, will be held on Tuesday, March 24, at 6:30 pm in the Upper Town Hall. Learn how automated radio telemetry has transformed the way biologists study bird migration and how New Hampshire plays a role in this global network. Explore the travels of birds that travel NH skies in spring and fall and follow the paths of Monarch Butterflies and Rusty Blackbirds tagged by NH Audubon biologists. Sponsored by the library. Please check the library's FB page or website to confirm date and time.

CHAIR YOGA WITH SHERRY GAMBLE will meet Thursday, March 26, at 11:00 am, on the second floor of the town hall or library. Please dress comfortably and bring water. Please check the library's FB page or website to confirm date and time.

KIDS READ TO DOGS on Thursdays, March 26 and April 9, from 2:30 pm to 4 pm. Call the library, 774-3546, to sign up for a 15-minute session or to answer any questions. Check the library's website or FB to confirm the dates and times.

EASTER BUNNY BREAKFAST Sponsored by the PTO: Join-in at the Community Center (school gym) for a FREE full farmhouse breakfast and photos with the Easter Bunny on Saturday, March 28, 9 am to 11 am. FMI contact the dunbartonpto@gmail.com.

the Easter Bunny

FARMHOUSE BREAKFAST

Saturday, March 28
9 am to 11 am



ATTENTION SCHOLARSHIP APPLICANTS



SCHOLARSHIP The Dunbarton Garden Club is pleased to offer a \$1,500 scholarship to a graduating Dunbarton senior in good academic standing who attends Bow High School. This scholarship is open to any applicant who is attending an institute of higher learning to study any of the following: horticulture, agriculture, floriculture, botany, conservation, environmental sciences, forestry, plant sciences, garden history and design, landscape architecture, pollinator research, conservation, and ecological restoration. The deadline for applications is April 1, 2026. Full details may be found on our website: dunbartongardenclub.org/scholarship

THE BEYOND THE BOOK CLUB, sponsored by the Congregational Church, will meet Thursday, April 2 at 7pm on Google Meet to discuss Meet Me at the Museum by: Anne Youngson. "Warm-hearted, clear-minded, and unexpectedly spellbinding, Meet Me at the Museum is a novel to savor." — Annie Barrows, #1 New York Times bestselling co-author of The Guernsey Literary and Potato Peel Pie Society. For a link or more info, contact Barbara bbennett98@Comcast.net.

BOOK DISCUSSION GROUP The Library's Book discussion group is reading *This is Happiness* by Niall Williams for their next meeting on Wednesday, April 15, at noon in the library. "A profound and enchanting novel set in the rural Irish village of Faha, from bestselling Time of the Child author Niall Williams, about the loves of our lives and the joys of reminiscing." Check with the library's FB page or website to confirm date, time, and availability of books.



CURIOS SHOP The Congregational Church's Curios Shop, located in the center of Dunbarton, is run by many volunteers from the community and church. Hours are Wednesdays: 10:00 am to 4:00 pm and Saturdays: 9:00 am to 4:00 pm. They welcome donations of unique and gently used items, and sell books, cards, soaps and other items all made locally. Their inventory is ever-changing, so stop in and check the shop out! You may find a treasure to buy or decide you'd like to volunteer! All proceeds benefit the many missions and activities of the Dunbarton Congregational Church.

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DUNBARTON POLICE

FEBRUARY 2026 ARREST/CHARGE LOG



02/04: Bruce MacDonald, 70, Dunbarton, was taken into custody for 2 counts of domestic violence - assault and 2 counts of simple assault.

02/15: Jeffrey Clancy, 38, Dunbarton, was charged with driving after revocation/suspension and operating without a valid license.

02/19: Huijie Ying, 43, British Columbia, Canada, was indicted on the felony charges of financial exploitation of an elderly adult, identity fraud, theft by unauthorized taking, and theft by deception.

In addition, 1 individual was taken into protective custody.

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

Animal Complaint: 2	Motor Vehicle Stop: 65
Assist Dunbarton Fire/EMS: 8	OHRV: 2
Assist Other Agency: 7	Paperwork Service: 6
Burglar Alarm: 5	Parking Complaint: 3
Civil Matter: 9	Pistol Permit: 2
Court: 2	Police Courtesy/Assist Citizen: 11
Criminal Threatening: 1	School Zone/Patrol: 18
Domestic Disturbance: 1	Search Warrant: 6
Follow Up: 9	Suspicious Activity/Person/Vehicle: 3
Harassment: 1	Theft/Fraud/Scam: 4
Mental Health: 1	Unattended/Untimely Death: 1
Motorist Assist/Disabled: 3	Vacant Property Check: 20
Motor Vehicle Collision: 4	VIN Verification: 2
Motor Vehicle Complaint: 4	Welfare Check: 1

Police also issued 3 traffic citations (some may have been issued in conjunction with an arrest) for speeding, yellow line/highway markings, and operating without a valid license.

CONTACT PERSON NOTIFICATION PROGRAM



A STATEWIDE PUBLIC SAFETY INITIATIVE that allows residents to voluntarily provide contact information of a legal guardian or other individuals who can assist law enforcement in communicating with persons with cognitive impairment or other disabilities.

Voluntarily submitting your loved one's information will give law enforcement additional knowledge on how best to interact with them and allow you, the caregiver, to be contacted directly and in a timely manner.

To learn more about the program, how it works, and how you can sign up, please call (603) 223-3872, email us at NCIC@dos.nh.gov, or visit: nhsp.dos.nh.gov.

ELECTRICITY PRICES: WE HAVE THE POWER TO MAKE CHANGES

by Erle Pierce of Bow

As a shopper of reasonable energy rates, I was shocked to receive a post card notifying me that I was automatically enrolled in Bow's Merrimack County Community Power, option for purchasing residential electrical service. I immediately opted out of Bow's community power option and signed up with another third-party supplier at a cheaper rate than even Unital's default service.

Why an opt out rather than an opt in? An *opt out* option would presumably allow for a larger customer base, which supposedly would lead to more buying power for that larger pool of customers. That said, we can always opt out or opt in again if it meets our future needs. According to Jackson Kaspari, Director of Member services of CPCNH: "Any customer within Merrimack County is eligible to opt in to the program. Towns that join the County model by select board or Town meeting vote do so on an opt out basis, to become the default supplier for their residents and businesses." The Bow Board of Selectmen voted to join the program in 2025.

