

# The Bow Times

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## DUNBARTON NEWS ON PAGES 12-13



### Bow Community Men’s Club names **BOB IVES CITIZEN OF THE YEAR!**

The Citizen of the Year award was presented to Bob Ives, in recognition for his years of service, generosity, and commitment to the town of Bow.

A lifelong resident of Bow, Bob has consistently given back to the town he calls home. Through his family business, **Bow Plumbing and Heating**, he has generously donated his time, skills, and energy to projects that help preserve and improve our community. His contributions have included assisting with the restoration of the Old Town Hall and helping with improvements to the Rotary Corner at Logging Hill and White Rock.

Bob has also supported local initiatives such as the NH Energy Expo hosted here in Bow, sharing his expertise and helping support efforts that benefit residents across the town.

His dedication to public service has also been demonstrated through his work on the Bow Zoning Board, where he has served the community for the past 25 years, helping guide thoughtful growth and development in our town.

The impact of his commitment to mentorship continues through the Boy Scouts. He’s been involved in scouting for seven decades and currently serves as an Assistant Scoutmaster with Troop 75, helping to guide the next generation.



### **ROBIN SARETTE OF BOW HONORED BY UNION LEADER’S PICK OF FORTY UNDER 40**

Robin Sarette, the Consumer Services Administrator for New Hampshire Department of Energy, was honored by our statewide newspaper as an up and comer under 40. Robin graduated from Bishop Brady High School and earned a marketing degree from

Plymouth State University. She and her husband John live in Bow with their three kittens Luca, Teddy and Obsidian.

Robin focuses her volunteer work on leadership development, community service and expanding access to essential resources. She serves as chief financial officer for Kappa Delta Phi NAS, a multichapter nonprofit organization supporting nearly 200 collegiate women annually, including chapters in New Hampshire. Through partnership with the American Foundation for Suicide Prevention, she has helped guide efforts raising over \$150,000 for mental health awareness and suicide prevention. Robin also volunteers with the Northeast Greek Leadership Association, helping shape leadership programming and recognizing emerging leaders.

Robin’s most recent major achievement: Stepping into a statewide leadership role at the New Hampshire Department of Energy and overseeing more than \$37 million in annual funding that helps over 60,000 households maintain affordable, safe, and reliable energy.

### **WINNER OF 28 NH PRESS ASSOCIATION AWARDS**

**THE BOW TIMES IS DELIVERED FREE TO 4,350 RESIDENCES & BUSINESSES IN BOW AND DUNBARTON**

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15

### **INDOOR SOCCER FACILITY COMING TO BOW**

A building at 29 Dunklee Road off Route 3-A will be the site of an indoor soccer facility after a change of use was approved by the Planning Board on May 19. Samba Street, LLC and Alley Realty said they would rent all four units at the location and provide for 39 parking spaces. Space does not permit any spectator seating.

Most of the floor area would comprise of a turf field, sized for 7 v. 7 play, with bathrooms and a check-in area. The facility would be used for training and player development with 20-24 youth and a few coaches using it at a time. Due to the restrictions of a smaller field size, they would not be renting the facility to teams or leagues.

The project was approved unanimously by the Planning Board.

### **OLD BOW LANDFILL SITE TO HOUSE 2.4 MEGAWATT SOLAR ARRAY**

Five acres of the 14 acres closed landfill site on Falcon Way, in Bow will be the site of a 2.4 megawatt solar array. A 20 year lease agreement with Kearsarge Energy will cover the construction and management at no cost to Bow.

Voters at the 2024 annual town meeting approved the Falcon Way site as well as one on Allen Road for solar.

Landfills are considered ideal locations for solar arrays, and many New Hampshire municipalities are taking advantage of them, especially since their open surfaces allow for maximum sunlight exposure.

Dunbarton installed a solar array on its landfill in 2022, and Manchester also has a 3.3 megawatt array on its closed landfill near I-293.

### **LEE KIMBALL RETIRES AS DIRECTOR OF BOW EMERGENCY MANAGEMENT**



Photo | ERIC ANDERSON

First joining the Bow Fire Department in 1977, our Director of Bow’s Emergency Management team has retired after 49 years of service. A celebration on April 3 recognized Lee for all he has done for nearly 5 decades protecting life and property. Lee became Director in 2010.

Lee also had an extensive career serving the State of New Hampshire in the Governor’s Office of Emergency Management where he helped create the Hazardous Materials Response Program that is used today with the establishment of the 10 statewide HAZMAT Teams.

Lee played an essential role in securing many federal grants in both his State role including the grants that helped fund and equip the new Bow Safety Center that was built in 2017.

Lee also served the State Division of Forest and Lands as a Wildland Firefighter having deployed numerous times with the State team throughout the country to confront major wildfires and disasters. He was also a great teacher showing many firefighters the ropes on their first deployments.

## LOW TAXES ARE THE RESULT OF LOW SPENDING

### The Bow Times

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## EDITORIALS

### WHEN IT COMES TO ANTISEMITISM THE HOUSE LEADERSHIP SENDS THE WRONG MESSAGE

Drip by drip by drip is how anti-Jewish sentiment can drown out acceptance and tolerance of the people who by faith or birth are Jews. The New Hampshire House needs a plumber as soon as possible to set an example for how we handle bigotry and antisemitic hurtful words because eventually they lead to action against Jews.

Last month State Representative Travis Corcoran of Weare went after a fellow representative from Manchester who is Jewish. Rep. Jessica Gill posted about an upcoming Karaoke Caucus Meeting and Corcoran responded on X that "we need a final solution for theater kids in politics."

The words were meant to hurt because the reason the Nazis built Auschwitz, Dachau and the other death camps was to create a "final solution" by killing every Jew in Europe.

Today the world's 16 million Jews are vastly outnumbered by 2.5 billion Christians, 2 billion Muslims and billions of Hindus, Buddhists and nonbelievers. The animus toward those who are Jewish has been reflected in the recent massacre of 15 Jews at Bondi Beach in Australia, the truck attack on a Michigan synagogue on March 13 and the list goes on and on around the world. Just last month:

British police said they were investigating a possible hate crime after spectators at a school football match in the U.K. shouted "Go Back to the Gas Chambers" at students from the visiting London Jewish Free School.

Four Jewish charity ambulances were firebombed in north London.

Three synagogues in Toronto were hit by gunfire within days of each other.

Four people were arrested after an arson attack damaged a synagogue in Rotterdam.

A Jewish school was attacked in Amsterdam.

Two Jewish men overheard speaking Hebrew were beaten outside a restaurant in San Jose, California by men shouting "Don't mess with Iran."

For many Jews, especially in Europe, it feels like the 1930s all over again.

Behind the recent surge in hostility is a combination of radical Islamic beliefs and anti-Jewish sentiment on the far left and far right of Western politics, according to Deborah Lipstadt, professor of Modern Jewish History and Holocaust Studies at Emory University in Atlanta.

"I have never seen in my lifetime a period when antisemitism has been expressed so overtly by both the right and the left," said Lipstadt. "They agree on nothing else. Only on Jew-hatred." And unlike previous eras of antisemitism, social media has given them platforms to reach millions, she added.

In light of this 1930's atmosphere, those of us who are Christians need to renew our tradition and religious commitment to love our neighbor as we love ourselves and to remember, or read anew, Jesus' parable of the good Samaritan in Luke 10:25-37.

The good people of Weare need to do a deep dive on Representative Corcoran who is not new to racist and hateful comments. In 2023, he urge people to renew use of the "N-word" as a form of protest and in 2011 he defended the attempted assassination of congresswoman Gabby Gifford in Arizona.

Deputy Speaker of the New Hampshire House Steve Smith showed his Profile in Cowardice when he said of the final solution posting "we can condemn it, but there is nothing we can do about it."

Really? How about a vote of expulsion or, at the very least, censure that would reflect our values of tolerance for other believers as called for in our State Constitution in Part I, Article 5.

Silence and inaction is to condone. Another drip gets added to the cesspool of antisemitism.



### TRUMP MISSED OUT ON AN AWARD

Donald Trump, who claims to have ended 8 wars last year, should have been in contention for "The Greatest Person in the World" award, but lost out to his authoritarian cousin, Kim Jong Un. The largest newspaper in North Korea recently reviewed the "unimaginable achievements" of Little Kim and named the 42-year-old dictator "the greatest person in the world."

Hopefully the awe inspired reporting staff at Fox Entertainment (News) can come through with the same award for the trophy deficient Donald Trump, even though the Russian-Ukraine War was going to be resolved "on day one."

I also hope during the award ceremony someone could actually name the 8 "wars" for us. But at least our Dear Leader got another banner

with his face plastered on the side of the building housing his Ministry of Justice, just like Kim.

### WHY WE SAY "MR. PRESIDENT" RATHER THAN "HIS MAJESTY"

In 1790, the new role of President of the United States was a focal point of dispute as to how he should be addressed. Some, like Alexander Hamilton, felt the rites and practices of royalty would give George Washington his proper recognition. Others, like Senator William Maclay of Pennsylvania, feared the "fooleries, fopperies, fineries, and pomp of royal etiquette."

John Adams argued for Washington to be called "His Highness" or "His Most Benign Highness" and even "His Majesty." During the congressional debate on the subject, despite Adam's wishes (opponents calling him "His Rotundity"), the decision was a republican one (small R) for "Mr. President."

This anti-royalist sentiment also rejected Hamilton's desire to place Washington's face on the new national mint coinage. When the legislation came before the House of Representatives in 1792 the idea of putting living people on coins was the stuff of flattery, the "idoltrous practice of monarchies" or even like that of Nero, Caligula and other tyrants of Rome. The bill was defeated, but I would fear the result in the House today would be very different.

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

# LETTER TO THE EDITOR

My wife Heidi and I love our home and the community of Bow. 21 years ago, we bought our turn-of-the-century house after living my lifetime, and a large part of Heidi's, in Concord. I came here as a lifelong Republican. After a few years, I felt that our taxes were going up and, with prompting from a 40-year friend, ran and was elected to your Budget Committee. I served for 6 years, two terms.

