

# The Bow Times

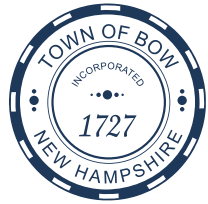
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DUNBARTON NEWS ON PAGES 20



TOWN OF  
**BOW**  
NEW HAMPSHIRE

New Hampshire Law (654:39) requires that the Supervisors of the Checklist verify the checklist yearly. Any person on the checklist who has not voted in the past five years must re-register to remain on the checklist, unless the voter registered after the last state general election. The Supervisors are sending notice letters to these voters at the address provided when registering on:

### JULY 16, 2026

The Supervisors of the Checklist for the town of Bow will hold a session for re-registering voters who have not voted since April 1, 2021, accepting applications for new voter registration, accepting requests for the correction of the checklist, and/or change of political party affiliation on:

### August 17, 2026

Time and location for both sessions: **8:00 – 9:00 AM**

**Bow Municipal Building | 10 Grandview Road | Meeting Room B | Bow**

Applicants for registration who possess proof of identity, age, citizenship, and domicile should bring that proof when they come to register.

## AMANDA GRAPPONE OSMER TESTIFIES BEFORE U.S. SENATE COMMITTEE



Amanda Grappone Osmer, President of Grappone Automotive Group, testified April 29, before the U.S. Senate Committee on Small Business and Entrepreneurship, sharing the story of her family’s business and the role small businesses play in supporting communities across New Hampshire and beyond.

Speaking on behalf of Grappone Automotive’s 235 team members in Bow and Concord, Osmer reflected on the company’s, beginnings, rooted in the journey of her great great grandparents who immigrated to US

in 1891 from Italy in search of opportunity. Through hard work, resourcefulness, and a willingness to take risks, her family built what began as a single gas pump into a business that has served generations of customers.

“An entrepreneurial spirit has gotten us to where we are, and I have faith that it will lead us soundly into the next century of business,” said Grappone Osmer.

In her remarks, Grappone Osmer emphasized the broader impact of local businesses. Across NH, auto dealers employ nearly 12,500 people and contribute more than \$700 million in annual payroll. At Grappone Automotive, that impact extends beyond business operations, with a long-standing commitment to giving back to the community. **CONTINUED | Page 3**

## TROUT UNLIMITED RECOGNIZES WARNER RIVER LOCAL ADVISORY COMMITTEE

The Warner River Local Advisory Committee (WLAC) has been recognized for distinguished service to conservation by the Basil Woods chapter of Trout Unlimited (TU). The Silver Trout Award was presented to WRAC board members Dan Morrissey, chair, and Laura Russell, secretary, at the chapter’s annual meeting on March 28, which took place at the Bow Community Center.

The Warner River Corridor includes the towns of Bradford, Sutton, Warner, Webster, and Hopkinton. The river is one of 19 recognized by the state legislature and the governor for their important natural resources, historical significance, and contribution to our quality of life.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 12

## MEG HAGAMAN ANNOUNCES CANDIDACY FOR MERRIMACK COUNTY ATTORNEY



Meg Hagaman officially announced her candidacy for Merrimack Co. Attorney today, promising to use her years of experience in criminal prosecution to be a County Attorney who will be firm, fair, and follow the facts to help ensure the criminal justice system operates consistently and responsibly.

Meg Hagaman has served within the criminal justice system at the highest levels in the state, including as the Chief of the Criminal Bureau at the NH Department of Justice and as a prosecutor in Merrimack Co. She has tried cases in courtrooms across the Granite State, prosecuting crimes ranging from homicides to drug trafficking, leading large teams to successful results.

“As County Attorney, I will provide steady leadership, clear priorities, and a willingness to act. I will promote a justice system people can trust that is both strong and fair,” Hagaman said.

“I am honored to have the support of community leaders, including former Deputy Merrimack County Attorney Catherine Ruffle and Boscawen Police Chief Jason Killary.”

“Distinguished by extensive jury trial experience, Meg is a seasoned advocate known for sound judgment,” said Ruffle. “She exemplifies integrity and professionalism, has demonstrated administrative leadership, and exhibits an unwavering dedication to our community.”

“Meg is a proven leader and the most capable candidate,” said Chief Killary. “She has the experience and vision needed to support local law enforcement and play a key role in keeping our communities safe.”

Meg received her Juris Doctor from the University of New Hampshire Franklin Pierce School of Law. She and her husband, Chase, are raising their two young children in Bow.

## LEADERSHIP NH TO HONOR TOM RAFFIO WITH COTTON CLEVELAND LEADERSHIP AWARD



Leadership New Hampshire (LNH) will honor Tom Raffio '97, President and CEO of Northeast Delta Dental, with the Cotton Mather Cleveland Leadership Award at its Class of 2026 Graduation and Alumni Celebration on Thursday, May 28, at LaBelle Winery in Amherst.

Established in 1998 and named after Leadership NH’s first executive director, the Cotton Mather, the Cleveland Leadership Award is presented sparingly. It recognizes individuals whose sustained contributions reflect the highest standard of leadership and commitment to the state of NH.

Raffio’s career reflects that standard in both scope and impact. Since becoming President and CEO of Northeast Delta Dental in 1995, he has led decades of growth and transformation, expanding the organization’s reach across northern New England and strengthening its role as a leading health benefits provider.

Beyond his executive leadership, Raffio has played a pivotal role in advancing public health in New Hampshire. Over more than two decades, he led efforts to expand adult Medicaid dental benefits, helping secure access to care for thousands of residents across the state.

His contributions extend well beyond his professional role. Raffio has long been an active and engaged civic leader, serving in volunteer leadership positions across healthcare, education, the arts, and numerous nonprofit organizations. His work reflects a deep and enduring commitment to the well-being and vitality of New Hampshire. **CONTINUED | Page 3**

## WINNER OF 28 NH PRESS ASSOCIATION AWARDS

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

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## EDITORIALS

### PAM BONDI LEAVES THE DEPARTMENT OF REVENGE TO THE PATHETIC TODD BLANCHE

Most people who go to see a doctor want to know the truth about their medical condition. Unfortunately, the legal profession offers lawyers who will either tell you what you want to hear or lawyers who will tell you what the legal reality is in your situation.

Pam Bondi chose the first track and turned the once independent Department of Justice into the law firm of Yesmen, Asskiss and Brownose, Attorneys at Law. The stunning result of telling Donald Trump what he wants to hear, rather than what the law is, has resulted in an impressive, and still growing, list of major defeats for our nation's law firm. Just a few of the high profile legal smackdowns are:

- indictment of former FBI Director James Comey by an illegally appointed prosecutor, dismissed;
- indictment of New York Attorney General Letitia James by an illegally appointed prosecutor dismissed;
- criminal investigation of Federal Reserve Chairman Jerome Powell was dismissed for a total lack of evidence;
- grand juries that were again presented the cases to indict Comey and James refused to indict either of them reflecting more common sense by 23 citizens than Pam Bondi ever did;
- a grand jury refused to indict a man who threw a Subway sandwich at an ICE agent;
- a grand jury refused to indict six senators and members of Congress for a truthful video about a soldier's duty to disobey illegal orders;
- losing an attempt to rewrite the 14th Amendment to outlaw birthright citizenship (coming in June or early July);
- the forced opening of the Epstein files only after breaking a promise to do so; then not releasing all of the files.

This is what you get when you fire 230 career attorneys and have 6,000 resign in disgust. Would you want to be represented by such a loser law firm? Well, you are stuck because Pam was fired for not humoring her "client" Trump even more than she has. Expect nothing further under Todd Blanche, who always looks like he is afraid of his own shadow—let alone Donald Trump.

Blanche has humiliated himself to move from acting A.G. to A.G. by indicting Trump nemesis James Comey for posting a photo of seashells forming 8647 on a beach. The number "86" refers to a provision of the Nevada Gaming Code allowing a casino to ask you to leave and not return if you are a card counter, etc.

To sell your soul and legal reputation by claiming James Comey wanted to kill the President will be a stain on Blanche's legal life forever. He earned it.

As part of the corruption of the rule of law the Hegseth Defense Department fired the top Judge Advocate Generals of the Air Force, Army and Navy in February of 2025 to help send the message that the Uniform Code of Military Justice would present no "roadblocks to orders that are given" by the Commander in Chief. These are nonpolitical career service members who know military life and want to give the best legal advice to our troops.

Because they are not protected by lifetime appointments, the judges of the Immigration Courts have been told to do it the King's way or face the highway. The total fired for independent rulings since January 2025 has now risen to 113. As we move soon to celebrate our independence from King George the Third, we should be angry about how much we have started to relive the royalist legal system we fought off in 1776.

### OLD MR. BAIT AND SWITCH AT IT AGAIN

Donald Trump does not own the White House. It remains in the inventory of properties the taxpayers own in the District of Columbia. He may have torn the East Wing down and put garish gold crap all over the inside making it look like an 18th century French whorehouse, but he remains just a temporary tenant.

In July 2025, he told us his ballroom would cost only \$200 million. Then in October it was \$300 million and by mid December the price had doubled to \$400 million. We had nothing to fear because the project would all be built by generous donors, not us.

The money would come from Asian crypto crooks, Mideast oil sheiks, AI billionaires, felons seeking pardons, African dictators, CEOs seeking tariff breaks and all the usual assortment of grifters, con artists and influence peddlers seeking something from the Great One.

Until now when we are asked to pony up \$1,000,000,000 in tax money for a project no one even thought of two years ago. Now all the MAGA trailer park dwellers and Dollar General shoppers get to kick in for a room they will never enter. Once again, the famous quote from P. T. Barnum comes to mind — there still is a sucker born every minute.

### SHOULD OUR 250TH BIRTHDAY PARTY ONLY BE FOR WHITES?

The events after July 4, 1776, were predominantly a white man's war with Colonists on one side and British and Hessian soldiers on the other side. Slavery was the law in England and the 13 colonies. But the colonists were not alone because by the end of the Revolution more than 5,500 patriots of color, black and Indians fought for America.

The start of the American Revolution 251 years ago left 8 Americans dead and 10 wounded on the Green in Lexington Massachusetts.

Among the soldiers there was Prince Estabrook, an enslaved man who joined his white neighbors on Lexington Green on April 19, 1775, as British troops approached. He was wounded that day but went on to serve in multiple deployments throughout the Revolution.

There were Black men in the ranks who were fighting in Concord and Lexington and fought on Bunker Hill. The first black killed was Crispus Attucks, a sailor of African and Indigenous ancestry who died on March 5, 1770, when British troops fired on a crowd in what is known as the Boston Massacre. Another, Salem Poor, was born enslaved but purchased his freedom before fighting at Bunker Hill.