The Board of Selectmen met with representatives from the Community Power Coalition, including Mr. Kaspari, at the February 10, 2026 Selectmen's meeting. The dialogue was spirited and the representatives from CPCNH are now awaiting a letter from the Town of Bow that will seek to officially withdraw from the agreement, based on higher electric rates from CPCNH than expected. We will follow what happens as the issue has yet to be resolved.

What can we do about this? Remember the days of landline telephones and your ability to choose your long-distance call carrier company? That was thirty years ago but it was a real option.

Today you can do the same for the electricity you receive at your home. Unital and Eversource are the electric distribution companies whose poles and wires are used to deliver electricity to our area homes. That fact is not likely to change. What have changed are our options to purchase the power that travels over those distribution networks to our homes.

I currently live in Unital's electric distribution area in Bow. I used their default electric rate because it was the lowest... until now. I now get my energy through a third-party supplier with a rate that is one cent lower per kilowatt hour (kwh) than Unital's default rate. That may not sound like much, but for the average home that uses 600-650 KWH per month, that equates to a savings of \$6.00 to \$6.50 per month in energy charges, or in my case, more than \$45.00 in savings over the 7-month contract period with this third-party provider.

All Unital area New Hampshire customers not purchasing electricity supply from a third-party supplier will be placed on Unital's Default Energy service. The availability of these services ensures that no one will ever be without a supplier of electricity. Visit their website at <https://unitil.com/electric-gas-service/third-party-energy-suppliers#electric> for more information.

The same is true if you live in Eversource's electric service area. Their website address is: <https://www.eversource.com/residential/account-billing/manage-bill/about-your-bill/supplier-options>.

An excellent resource tool for *How To Choose An Energy Supplier* and *What Should Be Considered Before You Switch* can be found at the NH Department of Energy's website at: www.energy.nh.gov/consumers/choosing-energy-supplier.

If you have questions about choosing a competitive energy supplier, please contact the NH Department of Energy at 1-800-852-3793 or at www.consumerservices@energy.nh.gov.

Please remember, with choice comes more responsibility to make sure you are being treated fairly, but if you wish, the power to choose your electric supplier lies with you.



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TRAVEL TIPS WHEN YOU'RE STRANDED

Recent air travel shutdowns in the Caribbean and then the Mideast offered some lessons for flight chaos:

- Take the airline's rebooking, then try to switch. Travelers told me that, after their flights were canceled, they passed on rebookings that were offered for a few days later, thinking those were too far away. Once those flights disappeared, they became desperate for flight a full week later. Rebook and then try another airline.
- Make a short-term plan. In the Caribbean case, travelers didn't immediately know when airspace would reopen or how long they would need additional lodging. Some committed to staying another five days, while others took things day by day. Each has pros and cons, but a day-by-day approach can mean changing hotels every night.
- Keep receipts. It still isn't clear whether travel insurance will reimburse the additional costs associated with extra hotel nights. That doesn't mean you shouldn't try. In addition to traditional travel insurance, see if you have any coverage through your credit card. Keep in mind the trip had to be booked on that card for any benefits to kick in.
- Bring your passport, even to places like Puerto Rico. One traveler was able to return to the U.S. by first flying to Panama from Puerto Rico because he brought his passport. This meant he had more options while others had to wait for domestic flights.

Dawn Gilbertson | Wall Street Journal | 1/26/26



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ULTIMATE SPRING LIBATIONS FOR ST. PATTY'S DAY & EASTER BRUNCH CELEBRATIONS

Finally, Spring is on its way, it's been a long winter with heavy snow and while skiers rejoice, everyone else is ready for sunshine and warmth to grace our presence. Early signs of green and St. Patrick's Day excite the Irish. It is always fun to indulge in a spirit or two, that may include your favorite cup of Guinness, Irish Whiskey, or Cream Liqueur into a creative cocktail for dessert which compliments your traditional Irish fare of Soda Bread and Butter, Corned Beef and all the fixings. Coole Swan from County Cavan, Ireland is a traditional dairy farm that makes Irish cream made from fresh dairy, single malt whiskey, Belgian white chocolate, cocoa, and Madagascar vanilla. It's like indulging in your favorite "adult" vanilla ice cream for dessert and is amazing on its own over ice, over coffee, or for creative cocktails like a Grasshopper, known for its minty green glow.

NH Code #61612 Coole Swan Irish Cream Liqueur

750mL \$19.99-\$17.99 Save \$2 www.cooleswan.com

Check it out for incredible cocktail ideas for St. Patrick's Day and beyond. The first day of Spring officially is March 20th which gears us up for the next major holiday Easter on Sunday April 5th. The kids enjoy their baskets, and families gather to enjoy Easter Brunch or a nice family meal. Spring vegetables, ham, and homemade mac & cheese for the kids is always a big hit. I prefer to offer an adult indulgence to start, like a Hugo Spritz or a Ghost Elderita Cocktail to jazz up the celebration, serve wine for the meal, and then finish with Chocolat Deluxe Triple Chocolate Liqueur, Adult Easter candy. For wine lovers, crisp white wines like Sauvignon Blanc and light reds like Pinot Noir are usually a favorite, I choose wines from La Crema Winery meaning "best of the vine" to make the meal divine.

NH Code #14886 Francis Coppola Diamond Prosecco Brut

750mL \$27.99-\$14.99 Save \$4

NH Code #8413 St. Elder Elderflower Liqueur

750mL \$21.99 for a Hugo Spritz with Prosecco

www.mswalker.com/nationalspirits/st-elder-natural-elderflower-liqueur/

NH Code #3602 Ghost Spicy Blanco Tequila 750mL \$34.99-\$32.99

Save \$2 with Elderflower above to make an Elderita (Ghost & St. Elder Margarita with tajin rim, add prickly pear for another level).

<https://www.ghosttequila.com/>

NH Code #8135 Chocolat Deluxe Triple Chocolate Liqueur

750mL \$19.99-\$17.99 Save \$3

www.mswalker.com/nationalspirits/chocolat/

NH Code #18953 La Crema Sauvignon Blanc Sonoma, CA

750mL \$17.99-\$14.99

Save \$3 – Crisp, clean, fresh, and juicy with notes of fresh guava, peach, melon, and lime.