I am proud of the services that are delivered from both our town and school officials. I know the work that is put into their Budgets. Every line item in both budgets are scrutinized by multiple people before being presented to you in our annual meetings.

I am a firm believer in the value of our Capital Improvement Plan (CIP) that helps us to save for large ticket purchases (e.g. fire engine) and maintenance improvements (e.g. Baker Free Library roof). I should mention that I am the chair of your library's board of trustees. While I want to keep our library in sound shape, we understand it also serves as our town's emergency shelter.

In the 13 years that I have been an elected official, my politics have changed. I now consider myself more of an Independent. I am proud to have good friends among staunch Republicans, Democrats and other Independents. When we talk, we understand that there are times when we must agree to disagree. However, civility always remains.

My hopes are that civility prevails in our small community and that the Bow example inspires other NH towns and cities. Democracy should go from Bow New Hampshire up and not from Washington DC down.

Bobby Arnold, Bow Resident

“ **QUOTE OF THE MONTH**

*The American ideal is not that we all agree with each other, or even like each other, every minute of the day. It is rather that we will respect each other's rights, especially the right to be different, and that, at the end of the day, we will understand that we are one people, one country, and one community, and that our well-being is inextricably bound up with the well-being of each and every one of our fellow citizens.*

C. Everett Koop ”



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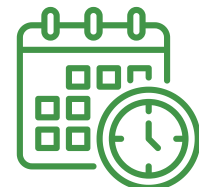
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## **DON'T GO PHISHING**

Corn artists are improving their chances of you clicking into trouble so look for signs of a phishing email:

### **How to Recognize a Phishing Email:**

- Unexpected or unusual sender – even if the name looks familiar, check the actual email address.
- Urgent or threatening language – “Your account will be closed,” Immediate action required,” etc.
- Spelling or grammar errors – often a giveaway.
- Links that don’t match the text – hover your mouse over the link to see the real destination.
- Unexpected attachments – especially ZIP files, PDFs, or anything asking you to “enable content.”
- Requests for passwords, login codes, or financial information. Legitimate companies will never ask for these by email.

### **What to Do if You Receive a Suspicious Email:**

- Do not click any links or open attachments.
- Do not reply to the sender.
- Delete message once it has been reviewed or confirmed as phishing.



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

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

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

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

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

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

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Town: \_\_\_\_\_



Phone: \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear about us: \_\_\_\_\_


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

**Additional Placement Information:** \_\_\_\_\_  
(underground utilities, sprinklers or other info)

Picture above is an approximate representation of the 3' x 5' flag, pole, and ground stake.

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## Bow Community Men's Club

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**PHOTO BY ERIC ANDERSON**

### FLAGS ACROSS BOW Enrollment Form 2026

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

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

**THERE ARE TWO OPTIONS TO ENROLL:**

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

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

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

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

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

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20 Grandview Road	3 Bedrooms   3 Baths	1260 Square Feet	.77 Acres	\$465,000
107 Page Road	3 Bedrooms   3 Baths	2006 Square Feet	1 Acre	\$470,000
13 Birchdale Road	3 Bedrooms   2 Baths	1782 Square Feet	1 Acre	479,000
22 Bow Bog Road	3 Bedrooms   1 Baths	1242 Square Feet	1.03 Acres	\$510,000
99 Bow Bog Road	3 Bedrooms   2 Baths	1624 Square Feet	.96 Acres	\$525,000
13 Van Ger Drive	3 Bedrooms   3 Baths	2168 Square Feet	1.36 Acres	\$575,000
100 Allen Road	4 Bedrooms   2 Baths	2240 Square Feet	2 Acres	\$592,000
29 S. Bow Dunbarton Road	3 Bedrooms   2 Baths	1764 Square Feet	3.24 Acres	\$600,000
3 Abbey Road	3 Bedrooms   3 Baths	3136 Square Feet	2.10 Acres	\$670,000

**REAL ESTATE SALES IN DUNBARTON — MARCH 2026**

*We are ready to help you on your next journey.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
165 Robert Rogers Road	2 Bedrooms   1 Baths	1632 Square Feet	7.3 Acres	\$460,000
40 North Woods Road	3 Bedrooms   3 Baths	2342 Square Feet	6.83 Acres	\$725,000

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**JOB GROWTH IS IN HEALTHCARE**

Over the past year, demand for healthcare workers has quietly propped up the labor market as other sectors reined in hiring or even shed jobs. Nearly all of the 130,000 new jobs added in January were in healthcare or positions related to healthcare. Healthcare is “way outperforming most of the rest of the economy,” said Laura Ullrich, director of economic research at the jobs website Indeed.

Jed Kolko, a senior fellow at the Peterson Institute for International Economics, said the fact that healthcare jobs are spread around the country and relatively stable no matter how the economy is performing is favorable.

Parts of the healthcare industry have become increasingly reliant on an immigrant workforce: The U.S. has long offered special visas for highly skilled foreign doctors willing to move to rural America, where the need for medical care is great. A surge of young immigrants who arrived as part of resettlement programs filled nursing jobs and home health aide jobs as demand for those positions continued to rise.

Foreign-born workers are particularly concentrated at the upper and lower ends of the skill ladder in healthcare. By 2024, they accounted for less than 15% of the U.S. population but 39% of home health aides, 28% of physicians and 24% of dentists, according to census data aggregated by IPUMS, a population database.

In the healthcare sector, demand for nurses and nurse practitioners is so strong that healthcare providers have to outbid each other, offering five-figure signing bonuses and generous paid time off, said Sari Gillen, a Houston-based healthcare recruiter at Goodwin Recruiting.



# YOU WANT RESULTS – WE HAVE THE SOLUTION!

by Jim Olson

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

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

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

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

People are truly terrified of change and of the unknown.

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

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

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

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

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

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

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

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

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



Jim Olson

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

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

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

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

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

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

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

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

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[IndividualFitnessllc.com/30](https://IndividualFitnessllc.com/30)

## ARE YOU EXPERIENCING DEMENTIA OR NORMAL AGING?

Chances that Americans who are currently age 55 and older will develop dementia are not far from 50-50, according to recent research.

Will your heart outlast your mind? Chances are growing that it will.

Dementia, a decline that interferes with the activities of daily living, isn't a normal part of aging but it's going to be happening to a whole lot more people.

It turns out that the medical advances for preserving bodily functions you don't think about — like your heart beating — haven't done the same for the brain.

Here's what to know about what is normal aging and what needs the attention of a doctor, according to Julie Matura, a speech-language pathologist and certified brain injury specialist who teaches at the University of Central Florida College of Health Professions and Sciences.

What are the early signs of dementia?

The affected person might repeat something he or she said five minutes earlier, for example. Poor judgment, uncharacteristic irritability and withdrawing from social activities are all symptoms that may escape the notice of someone experiencing dementia unless someone points it out to them.

How does normal aging affect cognitive function as compared to dementia?

Misplacing your keys, for example, is normal, Matura said. But forgetting which key unlocks what door is not, she said. Also, forgetting a name or reaching for a word in vain is not necessarily a problem, but being unable to do routine activities, like cooking and using a cell phone, is a warning sign.

People should be able to recall what happened within a day, but forgetting the routine events, like what you had for dinner the day before, is not a sign of brain decline that needs a doctor's attention, Matura said.

Anne Geggis | USA Today

## THINGS YOU SHOULD **NEVER** EAT ON A FOREIGN VACATION

With the travel season soon to begin, consumer advocate Christopher Elliott gives five food tips on things to avoid:

### 1. RAW OR UNDERCOOKED MEAT AND SEAFOOD:

Sushi, raw oysters and rare steaks can be dangerous, especially in hot climates or inland areas where seafood may not be fresh. "I don't risk eating raw fish or shellfish while traveling," says John Gobbels, chief operating officer of Medjet. "The chance of getting sick just isn't worth it."

### 2. BUFFETS:

Buffets can be breeding grounds for bacteria. The worst I've seen are some famous warungs in Indonesia, where the food sits at room temperature for hours. "Food sitting out at lukewarm temperatures is a red flag," says Stephanie Smith, food safety specialist at Washington State University.

### 3. DAIRY IN HOT CLIMATES:

Unpasteurized milk, soft cheeses and yogurt can spoil quickly in warm weather. "Be cautious of soft cheeses or dairy-based sauces in places without refrigeration," warns Bob Bachelier, managing director of Flying Angels, a medical transportation service.

### 4. PRE-CUT FRUIT AND SALADS:

These items are often washed in local water, which can be contaminated. "Stick to fruits you can peel yourself," says Jennie Norton, a registered dietitian nutritionist and vegan consultant.

### 5. STREET FOOD:

Chris Bajda learned that lesson when he ordered som tum talay, a spicy seafood papaya salad, from a street vendor in Thailand. "Unfortunately, it wasn't properly refrigerated," says Bajda, who runs an e-commerce company in Monroe, Conn. "I ended up with a stomach bug that had me out of commission for a full day." The takeaway: Avoid improperly handled street food. Better yet, avoid street food altogether.



## Container Gardening Monday, May 11th at the Old Town Hall

During this presentation, attendees will learn the benefits and drawbacks of gardening in containers, the different types of containers, and how to select the proper size and type for various situations. Attendees will learn the how to assemble a container garden, the various factors to consider and the proper care, maintenance & solutions for pest control problems and diseases.



Presented by  
**Extension**



### Schedule

6:00PM - Social Time & Refreshments  
6:30PM - Presentation  
7:45PM - Member's Meeting

THIS EVENT IS FREE & OPEN TO THE PUBLIC, BUT REGISTRATION IS REQUIRED  
Please use the QR Code above to register by May 10<sup>th</sup> or  
send an email to [register@bowgardenclub.org](mailto:register@bowgardenclub.org)

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# WOODPECKER INSURANCE

All We Do is New Hampshire Medicare

## Enough of this Medicare mail! Who should I trust?

by Christian Troy

If you've felt overwhelmed by the amount of Medicare mail arriving in your mailbox, you're not alone. For many people entering Medicare, this season can feel less like a welcome and more like a flood. The good news is that there are clear rules designed to protect you—and once you understand them, things start to feel a lot more manageable.