Let us remember that the party is for *all of us*.

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

# GUEST EDITORIAL

## AN EMBARRASSMENT TO THE OFFICE – GUEST EDITORIAL

by Steven Duprey

Never, as in never, in our 250 year history has any president of either party, in time of war or peace, ever spoken in a way so beneath the solemn dignity of the office and trust he holds as President Trump has done. He is a disgrace to our ideals and our Republic.

I challenge my friends who support the President to justify or condone this rhetoric, with no excuses accepted for “Oh that’s just his style.”

Ponder this from the New York Times on his recent pronouncements on the Iran war: “It was a stunning threat that promised to eliminate Iranian civilization, delivered with all the casual callousness that has become President Trump’s preferred style of communication.” He said:

“A whole civilization will die tonight, never to be brought back again.”

And that is what passed as a normal Tuesday-morning update from the Trump White House: a warning of mass destruction of 93 million people and what international law would obviously define as war crimes, blithely delivered on Truth Social, posted alongside ads for bullet-shaped Trump pens, patriotic hats and a gala dinner at Mar-a-Lago.

The message arrived two days after Mr. Trump marked Easter Sunday by calling on the Iranians to end their blockade of the Strait of Hormuz (which they have ignored for a month now) and the President did so using the F bomb!

Presidents are role models for our children, for all citizens, and for the world. Is it any wonder civic and social discourse from the school yard to the planning board and everywhere in between has become so coarse given the example our President has set?

On Easter our church prayed for our President. I added an extra prayer that President Trump find the grace to speak like a President and the leader of the free world.

Steve Duprey, former Chairman of the Republican Party and National Committeeman from NH

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### GRAPPONE TESTIFIES | Continued from page 1

“To me, the presence of entrepreneurialism is a sign of a healthy business ecosystem,” she said. “Entrepreneurs are, by nature, creative people, and where creativity exists, so does a sense of optimism.”

As a fourth-generation leader, she spoke to the responsibility of continuing the legacy her family began more than a century ago, while looking ahead to future generations.

Grappone Automotive Group has been serving New Hampshire since 1924 and represents the Ford, Honda, and Mazda brands. They also maintain a wholesale parts operation serving all of northern New England.

### RAFFIO LEADERSHIP AWARD | Continued from page 1

“Tom Raffio represents the very essence of this award,” said Will Stewart, Executive Director of Leadership New Hampshire. “His leadership has been steady, sustained, and deeply consequential, not only within his organization, but across the civic life of our state.”

The award will be presented as part of Leadership New Hampshire’s annual Graduation and Alumni Celebration, the organization’s largest event of the year bringing together members of the LNH network and other leaders from across the state to honor the graduating class and reconnect with one other.

Members of the public and the LNH community are invited to attend. More information and tickets are available at leadershipnh.org/raffio.

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PW  
PROVEN WINNERS

# THE BOW TOWN POUND

Article by Cheryl Mortimer | Photos Eric Anderson

Our founding families were a rugged bunch, growing crops, raising livestock, and storing food for surviving the long, cold winters. At times, farm animals strayed and, though mostly harmless, pigs on the run were a whole different story. Voraciously filling their appetites by rooting up vegetables and killing younglings, they threatened the townspeople's livelihood.

Bow responded by electing two Hog Reeves, building a pound and appointing a Pound Keeper in 1768, more than two decades before NH enacted a law requiring towns to do so. After capturing the stray pigs, Reeves outfit them with nose rings to discourage foraging and neck yokes to prevent escape. To retrieve their animals from the pound, owners paid a fine.



The 1821 Town Pound is Bow's oldest town-owned structure.

Still standing today at 18 Branch Londonderry Turnpike East is Bow's third pound, a stone structure built in 1821. Guided by Bow Heritage Commission, this treasured artifact was restored in 2009 and subsequently opened for the public to see where strays were held.

Although roaming livestock is no longer a central town problem, in the last year the Bow Police Department did capture and return a few domestic hogs to their owners. In Grafton, Sullivan, and Cheshire Counties however, feral swine do pose a growing concern. In place of historic town pounds, the U. S. Department of Agriculture/APHIS Wildlife Services is our modern-day keeper working

to prevent the nationally estimated six million wild pigs from choking out our ecosystem and spreading disease.



Our state's pig population is uniquely challenging to manage because NH Fish and Game does not give hog permits since feral swine are considered property of the Upper Valley's little-known and controversial Blue Mountain Forest Association, commonly referred to as the private "Millionaires' Hunt Club," Corbin Park. According to David Allaben, the NH/VT Director of USDA/APHIS, last year one or two boars were spotted 50 miles from the park, in Gilmanton.

Because hogs reproduce rapidly, timely responsiveness plays the biggest role in protecting our gardens, pets, lawns, and natural habitat. As in the days of yore, we can all help shelter our beautiful town (and state) from harm. The USDA encourages everyone to report sightings via their webpage, "Squeal on Pigs." Even stray domestic pigs should be reported because, left uncaptured, they become part of the feral population.

To learn more, visit the Bow Town Pound, contact the Bow Heritage Commission or the NH State Library for books and additional information, and read historical documents at the NH Historical Society — including records from the 1956 NH Supreme Court landmark case, King v. Blue Mountain Forest Association. Also, on June 24<sup>th</sup> at 12:30pm NH Humanities will be giving a free presentation about Corbin Park. It is open to the public and will be held at Bow Old Town Hall at 91 Bow Center Road.

Pictured (right), is a sampling of documents from the Collection on Corbin Park, courtesy of the NH Historical Society.



Learn more about its history by reading the interpretive sign on site at 18 Branch Londonderry Turnpike East.



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## BOW SELECTMEN FILL OUT COMMITTEES, COMMISSIONS & BOARDS

On April 14 the Bow Selectmen appointed the following volunteers to flesh out various town agencies.

**Business Development Commission:** Wendy Gazaway, John Meissner, Anthony Foote, Brandyn Boynton, and Bianca Contreras

**Buildings And Facilities Advisory Committee:** David Cook

**Conservation Commission:** Dik Dagavarian

**Drinking Water Protection Committee:** Ken Conaty, and Greg Colby

**Heritage Commission:** Susan Wheeler, James Dimick, and Donald Fournier

**Planning Board:** Sandy Crystall

**Recycling And Solid Waste Committee:** Beth Titus, and Heath Carder

**Bow Business Corridor (Tif) District:** Wendy Gazaway

**South Bow Tif District:** Mark Charbonneau, and Wendy Gazaway

**Zoning Board Of Adjustment:** Donald Burns, Robert Ives, Joseph Conti, and Taj Pietkiewicz

## WATCH OUT FOR EMPLOYMENT SCAMS

U.S. employers laid off more than 1.2 million workers in 2025, the most since the 2020 pandemic. With so many Americans seeking work, employment scams are surging, and desperate job hunters may be more susceptible than in the past to fraud, including bogus jobs in online ads, on job search websites and on social media. Some scammers impersonate real recruitment agencies and companies. Their goal: to obtain personal information or money by requiring you to pay a fee.

### HOW TO STAY SAFE

- Never pay. If you're required to pay for a job interview, it's a scam.
- Distrust big promises. Guarantees of great pay and few hours while working at home are probably red flags not to ignore.
- Scrutinize the source. If a so-called recruiter contacts you, check the company's website and see if they're hiring for that particular position-and if the person actually works there.
- Be careful about posting your résumé. Criminals can use information included there to manipulate you.

AARP 4/26

## COURTS SHOULD TREAT SOCIAL MEDIA LIKE CIGARETTES

by: Mark Weinstein

On March 25, a Los Angeles jury found Meta and Google negligent in the design of their platforms and failing to warn about the dangers of their apps to kids and teens. It awarded \$6 million in compensatory and punitive damages to a 20-year-old woman, known as K.G.M., who began using YouTube at age 6 and Instagram at 9.

One day earlier, a New Mexico jury ordered Meta to pay \$375 million for misleading users about platform safety and failing to protect children from sexual predators.

Plaintiffs articulated the flaw in social media correctly. For years, efforts to hold social-media companies accountable ran into Section 230 of the 1996 Communications Decency Act, which shields platforms from liability for content posted by users.

Instead of arguing about what users posted, lawyers for the California plaintiff argued that the platforms themselves are defective products.

Features like recommendation algorithms, autoplay, beauty filters and notification systems were built with foreseeable risks of harm. These systems promoted compulsive use by children. The jury agreed. In both courts' findings, these platforms aren't simply hosting conversations. They're running systems borrowed from gambling and behavioral psychology.

Internal Meta documents showed that executives wanted to "bring them in as tweens" to "win big with teens." Big Tobacco long said "hook 'em young, hook 'em for life."

When the four largest cigarette makers settled with 46 states in 1998, the price tag was \$206 billion, but the real win was that cigarette marketing to minors disappeared. The same logic applies here.

Cigarettes became more difficult for minors to buy, marketing that targeted young people disappeared, and a generation grew up healthier for it. We're at a similar fork in the road for social media. Technology moves fast. The fix can too.

Mark Weinstein | Author of "Restoring Our Sanity Online"



