

# The Bow Times

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THE BOW TIMES

VOL 29, NO. 10 October 2022

www.thebowtimes.com

FREE

## DUNBARTON VILLAGE NEWS ON PAGE 12-13

### JIM SCOVIL PASSES - A SALUTE FROM THE BOW FIRE DEPT



Jim Scovil with Chief Berman

James "Jim" Scovil, passed away peacefully in his sleep at home after fighting many years of poor and debilitating heath.

He is survived by his wife of 58 years, Barbara Scovil, who cared for him through it all and never left his side. He is also survived by his sons James Chriss of Davenport FL, James Lloyd Jr. of Harrington ME, daughter Pamela Ann of Howard SD, 2 brothers Donald and Ronald, 2 sisters Georgette and Beverly, 5 grandchildren Pamela, Martin, James Mathew, James Lloyd III, Adam Brandon and 3 great grandchildren Arthur, Mariah, and Michael.

Jim Scovil was Bow Fire Department's 1st full time fireman, serving

for 35 years. A celebration of life will be held October 23, at the Bow Fire Department, 7 Knox Road. The department will host an open house from 2-4:00 PM to honor Jim. Everyone is welcome to come exchange stories and to pay their respects.

### BOW LIQUOR DISTRIBUTION CENTER EXPANDING

by Jonathan Phelps

Every square inch of the DHL Bow Distribution Center is packed with wine and spirits ready to be shipped to the state's 66 Liquor and Wine Outlets and hundreds of restaurants across the state.

Recently, the company added and installed a new racking system and shelves above the loading dock doors to increase capacity of the 244,000 square-foot building off of Route 3A. But to be more efficient and increase product offerings, the company will soon break ground on a 27,235-square-foot expansion, which will add more than 10% more space.

In total, the new space will increase the building's capacity from 1.2 million cases to 1.4 million cases of popular products - like Tito's Handmade Vodka and Kendall-Jackson chardonnay - and room for workers to move about more freely. Expansion will cost about \$10 million.

Courtesy Union Leader

### BOW MEN'S CLUB HONORS

#### TED BARDWELL 60 YEAR SERVICE



At the Employee Appreciation Luncheon on September 29th, Ted Bardwell was recognized as a 60-year member of the Bow Fire Department.

Ted is currently serving as the President of the Bow Volunteer Fire Department Association.

Ted was the 2021 recipient of the Bow Fire Department's "12th Man Award."

**Congratulations Ted and thank you for your 60 years of service!**

Eric Anderson | Photo

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-16

### I-93 AND I-89 UPDATE

At the September 22, 2022, meeting of the Bow Community Men's Club, William Oldenburg of Bow presented a 10-year overview of the future changes to the Interstate. Bill Oldenburg is the Assistant Director of Project Development for the New Hampshire Department of Transportation and has been with D.O.T. for 38 years.

A major change for exit 1 on I-89 will be a much longer exit ramp back 2,000 feet with a dedicated lane to get on I-89 to go to I-93 South.

"The entire area in Bow Junction only had 3,000 cars a day in the 1950s and was not designed for 40,000 cars a day going on and off I-89 and I-93" said Oldenburg. Concord exits 12 to 15 will all be "reconfigured on a rolling basis over a ten-year period so that only one exit at a time will be under reconstruction from 2026 to 2035."

A new exit to Route 3-A will be constructed through the property where the Bow Mobil Station is now located.

Mr. Oldenburg was asked why on Thursday and Friday nights there is a line of cars heading north on Woodhill Road all the way to the I-89 on ramp and the answer was that the Waze App reroutes people when I-93 gets backed up.

He also explained that some of the old Garmin systems on tractor trailer trucks don't adequately distinguish Logging Hill Road from the on ramp to I-93 coming from the west on I-89 which results in big rigs trying to turn around at Tyler Drive and Logging Hill Roads.