When you become eligible for Medicare, insurance companies are allowed to send you information about their plans. That's why your mailbox fills up. But not every message requires your attention, and not every voice deserves your trust.

At its best, navigating Medicare should feel less like sorting through noise—and more like being guided with care.

### What Medicare Requires (and What It Protects)

The Centers for Medicare & Medicaid Services (CMS) sets strict rules for how Medicare plans can be marketed and discussed.

Licensed insurance agents who offer Medicare-related plans are required to:

- Hold a valid New Hampshire health insurance license.
  - Be appointed by the insurance carriers they represent.
  - Complete annual certification requirements, including those related to Medicare plans.
- Just as important are the protections in place for you:
- Licensed Insurance Agents are **generally not allowed to contact you unsolicited** (for example, cold-calling or showing up at your home without permission).
  - **You must initiate contact** before a licensed insurance agent can discuss plan details with you.

- If someone reaches out without your permission, you are always within your rights to decline and disengage. These guardrails exist for a reason: to ensure that your choices are made on your terms.

### Choosing Someone to Help You

If you decide you'd like help reviewing your options, it can make all the difference to work with someone who approaches the process with clarity and respect.

Many people find value in working with a licensed insurance agent who is:

- Local and available for conversations—whether in person or by phone.
- Able to discuss a range of plan options from multiple insurance companies.
- Transparent about their role as a licensed insurance agent.

Before any specific plans are discussed, you'll be asked to sign a **Scope of Appointment (SOA)** form. This is a required step that simply documents what you've agreed to talk about. It's one of the ways Medicare ensures conversations stay clear and appropriate.

And one important note: You should **not be charged a fee** by a licensed insurance agent for Medicare plan guidance. If someone asks for direct payment for this, it's a signal to pause and ask more questions.

### A More Comfortable Way to Navigate Medicare

The Medicare process doesn't have to feel transactional. At its best, it can feel like sitting down with someone who takes the time to understand what matters to you—your doctors, your prescriptions, your preferences—

and helps you make sense of your options without pressure. That kind of experience is less about choosing a plan quickly, and more about choosing thoughtfully.

At Woodpecker Medicare, we believe this process should feel less like a transaction and more like a relationship—one built on trust, clarity, and genuine care. The right guide is someone local, someone you can sit down with, who listens first, follows the rules set by the Centers for Medicare & Medicaid Services, and takes the time to make sure you feel confident—not rushed—in every decision.

Our commitment is simple: thoughtful, personal service centered on helping you understand your Medicare options in a way that feels clear and comfortable. If you'd like to learn more, visit [www.woodpeckermedicare.com](http://www.woodpeckermedicare.com). We're here to walk alongside you, every step of the way—carefully, transparently, and always by the book.

### We look forward to working with you!

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

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By submitting your information, you acknowledge an independent licensed insurance agent (Christian Troy or Larissa Troy) may contact you by phone, email, or mail to discuss and quote Medicare Advantage Plans, Medicare Supplement Insurance, or Prescription Drug Plan. Christian Troy (Lic #: 21379781) • Larissa Troy (Lic #: 21381136)

# THE *Music* LADY

FOR THE LOVE OF MUSIC

## THE BEDROCKS OF BALLADS

There are some songs that are SO good that they have been recorded by a multitude of different artists from across the musical spectrum over the decades. These songs are usually well-written, have melodies that create an emotional response that resonate in our minds and are flexible enough to be performed in multiple genres.

One such song is the pop ballad written by the Beatles entitled *“Yesterday.”* There are an estimated 4,000 different recordings of this haunting number.

There are said to be 6,600 different recordings of *“Amazing Grace,”* as of 2017. This hymn lends itself to cross over many genres, from a 1970’s folk version recorded by Judy Collins, to the powerful soul-gospel by Aretha Franklin in 1972, to the commanding gospel-rock version by Elvis Presley in 1971, to the 1922 recording by the Original Sacred Harp Choir. John Newton wrote this hymn in 1772, and would be “amazed” how it’s adaptable melody would lead to so many different styles from classical to country rock with thousands of artists.

But the song with the MOST recorded versions of all time is... drum roll, please... George Gershwin’s *“Summertime,”* with a reported 67,591 versions to date! The 1935 opera *“Porgy And Bess”* was conceived by Gershwin as a celebration of the African-American lifestyle. He composed the opening aria, *“Summertime,”* along with *“I Got Plenty o’ Nuttin’,”* *“It Ain’t Necessarily So,”* *“Bess, You Is My Woman Now,”* and many other songs for this American Folk Opera. The storyline of the opera was completely in music, with no spoken lines. To prepare himself to write the music for the opera, Gershwin lived in an African-American community in Charleston, SC for the summer of 1934 and immersed himself in their culture and music.

George Gershwin was the premier composer of the decade (and possibly of the 20th century) his extensive foundation in jazz and pop-music is evident in all the music for *“Porgy And Bess.”* The lyrics for *“Summertime”* were from a poem written in 1925 by DuBose Heyward. Gershwin collaborated with Heyward in composing the aria. *“Summertime”* emerged as the greatest song in the 1935 opera. It is a flexible song that easily glides across the spectrum of genres, from classical to jazz. One of the hugely successful recordings was by Mahalia Jackson, who made the musical connection of *“Summertime”* to the African-American spiritual *“Sometimes I Feel Like A Motherless Child,”* (both songs are in a minor key, and both follow the same chord sequence), and she sang them together in a medley in her recording. *“Summertime”* became a jazz standard for just about all jazz musicians through the years, including Ella Fitzgerald, Louis Armstrong, Charlie Parker, Miles Davis, John Coltrane, Duke Ellington and Oscar Peterson. How’s THAT for a pedigree! Of course all the crooners recorded their renditions of *“Summertime,”* such as Bing Crosby, Frank Sinatra, Dean Martin, Sam Cooke. Obviously, there are many thousands of other musicians, from the most famous to the lesser known, who have recorded *“Summertime”* that are included in that reported mammoth number of 67,591 versions!

Steven Sondheim has said he finds it unfair that the lyricist for *“Summertime,”* DuBose Heyward, never got due credit for those profound lyrics to this most distinguished song. *“His WORK is sung, but HE is unsung.”*

♪♪ *“Summertime, and the livin’ is easy. Fish are jumpin’ and the cotton is high. Oh your daddy’s rich, and your ma is good lookin,’ so hush little baby, don’t you cry.”* ♪♪

A masterpiece, by George!

## ELI ROWLEY WINS DUAL MOGULS EVENT at East Coast Regional Freestyle Championships



On March 15, 2026, Eli Rowley competed in the East Coast Regional Freestyle Championships, an invitation only competition that skiers must qualify to compete in.

Eli placed 2nd in aerials, 11th in moguls, he WON the dual moguls event (six rounds of full steam), and placed 2nd overall, in the region out of 200 skiers from NH, VT, NY, ME, PA, RI, CT, and MA.

His team, Loon Freestyle Team, won the regional team points award, too.



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# IF YOU'RE NOT ADVANCING, IT MAY NOT BE ABOUT EXPERIENCE

## See Yourself Differently, To Be Seen Differently

If you're working hard, doing everything "right," and still not progressing, you're not alone.

Many professionals are getting fewer interviews, seeing slower advancement, and are being overlooked for opportunities. You assume the gap between the level you're at and where you want to be is based primarily on the amount of experience you have, but often that's not the problem. The disconnect maybe how you see yourself, and how others experience you.

### Do You Need More Experience, or Need to be Seen Differently?

At some point, you realize: You're capable, reliable, and trusted. You've built a track record that should lead to the next level, but you're not advancing. When this happens, you may double-down, work longer hours, take on more responsibility, or add certifications. Before doing more, ask yourself:

Do I need more experience, or do I need to reposition myself so others can clearly envision me at the next level?

### Why This Matters More Than Ever

Across industries, from healthcare and education to operations and corporate roles, I'm seeing professionals in our community navigating this challenge. Today's job market is more competitive and more subjective than ever.

Decisions are shaped through conversation, interpretation, and comparison. That means three things matter:

- Perception: How others view you and your capabilities
- Narrative: How clearly your value is understood
- Presence: How you react and appear to others in key moments

Those who advance aren't always the most experienced. They're the easiest to imagine at the next level.

*Jonna Ferguson is an executive coach and career strategist based in Bow. She partners with leaders and professionals navigating defining moments, career transitions, leadership growth, and workforce change, helping them clarify their value, strengthen positioning, and step into opportunities that reflect the level they're capable of operating at.*



### What It Means to "Be Seen Differently"

If you're ready for more, four shifts can change how others view you:

#### 1. Stop Explaining and Start Framing

Focus on outcomes, not process. Instead of detailing tasks, say:

*"I led a cross-functional project that improved workflows and reduced delivery time by 30%."*

#### 2. Lead With Direction, Not Just Capability

Go beyond qualifications and show trajectory:

*"I'm looking to step into roles where I can improve broader business outcomes."*

#### 3. Treat Interviews as Positioning Moments

Connect past experience to future impact. Ask thoughtful questions. Show how you think. It's your opportunity to present yourself as someone at that level, not just someone wanting to level-up.

#### 4. Make Your Value Visible

Strong work doesn't always speak for itself. Without clear communication, even high performers can be overlooked. When your story is clear, you'll see positive change: conversations feel peer-level, opportunities increase, your decision-making becomes clear.

### Why This Shift Works

When your value to the business is clear, decision-makers can easily understand where you fit and how you contribute. That clarity builds trust and trust drives decisions which benefit you. Over time, your career stops feeling like a series of reactions and becomes something you drive forward with intention.