NH Code #24327 La Crema Pinot Noir Sonoma Coast, CA

750mL \$22.99-\$18.95

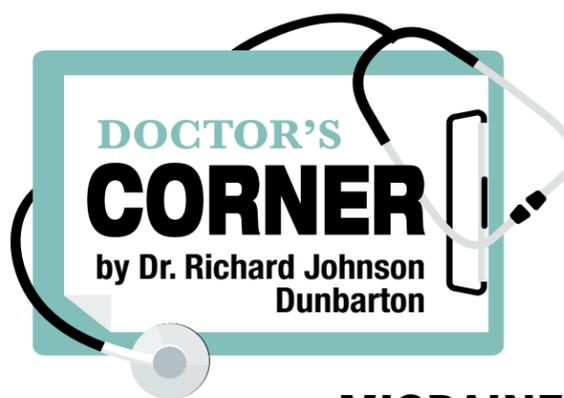
Save \$4.04 – Plush and polished with notes of red raspberry and cherry, with nuances of cocoa nibs and a lingering finish. **www.lacrema.com**

NOTE: March Sale Pricing at your local NH Liquor Stores. Sláinte to you all and Happy Spring! ~ Cheers ~ Annie



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

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



by **Dr. Richard Johnson Dunbarton**



MIGRAINE

The word migraine (hemikrania) originated with Galen, the Greek physician, meaning half-skull, because it is a one-sided headache. Through the old French language, and eventually into English, the word evolved into migraine. The common symptoms are a recurrent throbbing one-sided headache frequently accompanied by nausea and visual disturbances.

Although there are many individual variations in symptoms, in general a migraine has four phases.

- 1. Prodrome:** Symptoms that signal an impending illness. These can include such things as mood changes, sensitivity to light and sound, feeling cold and the list goes on. Probably no two people are the same.
- 2. Aura:** About 25% of people experience an aura which usually precedes the headache. The aura can be "positive" (a scintillating scotoma, which is an area of absent vision with shimmering borders), or it can be "negative" (an actual visual field defect). Some people experience language or motor auras.
- 3. Headache:** The headache is often unilateral with a throbbing sensation that increases in intensity. The headache can last from hours to days and be associated with nausea, vomiting and visual disturbances. Many patients seek out a safe, dark place and try to sleep.
- 4. Postdrome:** Following the headache it is common to have exhaustion, dizziness and difficulty concentrating.



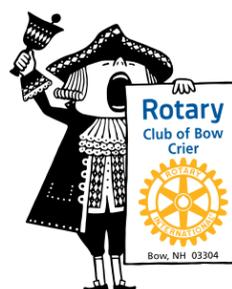
The "cause" for a migraine is not fully understood. According to National Institutes of Health (NIH)¹: migraine affects 12% of the population. Women are more affected than men. Migraine headaches tend to run in families resulting in a 40% risk if one parent has a history of migraine, and it increases to 75% if both parents have the condition.

Migraines can be triggered by changes in sleep pattern, hormonal changes, even foods like cheese, chocolate, MSG, and processed foods.

There is no "cure" for migraines, which can be episodic or chronic, but your healthcare professional may be able to prescribe medication that could help prevent or stop a migraine.

1. <https://www.ncbi.nlm.nih.gov/books/NBK560787/>

Rotary Club of Bow



**4-Way Speech Contest
March 31, at the Baker Free
Library at 6:30 PM.**

High school students should submit entries no later than Monday, March 24. Application forms are at **bowrotary.org**.

Bow Rotary awards cash prizes to the top three speakers and sends the winner on to compete against winners from other clubs in the district, which includes much of southern New Hampshire and Vermont.

Bow Rotary Club Foundation Scholarship Program Deadline Nears

Applications are now available. The Foundation will award more than \$20,000 in post-secondary scholarships in 2026. Applications can be downloaded in fillable PDF format at **bowrotary.org** under the Scholarships/Grants menu. Deadline for scholarship submissions is April 6.

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CAN YOU SEE ME NOW?

by Bow Resident Paul Pomeroy

Something interesting happened to me the other day. My wife and I were in the car on our way to the store when I realized that I'd left my cell phone at home. I experienced a moment of panic. No cell phone! Should I turn around and get it? Now wait a second, I chided myself. For 73 years I lived perfectly well without one. I could probably make it through one afternoon without it. I entered the food store, full of confidence if not bravado.

In the front of the store there are different groupings of chips and snacks. I slowed up to look at them. After a few moments of indecision, I chose a bag of corn chips. I turned to put it into our shopping cart, but the cart, and my wife, were gone. I know she couldn't have gone far. But as I looked up and down the aisles, I couldn't find her. She had disappeared.

Impossible, I know. So up and down the aisles I went. By the time I got to aisle eight, I concluded that she couldn't have gotten this far. I reversed my steps up and down the aisles until I saw her in aisle two. But I had been in aisles one, two, and three less than a minute ago. Magic. She then asked me to pick out some cereal that I might like. I have come to realize that this is a small ploy she uses to get me out of her hair for a while so she can concentrate as she shops for bargains. (I think my wife would buy industrial waste if it was on sale.) Hmm. Do I leave to hunt for cereal? Dangerous, since I don't have my cell phone. So, I used careful analysis as to the present aisle we are in and location of the cereal aisle. After some quick calculation I figured I'd give it a try. Off to the cereal aisle. Tough decisions. Fruity Pebbles/Special K, Fruity Pebbles/Special K. I went with the Fruity – healthier I'm guessing. I then hustled back to my predicted aisle. Gone. Checked aisles nearby. Nope. Disappeared. I unconsciously reached for my cell phone so I could call. Then remembered that I had no phone. Panic. I became a little light headed and began flashing back to the days of yore before cell phones even existed. Days of losing her in the mall. Staggering from one ladies clothing store to the next. Walking up and down aisles of women's dresses, women's under ware, women's stockings. I even ran into some of the same women as I searched from one store to the next. And believe me, I received the fish eye on more than one occasion from my fellow female shoppers.

Fortunately, I came to my senses and remembered what always worked for me in the past. Head for the food! Instead of trying to find her, I would have her find me. And she knew right where to look. If it's Market Basket then it has to be pizza and/or donuts. I am a bit of a donut connoisseur and MB has some of the best. (When in the mall there is an entire food court through which I can work my way). Unfortunately, by the time she did find me, I had overindulged. I can not be left unchaperoned in any food court.

So, as I chewed on my pizza and relished my donut, I made a vow. Next time I forget my cell phone I will turn around and drive home to get it. Better for my waistline.

THE BOW TIMES *TaleSpinner*, is a forum for local authors to submit anecdotal short stories and poetry. We invite writers of tales and yarn to send in narratives (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannion1@comcast.net.