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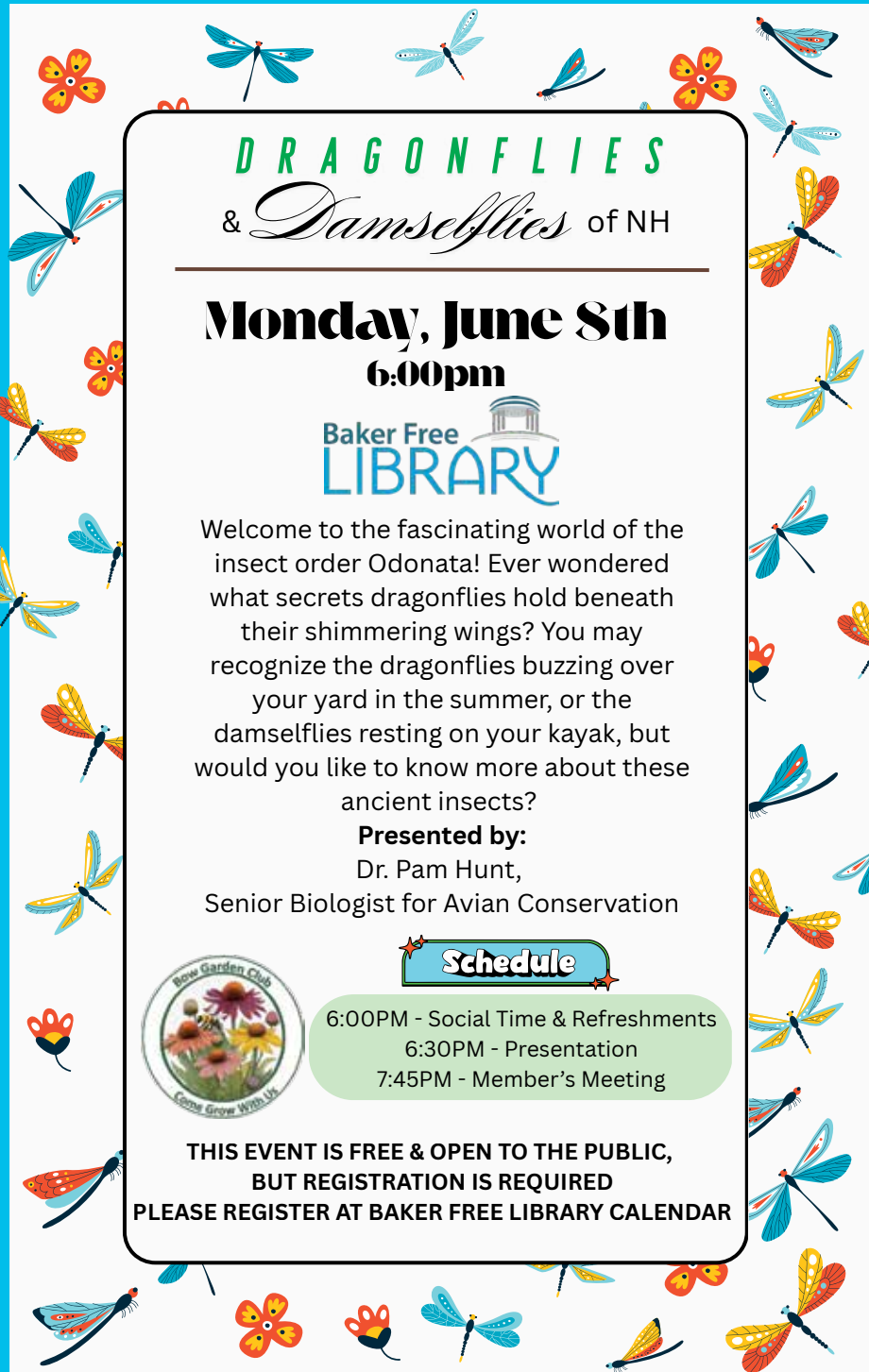
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## DRAGONFLIES & Damselflies of NH

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### Monday, June 8th 6:00pm

**Baker Free LIBRARY**

Welcome to the fascinating world of the insect order Odonata! Ever wondered what secrets dragonflies hold beneath their shimmering wings? You may recognize the dragonflies buzzing over your yard in the summer, or the damselflies resting on your kayak, but would you like to know more about these ancient insects?

**Presented by:**  
Dr. Pam Hunt,  
Senior Biologist for Avian Conservation

**Schedule**

6:00PM - Social Time & Refreshments

6:30PM - Presentation

7:45PM - Member's Meeting

**THIS EVENT IS FREE & OPEN TO THE PUBLIC,  
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# THE BOW TIMES TaleSpinner

## A MOTHER'S DAY MEMORY

by Bow Resident Paul Pomeroy

My mother was the second child of eight. My aunts and uncles would always tell me that she was the “pretty one.” I have seen her beauty in pictures. But I have no memory of her as being beautiful during the time we were together. When I was four years old my mother got sick. A lung disease that took nine years to eventually kill her. My memories of my mother are of a very thin woman who looked way older than she really was. Always coughing and spitting up blood. Yet she was a woman of great faith and courage, and I loved her dearly. Since my father was always working and my brother was too young to really know what was going on, her care was mostly my responsibility. I didn’t mind one bit.

One August evening in 1959, a couple of months before she entered the hospital for the last time, I left my friends playing out side and came in to check on my mother. She could not climb stairs. She had a commode on the first floor. She hated that I had to clean it out regularly. I kept telling her that I didn’t mind at all.

This particular evening, I could tell she was ready for bed. I picked her up and began to carry her upstairs as I had done so often before.

“Have you been smoking Butch?” she asked. She called me Butch from the day I was born.

“Some of my friends were smoking.” I lied. I wouldn’t lie to my father, but I would do or say anything to keep my mother from worrying more than she already was.

When I got her situated in bed, I prepared to join my friends outside.

“Can you sit with me for a while?” she asked.

So I did. But for a brief moment there, I really wanted to be outside with my friends instead. For years after, I have felt guilty about that single moment. Vivid, shameful guilt. She died three months later. She was 37 years old.

How often I wished to have just that moment, and maybe a few more, to tell her how much I missed her and loved her. So, for each of the past 67 years, I make sure I apologize to her for that moment. And every Mother’s Day my thoughts, my love, and my prayers are for her.

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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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# SUMMER FITNESS GOALS

by Jim Olson

*Summer doesn't mean you have to put your fitness routine on hold, in fact, you should take advantage of the longer days and warmer temperatures to stay active throughout the year. Here are some tips for keeping your fitness goals in check this summer:*

- ▶ Take advantage of outdoor workouts - with so many parks, trails, and recreational areas available, there are many opportunities to get some sun while getting in a good workout. Take your yoga mat outside or go for a run around the neighborhood.
- ▶ Try out a few recreational sports - Whether you wanted to get in shape to join a local, recreational sports league, or just have some fun with family and friends - playing outdoor **or** indoor sports can be an enjoyable way to stay active.
- ▶ Find water activities - Swimming is a great way to stay cool and get in some exercise at the same time. If you don't have access to a pool, try stand-up paddle boarding or kayaking for a more intense workout.
- ▶ Incorporate body weight exercises into your routine. Body weight exercises can be done anywhere, anytime, requiring no equipment whatsoever! Find your way to your local park to do pushups, squats, and lunges to keep your muscles toned - all with no weights or machines.
- ▶ Get creative with cardio. An outdoor game of tag or jumping rope in the backyard can be just as effective as a running session inside on a treadmill.
- ▶ If it's too hot, take your workout outside in the evening when temperatures have cooled. Outdoor walks or jogs can be refreshing after a long day!
- ▶ Wear the right clothes - Make sure you're wearing light, breathable clothes to keep cool while working out. Also, use sunscreen and head covering if you're exercising outdoors during the day!



**Jim Olson**

▶ Take it indoors - While working out indoors isn't ideal in summer months, air-conditioned gyms are always an option during peak temperatures or heat waves if necessary!

▶ Get creative with your routine - Summer is a great time to explore different types of workouts and add new activities such as swimming, yoga or trying out a class at the gym. Keep in mind that you don't need to put your usual fitness routine on hold for the summer; just be smart about mixing things up a bit!

▶ Listen to your body - In high temperatures, it's important to pay attention to how your body feels and take breaks when necessary. If it's too hot outside or if you're feeling exhausted, rest and come back another day

▶ Remember that exercising regularly is important for your physical and mental health, but don't push yourself too hard!

▶ Wear the right clothes - Choose lightweight, breathable sweat wicking fabrics to wear during your routine. This will help keep you cool during workouts in hot weather. Also make sure to wear a hat or visor to protect your face from the sun!

▶ Be aware of dehydration - Dehydration can make summer workouts more difficult, so it's important to drink plenty of fluids before and during your workout. Keep a bottle of water nearby and take regular sips throughout your session. You can also incorporate electrolyte drinks into your routine if you feel particularly dehydrated after intense outdoor session.



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## WHY DOT .BANK?

Banks are increasingly switching their websites from traditional “.com” domains to “.bank” to improve security, trust, and brand clarity in an era of rising cyber threats.

One of the biggest reasons is protection against online fraud, especially phishing. Criminals often create fake websites that look nearly identical to legitimate bank sites, tricking customers into entering sensitive information. The “.bank” domain helps solve this problem because it is restricted only to verified, regulated financial institutions, making it much harder for scammers to create convincing fake sites. Unlike “.com,” which anyone can register, “.bank” domains require strict verification and compliance checks.

Another key factor is enhanced cybersecurity standards. Banks using “.bank” domains must follow stronger security requirements, such as advanced encryption and authentication protocols. These built-in protections reduce risks like email spoofing and data breaches, which have cost the financial industry millions of dollars over time.

The switch also improves customer trust and confidence. When users see a “.bank” domain, they can more easily recognize that the website is legitimate. This is similar to how domains like “.gov” or “.edu” signal authenticity. As digital banking grows, a clearly identifiable and secure online presence becomes essential for maintaining customer relationships.

Additionally, there are branding and practical benefits. The “.com” space is crowded, making it harder for banks to secure simple, recognizable domain names. The “.bank” domain offers clearer branding and helps institutions stand out online while signaling their industry identity.

In summary, banks are adopting “.bank” domains to create a safer and more trustworthy digital environment. By limiting access to verified institutions and enforcing stricter security standards, these domains help reduce fraud, strengthen cybersecurity, and make it easier for customers to identify legitimate banking websites.

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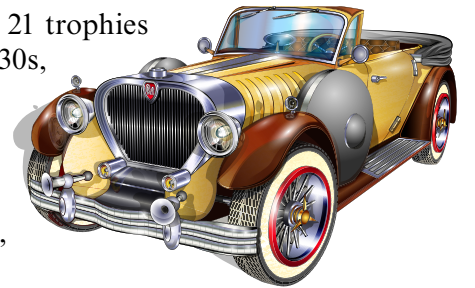
# Rotary Club of Bow



## BOW ROTARY'S 15TH ANNUAL CAR SHOW!

The Bow Rotary is holding its 15th annual car show on May 16, 2026. The car show will run from 8:00 AM to 2:00 PM. at 508 South Street, in Bow. Entrance fee is \$3.

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



## ROTARY DISTRICT 7870 CONFERENCE

Rotary District 7870 will hold its annual conference on May 30, 2026, in Keene led by District Governor Donna Deos, of Bow.

The Keynote speaker is Randy Pierce who lost his vision at age 22.

Find more information and to register for the conference on the District website at [Rotary7870.org](http://Rotary7870.org).



## ROTARIANS CLEAN UP ROUTE 3A, HAULING IN 89 BAGS OF TRASH!

More than a dozen Rotarians from the Bow and Hooksett clubs cleaned up the roadside on Route 3A on April 18, filling 89 bags of trash! Bow Rotary participates in the roadside cleanup twice a year. Photo | Eric Anderson

## SUMMER CONCERT SERIES BEGINS

Planning for the 2026 Bow Rotary Summer Concert Series has kicked off. We are limiting this year's concerts to just 5, two of which have been selected. Acts need to pre-register to be considered. Forms can be found at [bowrotary.org](http://bowrotary.org).

Concerts will start at 6:00 PM on June 26, with a local high school youth "Open Mic" night. Should the weather turn out to be unsuitable, we move the concerts into the Bow Community Center.