### Key Learning

If you're questioning what's next, it may not be a matter of doing more. It may be a signal to position yourself differently so others see you as someone who will succeed at the next level.

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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 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. For more information and to sign up, contact Judy McPhail at mcphail.j@comcast.net or visit <https://standrews-hopkinton.org/got-lunch>.

**ATTENTION MAHJONG PLAYERS** If you are a Mahjong player and looking for a game, join us on Tuesdays from 1:00-3:00 at Barrel and Basket. We'll be at the tables by the windows. Please bring your own 2025 game card (2026 comes out in April) and game pieces. Then settle in, shuffle those tiles and let the fun begin!

**2026 ELITE FEET** Summer Speed and Conditioning Camp for grades 5 through 12 is open for registration! Sign up soon as space is limited in each session. [www.HopkintonRec.com](http://www.HopkintonRec.com).

**HAROLD MARTIN SCHOOL PRESCHOOL** Program is now accepting lottery entries for 2026-2027. The program is for ages 3-5 years. Lottery entry to kbeckwith@sau66.org. Include the child's name, date of birth, parent/guardian names, email and phone number.

**KINDERGARTEN REGISTRATION** Hopkinton residents, if your child will be 5 on or before September 30th, it's time to register for kindergarten! <https://bit.ly/HSD2039>.

**DOG REGISTRATION** If you have not already licensed your dog(s), please remember to do so by April 30. Current rabies vaccination required; please provide rabies tag number and expiration date if vaccinated within past two months. If dog has been spayed/neutered since last year's licensing (or if your dog has never been licensed in Hopkinton), please provide a veterinarian's document/receipt that indicates dog has been spayed/neutered. Spayed/neutered dog: \$7.50, Puppy (4 to 7 mos.): \$7.50, Unaltered dog: \$10.00, Senior dog owner (65+): \$2.00 for first dog; regular price for additional dogs. Group rate for 5 or more dogs with same owner: \$20.00. If completing transaction through mail or drop box: please add \$1.00 per dog for postage. \$1.00 per month late fee plus \$25.00 Civil Forfeiture fee if not licensed by June. Licenses may be purchased in person during Town Clerk/Tax Collector's Office hours; via the drop box in front of Town Hall; or through the mail. New dog registration form can be found at: [https://www.hopkinton-nh.gov/sites/g/files/vyh1if716/f/uploads/dog\\_license\\_0\\_0\\_-\\_.pdf](https://www.hopkinton-nh.gov/sites/g/files/vyh1if716/f/uploads/dog_license_0_0_-_.pdf). Hours: Monday - Thursday: 8 am - 5 pm; Friday: 8 am - 12 pm. Town Hall Address: 330 Main Street in Hopkinton. Town Clerk /Tax Collector Mailing Address: Town Clerk/Tax Collector; Town of Hopkinton; PO Box 446; Hopkinton, NH; 03229. Phone Number: (603) 746-3180 . Please notify the TC/TC if you no longer have your dog(s).



## HOPKINTON VILLAGE GREENWAY

The Hopkinton Village Greenway is 4.5 miles of walking trails that connects town forests and conservation lands surrounding Hopkinton Village. The Greenway links existing trails on Hawthorne Forest, Ransmeier Woods and Kimball Lake with new trails on other town parcels, private lands and Class 6 roads. The trail offers a unique opportunity for walkers of all ages to experience the natural lands that lie within a short distance of the Village center.

<https://hopkintonconservationland.org/hopkinton-village-greenway/>



## "MIXING IT UP"

On Display through  
APRIL 25, 2026

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. 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 Free of charge

Thursday - Sunday from 12:00 - 4:00 PM

846 Main Street in the village of Contoocook. [www.twovillagesart.org](http://www.twovillagesart.org)



## DO YOU LOVE TO WRITE?

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## HOPKINTON POLICE DEPARTMENT



### MARCH 2026 ARREST LOG

**2 Arrests • 1 Accident • 229 Traffic Stops**

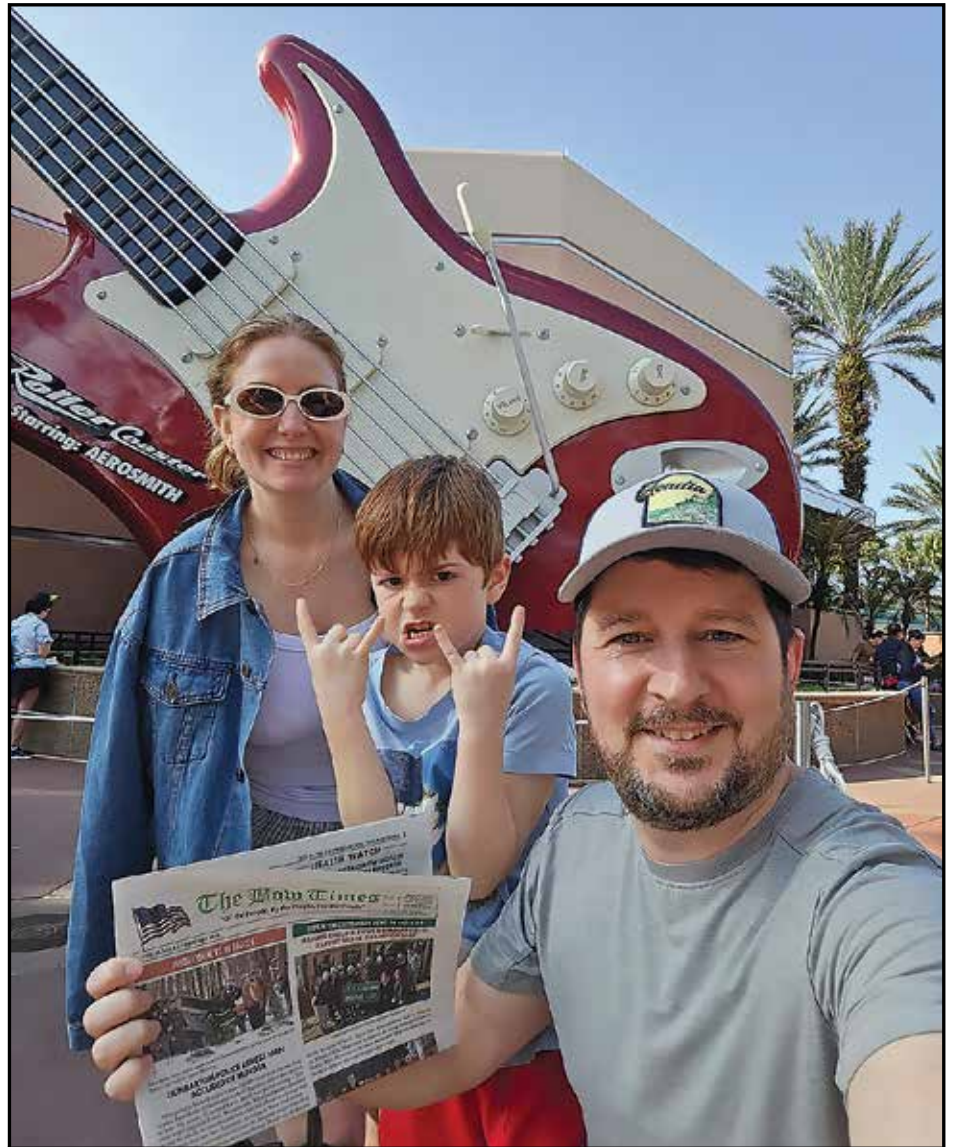
**03/02** Frank Swett of Hopkinton, NH was charged with Suspension of Vehicle Registration and Unregistered Vehicle..

**03/23** Bryant Dillon of Hopkinton, NH was charged with Disorderly Conduct and Criminal Mischief.



CALL IF YOU CAN - TEXT IF YOU CAN'T

# Travel with The Bow Times



The Legere family was among the last to ever ride the Rockin' Roller Coaster at Hollywood Studios. The ride closed permanently in March 2026.

## HEALTH WATCH

### YOU CAN HEAL FROM CHILDHOOD TRAUMA

#### Researchers Find Brain Rewires Itself After Both Good & Bad Events

Not far from San Diego's scenic coastline, a local internist discovered an unsettling truth nearly 30 years ago: Childhood trauma could lead to lifelong health damage.

Abuse victims often felt devastated when they learned about the landmark research, known as the 1998 adverse childhood experience (ACE) study, which showed that childhood trauma could significantly increase risks of cancer, heart disease, stroke, alcoholism and suicide.

But research now points to ways of mitigating these long-term effects and has led to a framework that is being adopted by educators, health care workers and social service providers around the world.

The 7-year-old framework, called Healthy Outcomes from Positive Experiences (HOPE), is the brainchild of Dr. Robert Sege, a Massachusetts pediatrician. As evidence emerged showing the brain rewires itself after good as well as bad events, Sege spent years exploring why some people manage to emerge unscathed from horrific childhoods. After figuring out the protective value of key positive experiences, he devised a way to translate his insights into action.

"We are not the sum of all of our problems," said Sege, director of HOPE's National Resource Center at Tufts Medical Center. HOPE presents four broad pillars that can promote healing: supportive relationships, safe environments, opportunities for emotional growth and social engagement that promotes a sense of belonging.

More than 100,000 health and social service providers have been trained on the framework, which helps them identify people's strengths rather than focus primarily on their deficits — a shift that fosters resilience and agency.

Pediatricians who use the framework say highlighting positives in people's lives bolsters trust. The doctors work, in part, as family advocates, helping marginalized patients believe in themselves. "We heal through relationships. That's how we really make change," said pediatrician Pradeep Gidwani.

Dr. Sege began questioning why most people who endured child trauma did not suffer dire health consequences. He analyzed dozens of studies, searching for common elements that helped children overcome health and behavioral challenges, then partnered with other researchers to design a survey that examined positive childhood experiences.