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TOWN OF BOW POLICE DEPARTMENT



DECEMBER 2025 ARREST LOG MISDEMEANOR AND FELONIES

- 02/02** Mason Hayes, Bow, Arrest, Reckless Conduct - Deadly Weapon
- 02/06** Tyler Rheault, Manchester, arrest, DUI - Impairment
- 02/16** Meagan Murphy, Franklin, Summons, Suspension of Vehicle Registration
- 02/16** Nicklas Salera, Burke, VA, Summons, Suspension of Vehicle Registration
- 02/27** Robert Budzyna, Auburn, MA, Arrest, Possession of a Controlled Drug - Bench Warrant - Hooksett District Court



A Message from CHIEF MILLER



As we welcome the month of March, we are all looking forward to the arrival of spring. With the warmer weather fast approaching, we anticipate a significant increase in pedestrians, bicyclists, and motorcyclists on our roadways. I ask all motorists to remain vigilant and share the road safely as our community becomes more active outdoors.

Student safety remains a top priority for our department. I want to remind residents to exercise extreme caution during morning drop-off and afternoon pick-up at all of

our schools. You will notice our officers present at the Middle School most mornings to assist with traffic control on Bow Center Road. Please remember to drive slowly and stay alert while on school grounds. If you have any specific safety concerns regarding any of our school zones, I encourage you to reach out to me directly so we can address them together.

Finally, I want to provide an important update regarding the New Hampshire Vehicle Inspection Program. Following a recent update from the Attorney General's Office, the state inspection program has been officially suspended until further notice. Despite previous guidance, inspection stations are no longer authorized to issue stickers, and annual inspections are not currently required. However, please be mindful that under RSA 266, drivers are still legally responsible for ensuring their vehicles are in safe operating condition. This is a fluid legal situation involving state contracts and federal court orders; we will provide further updates as more information becomes available from the state.

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



One of the most important steps you can take to protect your financial identity is to make shredding a habit. You can purchase a low cost shredder about the size of a small trash can. Some banks and municipalities also offer either shred bins or "shred days" Shred items containing this information:

Social Security Numbers ■ Account Numbers

Financial Information ■ Passwords ■ Credit Card Information

Your Signature ■ Medical Records ■ Legal Records

SGT. HARRY HANDY APPOINTED HOSTAGE NEGOTIATOR



Congratulations to Sgt. Harry Handy on his recent appointment to the Central NH Special Operations Unit as a Hostage Negotiator. Sgt. Handy continues to do an outstanding job representing the Bow Police Department through his professionalism and leadership. The role of a negotiator requires a high degree of patience, communication skills, and composure under pressure, qualities that Sgt. Handy has consistently demonstrated within our agency.

There is no doubt that he will excel in this new capacity and provide a vital service to both BPD and the regional Special Operations team. This appointment is well deserved, and a testament to his hard work and commitment to specialized training and public safety.

ment is well deserved, and a testament to his hard work and commitment to specialized training and public safety.

LARRY JAMES HOUGHTON SEPTEMBER 20, 1955 – FEBRUARY 28, 2026



The members of the Bow Police Department are deeply saddened to learn of the passing of Larry Houghton, a career officer with the Pembroke Police Department and a proud Bow resident.

Larry was a strong supporter of the Bow Police Department and a valued member of our community. His encouragement, friendship, and commitment to the profession were sincerely appreciated.

The department extends our heartfelt condolences to Larry's family, friends, and to our brothers and sisters at the Pembroke Police

Department during this difficult time. His legacy of service and character will not be forgotten.

Rest easy, Sgt. Houghton (Ret.). Thank you for your service.

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HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson



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

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>.

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www.linec.org

LINEC SPRING CLASSES Descriptions of informal classes offered this spring by the Learning Institute of New England College are posted at linec.org. LINEC's new website includes a simplified registration process as well as several discussion groups that meet once a month.

LINEC: THE ART OF THE NOVEL will discuss Virginia Wolff's book *Mrs. Dalloway* at Tucker Free Library in Henniker on April 1. A monthly science and technology discussion series begins April 9 at Tucker Free Library. Topics will be chosen by participants. The group is open to the curious. No scientific expertise is required.

LINEC: RECREATIONAL MATH On Friday, May 8, Lisa Melander will offer "Recreational Math" at the Congregational Church in Hopkinton. The one-session class will explore the fun of math for those who avoided math and those who like it. Four to six week classes meet in person at First Congregational Church in Hopkinton.

LINEC: MEMOIR WRITING led by Sharon Czarnecki, begins April 6. Shakespeare's play "*Measure for Measure*" will be the topic of Glenn Stuart's Tuesday class, which will include video performances of the play. Wednesdays offer a survey of classical symphonies from the 1800s to the present, with clips from works by great composers and the stories behind the music.

LINEC: ONLINE CLASSES include Dante's *Inferno*, led by Don Melander; Alexander von Humboldt's "*Hero's Journey to South America*" with Eric Simon; *Philosophy in the 20th Century* with Lisa Melander; and "*Misplaced and Unresolved: Varina Howell Davis, First Lady of the Confederacy*" led by Sarah Traphagen. Registration is open until March 23 at linec.org.



BEGINNER FLY TYING WORKSHOP will be held March 22nd and 25th from 6-8pm at Slusser Center for ages 15 and up. Come join Trout Unlimited in this 2 day class as they teach us the basics of fly tying. We will learn thread handling, hook choice, and tool familiarity. Then we will utilize 4 patterns to demonstrate several basic tying skills such as wrapping bodies, applying tail material, palmering hackles, dubbing bodies and applying hair wings. This is a free program and space is limited. Register at www.hopkintonrec.com

AARP
New Hampshire
TaxAide!

AARP TAXAIDE will prepare free tax returns in the Community Room of the Hopkinton Town Library on Wednesdays and Thursdays. Make your appointment by calling 2-1-1 or go 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.



HOPKINTON POLICE DEPARTMENT

FEBRUARY 2026 ARREST LOG

4 Arrests • 6 Accidents • 158 Traffic Stops

02/04 Raymond Cheney of Hillsboro, NH was arrested for Violation of Protective Order.

02/12 Jake Skroski of South Deerfield, MA was arrested for DUI Aggravated 0.16+ and DUI - impairment.

02/18 Joshual Gragg of Hopkinton, NH was arrested for Operate After Certified Habitual Offender.

02/24 Taquisha Albert of Roxbury, MA was charged with Drive After Revocation/Suspension.