You are welcome to forward any questions to the concert series committee by sending an email to [bowrotary.org](mailto:bowrotary.org)



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**Bring:** Your Mountain Bike with suspension, helmet and water bottle

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**Questions?**

Call Bow Parks and Recreation 603-223-3920 or visit [www.BowOpenSpaces.org](http://www.BowOpenSpaces.org)



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**GRIEF SUPPORT GROUP**



## HEALING HEARTS – BOW

**Tuesday, May | 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.

Our Bereavement Team supports community members with compassion, understanding, and respect as they navigate grief. We offer guidance, resources, and a caring presence to help individuals find comfort and strength during a difficult time.

**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.**



### MITOCHONDRIA

Let's look at a basic, but very interesting cellular function. In every cell (except one, which we will identify later) there are very tiny particles called mitochondria. The word has Greek roots: mitos (thread) and chondrion (small grain) and was coined in 1898 by a German microbiologist. Mitochondria are around 0.5-1 micrometer in diameter. That is one-thousandth of a millimeter. The number of mitochondria in the cytoplasm of a given cell (ranging from zero to over 600,000) is dependent on the cell's energy needs. Your brain is a small percentage of your whole body, but it uses a very large percentage of your body's energy demand. Increased muscle function increases the need for mitochondria to produce more energy.

You can think of mitochondria as the powerhouse of energy because they produce 90% of the energy that a cell needs to function. This energy is packed into a chemical called ATP (adenosine triphosphate) which functions like a battery giving up energy to the cell as needed. How does that happen? In the Krebs cycle (remember your biology?) molecules are produced that transport electrons to the mitochondria who then create the ATP 'batteries'! The process is called oxidative phosphorylation. Your mitochondria are unique in the biological world because they have their own genome which is inherited from your mother. I find it difficult to accept that this energy production all happened 'by chance' through an evolutionary process.

Did you remember? One cell does not have mitochondria. That would be the red blood cell (RBC) known as an erythrocyte. The life span of an RBC is about 120 days. It has a biconcave shape like a donut with a thin center, not a hole. This unique shape gives the RBC a high surface area to volume ratio. In addition, the RBC does not have a nucleus, and it does not have any mitochondria taking up space. Hence the RBC is uniquely designed for the purpose of carrying as much oxygen as possible to every part of your body.

Mitochondria are talked a lot about in the "supplement" world, and many products are advertised as being important for "mitochondrial health". But it is back to basics: exercise, healthy diets that includes fiber, healthy fats, antioxidants, and adequate sleep will keep your mitochondria healthy.

Information for this article was gleaned from AI and an NIH article: [www.nih.gov/news-events/nih-research-matters/mitochondria-health](http://www.nih.gov/news-events/nih-research-matters/mitochondria-health)

*Bow Mills*  
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**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.

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# HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

**The Hopkinton/Webster Transfer Station will be closed Monday May 18th, so staff can attend the Annual Recycling Conference!**

**THE CONTOOCOOK FARMERS MARKET** is at Maple Street School from 9:00-12:00 on Saturdays. On June 6th the market moves outside to Riverside Park.

**THE CONTOOKULELES**, a ukulele meetup group, includes both experienced players and beginners. We are all about learning, making music, and most of all, having fun! New members are always welcome. We typically meet the first and third Tuesdays of the month from 6:00-8:00 in the Community Room at the Hopkinton Town Library.

**COME READ TO CHARLIE!** He is one of our Reading/Therapy dogs and he'll be here twice this month. Visit our website today at [www.hopkintontownlibrary.org](http://www.hopkintontownlibrary.org) to secure your 15 minute reading time with Charlie on May 20th from 3:30-4:30pm!

**SUMMER SWIM LESSON** registrations are open for Hopkinton residents at [www.HopkintonRec.com](http://www.HopkintonRec.com)

**JOIN US AT WORK SONG FARM** on Sunday, May 17th for expert advice from Farmer Dan on ways to prepare your garden soil for a successful harvest! This is a free event and registration is required. Call (603) 746-8265 or register online at [www.HopkintonRec.com](http://www.HopkintonRec.com)

**COMMUNITY CALENDAR** We want to see your photos of life in New Hampshire! Now through May 31st, send us your best shots for a chance to be showcased in our 2027 Community Calendar - plus a \$100 cash prize. Each photographer may submit up to ten (10) entries to be considered for the calendar and digital use with a \$100 cash prize for each winning photo selected. To be considered, photos should focus on the charming communities of Merrimack, Hillsborough and Rockingham counties. For official rules and entry: [themerrimack.com/community-photo-contest/](http://themerrimack.com/community-photo-contest/)

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**“Boundless: Expansive Views of Land and Imagination.”**  
May 2nd – May 30th

Four NH photographers will display their work at Two Villages Art Society (TVAS) in an exhibit titled “Boundless: Expansive Views of Land and Imagination.” The show opens at the gallery in Contoocook, on May 2, with an opening reception from noon to 2:00PM.

The opening reception is free and open to the public, offering a chance to meet the photographers and enjoy live music by singer-songwriter Kat Ivey, as well as light refreshments.

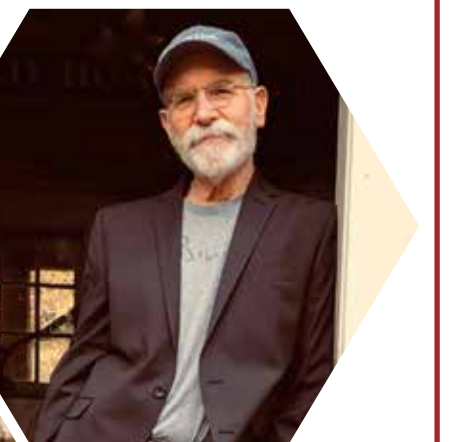
The exhibitors: William Balsam (Warner), Tom McHugh (New London), Lindsay Holmes (New London), and Jay Fitzpatrick (Andover).



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)

## TOM PIROZZOLI & BRAD MYRICK

TWO VILLAGES  
ART SOCIETY



**CONTOOCOOK**  
SATURDAY, MAY 17  
5:00 PM

### Benefit Concert of Music & Storytelling with Tom Pirozzoli and Brad Myrick.

New Hampshire's Tom Pirozzoli has spent decades writing original songs that travel – through back roads, foreign countries, and the quieter corner of the human heart – and Hopkinton native Brad Myrick plays the kind of guitar that makes a small room feel like a big discovery. These two road-worn friends bring original songs, spontaneous interplay, a touch of the world, and a whole lot of fun to an intimate evening you won't soon forget.

Tickets are \$25 available online or at  
[www.twovillagesart.org/pirozzoli-and-myrick-concert-may-17](http://www.twovillagesart.org/pirozzoli-and-myrick-concert-may-17)

## Restaurant Review

by Debra Barnes

# Alexandra's BISTRO

15 Village Street • Concord (Penacook), NH

alexandrasbistrollc.com

★★★★★ 4.8 Stars • 212 Reviews

Tucked beside the old Thirty Pines on 15 Village Street in Penacook, Alexandra's Bistro has earned one of the most devoted followings in the Concord area since opening in 2022. With 212 reviews averaging a near-perfect 4.8 stars, the word is out — and the food more than justifies it. Owner and Chef Danny Pillsbury brings sixteen years of culinary experience to every plate — twelve spent working his way through the kitchens of the Lake Sunapee region, followed by four years building Alexandra's Bistro into the gem it is today. Along the way he forged deep relationships with local farmers and developed a passion for seasonal cooking that now defines this intimate 36-seat restaurant. The bistro is named for his late wife Alexandra, a nurse, whose memory and spirit live on in the warmth that defines every visit.

### The Space

Alexandra's seats 36 guests comfortably — a size that keeps the atmosphere personal without feeling cramped. A quaint bar area with high-top tables draws guests in for a drink and conversation before dinner and the room has the easy warmth of a place that makes you want to linger. This is not a restaurant built for quick turnovers. It is built for evenings worth remembering.

### The Farm-to-Table Commitment

At Alexandra's, farm-to-table is not a slogan — it is how the kitchen operates. The menu is deliberately small and rotates with the seasons built around what New Hampshire's farms and producers are offering at any given time. Chef Pillsbury developed these relationships over years of working in the Sunapee region and the integrity of those connections is evident in every dish. When the ingredients change, the menu changes. It keeps the kitchen honest and the dining room perpetually interesting.

Daily specials are the most direct expression of this philosophy. Born from visiting local farmers markets and kitchen creativity, they are often the most exciting items available on any given night. Ask about them first.

### The Food

Pillsbury's cooking draws inspiration from his own instincts, his team's ideas, and an active engagement with the broader culinary world. He enjoys discovering great recipes and making them his own. The result is a menu

that feels simultaneously local and provides a bite of something different for everyone.

A standout on a menu special is Faroe Island Salmon — the same premium sustainably sourced fish sought out by five-star chefs worldwide for its exceptional richness and quality. Its presence here reflects the kitchen's refusal to compromise on ingredients. And then there is the maple syrup: each year Pillsbury and his father tap their own trees and produce the syrup that finds its way into a rotating selection of dishes throughout the season. It is the kind of personal, place-rooted detail that no menu description can fully capture — but that you taste.

### Weekly Events

Alexandra's has built a lively weekly rhythm that gives the community regular reasons to return.

Monday is Pasta Night, a buffet-style celebration of Italian comfort food that is perfect for families, couples, or anyone who wants a generous, satisfying weeknight dinner. Guests choose their own protein, vegetable, pasta, and sauce, creating a personalized plate in a convivial setting. Priced at \$23.95 for adults and \$10.95 for children under 10, it is one of the best values in the region.

Wednesdays bring Nurse Appreciation Night when nurses receive a discount on their meal — a tribute to Alexandra, who was herself a nurse, and a thank-you to the healthcare community that has embraced the restaurant as one of its own. Patrons will have it become one of the most anticipated nights of the week.

### The Verdict

Alexandra's Bistro does everything a great neighborhood restaurant should: it sources local, cooks with skill and creativity, and welcomes every guest with genuine warmth. It is the kind of place that quickly becomes a habit — and a welcome one at that. Whether you come for a perfectly executed lamb burger, a Monday pasta night, or simply to discover what the season has brought to the kitchen today, you will leave well fed and already planning your return.



## HOW TO PROTECT YOUR ROOF FROM WATER DAMAGE

### 1. INSTALL A SEALED ROOF DECK

This is one of the best ways to help keep water out of your home if the roof cover is blown off or damaged.

### 2. STRENGTHEN YOUR FRAME

Strengthen and anchor parts of your roof frame that extend out to support the overhang of your roof deck. Reinforce your roof to wall connections to better withstand high wind. Also, ask your contractor about adding ring-shank nails to increase your roof strength.