The research showed trauma victims who escaped lifelong suffering shared many common experiences in childhood, such as enjoying supportive relationships. The effects were quite potent. Rochelle Sharpe | NY Times | 2/1/2026

## Growing More Than a Garden



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## DUNBARTON NEWS



**NEW HAMPSHIRE HUMANITIES** Tuesday April 21, at 6:30pm to 8pm, New Hampshire Humanities presents: New England's Colonial Meetinghouses and Their Impact on American Society. Presenter is Paul Wainwright. New England's colonial meetinghouses embody an important yet little-known chapter in American history. Built mostly with tax money, they served as both places of worship and places for town meetings and were the centers of life in colonial New England communities. Using photographs of the few surviving "mint condition" meetinghouses as illustrations, Paul Wainwright tells the story of the society that built and used them, and the lasting impact they have had on American culture. Please check the library's website/FB page to confirm time and date.

**CHAIR YOGA**, Thursdays, 11 am, April. 23, May 7-14, and 21, on the 2nd floor of the town hall. Dress comfortably and bring water. Check the library's FB page or website to confirm date and times

**BOOK GROUP** The Dunbarton Library's book group will discuss the book: *The Plot* by Jean Hanff Korelitz on Wed. April 22 at noon in the library. "Hailed as "breathtakingly suspenseful," Jean Hanff Korelitz's *The Plot* is a propulsive read about a story too good not to steal, and the writer who steals it. All are welcome to join. Books are provided. Please note that titles and line up my change due to the unavailability of books through ILL). Check the Library's FB page or website to confirm time/date.



Dunbarton Garden Club is a welcoming, nonprofit community group dedicated to gardening, education, and beautifying our town. Founded in 1934, the club brings together gardeners of all experience levels to learn, share ideas, and give back through hands-on projects. Our

members maintain plantings on the Town Common, support local events, and partner with the Dunbarton Elementary School to inspire the next generation of gardeners.

We have monthly meetings (April–December) speakers, garden tours, and seasonal activities—and are open to the public. Whether you're an experienced gardener or just getting started, we invite you to join us, meet new people, and help make Dunbarton bloom.

The next meeting is on Monday, May 11, at the Dunbarton Library (upstairs) at 1004 School Street. *Climate Resilient Gardening*, an enlightening presentation by Fran Bader, UNH Extension Master Gardener, begins at 6:00 PM. As home and community gardeners, how do we prepare and adapt our practices to make our gardens more climate-resilient? From seasonal temperature shifts and extreme temperature swings to excess moisture or drought, we'll talk about practical strategies to address these challenges and what it means to grow a climate-resilient garden that can not only "weather" these changes but also reduce your environmental footprint.

For more information, visit our website at [dunbartongardenclub.org](http://dunbartongardenclub.org) or Facebook page.



**READ TO A DOG** Kids Read to Harry, Thursdays, April. 23 and May 7, at 2:30 to 4pm at the library. Reading to dogs' builds reading confidence, fluency, and enjoyment in a non-judgmental environment. Please call ahead to schedule a 15-min visit, 774-3546.

**SPRING CELEBRATION AND STROLL:** Meet at the Koerber Trailhead at 9:00am on Saturday, April 25. Walk is scheduled until 10:15am. Kelly Dwyer will be your guide. Singing birds, emerging leaves and flowers, and the sun's warmth are a balm for our senses after a long NH winter and the mud season of early Spring! This season is brimming with opportunities to enjoy the natural world as many of our favorite animals, plants, and birds are active and focused on spring activities. Kelly Dwyer will guide our stroll! Wear comfortably walking shoes, bring a little water and dress in layers.

**APRIL VACATION WEEK FOR SCHOOLS:** Monday, April 27 through Friday, May 1.

**SCHOOL STAFF APPRECIATION WEEK** is scheduled for Monday, May 4 through Friday May 8. The staff will be honored all week. If you want to contribute to the Dunbarton's elementary cost: PayPal: <https://www.paypal.me/dunbartonPTO> or <https://www.venmo.com/u/Dunbarton-PTO>. Please contact Bow PTO, [bowpto.org](http://bowpto.org), for more info on their events.

**BEYOND THE BOOK CLUB** sponsored by the Congregational Church, will meet Thursday, May 7 at 7pm on Google Meet to discuss *Patriot* by Alexi Navalny. "New York Times Bestseller, National Book Critics Circle Award Winner, Best Book of the Year: The New Yorker, The Atlantic, Npr. The powerful and moving memoir of a fearless political opposition leader who paid the ultimate price for his beliefs." For a link or more info, contact Barbara [bbennett98@Comcast.net](mailto:bbennett98@Comcast.net).

**KNITTING FOR ADULTS** is scheduled Friday, May 17, from 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](mailto:Tammy572003@gsinet.net).



**OPEN MIC NIGHT** The Congregational Church's Spire Side Open Mic is scheduled for Saturday, May 18 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. For more information visit [www.community-dunbarton.org/spireside-coffeehouse](http://www.community-dunbarton.org/spireside-coffeehouse).



**DUNBARTON HISTORICAL SOCIETY** will be holding an open house with all of our buildings open for exploring, a 1776 flag raising, stone boat rides, food, and more! Saturday, May 9, from 12 to 4:00 PM at the Dunbarton Historical Society buildings, Stark Hwy North, Dunbarton.

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# DUNBARTON POLICE

**MARCH 2026**

## ARREST/CHARGE LOG



**03/04:** Ian Davenport, 23, Dunbarton, was charged with change of information; duty to inform.

**03/09:** Kailene Torres, 32, Manchester, turned herself in on a Dunbarton PD warrant for theft by unauthorized taking - 2 prior offenses (felony).

**03/11:** Michael Baier, 48, Dunbarton, was charged with driving or operating under the influence of drugs or liquor and negligent operation.

**03/21:** Ernest Thompson, 42, Penacook, was taken into custody for 2 counts of criminal trespassing, loitering/prowling, 2 counts of possession of a controlled/narcotic drug (suspected fentanyl and methamphetamine) - subsequent offenses (felonies), and possession of drugs in a motor vehicle.

**03/31:** Clint Middlemiss, 51, Manchester, was taken into custody on a Dunbarton PD warrant for aggravated felonious sexual assault - pattern (felony).

*In addition, 2 individuals were taken into protective custody.*

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

Animal Complaint: 9	Motor Vehicle Complaint: 5
Assist Dunbarton Fire/EMS: 13	Motor Vehicle Lockout: 1
Assist Other Agency: 5	Motor Vehicle Stop: 81
Civil Matter: 5	Paperwork Service: 11
Court: 3	Pistol Permit: 3
Criminal Trespassing: 1	Police Courtesy/Assist Citizen: 7
Fingerprint Service: 2	School Zone/Patrol: 22
Follow Up: 8	Suspicious Activity/Person/Vehicle: 8
Harassment: 1	Theft/Fraud/Scam: 4
Hit & Run: 1	Vacant Property Check: 23
Mental Health: 1	VIN Verification: 3
Motorist Assist/Disabled: 2	Welfare Check: 3
Motor Vehicle Collision: 3	

*Police also issued 11 traffic citations (some may have been issued in conjunction with an arrest) for various offenses including, but not limited to: speeding, misuse of plates, and yellow linelhighway markings.*

## GRANT FROM REGIONAL CRIMELINE



In 2025 we received a **grant from the Concord Regional Crimeline** that was used to purchase new rifle-rated ballistic vests.

Pictured is Concord Regional Crimeline member and representative to the Town of Dunbarton, Helga Bouchard and Chief Remillard during the Annual Chief's Breakfast at New England College.

We appreciate the Crimeline's continued support!



## DEA TAKEBACK DAY

Dunbarton Police Department is participating in the Drug Enforcement Administration's (DEA) **National Prescription Drug Takeback Day.**



**Saturday, April 25th 2026**

**10 AM - 2 PM**

**Dunbarton Police Department,  
18 Robert Rogers Road.**

Residents can turn in their unused, unwanted, or expired medications, no questions asked. We are unable to accept needles or liquids. The proper disposal of medication helps reduce unauthorized access, theft, abuse and damage to the environment.

## MOVING PAST FEAR – TO HEALING: A free public talk on Christian Science

**Thursday, April 30, 7:00 pm  
Baker Free Library, Bow, NH**

Understanding God's all-embracing love  
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and move life forward.

Sponsored by First Church of Christ, Scientist, Concord, NH

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## PROTECT THE LAND YOU LOVE Volunteer with Bow Open Spaces

Help protect Bow's forests, fields, and trails.

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- Property Monitoring
- Trail Stewardship
- Membership
- Land Conservation
- Outreach & Community events

**BowOpenSpaces.org**

president@bowopenspaces.org



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**The Bow Garden Club relies on our annual Plant Sale proceeds for all our civic beautification needs, education programs for the community, our Bow High School Scholarship and much more. We need your help to make this year's sale our best year ever.**

# THE BOW TIMES TaleSpinner

## SELF EVALUATION

by Bow Resident Paul Pomeroy

There are times in my life when I feel I need to undergo self evaluation. I want to be sure that I don't get too full of myself, or take myself too seriously.

On the other hand, I want to make sure that I have courage. That I at least try and use the talents the good Lord has given me, whatever they might be. I have relied on different methods to help keep me on the right path.

If I start to find myself feeling too significant in this life, I just turn the TV channel to the PBS station and watch NOVA. If there is any show on earth that could make you feel insignificant it's NOVA. Last Sunday they had a scientist explain that his team had been mistaken. That the earth was not 3.5 billion years old – that it was probably closer to 4.5 billion years old. (This fellow is dealing in Billions of years and I can't even remember how old my grandkids are!) He then went about explaining the absolutely incredible processes used by his team that led to this realization. He also noted that man, in his earliest form, was on earth 6 million years ago. I came to this earth 80 years ago. Talk about insignificant in the grand scope of things. I looked at my wife and we both agreed - these people are so smart, maybe we are stupid.