“MIXING IT UP”

On March 21 – April 25, 2026

Opening Reception
Saturday, March 21 | 12 – 2:00 PM

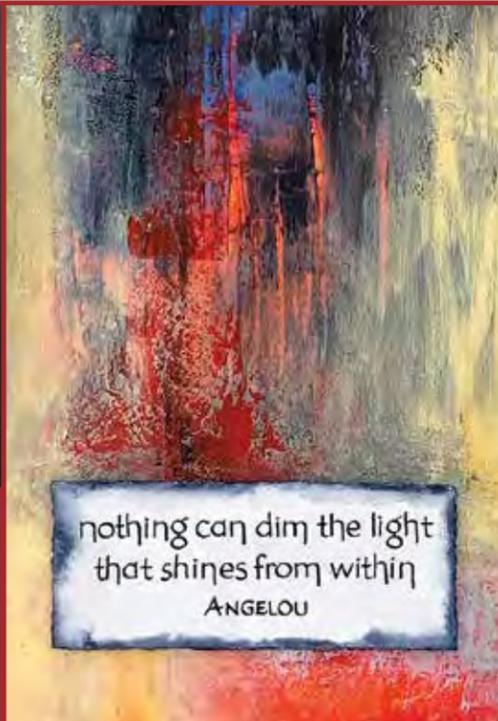
The art of combining various materials to create one cohesive piece is a passion shared by the five mixed media artists in this invitational exhibition. Their materials range from objects found in the natural world to shrink plastic. The techniques are just as diverse, including assemblage, printmaking, painting, and sewing for creating two-dimensional and three-dimensional works of art.

Come see what the world of mixed media has to offer and how each of these artists explores it in her own distinctive way.

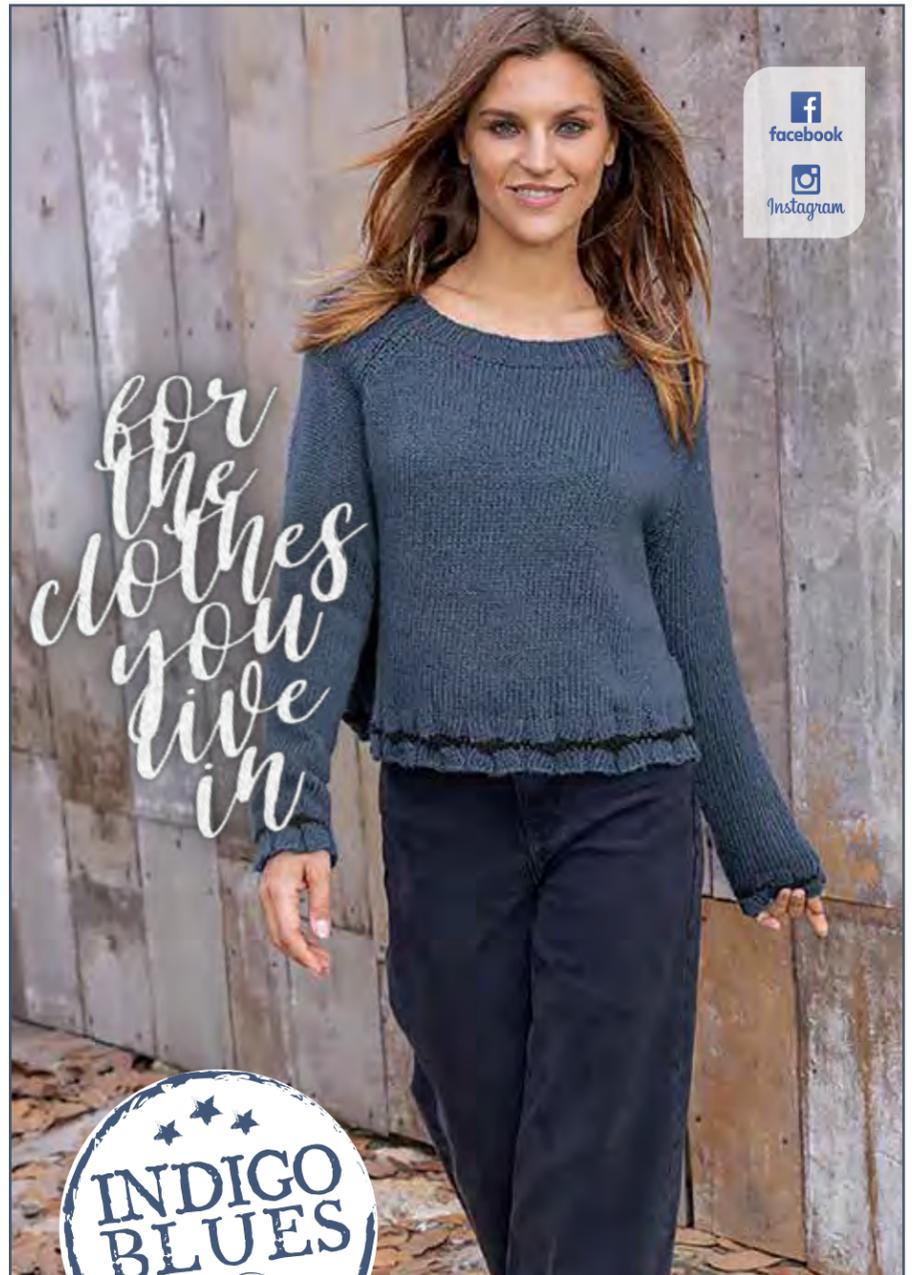
Artists: Anne Boedecker, Adele Sanborn, Becky Sawyer, Joy Malcolm, and Sandy Steen Bartholomew.



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



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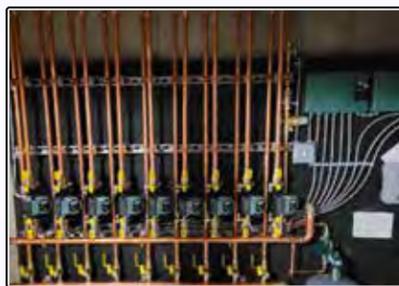
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**Baker Free Library
March/April News**

509 South Street
Bow, NH 03304

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



YOUTH PROGRAMMING



Ruff Readers | Tuesday, March 24th | 3:00pm

Children can gain confidence and improve their literacy skills by reading aloud to a one-of-a-kind audience! Reserve a 20 minute time slot to visit with (and read to) our canine volunteer, Harry the mini poodle, certified through Alliance of Therapy Dogs. Readers of all abilities are welcome. Children 8 years and under should be accom-

panied by an adult for the duration of their visit.

Registration is required to reserve your 20 minute time slot. Please call the library at (603) 224-7113 to sign up!