### 3. EXAMINE EAVES

Have flashing installed and make sure your roof has a proper drip edge to prevent water leakage. The lower edge of a roof should extend

about a half inch past the fascia board, which is the thin board that runs along the outer edge of your roof and covers the entire roofline. Also, have your soffits, or the underside of overhanging eaves, retrofitted to improve wind resistance.

### 4. CHOOSE WEATHER-RESISTANT MATERIALS

Install roof coverings that are made to resist high wind and impact.

When you look for ways to protect and maintain your roof today, you could save big on damage to your home tomorrow. Since things that could've been prevented may not be covered by insurance, it makes good sense to be proactive about roof damage. If you have questions about what's covered and what isn't, check your homeowners insurance policy.

### WHAT SHOULD I DO IF MY ROOF IS DAMAGED?

If you need to repair or replace your roof, seek out a reputable contractor. You should also review your property insurance coverage at least yearly. Any time your finances or your property features change, you should make sure your coverage is up to date.

### EXPLORE HOME IMPROVEMENT NETWORKS

You can find local contractors that you can trust to help fortify your home against damage.

## HEALTH WATCH

### 3 SYMPTOMS NEUROLOGISTS SAY YOU SHOULD NEVER IGNORE

**WEAKNESS IN ONE HAND OR LEG:** If you're dragging one leg behind you or having trouble writing with your dominant hand, schedule a doctor's appointment. "People come months after their symptoms start-but weakness is one you can't ignore," says Dr. Luis Cruz-Saavedra, a neurologist with Memorial Hermann Health System. "A lot of people think, 'Oh, it's just a pinched nerve, but it could actually be a stroke, it could be a brain tumor, it could be a disorder like multiple sclerosis, it could be any sort of brain inflammation."

**PROBLEMS WITH SPEECH:** Stroke is a major cause of death in the U.S., yet people often delay seeking care. "I hear all the time how someone's having stroke symptoms, and their reaction is, 'Well, I'm going to take a nap and see if they go away,' says Dr. Enrique Leira, director of the division of cerebrovascular diseases at the University of Iowa. One way these urgent symptoms manifest: trouble speaking. People might start slurring their words, speaking slowly, experience difficulty finding words, or even be unable to comprehend what others are saying, Leira says.

**DIFFICULTY GETTING OUT OF A CHAIR ON A REGULAR BASIS:** As people get older, they tend to develop problems with daily movement. Some complaints stand apart, however. If you're regularly having trouble getting out of your chair, it's a good idea to schedule a doctor's appointment. "Sure, there could be some joint issues, but we really want to take a look and make sure you don't have an issue with your muscles or your nerves or your spinal cord." Dr. Andrew Dorsch says: "That's something I would want a family member to go get checked out."

Angela Haugt | TIME Magazine 4/6/26



### DYSLEXIA – THE STIGMA OF THE DISORDER

Dyslexia is a learning disorder involving the brain networks responsible for language processing and reading that remains widely understood.

Although dyslexia is often depicted as words leaping off the page and getting mixed around, many people with the condition say reading takes more time and effort, as if every sentence has to be manually decoded rather than easily understood. The condition affects as many as 20% of people in the United States and is often diagnosed during childhood.

Early treatment can help repattern the brain and improve reading skills, said Dr. Jeffrey Brosco, a developmental pediatrician at the University of Miami Miller School of Medicine, although dyslexia is a lifelong condition.

Research has shown dyslexia isn't associated with low intelligence, and many people with dyslexia are creative and quick thinkers, said Thomas Preston, director of neuropsychology at Stony Brook Medicine in New York.

For young children, dyslexia can be especially demoralizing. Some children handle this stress by acting out and getting into trouble, Brosco said, while others internalize it, becoming sad, anxious or depressed. "The isolation and lack of understanding can propel a cycle of social, educational and ultimately vocational marginalization," Preston added. But with the right accommodations and support, such as assistive technologies for reading, people with dyslexia can thrive in school and beyond.

Simar Bajaj & Christina Carol | THE NEW YORK TIMES

## THE Music LADY FOR THE LOVE OF MUSIC

### CREATURES GREAT & SMALL SING

"He rocks in the tree tops all day long, hoppin' and-a boppin' and singin' his song. All the little birdies on Jaybird Street, love to hear the robin go tweet, tweet, tweet."

Spring has sprung and birds begin to sing to us with their "dawn choruses." First we hear the robins, then the song sparrows, cardinals and finches. Mockingbirds are especially gifted with their large repertoire. Nightingales sing very complex melodies. But the birds aren't the only wondrous animals that "sing." Music is also the language of many other enchanting creatures.

Whales produce "songs" that can last as long as 20 minutes, and can travel for miles underwater. Their moans and cries and howls follow elaborate patterns and are meant to communicate, mate, defend, and warn of danger, but sometimes they just sing for the fun of it. Killer whales songs can include percussion with rhythmic clicks and whistles as they communicate to other whales.

Frogs often sing in group choruses that are led by the male frogs, with the others joining the coordinated vocal cycles.

Bats sing their romantic songs in ultrasonic frequencies that humans cannot hear. Specialized "bat detectors" can pick up their sounds, so that we can translate their bird-like tunes.

Mice also sing in ultrasonic frequencies that we cannot hear without an ultrasonic microphone. Since most houses have mice from time to time, we can be thankful that we cannot hear them flirt with their mating music as they lurk in our garages and basements.

Madagascar lemurs sing haunting and sometimes thunderous melodies that are joined by the entire family.

Cicadas make their loud, metrical music by rubbing their wings together. It is primarily the males that "sing" to attract mates. They typically sing during the day, but they can still keep us up at night if there are too many streetlights that fool them into thinking it's daytime.

Of course, we've all probably heard our dogs sing. When dogs sing in packs, it is instinctual for each dog to sing a different note that can make a small pack of dogs sound much like a larger pack.

"Rockin' robin, tweet, tweet, tweet, tweet. Rockin' robin tweet, tweet, tweety tweet. Blow rockin' robin 'cause we're really gonna rock tonight!"

### BOW BOG MEETING HOUSE WORK SESSION



On May 8th, the Bow Heritage Commission **primed and shined** the Bow Bog Meeting House. David Lindquist, David West, and Mike Wheeler cleaned window sills, pews, and floor, and also removed the winter window covers and replaced them with the window shutters.

Photo | Eric Anderson

**A-1**  
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### MARCH 2026 ARREST LOG

**04/11** George Destiny, Concord, Summons, Suspension of Vehicle Registration

**04/12** Bruce Ferry, Concord, Arrest, DUI - Impairment

**04/14** Ryan Defina Concord, Arrest, Theft of Mislaid Property

**00/14** Colleen Gorman Manchester, Arrest, Resist Arrest / Detention

**04/22** Dylan Beaudet, Chichester, Arrest, Criminal Trespass, Theft by Unauthorized Taking

*Misdemeanors and Felonies 5, Violation Level 2, Marijuana Summons 1, Involuntary Emergency Admission 0, Protective Custody 0. Total in April 2026 of 8.*



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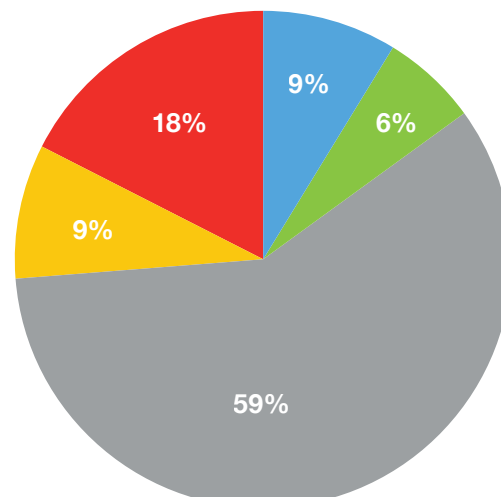
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#### APRIL 2026 CALL DATA

| Primary Incident Group | Count     | Percent of Total |
|------------------------|-----------|------------------|
| Fire                   | 7         | 8.75%            |
| Hazardous Situation    | 5         | 6.25%            |
| Medical                | 47        | 58.75%           |
| Public Service         | 7         | 8.75%            |
| No Emergency           | 14        | 17.50%           |
| <b>TOTAL</b>           | <b>80</b> | <b>100.00%</b>   |

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



### Bow Young at Heart Club

**MAY 27, 2026 at 11:30 AM - 2:30 PM**

AARP will give a presentation to increase awareness of frauds and scams.

**JUNE 10, 2026 at 11:30 AM - 2:30 PM**

The members of the Bow Young at Hearts Club will take a field trip to the **Franklin Pierce Manse** in Concord.

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.

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### PARTING Shots

A priest, a minister and a rabbit walk into a bar. The rabbit turns to the others and says, *“Guys, I think I might be a typo.”*

A father took his little girl to the office for *Bring Your Child to Work Day*. They were talking with other parents and having a good time when suddenly his daughter started crying. “What’s wrong?” the father asked. *“Where are all the clowns you said you worked with?” she wailed.*



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|--------------------|----------------------|------------------|------------|-------------|
| 4 Bow Center Road  | 3 Bedrooms   4 Baths | 2771 Square Feet | CONDO      | \$480,000   |
| 15 Clearview Drive | 2 Bedrooms   2 Baths | 2241 Square Feet | 1.54 Acres | \$600,000   |
| 17 Erin Drive      | 3 Bedrooms   3 Baths | 2424 Square Feet | 5 Acres    | \$676,000   |
| 592 Page Road      | 3 Bedrooms   3 Baths | 3019 Square Feet | 2.43 Acres | 680,000     |
| 42 Westover Lane   | 4 Bedrooms   4 Baths | 3609 Square Feet | 2.27 Acres | \$1,399,000 |

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

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| ADDRESS             | BEDROOMS / BATHS     | SQUARE FOOTAGE   | ACREAGE    | PRICE     |
|---------------------|----------------------|------------------|------------|-----------|
| 66 Winslow Road     | 3 Bedrooms   2 Baths | 1820 Square Feet | 1.7 Acres  | \$575,000 |
| 53 Tucker Hill Road | 4 Bedrooms   3 Baths | 2914 square Feet | 3.27 Acres | \$780,000 |



Download our Strategic Pricing Guide and learn how smart sellers price to maximize value.

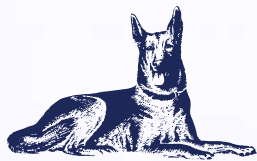
Sales Data is provided by the NHMLS.