When I get like this, I know I need to appreciate what I have, what I've done and who I am. So I dug through my old papers and pulled out a sheet that has a portion of Nelson Mandela's 1994 Inaugural Address. (originally written by Marianne Williamson) It always manages to give me a lift. Every year I would read it to my AP Physics Classes on the first day of school. Some of the brightest, most gifted kids you could ever meet. Certainly brighter than their teacher.

Our deepest Fear is not that we are inadequate.  
Our deepest fear is that we are powerful beyond measure.  
It is our light, not our darkness that most frightens us.

We ask ourselves, who am I to be brilliant, talented, fabulous?  
Actually, who are you not to be?

You are a child of God. Your playing small does not serve the world.  
There is nothing enlightening about shrinking so that other people won't feel unsure around you.  
We were born to make Manifest the glory of God that is within us.  
It is not just in some of us; it is in everyone.

As we let our own Light shine, we consciously give other people permission to do the same.

As we are liberated from our own fear, our presence automatically liberates others.

There! I feel better already.

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: nmannon1@comcast.net.

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# BOW HIGH SCHOOL SPORTS SPOT

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



## GIRLS BASKETBALL

The girls basketball team qualified for the tournament with a record of 15-3, and grabbed the third seed. The Falcons, though decisively beating No. 14 Lebanon in the first round 48-30, lost in the quarter-finals to No. 6 Merrimack Valley 40-42 in a close, crushing loss. They had beaten Merrimack Valley earlier in the regular season, 52-45. The team has a promising future ahead of it, however, as it has quite a few strong underclassmen!



## BOYS BASKETBALL

The Falcons of boys basketball came very close to a deep playoff run this season! After going on an 11-2 run to end the season and reach the No. 7 seed, they managed an electrifying win over No. 10 Lebanon with a score of 44-40! They then lost in a very close game to No. 2 seed Pelham.

## GIRLS ICE HOCKEY

The girls ice hockey team had an excellent showing going into the postseason with a record of 12-6 and the No. 5 seed. In the quarter-finals, the Falcons defeated St. Thomas Aquinas-Winnacunnet-Dover making it to the semi-finals, where they lost to No. 8 Hanover 4-1.



## GIRLS TENNIS

The girls tennis team is preparing for its season, which opens April 7th at Kennett. The girls tennis team is enormous, about as large as last year's team! The team is coached by Steve Langevin, and reached the No. 9 seed and the quarter-final round last year thanks to an impressive 5-game win streak. The team saw a lot of starters graduate last year, including seniors Katie McCabe, Maddy Desrosiers, Makaylie Laws, and Lillian Gula. This means that other Falcons will get a chance to step up to help their team out!



## BOYS TENNIS

The boys tennis team began its season on April 7th against Kennett. The team will host Kennett rather than visit. In contrast with the girls team, the boys team only graduates one senior and will have 5 starters, along with 4 strong newcomers to the team. Interestingly, the team is only composed of juniors and freshmen this year. The team, coached by Jay Yvars, made it to the quarter-final round as the No. 7 seed after defeating No. 10 Merrimack 6-3. However, the Falcons lost in the quarter-finals to No. 1 seeded Winnacunnet 0-9. This year, though, the Falcons plan on ending their season in a much different fashion.



## GIRLS LACROSSE

The girls lacrosse team, always competitive, is hoping to build upon its previous season outcome, where the Falcons nabbed the No. 5 seed, defeated No. 12 Kearsarge 18-3 in the first round, and defeated No. 4 John Stark in the quarter-final round 16-8 to advance to the semi-finals. In the semi-finals, they unfortunately lost 17-6 to eventual champion St. Thomas Aquinas, ranked No. 1.

## BOYS BASEBALL

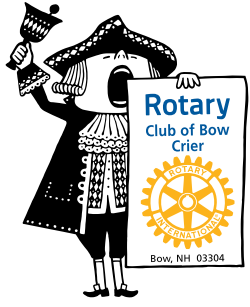
After a disappointing quarter-final loss last year to No. 6 Hanover 5-6 as the No. 3 seed, the boys baseball team hopes to make a deeper playoff run this year. Coached by Ben Forbes, the team won the Division II State Championship two years ago, and it naturally hopes to achieve this feat again!



## BOYS LACROSSE

The boys lacrosse team is ready to get out there and win games! Coached by coach Devin Calkins, the team reached a nice No. 3 berth before unfortunately losing in the quarter-final round to No. 6 in a close 7-8 score game.

# Rotary Club of Bow



## BOW ROTARY CAR SHOW ACCEPTING REGISTRATIONS, TO BE HELD ON MAY 16.

Bow Rotary will hold its 15th Annual Car Show on May 16. The show will have 19 vehicle classes with 21 trophies awarded. Classes include early to 1930s, 1940s, 1950s, 1960s, 1970s, 1980s, 1990s,

2000s and newer, Camaro, Corvette, Imports, Mopar, Mustang, Rods and Custom pre-1949, Survivor (most original), Trucks, Motorcycles, British and Muscle Cars.

Registration is \$15 before May 1, and \$20 May 1, and after. Car clubs who pre-register six or more cars, pay \$10 per vehicle. Registration information can be found at [bowrotarycarshow.com](http://bowrotarycarshow.com).

Bow Rotary is also seeking local businesses who will donate items to be given out in swag bags to the first 100 registrants. Anyone who has items to donate can contact us through our website [BowRotary.org](http://BowRotary.org).

The car show will run from 8 a.m. to 2 p.m. at 508 South Street, Bow. Entrance fee is \$3. All proceeds go to the Bow Rotary Foundation, which supports the local community.



4-Way Speech winners Alicia Johnson, Milo Cocola and William Albushies.

## BOW HIGH SCHOOL'S COCOLA COMES IN FIRST PLACE IN 4-WAY TEST SPEECH CONTEST

Bow Rotary held its Annual 4-Way Test Speech Contest March 31 at the Baker Free Library. Eight contestants from Bow High School participated.

All contestants spoke about personal experiences in various subjects.

Milo Cocola, who won first place, spoke about the phrase "How are you" and the significance of social interaction. Second place went to Alicia Johnson who talked about how Scouting is like living by the same fundamentals as Rotary. William Albushies came in third place and spoke about negative impact litter has on our lives. Cocola will go on to compete in the Rotary District semifinals at the Henniker Community Center on April 12 at 1 p.m.

Prizes were awarded to the winners in the amounts of \$500, \$300 and \$200 respectively.

Other participants included: Chase Flagg; Laura Ciminesi; Hannah Miller; Charlotte Lewis; and Stella Wantuck. Congratulations to all participants for taking the time to write speeches and present to the attendees.

Thank you to the judges: Duane Ford, Carolyn Sprague, Elena Colby, David LaFlamme and Mike Griffin.



From left, 4-Way Speech contestants Stella Wantuck, Hannah Miller, Laura Ciminesi, Alicia Johnson, William Albushies, Chase Flagg, Milo Cocola and Charlotte Lewis. Photos | Bob Couch.

## RESEARCH FINDS EASY ACCESS TO CANNABIS IS BAD FOR TEENS

Legalization of recreational marijuana by many states has made it easier for teens to get access to highly potent and convenient forms of the drug creating new hazards for teen health. New research shows that using it as little as once a month or less as a teenager is linked to an increased risk of developing psychiatric disorders and doing poorly in school.

Of the more than 460,000 teens ages 13 to 17 who researchers asked about cannabis use, the ones who said they had used it in the prior year had a higher likelihood of developing depression and anxiety disorders, according to a study published last month in the journal JAMA Health Forum.

"We can't find a level of cannabis use in a teenager that we don't see a negative effect," said Dr. Ryan Sultan, assistant professor of clinical psychiatry at Columbia University Irving Medical Center who treats patients with cannabis use disorder.

**MENTAL HEALTH ISSUES** – The teenage brain is especially vulnerable to cannabis because it is still developing. THC, the main psychoactive component of cannabis, can alter the development of systems in the brain involved in decision-making, emotion regulation and reward processing.

Studies bear that out. Young people who said they used cannabis during the prior year had a higher risk of developing psychosis or bipolar disorder when compared with those who said they hadn't used the drug, according to the JAMA Health Forum study.

**TEENS ARE PARTICULARLY VULNERABLE TO ADDICTION** – Starting to use cannabis before age 18 significantly increases the risk of developing cannabis use disorder, said Dr. Jonathan Avery, vice chair for addiction psychiatry at Weill Cornell Medicine. The disorder is characterized by craving the drug and being unable to cut down on use. Avery said he has seen teen patients develop an addiction in as little as a few weeks.

**LEARNING CHALLENGES** – Regularly using cannabis during adolescence is associated with disruption in memory and learning, according to several studies. Gilman and her colleagues have shown in their research that people who begin using cannabis weekly or multiple times a week before age 16 perform poorly on tasks that require retaining new information.

Other research has shown that frequent cannabis users who began using it in adolescence lost several IQ points between the ages of 13 and 38.

Even low-level use in adolescence is associated with poorer academic performance, new research has found.

The message for teens and parents is to delay marijuana use as long as possible, ideally until age 25 when brain development is largely complete.

Andrea Petersen | Wall St. Journal | 3/16/26

# BOW High School Service Learning Day

## April 22, 2026

### CALL FOR SERVICE SITES!

#### Can BHS Students Help You?

**9:30am-1pm Wednesday April 22nd**

If you have a job, project, or task that could benefit from student volunteers, please complete the form below. We would be happy to coordinate having students come to your location!

Click Here

OR

SCAN HERE

OR

Email: [Beth Corkum  
Bcorkum@sau67nh.gov](mailto:Bcorkum@sau67nh.gov)

# BOW'S ONE-ROOM SCHOOLHOUSE

Article by Cheryl Mortimer | Photos Eric Anderson

Amid mingling aromas of burning wood, warming soup, and drying winter wear, first through eighth graders received instruction from their one-room schoolhouse teacher. During slow farm and mill seasons, "scholars" gladly traded heavy chores at home for reading, writing, arithmetic and geography with Bow's goal of equipping children with functional skills and critical thinking needed for upholding the values of citizenship, democracy and liberty. Each district was responsible for hiring and boarding teachers as well as providing wood and a "janitor" – typically the oldest male student – to manage the potbelly stove.