ADULT PROGRAMMING

New Hampshire Connections to Belleau Wood, France: World War I Soldiers and Marines and the Pilgrimages After the War Saturday, March 21st | 2:30pm

In this presentation, Dr. Heather A. Warfield will speak of NH connections to Belleau Wood, France, from soldiers and Marines who fought there in World War I to pilgrimages of veterans and families after the war.

Dr. Warfield is Professor of Applied Psychology at Antioch University, a specialist on the psychology of pilgrimages, and France Fulbright Scholar. Her current research centers on pilgrimages to Belleau Wood. She is the co-editor of *Pilgrimages to the Western Front of World War I* (2025) and editor of *Multidisciplinary Perspectives on Pilgrimage* (2023).

This program is graciously made possible by the Buntin-Rumford-Webster Chapter of the Daughters of the American Republic. You can learn more on their website. The D.A.R. will conduct a chapter meeting prior to the presentation, at 1pm. Meetings are free and open to the public.



Heart Health – Your Heart Matters Thursday, March 26th | 1pm

A strong, healthy heart is vital for longevity. Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Learn daily self-care strategies that make your heart health a priority with the incredible folks from Granite VNA! Featuring fun interactive games and snacks!

Adult Board Game Night | Wednesday, April 1st | 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, April 2nd | 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!

Adult Craft Club | Tuesday, April 21st | 6pm

Adult Craft Club at the Baker Free Library is held every third Tuesday of the month! You must be registered in advance to attend, as space and supplies are limited!

BOOK CLUBS

Whodunits | Tuesday, April 7th | 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.

April Book Discussion: *Murder in the Marais* by Cara Black

Adult Book Talk at BFL | Tuesday, April 14th | 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!

April Book Discussion: *The 100-Year-Old Man Who Climbed Out a Window and Disappeared* by Jonas Jonasson

White Rock Book Group | Tuesday, April 21st | 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!

April Book Discussion: *The 100-Year-Old Man Who Climbed Out a Window and Disappeared* by Jonas Jonasson

IN THE GALLERY

Through March 28, 2026: Summit to Sea ~ Kristin Selesnick

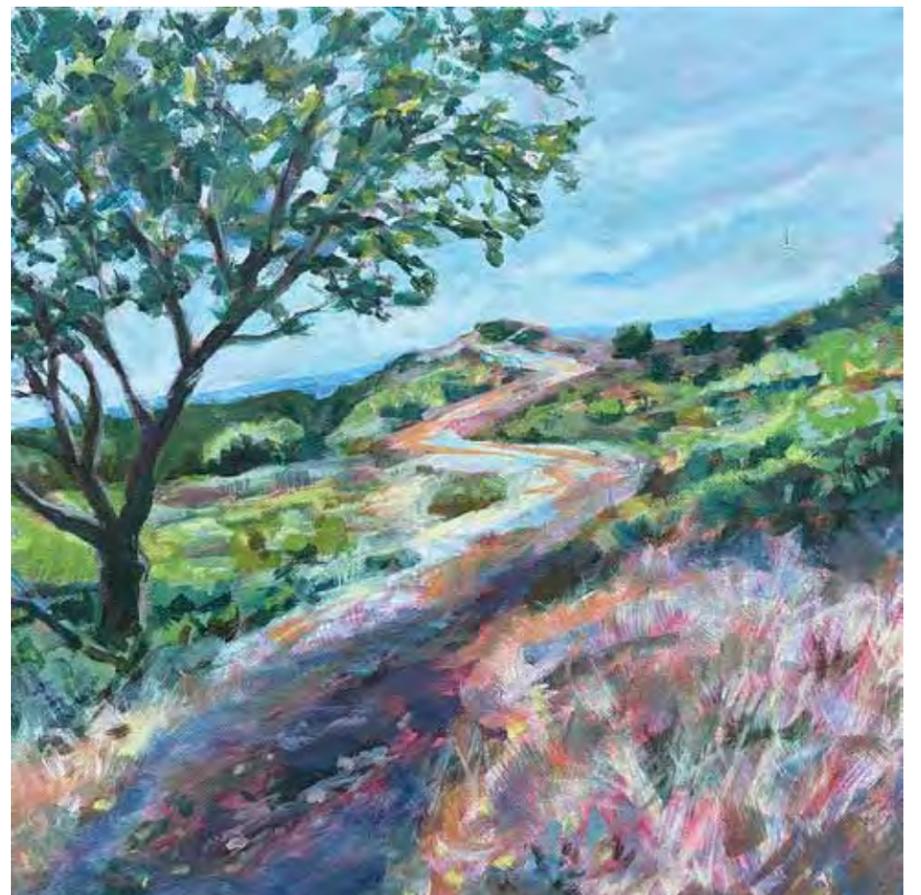
"Occasionally one sees something fleeting in the land, a moment when line, color and movement intensify and something sacred is revealed."

- Barry Lopez

As an avid endurance runner, hiker, and explorer, I seek out the sacred moments found in the natural world. From the trails of my NH backyard to the Tetons of Wyoming, to the Fjords of Alaska, I capture these moments with my camera, and return to the studio to reflect and reimagine the colors, shapes, and lines using expressive brushwork.

Movement in nature is healing, bringing rhythm to the body in motion, the fresh air bringing ease and clarity of mind. I am able to work through challenges, both physical and emotional. The act of painting allows time to remember and reflect.

Kristin Selesnick holds an MFA in Visual Art from Lesley University College of Art and Design, and a BA in Studio Art from Wheaton College. Kristin has studied art internationally at Studio Art Centers International in Florence, Italy and at the Burren College of Art in County Clare, Ireland. Kristin's work has been exhibited widely throughout New England and overseas in Italy and Ireland. Kristin grew up in Camden, Maine, and now resides in Bow, with her husband, Jeff, and their two children, Jonah and Clara.

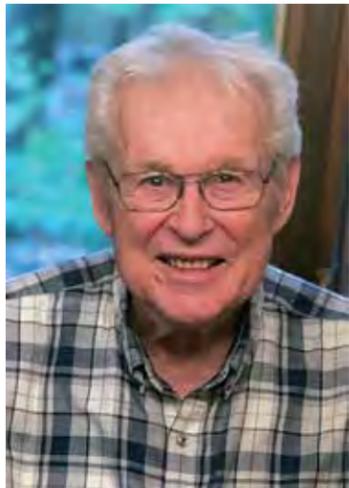


Kristin Selesnick | Tilden Park Hike | Acrylic on Canvas



OBITUARIES

THOMAS E. DORS



Thomas "Tom" Edward Dors, 85, of Bow died February 20, 2026, after a lengthy illness, surrounded by his loving family. Tom was born in Manchester on October 5, 1940, the son of Edward C. Dors and Amelia (Wollow) Dors Clausen.