**HAPPY HALLOWEEN!**  
Eric Anderson | Photos



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# LOW TAXES ARE THE RESULT OF LOW SPENDING

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Publisher - The Bow Times, LLC

Editor - Chuck Douglas 224-1988

Co-Editor - Debra Douglas

Sales and Prepress Design -  
Nadeane Mannion 715-8106  
nmannion1@comcast.net

Technical Editor - Jennifer Jameson  
jjameson@thebowtimes.com

Billing & Accounts - Julie Adamson  
jeanodeano16@yahoo.com

Distribution Manager -  
Joshua Coughlin  
josh@thebowtimes.com

Medical Editor -  
Richard Johnson, MD

Travel Editor - Chase Binder

Food Editor - Debra Barnes

Wine Editor - Annie Kenney

Contributing Writers:

Bow Garden Club - Joyce Kimball

Dunbarton News - Nora LeDuc

Elder Law - Ben Kiniry

Hopkinton News - Kathy Butcher

On Aging - Donna Deos

Photographer - Eric Anderson

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**Mailing address for news or**

**notices:** 14 South Street,  
Concord, NH 03301

**Email:** info@thebowtimes.com

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## EDITORIALS

### KEITH MITCHELL FOR SHERIFF

After winning a close election two years ago, David Croft does not deserve to be reelected.

Concord's Patch, in a lengthy piece by experienced reporter Tony Schinella, on October 7 exposed the problems created by poor leadership in the current Sheriff's Department.

During Croft's tenure nearly two-thirds of the employees have left. According to data received by Patch between November 1, 2020, and September 1, 2022, 41 employees were "termed"—either resigning, terminated, or part-timers no longer offered work hours. The positions included court security officers, communications specialists, and even upper command staff, including sergeants and lieutenants.

Between January 2021, when David Croft, a Democrat, took office, and Sept. 1, the human resources department for the county received five inappropriate conduct complaints and three sexual harassment complaints. Sara Lewko, the HR director for the county, confirmed there was an investigation of the department based on the complaints.

One of those dozens of departures was Richard Arell Jr., a lieutenant who resigned instead of being dismissed. He was placed on paid administrative leave on May 17 after a sexual harassment complaint involving multiple allegations of inappropriate language and touching of employees.

The investigator for the county also heard from "a number of" staffers who said Arell "often" made comments about their "pee pees" and referred to men as "sexy," often calling out, "Hey sexy." He was also accused of touching male staffers' rear ends. The investigator also noted another employee who later left the department told human resources they believe there was "gender bias within the sheriff's department with regard to assignments and training."

We need a change and the answer is candidate Keith Mitchell of Bow who is retired from Concord P.D. where he served as Deputy Chief of Operations. With 30 years of law-enforcement experience he is the man to give new direction to a very dysfunctional Sheriff's Department.

### CANCEL CULTURE ALIVE AND WELL

Returning to the city of my birth to visit my grandsons in October gave me an opportunity to see the liberal thought police in full force.

On Saturday, October 9, we visited South Philadelphia's Marconi Plaza to enjoy the Italian American Parade and Festival held annually near the traditional date of October 12 when "he who shall not be named" discovered the New World. Rather than offend Philadelphia's massive (kidding) indigenous population, Columbus is boxed from view in a plaza honoring Italians in the Italian neighborhood in South Philadelphia.

Yes, I agree Christopher Columbus enslaved the native population his troops subdued, but unfortunately slavery had been part of the world's experience for thousands of years on all continents.

In fact, the indigenous people in the Americas had practiced slavery well before the explorers arrived. As the World History Encyclopedia notes:

Men, women, and children taken captive were then enslaved by the victorious tribe, sometimes for life and other times for a given number of years and, in still other cases, until they were adopted and became members of the tribe. People could also be enslaved as hostages, held to ensure compliance with a treaty, and in some tribes, people were not only enslaved for life but any children born to them were also considered slaves, thereby creating a slave class long before the arrival of Europeans.