Bow became a role model for many towns, in part because of a commitment to providing excellent home-grown teachers throughout New England. Eight such teachers came from a single family – the Putneys who had 14 children, ten of which grew to adulthood.

There was Maude who taught in town for 35 years, Freeman who was a Superintendent of Schools in Massachusetts, and Charles who was Vermont's St. Johnsbury Academy principal for the future President Calvin Coolidge.

Building on our pioneering legacy, our schools today are some of NH's best. To tour or help prepare the 1894 One-Room Bow Center Schoolhouse at 2 Woodhill Road for our town's upcoming 300th Anniversary, contact the Heritage Commission to contribute photographs, oral history, artifacts, or beautification funds.



**THE CLASS IN 1921 AT BOW CENTER**

Photo scanned from page 471 of "100 Acres More or Less: The history of the land and people of Bow, New Hampshire" by David A. Bundy  
Photo courtesy of Donald Foote (who is a student in the photo).

Beginning in the 1700s there was an increasing number of these "common schools." Resources spread thin, causing inadequate funding for qualified teachers, sufficient term length, building maintenance, books and supplies. The 1866 school committee reported, "most of our school rooms are fit for no purpose unless it be to herd sheep or swine." Recognizing quality was being sacrificed for the convenience of limiting the children's walk to two miles, Bow began consolidating some of the 14 districts operating in 1878; and improvements were quickly seen.



**INTERIOR OF BOW CENTER SCHOOLHOUSE**

Step into history by touring inside the 1894 Bow Center Schoolhouse at 2 Woodhill Road. Contact the Heritage Commission for more information.

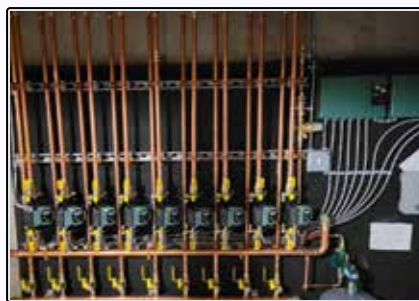
ERIC ANDERSON | PHOTO



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## MARCH 2026 ARREST LOG

- 03/01** Kiana Strobridge, Loudon, Arrested, Possession of a Controlled Drug
- 03/08** Flores Quinones, Arrested, Hillsboro, DUI - Impairment
- 03/15** Corey Fearnley, Arrested, Boscawen, Drive After Suspension (DUI)
- 03/17** Kiana Strobridge, Arrested, Loudon, Breach of Bail
- 03/18** Kaden Kobzik, Arrested, Concord, Criminal Trespass; Kylie Kobzik, Arrested, Concord, Criminal Trespass
- 03/20** Sera Calvin, Arrested, Manchester, Receiving Stolen Property
- 03/21** Annette Gordon, Summons, Moodus, CT, Criminal Trespass; Kelly McCaffrey, Summons, New Milford, CT, Criminal Trespass; Brandon Asay, Arrested, Shelby, NC, DUI - Impairment
- 03/23** Shawn Mounsey, Arrested, Concord, Simple Assault; Domestic Violence
- 03/28** Ryan Judkins, Arrested, Derry, Habitual Offender
- 03/30** Mark Maynard, Arrested, Chichester, Issuing Bad Checks; Miguel Serna Velasquez, Summons, Everett, MA, Operate without a Valid License





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## APRIL IS FINANCIAL LITERACY MONTH

### Financial Literacy is Key to Effective Money Management

Former Federal Reserve Chairman Alan Greenspan once stated, "Financial education is a process that should begin at an early age and continue throughout life. This cumulative process builds the skills necessary for making critical financial decisions."

At Sugar River Bank, we understand the importance of helping our community's youth build a strong financial foundation so that they better understand basic concepts like budgeting, simple interest, and establishing and maintaining good credit.

According to the Council for Economic Education's Survey of the States, only 28 states in the U.S. require high school students to take a course in economics. While this is a marked improvement since CEE's first survey in 1998, there remains a sizable financial education knowledge gap.

Sugar River Bank believes that financial capability education improves the financial health outlook for our youth and better prepares them to tackle unexpected financial situations or prepare for significant life milestones like paying for college, purchasing a home, opening a business, or building a nest egg for retirement.

Sugar River Bank offers the following tips to shore up money management skills on the road to financial independence.

- Set Specific Measurable Attainable Realistic Trackable (SMART) goals. Choose your priorities—whether it's saving for a computer or building an emergency fund—and make sure they are achievable. Create a plan of action and measure your progress over time.
- Start a savings account (if you don't have one already). Sugar River Bank offers automatic transfer services to move a set amount from your checking account to savings monthly.
- For working-age students, consider part-time or seasonal employment. You will learn more about personal responsibility and have an opportunity to manage expenses.
- Track your spending and avoid making impulse purchases. Create a budget and review it periodically to make necessary adjustments.
- Gain perspective about risk and reward. Knowing how stocks, bonds, and mutual funds can affect an investment portfolio shows you how financial decisions can grow—or shrink—your savings.
- Learn about credit scores—a representation of your financial past, present, and future. Sugar River Bank can offer tips to help you establish and maintain good credit.

Having knowledge about how to best manage your money is just the start. Proper money management techniques throughout a lifetime can help ensure a promising financial future.



Source: Independent Community Bankers of America (ICBA)

[www.sugarriverbank.com](http://www.sugarriverbank.com) | Member FDIC



**DEA NATIONAL TAKEBACK**

**Saturday, April 25**  
10 a.m. – 2 p.m.  
DEATakeBack.com

Residents turn in unused, unwanted, or expired medications to Dunbarton Police Department, 8 Robert Rogers Road.



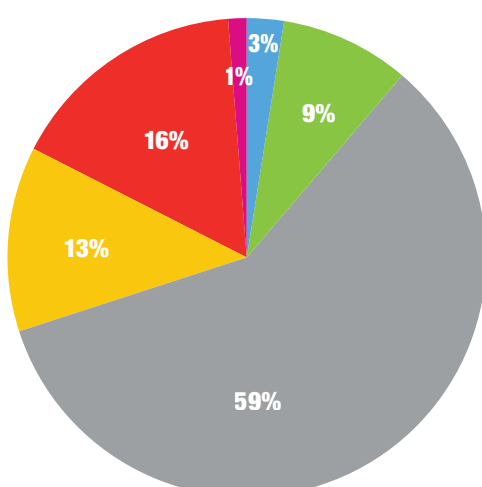
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### MARCH 2026 RUN DATA

Primary Incident Group	Count	Percent of Total
Fire	2	2.50%
Hazardous Situation	7	8.75%
Medical	47	58.75%
Public Service	10	12.50%
No Emergency/Good Intent	13	16.25%
Law Enforcement Support	1	1.25%
<b>TOTAL</b>	<b>80</b>	<b>100.00%</b>

● FIRE ● HAZARD SITUATION ● MEDICAL  
● PUBLIC SERVICE ● GOOD INTENT ● PD ASSIST




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**Baker Free Library**  
**April/May News**

509 South Street  
Bow, NH 03304

See our online Calendar at  
[bowbakerfreelibrary.org](http://bowbakerfreelibrary.org)  
to sign up for upcoming  
programs and events.



**Baker Free Library will be opening at  
12pm on Friday, May 15th due to staff training.**

## APRIL VACATION PROGRAMS

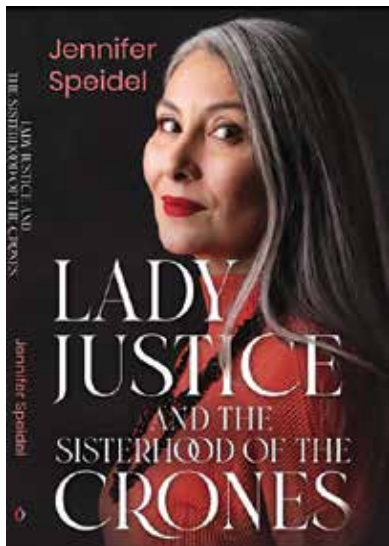
### Stomp Rockets! | Monday, April 27th | 11am & 2pm

Learn about the science of flight and create your own stomp rocket to test on our rocket launcher! (Weather permitting). For ages 6 and up, in the company of a caregiver. Two sessions offered; please register for your preferred time slot only. Rain Date: Thursday, April 30. Registration is required to reserve your child's space.

### Raptors of New Hampshire! Presented by Tailwinds Tuesday, April 28th | 11am

Adventure is in the air! Join us as we welcome an educator from Tailwinds Raptor Education & Conservation to the library, with a visiting crew of raptors! Raptors are birds of prey, and may include vultures, falcons, hawks, and owls. Get the chance to see these incredible birds up close and learn how they survive in their natural habitats. Recommended for Ages 6+. Registration is not required.

## ADULT PROGRAMMING



### Author Talk with Jennifer Speidel |Monday, April 20th | 6pm

Join Jennifer Speidel, local New Hampshire author, discuss her debut novel, *Lady Justice and the Sisterhood of the Cronos*. Jennifer is a special education teacher in Concord with twenty years of experience as an educator. Building and supporting community engagement are priorities for her. Over the last five years, Jennifer has created a community-sustained thrift shop in the high school—over 10,000 items have gone home with students at no charge. Over the summers, Jennifer can be found visiting Peaks Island when not writing her next novel.

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

### Paint Along! | April 28th & 29th | 5pm

We heard you loud and clear :) There will be TWO sessions this month! Please only sign up for ONE session – it will be the same class/painting so you won't miss anything!