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# BOW HIGH SCHOOL SPORTS SPOT

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



Senior Josie Johnson against St. Thomas Aquinas



Senior Sam Bennett against Bishop Brady

## GIRLS LACROSSE

The girls lacrosse team ended April with a 4-0 record, starting with solid wins against Concord Christian, Laconia, and Gilford, before besting St. Thomas Aquinas 13-12 at home in a close win.

The Falcons are the only undefeated team in all of Division III, but have more tough games ahead, like the Hopkinton Hawks, a team with which the Falcons have had a rivalry, and also Coe-Brown Northwood Academy, another competitive team, at the very end of their regular season.

## BOYS LACROSSE

Like the girls team, the Falcons of boys lacrosse are undefeated with a record of 4-0! Their wins came against Kearsarge, Bishop Brady, Trinity, and John Stark. Their closest game, a home game against Bishop Brady, ended in a 10-7 win.

Looking ahead, just like girls lacrosse, the team will have a lot of competitive opponents at the end of its regular season, playing against teams like Coe-Brown and Plymouth.



Junior Sierra Scull against Winnacunnet

## BOYS TENNIS

The boys tennis team has a record of 5-2, almost identical to that of the girls team. The Falcons lost to Winnacunnet in the season opener after #3 ranked junior captain Jacob Gancarz got injured in his singles match.

However, the team won four straight against Kennett, Milford, Merrimack, and Souhegan before coming close to beating reigning champion Goffstown. Although the game ended in a 3-6 loss, two of the doubles matches that ended in losses were very close games that could've gone either way. The Falcons bounced back in their following game against Alvirne, though, winning 9-0.

## BOYS BASEBALL

The baseball team has a record of 2-5 at April's end. Although they do have a losing record, some of the losses have been close ones, such as a 5-6 loss to Pembroke and a 6-7 loss to Hanover.

The team will face some easier teams as well, like Lebanon, Milford, Sanborn, and Merrimack Valley, in May, so there is absolutely still a good outlook for the team's season.

## GIRLS TENNIS

The girls tennis team sports a record of 6-2 as the team heads into the month of May. The Falcons defeated Kennett, Milford, Merrimack, Goffstown, Kingswood, and Alvirne, but lost to Souhegan, an undefeated team as of this writing, and Winnacunnet, whose only loss so far has come against Souhegan.

Looking ahead, the team will get some easier games, but will have to face teams like Portsmouth, Plymouth, and Timberlane. It'll be exciting to see where this team goes!

## GIRLS SOFTBALL

The girls softball team has a pretty strong record of 4-1. The wins against Hollis-Brookline, Pembroke, and Campbell have counteracted the team's loss against Oyster River.

The Falcons are in a good spot to do well this season. They have a lot of good, competitive games coming up, against Plymouth and Kingswood. If they can pull wins out of those games, there is a high chance that the team will be able to cement itself as one of the top teams in the division.



Junior Bryce Nichols against St. Thomas Aquinas



Junior Madison Oppold against Campbell

## THE LITTLE RED HEN

### A Famous Children’s Story For All Ages

Once upon a time there was a little red hen who lived with her friends, the cow, the horse, and the cat. In the springtime the little red hen was delighted to find some seeds of wheat and she hurried home to show them to her friends.

The little red hen said, “Who will help me plant the wheat?”

“Not I,” said the cow.

“Not I,” said the horse.

“Not I,” said the cat.

So the little red hen said, “Then I will plant the seeds of wheat all by myself.”

And so she planted the seeds of wheat.

The wheat grew tall and golden in the sun, and the little red hen asked her friends, “Who will help me cut the wheat?”

“Not I,” said the cow.

“Not I,” said the horse.

“Not I,” said the cat.

So the little red hen said, “Then I will cut the wheat all by myself.” And so she cut the stalks of wheat.

In the autumn, the farmers were busy bringing in the harvest. The little red hen asked her friends, “Who will help me take the wheat to the mill?”

“Not I,” said the cow.

“Not I,” said the horse.

“Not I,” said the cat.

So the little red hen said, “Then I will take the wheat to the mill all by myself.” And so she took the wheat to the mill. The miller ground the wheat into flour, and then the little red hen brought the big bags of flour back home.

In the winter the snow fell and the days were short and very cold. The little red hen asked her friends, “Who will help me bake the bread?”

“Not I,” said the cow.

“Not I,” said the horse.

“Not I,” said the cat.

So the little red hen said, “Then I will bake the bread all by myself.” She took the flour, mixed it and kneaded it and put it in the oven. The cow and the horse and the cat came running when they smelled that wonderful fresh bread.

The little red hen took the bread out of the oven and asked her friends, “Who will help me eat the bread?”

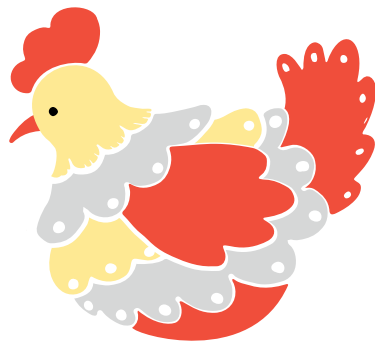
“I will!” said the cow.

“I will!” said the horse.

“I will!” said the cat.

But the little red hen said, “Oh, no, no, no! I planted the seeds of wheat, I cut the wheat, I took the wheat to the mill and brought home the flour, and I baked the bread, all by myself. Now I will eat the bread - all by myself!” And so she did, and it was delicious!

**The moral of the story is:** First when you work hard, it pays off, and you get to reap the benefits of your hard work. The second is that when you don’t help someone do something, you can’t expect to reap the benefits of what they did when it’s finished. Good lessons from a traditional folk tale first published in 1874.



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Deadline for the JUNE issue  
is Monday, the 1st

MARK YOUR CALENDAR!



# LOCAL MARKET UPDATE FOR BOW MARCH 2026

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ALL DATA PROVIDED BY  
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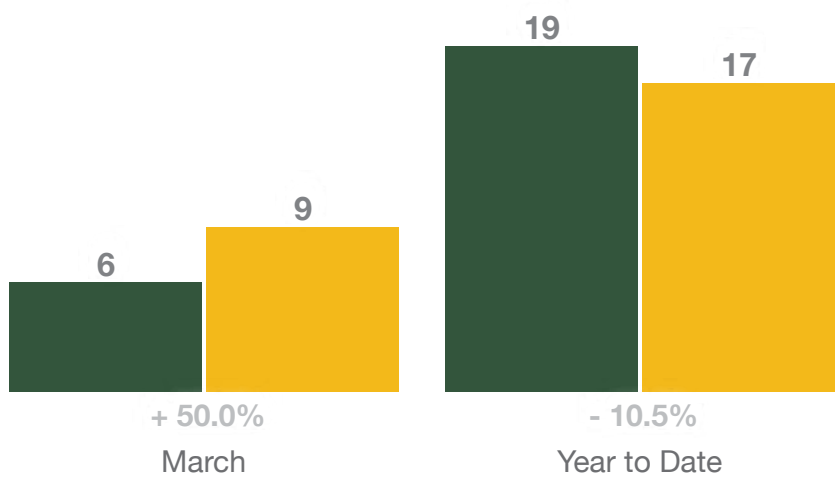


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| Single Family Residence<br>Key Metrics   | March       |                    |          | Year to Date |                     |          |
|--|-------------|--------------------|----------|--------------|---------------------|----------|
|  | 2025        | 2026               | % Change | Thru 3-2025  | Thru 3-2026         | % Change |
| Closed Sales                             | 6           | 9                  | + 50.0%  | 19           | 17                  | - 10.5%  |
| Median Sales Price*                      | \$607,450   | <b>\$525,000</b>   | - 13.6%  | \$565,000    | <b>\$575,000</b>    | + 1.8%   |
| Median List Price                        | \$650,000   | <b>\$687,450</b>   | + 5.8%   | \$637,000    | <b>\$644,900</b>    | + 1.2%   |
| Volume of Closed Sales                   | \$3,744,900 | <b>\$4,886,000</b> | + 30.5%  | \$11,243,300 | <b>\$11,571,000</b> | + 2.9%   |
| Days on Market Until Sale                | 9           | 9                  | 0.0%     | 35           | 23                  | - 34.3%  |
| Pending Sales                            | 7           | 7                  | 0.0%     | 19           | 22                  | + 15.8%  |
| Months Supply of Inventory               | 0.8         | 0.9                | + 12.5%  | —            | —                   | —        |
| New Listings                             | 7           | 12                 | + 71.4%  | 24           | 26                  | + 8.3%   |
| Inventory of Homes for Sale              | 8           | 8                  | 0.0%     | —            | —                   | —        |
| Percent of Original List Price Received* | 102.1%      | 103.9%             | + 1.8%   | 101.8%       | 101.7%              | - 0.1%   |