Tom grew up in Manchester and Bedford. He graduated from Central High School in 1958 and went on to earn his associates degree in electronics engineering from Lowell Technological Institute with high honors in 1966.

Tom married Claire Lampron on October 9, 1965. Working together they raised a family and travelled the world. They celebrated their 60th wedding anniversary this past October.

Tom was a man of the woods. In building a home among the trees, he taught his boys the value of self-sufficiency and hard work. Together they fell, cut, split, and stacked the wood that was used to heat their home. He continued doing so until he turned 80.

The boys' education was a great source of pride for Tom. He had an earnest interest in the engineering and scientific pursuits of his boys. He was delighted to hear about the status of their work projects. He was a knowledge resource on all things electrical and mechanical to the end.

In addition to his wife, Claire, Tom is survived by his two sons: Dr. Eric Dors and his wife Kristen of Los Alamos, NM and Dr. Ivan Dors and his wife Jessica of Madbury, NH, his grandsons; Kevin, Brian and Henry and his sisters; Frances Roux of Concord, NH, and Elaine Dors and her husband Jeffrey McHarg of Acton, MA. He will also be deeply missed by his close cousin George Muir and many other cousins, nieces, and nephews.

Calling hours were held on Friday, March 6th from 4:00 PM to 6:00 PM at J.N.Boufford & Sons Funeral Home, 110 Bridge Street (corner of Pine Street), Manchester. A Mass of Christian Burial was held on Saturday, March 7th at 10:00 AM at St. Catherine of Siena Parish, 237 Webster St, Manchester. Burial will be held at a later date.

In lieu of flowers the family requests that memorial contributions be made in Tom's name to: Liberty House, 221 Orange Street, Manchester, New Hampshire 03104. www.libertyhousenh.org

BRIAN R. WARRINER



Brian R. Warriner of Weare, passed away on January 29, 2026, due to complications of Lewy Body Dementia. Brian was born September 19, 1954, to Elmer and Lucy Warriner (Pruisa) of Bow.

Brian attended grade school at Bow Elementary and graduated from Concord High School. After high school he

worked for Seymour Forms Company. He then spent several years at a company in Massachusetts, as a union carpenter working on many projects before retiring as a vested union member. Brian later moved to New Boston and eventually settled in Weare.

During Brian's younger years he enjoyed playing softball in the Bow Men's Softball League, spending time working on his motorcycle, fishing and hunting the woods of Bow and Dunbarton. He was also known for just taking weekend rides to wherever the road took him. He could end up at a friend's home, the local archery shop or casting a line at roadside ponds and rivers. Brian truly appreciated a good cup of coffee, even more with company, whether it be family or friends. After retirement he purchased a Harley Davidson that he and his girlfriend, Donna Raymond rode cross country.

Brian was predeceased by his Parents Elmer "Bud" Warriner and Lucy P. Warriner. Brian is survived and will be missed by his sister Gail W. Upton of Ten Mile, TN, and his nephew Shawn K. Upton of Andover, as well as aunts, uncles and cousins.

There will be a graveside service held May 16, 2026, at Evans Cemetery in Bow. A celebration of life will follow at the Baker free library on South Street in Bow as well. The family will release times as the date gets closer.

The family would like to thank Community Hospice House in Merrimack, for their wonderful care.

JEFFREY COLCORD

Jeffrey Neil Colcord, 91 of Hopkinton, passed away peacefully at the VNA Hospice House in Concord, on February 25, 2026, after a long illness. He was born on June 3rd, 1934, in Winchester, Massachusetts to Clayton A. and Dorothea J. (Simons) Colcord.

He graduated from Port Chester (New York) High School in 1952. After high school he served in the U.S. Navy aboard the USS Guardian YAGR-1, later earning a degree from Northeastern University in 1963. From 1963 to 1999 he worked as a regional sales rep for the RIS Paper Company office based in Concord. In retirement he worked part time as a rural route carrier for the U.S. Postal Service in Contoocook, and also volunteered as a driver for the Friends Program based in Concord.

He was predeceased by his beloved wife Nancy L. (Ockert) Colcord. He is survived by his daughter and son-in-law, Kristen and Andrew Westhoven of Deerfield, son and daughter-in-law Jonathan Colcord and Marianne Barter of Concord, grandson and granddaughter-in-law Benjamin and Courtney Barter-Colcord and great grandson Leiton of Somers Point, New Jersey.

Donations may be made to the Friends Program in Concord.

DAVID A. EDWARDS

David A. Edwards, 69 of Contoocook, passed away sleeping peacefully in the early morning hours of February 4, 2026, at the Hospice House in Concord.

David lived in Contoocook his entire life, attending Hopkinton schools. He worked in maintenance positions at several companies within the same building in Contoocook beginning with Converse Rubber in 1976 until his retirement from McLean's in 2021.

David had a lifetime love of snowmobiling and was a long-time member of the Contoocook Snomads. He also had a love of NASCAR and was proudly "the boss" of a mini-stock car racing team #88 Cayer Racing with his son Scott and his "other son" Emerson. They enjoyed traveling the east coast for many years.

David was predeceased by his parents, Orville and Priscilla Edwards, and his sister, Deborah Edwards Emerson. He is survived by his son, Scott Edwards, his former wife and good friend, Sheila MacLean Edwards, his sister Dodie and her husband, David Smith, and his brother Dwaine Edwards and his wife, Kelly Smith.

Donations can be made in David's name to the most wonderful Granite VNA Hospice Program, 30 Pillsbury Street Concord, NH 03301.

ESTHER HAGEN

Esther M. Hagen, of Hopkinton, passed away peacefully with her daughter by her side at home on Sunday, February 8th, 2026.

Born in New Bedford, MA, she was the daughter of the late Antonio C. Cambra and Eugenia (Alves) Cambra.

Esther was the beloved wife and best friend of her husband, Albert R. Hagen for over 73 years. Their life together was a storybook match made in heaven.

She leaves two children, her daughter, Deborah Norris of Hopkinton, her son, John W. Hagen and his wife Jenny of Gainesville, VA and 6 grandchildren.

In addition to her parents and husband, she was predeceased by her sister, Alice (Cambra). Soja, and her brother, Antonio C. Cambra, both of Acushnet, MA.