This may not fit the narrative of those seeking to destroy the Columbus statue, but it is historic reality.

Just as the average Black American sought a day to honor civil rights leader, Martin Luther King, the Italians of Philadelphia sought their day decades before. From Italy most immigrants came from impoverished southern towns and had been kept illiterate to further the work pool for the wealthy farm estates of the nobility. They still wanted to celebrate a native son who had the courage to sail off the edge of a flat earth to prove the opposite.

Those who seek to cancel Columbus fail to recognize the discrimination their Italian American brothers and sisters endured a hundred plus years ago. On March 14, 1891, a mob in New Orleans descended on a local jail and shot and mutilated eleven Italians. The police chief had been shot earlier, and before his death, a witness asked him who did it to him. He was claimed to have whispered back, "Dagoes." New Orleans was home to more Italian immigrants than any other southern city. When nine Italians were charged but not convicted for the late chief's murder, a massive mob went to the jail and conducted the largest mass lynching in American history.

The effort to fight the racism against Italians evolved into the push for Columbus Day.

I went to a Quaker school in Philadelphia for my high school education where I was taught to embrace different races, nationalities or creeds. Live and let live.

Keeping a statue in a box is a pathetic choice for the city that is the birthplace of freedom and violates William Penn's goal of brotherly love.

Oh, and if an uncanceled Columbus offends you – just don't go to Marconi Plaza.

Once we start canceling each other for events from hundreds of years ago, have we helped to advance freedom or shrink it?



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

## PLEASE VOTE FOR ALL 4 OF US ON TUESDAY, NOVEMBER 8<sup>TH</sup>



Photo courtesy of Heather Brown (HB) Photography

**We are a team of once relative strangers who share a vision of the future we want for our families, friends, neighbors, and our communities – an abundance of logic, reason, and NH common sense! We are committed to make it easier for NH families to earn a living, to protect and care for their families, while preserving the NH way of life!**

**CHRISTOPHER LINS** is a dedicated husband and father in a blended family of eight; a local business owner in Bow; a youth athletic coach and game official. Chris brings to the team a passion for inspired and accessible leadership; smaller, more efficient state government; restoration and protection of personal liberties; and fiscal conservatism.

**DARLENE GILDERSLEEVE** is a Hopkinton resident and small business owner with her husband in both towns. She is a powerful and effective advocate for parent and student-led education, mental health, and special education. She has worked tirelessly to help pass legislation supporting these initiatives; co-founding and leading an advocacy effort to remove those responsible for compromising student safety in Concord schools.

**JOHN F. MARTIN** is a published author; a retired US Army Vietnam veteran; he was a NH State Rep from 2015-2016, serving on the Criminal Justice and Public Safety committees. John is dedicated to providing property tax relief for seniors and disabled veterans. John and his wife, Carol, live in Bow and have been married for 22 years.

**JON RICHARDSON** is a Hopkinton resident and local businessman; he served as a NH State Rep from 2011-2012. Jon is focused on solutions to everyday issues that affect all residents – from the cost of electricity to the rising cost of renting or owning a home. Jon has been married to his best friend, Jasmyn, for 19 years; they have 3 children and 2 dogs.

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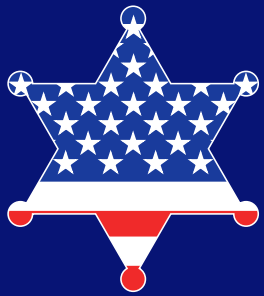
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## HOOKED. HACKED. SPAMMED. SCAMMED.

October is Cyber Security Awareness month and we want to help you protect your identity and safety online. You may think you aren't being targeted, but you'd be wrong. Cyber criminals do not discriminate, and use any and all channels to get what they want, like social engineering. This describes a "broad range of malicious activities accomplished through human interactions. It uses psychological manipulation to trick users into making security mistakes or giving away sensitive information," according to [impervia.com](http://impervia.com). There are five popular digitally initiated forms of social engineering outlined here.