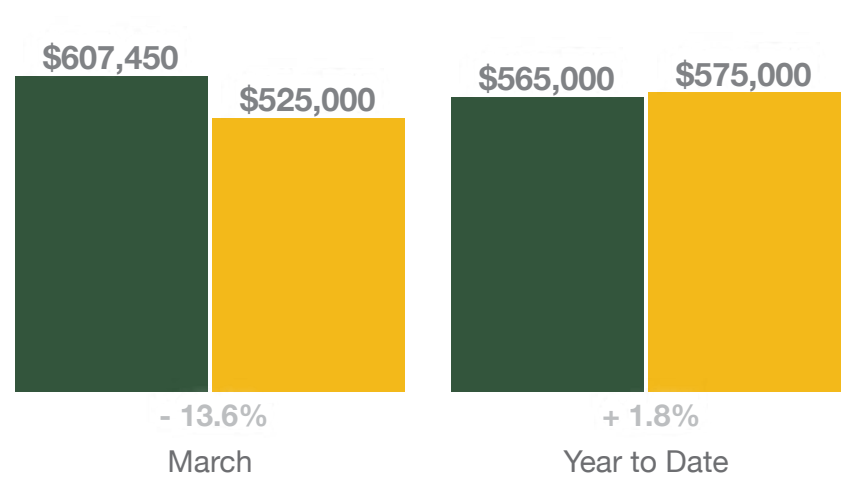
### Closed Sales

■ 2025 ■ 2026



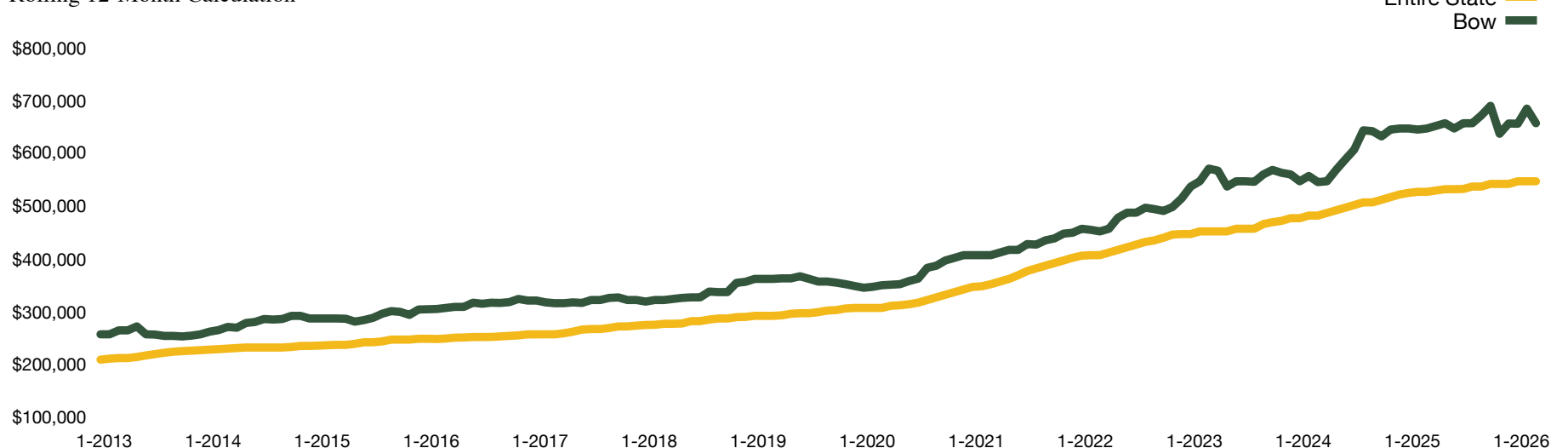
### Median Sales Price

■ 2025 ■ 2026



### Median Sales Price - Single Family Residence

Rolling 12-Month Calculation



A rolling 12-month calculation represents the current month and the 11 months prior in a single data point. If no activity occurred during a month, the line extends to the next available data point.

# DUNBARTON NEWS



**MONDAY, MAY 25, MEMORIAL DAY  
ALL TOWN OFFICES AND SCHOOLS CLOSED.**

**DUNBARTON PTO SCHOLARSHIP** for Graduating Dunbarton Students Application is due Wednesday, May 20. Visit: <https://www.dunbartonpto.com/scholarship-form> for information and form.

**CHAIR YOGA** Thurs. May 21, June 11, and 18 come to, 11 am to noon, second floor of the Town Hall. PLEASE look at the library's Facebook page and website for any updates. Dress comfortably. Bring water!

**READ TO HARRY, THE DOG** Kids can read to Harry, the dog, Thurs, May 21, from 2:30 to 4pm at the library. To learn more, or to sign up for a 15-minute reading session, please call the library, 774-3546. Great News! Harry will be visiting during the Summer Reading Program.

**KNITTING FOR KIDS** After school on Fridays. All materials provided, but feel free to bring your own things and any projects you are working on. Any questions, please call the library. 774-3546.



## MEMORIAL DAY CEREMONY

Dunbarton American Legion Post 116 will be presenting a Memorial Day celebration on the Dunbarton Common at 12:00 noon Monday, May 25, 2026.

The program schedule will include the Girl Scouts and Boy Scouts placing wreaths on the War monuments, raising the American Flag, which is at half-mast until noon on Memorial Day. This year as we celebrate the 250th birthday of our country, a 250th anniversary flag will be posted under the American flag.

There will be a town-wide choir lead by Liz Ferdina which will be singing patriotic songs. If you would like to join the choir, contact Liz at [lizz@community-dunbarton.org](mailto:lizz@community-dunbarton.org) or (603) 774-8547.

Historic Dunbarton has 28 Revolutionary War Veterans buried in Dunbarton cemeteries and a total of 103 Dunbarton residents that served in the war. A roll call to honor the Revolutionary War Veterans buried in Dunbarton's cemeteries will be called.

At 1:00 PM in the Dunbarton Elementary School gym, the American Legion Post 116 will host an entertaining program with the Hopkinton Town Band. The roll call of the 103 Dunbarton Revolutionary War Veterans will be read by keynote speaker Dr. Herbert Allen, a Revolutionary War Historian and owner of the Molly Stark House here in Dunbarton. Dr. Allen's wife Laraine is a descendent of Gen. John Stark.

For more information, contact Don Larsen at [LarsenMedia@Gmail.com](mailto:LarsenMedia@Gmail.com) or (603) 774-3500.



**THE BEYOND THE BOOK CLUB**, sponsored by the Congregational Church will be reading *Heaven and Earth Grocery Store* by James McBride. "A New York Times Notable Book, and a New York Times Readers Pick: 100 Best Books Of The 21st Century." Discussion will be Thursday, June 4, 7pm to 8pm. Contact [info@dunbartonucc.org](mailto:info@dunbartonucc.org) for meeting link and/or place.

**VA BENEFITS PRESENTATION** on Tuesday, May 26 American Legion Post 116's Chanti Labrecque, will discuss VA Benefits at the Town Hall second floor. Time is 6pm to 7:30pm. Contact is Charles Frost at 603-774-3634

**DUNBARTON GARDEN CLUB** Join the club's June 8th, meeting at 6:30pm at the Dunbarton Library (upstairs), for a special presentation on Tods, Vixens, Pups & Kits: Fun Facts about the Fabulous Fox, presented by Willa Coroka from the Magpie's Apprentice. The lecture will be followed by our club meeting agenda. The public is welcome to join for any portion of this meeting. For information, visit [dunbartongardenclub.org](http://dunbartongardenclub.org) or Facebook page.

**THE LIBRARY'S BOOK GROUP** will be reading *We Begin at the End* by Chris Whitaker. "A vibrant, engrossing, thriller that packs a serious emotional punch. Discussion is scheduled for Wed, June 17 at noon in the library. (No Book Discussions scheduled for July or August)

**KNITTING FOR ADULTS** is scheduled for Friday June 19, 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). Please note, Knitting will not meet during July and August. See you in September.

**OPEN MIC NIGHT** The Congregational Church's Spireside Open Mic is scheduled for Saturday, June 20 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. Complimentary coffee, tea, soup, and snacks are offered, while connecting with neighbors and friends. Donations for snacks are welcome. FMI [www.community-dunbarton.org/spireside-coffeehouse](http://www.community-dunbarton.org/spireside-coffeehouse). The Spireside will be on hiatus July and August. They'll be back in September.

**UNEARTH A STORY** is Coming soon! The Dunbarton Library's Summer Reading Program 2026 will be June 22, 2026, to August 7, 2026. More information coming soon.

# DUNBARTON POLICE

## APRIL 2026 ARREST/CHARGE LOG

- 04/04:** Eric Anderson, 54, Manchester, charged with 3 counts of criminal trespassing, 3 counts of loitering or prowling, and 2 counts of theft by unauthorized taking from a Dunbarton PD warrant.
- 04/13:** Robert Bzdula III, 23, Seagrove, North Carolina, was indicted on 2 counts of aggravated felonious sexual assault - pattern, 2 counts of felonious sexual assault, and indecent exposure and lewdness, all felonies.
- 04/14:** Ernest Thompson, 42, Penacook, was charged with 4 counts of criminal trespassing and 4 counts of loitering/prowling from a Dunbarton PD warrant.
- 04/18:** Aidan Audesse, 20, Dunbarton, was charged with driving after revocation/suspension and unregistered vehicle.
- 04/19:** Daniel Parker, 35, Concord, was charged with suspended registrations and change of name or address - license.
- 04/26:** Zachary Carrier, 27, Grafton, was taken into custody for driving or operating under the influence of drugs or liquor, speed, and unregistered vehicle.

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

|                              |                                       |
|------------------------------|---------------------------------------|
| Animal Complaint: 4          | Motor Vehicle Collision: 1            |
| Assist Dunbarton Fire/EMS: 6 | Motor Vehicle Complaint: 7            |
| Assist Other Agency: 7       | Motor Vehicle Stop: 151               |
| Burglar Alarm: 2             | Paperwork Service: 7                  |
| Civil Matter: 1              | Pistol Permit: 5                      |
| Court: 2                     | Police Courtesy/Assist Citizen: 6     |
| Criminal Threatening: 1      | School Zone/Patrol: 28                |
| Domestic Disturbance: 1      | Suspicious Activity/Person/Vehicle: 6 |
| Fingerprint Service: 2       | Theft/Fraud/Scam: 4                   |
| Follow Up: 11                | Vacant Property Check: 18             |
| Hit & Run: 2                 | Vandalism: 1                          |
| Motorist Assist/Disabled: 3  | VIN Verification: 2                   |

Police also issued 21 traffic citations (some may have been issued in conjunction with an arrest) for various offenses including, but not limited to, speeding, stop sign, expired license, equipment violation, unregistered vehicle, misuse of plates, and unlawful passing.



**Baker Free Library**  
May/June 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 closed**

**Monday, May 25th in observance of Memorial Day.**

**2026 SUMMER READING PROGRAM! June 19th – August 7th**

## ADULT PROGRAMMING

**New to Medicare/Turning 65 Seminar | Woodpecker Insurance**  
**Monday, May 18th | 6pm**

New to Medicare: “I am still working, but I’m turning 65. Should I join Medicare?” Join us for this Medicare educational program hosted by Woodpecker Insurance (Concord, NH).

Are these questions you would like answers to:

- Do I have to sign up for Medicare?
- I have great coverage with my job’s plan, will I have worse coverage by going with Medicare?
- My spouse is on my plan, will he/she lose coverage if I go with Medicare?
- What about my HSA, will I lose it if I go with Medicare? Can I still use it?
- I hear there are penalties for not signing up, is this true, and what are they?
- Basically, I just want to know if going with Medicare is the right decision for me. Can you help me?

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

**Board Game Night | Wednesday, June 3rd | 5:30pm**

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

**Chair Yoga with Sara Withers | Thursday June 4th | 1:30pm**

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

**Why Democracy? | Friday, June 5th | 4:30pm**

Democracy often seems like the one thing that brings people together in political debates. After all, only dictators and fools question the value of democracy... right?

The value of democracy has been challenged throughout history. Philosophers like Plato and Confucius thought democracy was a terrible idea, and some contemporary political theorists speculate that democracy may not be as useful or moral as we suppose.

For those who believe in the value of democracy, it is important to explore the arguments in which democracy is grounded. This talk does three things: Explains what democracy is; Explains why serious thinkers have distrusted democracy; and explores the best contemporary arguments in favor of democracy.

Presenter Dr. Josh Duclos is the 1923 Chair of Humanities at St. Paul’s School in Concord, NH. He earned a Masters in Humanities from the University of Chicago and a PhD in philosophy from Boston University. A former Fulbright scholar, he is the author of numerous articles in moral and political philosophy and one book: *Wilderness, Morality, and Value* (Lexington, 2022).