She was blessed with many talents and enjoyed crocheting, cooking and music. Through her many years she worked as a bookkeeper, buyer, library assistant and optometric Assistant.

Her unwavering faith and indomitable and dedicated spirit kept her strong through many personal and family health challenges and continued to guide her through her 94 years.

As an expression of sympathy and in lieu of flowers, donations may be made in her memory to The Arthritis Foundation or to the Animal Rescue League of New Hampshire.



OBITUARIES

MARY LABRIE

Mary Carmen Labrie, 74, of Bow, passed away on January 27, 2026, leaving behind a legacy of beauty, devotion, and a deep love for family, home, and the life she so thoughtfully created.

Born on March 7, 1951, in Methuen, Massachusetts, Mary Carmen was the eldest of six children born to the late Arthur Freije and Caroline (Shaheen) Freije. Mary Carmen grew up in Bedford, New Hampshire, where she attended Manchester High School West before continuing her education at Hesser Business School. From an early age, she possessed a natural eye for detail and an appreciation for things done well - qualities that became hallmarks of her life and work.

Mary Carmen shared a true partnership with her husband of forty years, Gus, working side by side in the daily operations of R.E. Labrie Masonry in Bow. Together, they built a successful business, and also their lifelong home - a place filled with warmth, care, and pride. Later, they discovered their dream cottage on the shores of Newfound Lake, a place that brought them lasting happiness and wonderful memories.

Mary Carmen was predeceased by her husband of 40 years, Roger "Gus" Labrie; her brother, Peter Freije; her sister, Elizabeth Freije; and her nephews, Joseph P. F. Sell and Timothy Peter Poulin. She is survived by her sisters Grace Freije and her husband, Steve McMahon, of Manchester; Vanessa Underwood and her husband, Tom, of Plaistow; and Patricia Lord and her husband, David, of Bow.

Mary Carmen was a private person, but her warmth was unmistakable to those lucky enough to know her. She expressed her love quietly in unconventional ways and will be remembered for the beauty she brought into every space-and every life-she touched. Her presence will be forever held in the hearts of those who loved her.

Memorial donations may be made to St. Jude Children's Research Hospital or to Live & Let Live Farm, 20 Paradise Lane, Chichester, NH 03258.



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www.bow-nh.gov

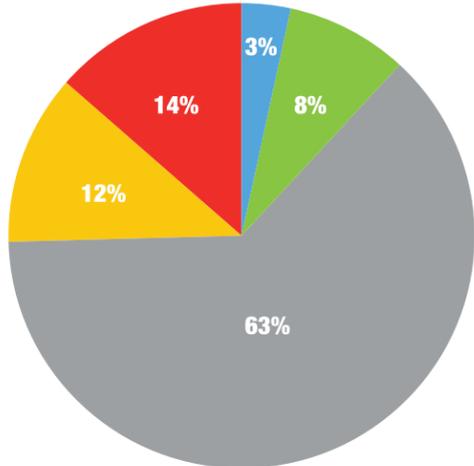
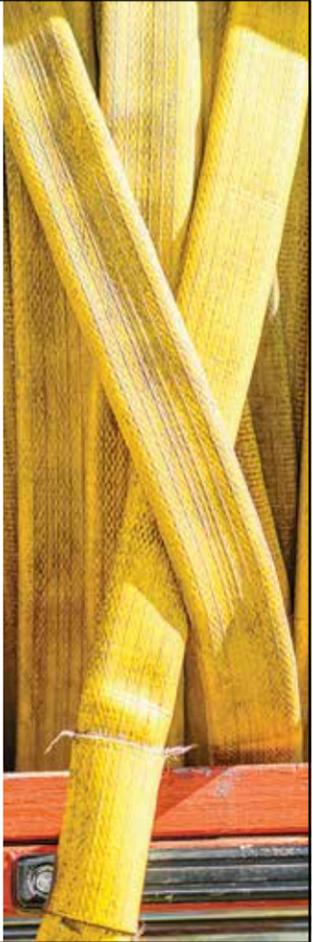
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FEBRUARY 2026 RUN DATA

Primary Incident Group	Count	Percent of Total
Fire	2	3.39%
Hazardous Situation	5	8.47%
Medical	37	62.71%
Public Service	7	11.86%
Non Emergency	8	13.56%
TOTAL	59	100.00%

● FIRE ● HAZARD SITUATION ● MEDICAL
● SERVICE CALL ● FALSE ALARM/GOOD INTENT



HEALING HEARTS – BOW

Tuesday, March 24 meets at 5:30 PM

Bow Mills United Methodist Church, 505 South Street

A monthly support group at 5:30 p.m. 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 or 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 is not required. This program is offered at no charge.

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

EMERGENCY PREPAREDNESS

Thursday, March 26 from 1:00 to 2:00 PM

Baker Free Library, 509 South Street, Bow

Do you have a disaster safety plan? What would be included in your emergency kit? Join Community Health Educator, Kelli Anaya and learn about the steps to take should you need to leave your home in an emergency. In this session, discover how you can be more prepared to prioritize your health and safety.

Registration is not required. This program is offered at no charge.
www.granitevna.org

Bow Young at Heart Club

MARCH 25, 2026 11:30 AM - 2:30 PM

The club will present the film *Monadnock*, which describes the cultural and geological significance of Mount Monadnock.

APRIL 8, 2026 11:30 AM - 2:30 PM

David Stack, town manager of Bow, will discuss the duties and the responsibilities of his position.

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.




When is the Deadline for the APRIL issue?

MARK YOUR CALENDAR!
THE NEXT BOW TIMES DEADLINE IS
WEDNESDAY, APRIL 1st



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SHOULD YOU CONSIDER OPENING AN IRA?

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

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

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

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

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

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

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

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

CURRENT YEAR CONTRIBUTION LIMIT:

Under age 50: \$7,500.00
Over age 50: \$8,600.00

What is the deadline for making IRA contributions?

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

When is a distribution penalized and how much is the penalty?

A 10% penalty will be assessed by the IRS if you take a distribution before you reach 59 1/2. The institution where your IRA is held may also charge a CD penalty. The institution's penalty can be avoided if the distribution is taken during the renewal period of the CD.

DID YOU KNOW?

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

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

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the PROM SCHOOL EDITION

<https://events.ticketleap.com/tickets/bhsarts/the-prom-school-edition#/>

PERFORMANCES AT BOW HIGH SCHOOL AUDITORIUM
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and Sunday, May 31st @ 2pm



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