**Protecting Your Business from Fraud with MCSB  
Thursday April 30th | 1:30pm**

### Protecting Your Business from Fraud with MCSB Thursday April 30th | 1:30pm

Every year, fraud trends continue to rise, becoming more sophisticated. From impersonation scams to check and invoice fraud, criminals are banking on your mistakes in an attempt to steal your money. To help combat the tricks of these criminals, come learn how to recognize, avoid, and protect yourself and your business. Join us for a free educational seminar where the experts from Merrimack County Savings Bank will explain the ins and outs of the most common business-targeting scams and how to avoid falling victim to their convincing lies. You will learn to: recognize different scams, ask the right questions, and protect yourself and your business from fraud!

### Healthy Steps for Older Adults | May 5th & May 8th

Learn how to protect yourself and live a full and active life, free from the fear of falling! Presented by the amazing folks from Granite VNA.

- Tuesday May 5, 10 - 11:30am - Balance Screenings
- Tuesday May 5, 12 - 2pm - Workshop 1
- Friday May 8, 10am - 12pm - Workshop 2

Registration is limited and participants must complete a balance screening and attend both workshops!

### When the Journey Changes: Talking About End-of-Life Care Thursday, May 7th | 5:30pm

Explore the profound aspects of end-of-life care with Dr. Daniel Ray, Granite VNA's Hospice Medical Director. Through open dialogue, participants will gain insights into hospice services, advance care planning, and the emotional journey of both individuals and their families. Whether you're contemplating future healthcare decisions, supporting a loved one, or seeking to understand the hospice experience, this session offers valuable information and compassionate perspectives to navigate life's final chapter with dignity and peace.

### Digital Licensing and Use 101 | Thursday, May 14th | 5:30pm

Curious about how publishers handle "selling" digital books? How is it different from print? How does this effect your personal book collection and your public library's collection? Learn the answers to these questions and more, get assistance with Libby, and ask your burning questions about digital library content! Registration is optional but recommended.

## BOOK CLUBS

### Whodunits | Tuesday, May 5th | 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.

May Book Discussion: *The River at Night* by Erica Ferencik

### Adult Book Talk at BFL | Tuesday, May 12th | 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!

May Book Discussion: *Orbital* by Samantha Harvey

### White Rock Book Group | Tuesday, May 19th | 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!

May Book Discussion: *Orbital* by Samantha Harvey

## IN THE GALLERY

### April 2026: Seeing the Light ~ Susan Rock

Of her work, Susan states:

"My art work represents who I am at the moment. I work in fiber and watercolor and seem to be always thinking about how and what I am seeing, hearing, how something feels, it's color, shape or texture and how they can be part of my art. I have been recreating women, some of the women are in my life and others in my imagination. I often use hand stitching, I find my sewing machine to be my best friend. Pedal to the metal, stitching integrates fibers helping them to tell the whole story."



# OBITUARIES

## JANET G. KILLARY



Mrs. Janet G. (Reynolds) Killary, 79, of Bow, passed away peacefully at home surrounded by her loving family on April 5, 2026, after a brief illness.

Born in Brooklyn, NY, Janet was the daughter of the late Stuart and Gladys Reynolds. She was raised and educated in River Vale, NJ and a graduate of Pascack Valley High School. She later attended Vermont College.

After graduating from college, Janet and her husband moved to Florida, where they worked for Disney World for several years. After hav-

ing their three children, they returned to New Hampshire in 1989 residing in Bow ever since.

Janet was a longtime attendee of St. Paul's Episcopal Church in Concord, where she enjoyed various activities. However, her greatest joy was found in her role as a grandmother. Janet's world revolved around her grandchildren. She poured her heart into their interests and took immense pride in every milestone they reached.

Janet is survived by her beloved husband of nearly 47 years, Timothy E. Killary. Her legacy lives on through her children: Jason Killary and his wife, Shannon of Contoocook; Jennifer Patel and her husband, Kunal of Canton, MA; and Nathan Killary of Bow. She also leaves behind her cherished grandchildren, Liam and Graeme Killary and Sean, Sydney, and Everly Patel, as well as her nieces, Deb Dingee and Karen Clough. She was predeceased by her brother, Stuart Smith.

Calling Hours were held on Tuesday, April 14th, in The Roan Family Funeral Home, 167 Main St. in Pembroke. A Funeral Service will be held on Wednesday, April 15th at 10 A.M. in St. Paul's Episcopal Church, 21 Centre St., Concord. Burial to follow in Evans Cemetery, Bow. To share a memory or offer a condolence, please visit [www.roanfamilyfuneral.com](http://www.roanfamilyfuneral.com).

## TOWN OF Bow EMPLOYEES OF THE MONTH



### Congratulations Tyler Coady March Employee of the Month

Detective Sergeant Tyler Coady exemplifies outstanding professionalism, dedication, and innovative leadership within the Bow Police Department. His meticulous investigative skills and strategic mindset have significantly contributed to public safety and justice, while his empathetic approach fosters strong community relationships. As a collaborative team player with an open-door policy, Tyler inspires colleagues through his willingness to support

and share knowledge beyond his responsibilities. His proactive initiatives, such as implementing new digital evidence systems and developing creative investigative solutions, demonstrate his forward-thinking and commitment to departmental excellence. Overall, Tyler embodies the highest standards of integrity, service, and innovation, making him a truly deserving recipient of this recognition.



### Congratulations Karri Makinen April Employee of the Month

Karri Makinen serves as the Town's Community Development Director. Kerri is an exceptional leader and a team member who consistently demonstrates dedication and positivity. Despite her busy schedule, she takes the time to communicate effectively with colleagues and always responds to applicant requests with a smile. She has introduced new technology to improve departmental processes. Her willingness to jump in and assist co-workers beyond her

responsibilities, combined with her great attitude and willingness to work through challenges together, makes Karri a valuable and inspiring presence in her department and the Town's organization.



**Granite  
VNA**

**GRIEF SUPPORT  
GROUP**

### HEALING HEARTS – BOW

**Tuesday, April 28 | 5:30 to 7:00 PM**  
**Bow Mills United Methodist Church, 505 South St.**

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

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



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## Bow Young at Heart Club

**APRIL 22, 2026 at 11:30 AM - 2:30 PM**

The club will host a *Pot Luck Luncheon*.

You don't have to be a member to join us for lunch.

**MAY 14, 2026 at 11:30 AM - 2:30 PM**

Dave Anderson will present *"New Hampshire Forests: Past, Present, and Future."* The talk is the story of the landscape and the legacy of forest conservation in the state from 1901 to the present and how forests will be preserved in the future.

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](mailto:fairfield_a@hotmail.com).



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

**PERFORMANCES AT BOW HIGH SCHOOL AUDITORIUM**

**\$10 Staff & Students \$15 General Audience**

**Friday, May 29th @ 7pm | Saturday, May 30th @ 7pm  
and Sunday, May 31st @ 2pm**



April is recognized as “*National Minority Health Month.*” What does that mean? Why is it important? The conditions in which we are born, live, learn, work, play, and worship, as well as our age, are known as social determinants of health (SDOH), and it is in these “conditions” that disparities can take root.

In the US the Hispanic population is the largest “minority group.” Examples of other minority groups would include Black & African American, Middle Eastern, Native Americans and Asians. It is also true that disparities in healthcare have been identified in women’s health care and various religious and cultural traditions. Language barriers are a contributing factor. And yes, some individuals, for a variety of reasons, distrust and avoid medical care. Some diseases do affect distinct populations: sickle cell disease primarily affects people of African descent, Tay-Sachs disease occurs in Ashkenazi Jews, and gallbladder disease is more common in the Hispanic/Latino population. According to 2012 US census figures, 50.4% of all US children belong to a racial or ethnic minority.

- African American and Latino children are almost twice as likely as Caucasian children to have untreated tooth decay in primary teeth. (1)
- Black women have a 38% higher mortality rate from breast cancer than white women. (2)
- In 2005 the pregnancy-related mortality for white women was 11.7 per 100,000 births, and 39.2 for non-Hispanic black women
- In 2006 76% of white women, 58% of black women and 58% of Hispanic women received prenatal care in the first trimester. (3)
- The connection between healthy diets and good health outcomes is well established.

But if you cannot get to a grocery store (and there could be many reasons) you are in a “food desert” and your health suffers.

- Black females, in grades 9-12, were 60% more likely to attempt suicide in 2019, as compared to non-Hispanic white females of the same age. Suicide attempts for Hispanic girls, in grades 9-12, were 30% higher than for non-Hispanic white girls in the same age group, in 2019. (4)

A 2009 study found that if the prevalence of diabetes, hypertension & stroke in the African American & Latino communities were reduced to the same prevalence that is in the non-Latino white population \$23.9 billion would be saved.

What about New Hampshire? The 2021 Health Disparities Report found high disparities between those with less than a high school education and college graduates for both a high health status and for smoking. There is a high disparity between females and males for premature death (with males being worse than the national average). (5)

What can we do? It is well known that health care disparities occur within the context of broader inequalities. Bias, stereotyping, prejudice, and clinical uncertainty contribute to disparities. We can strive to see that children get good medical and dental care and eat a healthy diet. We can encourage active screening for colon and breast cancer. Employers should provide for adequate medical coverage. Women need to have adequate obstetrical care.

All health care professionals need to treat every patient with the same care and skill. Bias and prejudice need to be defeated on all fronts. Smoking and alcohol consumption must be discouraged. These things require that the few give up “rights” for the better health of the whole society.

(1) National Center for Health Statistics  
 (2) <https://pmc.ncbi.nlm.nih.gov/articles/PMC5451937/>  
 (3) <https://pubmed.ncbi.nlm.nih.gov/18277471/>  
 (4) Dr. Stankovic in NH Business Review 26 Apr 2024  
 (5) [www.americashealthrankings.org/publications/reports/2021-disparities-report/state-summaries-new-hampshire](http://www.americashealthrankings.org/publications/reports/2021-disparities-report/state-summaries-new-hampshire)



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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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