### BAITING

The term describes exactly what the scammer does. They place something like a flash drive in a place where someone is bound to find it. The goal is to exploit human curiosity. The victim, who innocently picks it up, inserts it into their work computer thinking they are going to find a way to return it to its proper owner. Instead, automatically, malware gets introduced into the network and the scammer now has access to the network.

### SCAREWARE

The scammer bombards the user with false alerts and warnings of a computer malfunction or virus infection. One alert after another is meant to overwhelm the user and push them to click any one of the multiple prompts included in the alert. Scammers always make these look and sound legitimate. The message may offer to fix the problem by "clicking here," or even direct you to another site to get software that "fixes" the problem. Who wouldn't want help to fix their computer that has been infected by a virus? Don't be fooled.

### PRETEXTING

This form of social engineering uses a person's desire to assist a friend, co-worker, employer or anyone they care about by coming to their aid in some sort of emergency or urgent task. You might be directed to share private information, send money or proprietary information about your employer or place of employment. Emotional manipulation is one of the best ways to get their victims to act quickly.

### PHISHING

The most popular method of cyber scammers. "Phishing is the process of attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity using bulk email which tries to evade spam filters," according to [knowbe4.com](http://knowbe4.com). The scammers may be telling you that something has changed and you need to tend to it by following a link, something needs your immediate attention, or only you can attend to this problem. When you get deceived and click through, you can leave yourself and your network vulnerable to malware and viruses.

### SPEAR PHISHING

Spear Phishing involves a more focused and detailed attack. They will spend a lot of time learning about your place of employment, how things are done or use impersonations of other departments in your workplace like IT or Human Resources. The goal is always the same. They want you to reveal the sensitive information that they cannot get without your assistance.

Cyber criminals use a variety of methods that rely on your distraction, willingness to help or lack of knowledge. One way you can reduce the chances of falling victim to these scammers is do your research. There are countless resources online that specifically show you how to educate and protect yourself against these devious cyber criminals.

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## STUDENT *Scholars*

**BOW:** Lizzie Pizzi earned a bachelor's degree in neuroscience at Bates College, Macy Dugrenier was named to the president's list for the summer semester at Southern New Hampshire University, Paul Perrault was named to the president's list for the summer semester at Southern New Hampshire University.

**DUNBARTON:** Willem Wamser was named to the dean's list for the spring semester at Plymouth State University, Katharine Cross was named to the dean's list for the spring semester at Bryant University, Sydney Mills was named to the dean's list for the spring semester at the University of Utah, Alex Baer was named to the dean's list for the spring semester at the University of New Hampshire, Caleb Hoell was named to the dean's list for the spring semester at the University of New Hampshire, Makenna Dougherty was named to the dean's list for the spring semester at the University of New Hampshire, Dylan Shedd was named to the dean's list for the spring semester at the University of New Hampshire, Matthew Cardarelli was named to the dean's list for the spring at the University of New Hampshire, Gianna Mantini was named to the dean's list for the spring semester at the University of Maine, Grayson Morin earned a bachelor's degree in mechanical engineering and named to the dean's list for the spring semester at the Rochester Institute of Technology.