This program is made possible by New Hampshire Humanities.



**US@250 Big Watch | Ken Burns’ The American Revolution**  
**Saturday, June 6th at 1pm**

Join us to commemorate and reflect upon the 250th anniversary of the Declaration of Independence with a film screening and discussion!

Together, we’ll watch a short excerpt from *The American Revolution*, a new film directed by Ken Burns, Sarah Botstein and David Schmidt, followed by a community discussion.

The featured segment, “*The Spirit of Service*,” explores service as a core American value, from the nation’s founding through to the present day – examining volunteerism, civic participation, public leadership, and more.

Our expert facilitator, Jessica Hägg, will guide thoughtful conversations about “remembering together,” considering questions about how the segment relates to our world today, such as:

- What moments from our past define who we are and point to a shared future?
- What are the key historical moments in our town’s or community’s history?
- How does focusing on these moments shape your sense of our community’s future?

This event is made possible by New Hampshire Humanities, in partnership with NHPBS, with additional support provided by Cogswell Benevolent Trust.

*By the People: Conversations Beyond 250* is a series of community driven programs created by humanities councils in collaboration with local partners. The initiative was developed by the Federation of State Humanities Councils and the Smithsonian Center for Folklife and Cultural Heritage.

## BOOK CLUBS

**Whodunits | Tuesday, June 2nd | 1pm**

This mystery-exclusive book club meets at White Rock Senior Center on the first Tuesday of every month.

June Book Discussion: *House of Glass* by Sarah Pekkanen

**Adult Book Talk at BFL | Tuesday, June 9th | 12:30 & 6:30pm**

Do you enjoy talking about books with others? Then our monthly Book Group is for you!

June Book Discussion: *Black Bird House* by Alice Hoffman

**White Rock Book Group | Tuesday, June 16th | 1pm**

This monthly Book Talk at White Rock Senior Center is just for you!

June Book Discussion: *Black Bird House* by Alice Hoffman

## IN THE GALLERY MAY 2026

**Inspirational Journey ~ Eva Kjellberg**

This show entitled “*Inspirational Journey*” combines Kjellberg’s passion for watercolor paint, selected for its spontaneous nature, and her fascination with New England architecture, mostly from the turn of the century. Eva notes that historical sites, which we often overlook, serve as beacons of inspiration for her. Eva also paints urban scenes of everyday life and people going about their day.

Kjellberg studied art in New York City, including at the Art Students League, the Pratt Institute, and the School of Visual Arts. She has earned degrees in both Art Therapy and Clinical Social Work. Now retired, she continues to take courses at Kimbal Jenkins in Concord. She is currently a member of the New Hampshire Women’s Caucus for the Arts.





# OBITUARIES

## GLENN LESTER BOHANAN

Glenn Lester Bohanan, 84, of Contoocook, passed away at his home on March 21, 2026. He was born in Concord on August 6, 1941, the son of Ivan and Priscilla (Pleadwell) Bohanan, and grew up on the famous family dairy farm in Contoocook.

Glenn graduated from Hopkinton High School in 1959 and attended the Thompson School at the University of New Hampshire, where he studied applied dairy sciences.

He met his wife, Adele Foster, at UNH, and they were married for 62 years, until her death in 2025. They raised four children on Bohanan Farm.

A lifelong farmer, Glenn was known for his strong work ethic and willingness to adapt to change. He served as president of the Merrimack County Farm Bureau and was active in Granite State Dairy Promotion, as well as the Hopkinton Planning Board.

He enjoyed birdwatching, hiking, kayaking, woodworking, making maple syrup, and cheering for the Red Sox. He was admired for his quiet strength, quick wit, and practical wisdom.

Glenn was predeceased by his wife, Adele, and his son, Rory. He is survived by his three other children.

Memorial donations may be made to New Hampshire Audubon or the Society for the Protection of New Hampshire Forests.

## JONATHAN CLARNER

Jonathan Clarner, 84, of Hopkinton, passed away peacefully on April 18, 2026. A man of quiet integrity, Jon was defined above all by his devotion to his family, serving as a steady anchor and a source of unwavering support to those he loved.

Following his graduation from Colby College, Jon served as a Lieutenant JG in the U.S. Navy, at which time he met his wife of 32 years, Margie Lee Williams.

He later led the operations of a family wholesale hardware business, where his work ethic and sharp mind earned him the

respect of colleagues and customers alike. Despite his professional success, Jon's true joy was found at home, where his sharp wit and inclusive heart made everyone feel like they belonged.

Jon is lovingly remembered by his beloved wife of 23 years, Diane Stewart Clarner; his son, J. Douglas Clarner; and his children by marriage, Jay Stewart, David Stewart, and Erica Bullard; his brother, Peter Clarner; and his sister, Nancy McLane. He was a cherished grandfather and great-grandfather who took immense pride in his family. Jon was predeceased by his first wife, Marge Clarner.

A Celebration of Life will be held at St. Andrew's Episcopal Church in Hopkinton, on May 31, 2026 at 1:30pm. A reception for family and friends will follow the service.

In lieu of flowers, please consider a gift in memory of Jonathan Clarner to The Boys & Girls Club, 55 Bradley St, Concord, NH 03301 or Family Promise of Greater Concord, 79 Clinton St, Concord, NH 03301.

## CHARLES ELLIOT DIBBLE

Charles Elliot Dibble passed away at his home in Hopkinton on October 26, 2025, on his 81st birthday.

Born on October 26, 1944, in Charlotte, MI, Chuck moved frequently in his early years before attending Indiana University, where he earned both his B.A. and J.D. degrees – and where he met his future wife, Judy.


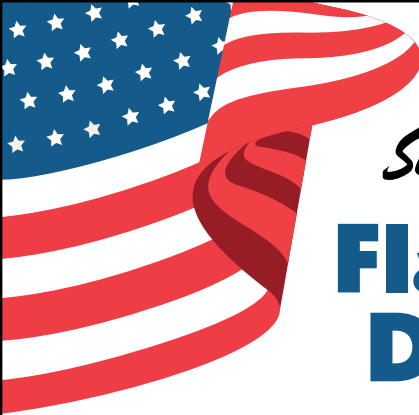
After graduating, Chuck served in the military as a nuclear engineer in Korea, following which he and Judy found their way to NH where they planted deep roots in the town of Hopkinton. There they lived for nearly five decades, building their home, their family life and Charles' private law practice where he came to specialize in legal malpractice.

In his career, Charles took on many difficult and often uphill cases; especially when he believed deeply in the cause. He was willing to stand alone against large law firms in many of these cases, and through his persistence and skill, he helped shape case law in New Hampshire. In addition to his legal career, he had been a Dale Carnegie trainer and served as a deacon in his church.

Charles and Judy shared a faithful and steadfast marriage until Judy's passing on August 10, 2025, just months before his own.

Charles is survived by his son, Justin Dibble; his daughter, Amanda Dibble; his grandson, Thatcher Sirota; his granddaughter, Amara Nell Dibble Ogwuru; and his grandson, Udoka Charles Dibble Ogwuru. He is also survived by his brother, Daniel Dibble, and his sister, Linda Harwood.

In lieu of flowers, donations may be made in Charles' name to the Make-A-Wish Foundation, in honor of Charles and Judy's neighbor whose generosity and care for their family - and for so many others - has been a true and lasting light.

*Sign Up Today*

# Flags Across Dunbarton


For only **\$50**, Scouts from Troop 75 will place a U.S. Flag near the end of your driveway at least three days prior to each of the following holidays:

**Memorial Day, Flag Day through Juneteenth, Independence Day, Labor Day through 9/11 & 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.

Order your flag today online via the link below or mail this form along with payment (made out to "TROOP 75") to:

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



<https://bowscouts.square.site>

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

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

Town: Dunbarton Phone: \_\_\_\_\_

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

**Side of Driveway (Circle 1) Left Right**  
 (Side of the driveway flag will be placed when facing the house/property from street)

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

## Bow Community Men's Club

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



**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**

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

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

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

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

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

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

YOUR DRIVEWAY

YOUR STREET

NOTES: \_\_\_\_\_

Website: <https://bowmensclub.square.site/> Email: [info@bowmensclub.org](mailto:info@bowmensclub.org)



**NEWS YOU CAN USE**  
**Support is There for Grandparents Raising Grandchildren**



Some of us older adults are in the fortunate position of being grandparents. It's usually a cherished role, where you get to experience the delights of being

with children and with less of a burden than that of full-time parents. You could say it's like having chocolate cake without the calories!

But some grandparents bear greater responsibilities for their grandkids. For one reason or another, nationwide, more than 2.4 million grandparents are primary caregivers for nearly 3 million children; in NH, an estimated 12,000 grandparents (or other kin or close friends) are fulfilling a parenting role, according to the U.S. Government Accountability Office and The Commission to Study GrandFamilies.

Fortunately, in New Hampshire there is a state-supported network of non-profit organizations that provide support and even some modest financial help to these "step-up" parents, also known as kinship caregivers.

These caregivers often face financial strain, legal hurdles, and generational gaps while managing the emotional trauma of the children in their care. The Kinship Navigator programs offer a variety of free resources, including home visits, support groups, and emergency financial assistance for necessities like car repairs or utility bills. These programs also are equipped to help families navigate the educational system and special education services, ensuring that children receive proper academic accommodation. These trained professionals also can help caregivers navigate the daunting process of applying for Medicaid or other benefits.

Most importantly, these programs can provide a sympathetic and practiced ear to those who are "parenting a second time around." Older adults who become unexpected parents may also be dealing with their own health or financial issues, the challenge of parenting children in an age replete with digital distractions, and other aspects of 21st century child-rearing.

These programs help everyone. Parenting classes and long-term planning guidance to support "step-up parents" stabilize households and can keep children out of the foster care system. Ultimately, the program serves as a vital lifeline for kinship caregivers, connecting them with a network of specialists and peers to ensure they do not have to raise their relatives alone.

There are several ways to find out about these resources – or other family support programs – in our state. You can call 211, where specially trained referral specialists can take your call any time of the day or night to help you identify health or human services options for your situation. To find out more about the Kinship Navigator program in your area (operated by locally-based nonprofits in every region of the state), you can contact the state coordinator at [kinship@dhhs.nh.gov](mailto:kinship@dhhs.nh.gov).

Dan Wise | AARP NH Volunteer

*Dan Wise, a local resident since 1986, enjoys volunteering with AARP. He's an editor and now works part-time as a licensed occupational therapy practitioner in nursing homes.*



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

- |                              |                                  |
|------------------------------|----------------------------------|
| 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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