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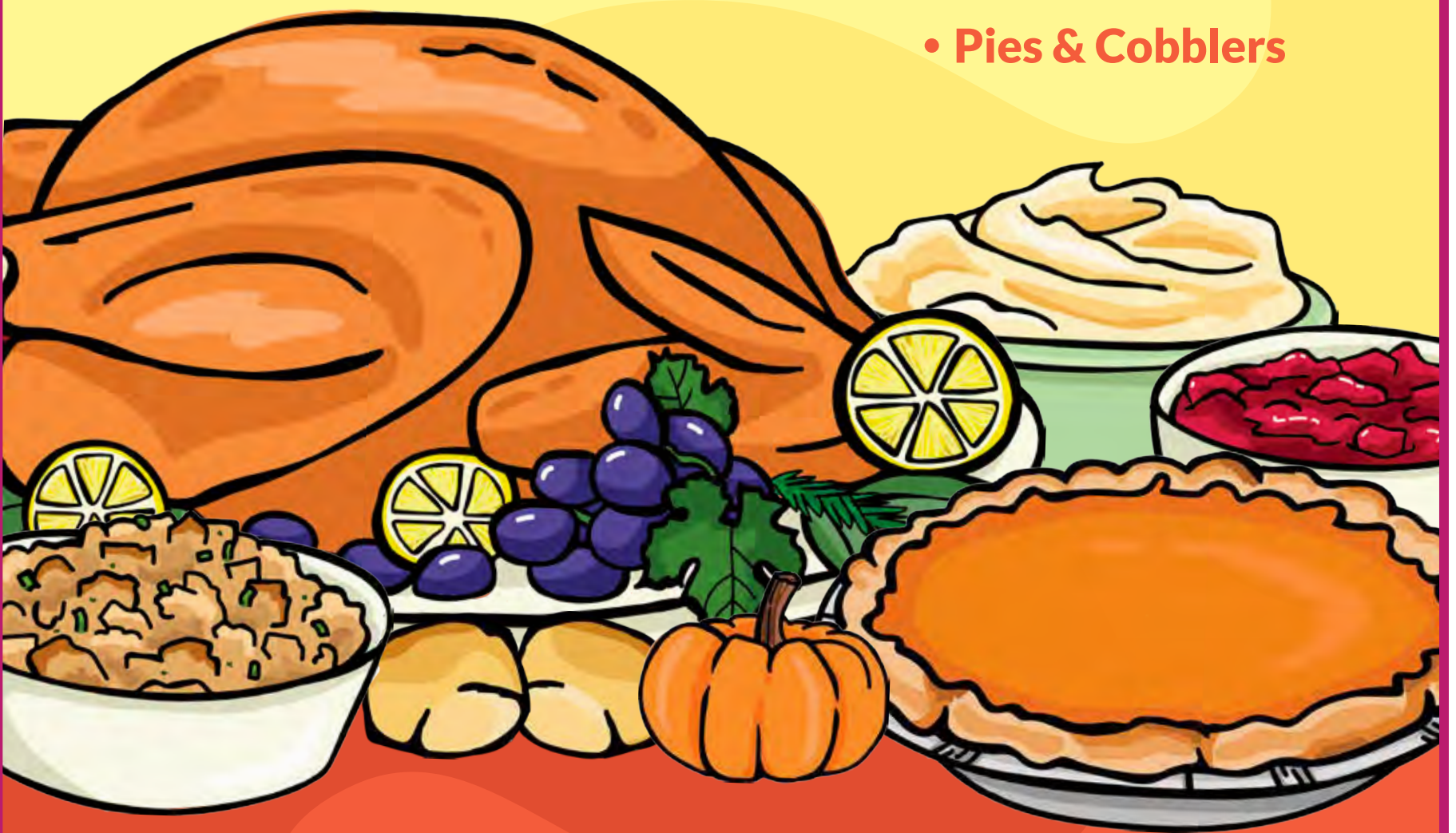
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# FALL FORWARD! A NEW SEASON – A NEW START!

by Jim Olson

It's that time of year again! The leaves are changing color, the air is getting cooler, and pumpkin spice everything is back in stores. As we say goodbye to summer and hello to fall, it's also a perfect time to hit the reset button on our health and fitness goals. Whether you didn't reach your summertime fitness goals or you're just looking for a fresh start, now is the time to get moving forward—not backward. Here's why starting over (aka falling forward) can be good for your health!

## SIMPLY PUT, FALLING FORWARD MEANS PROGRESS IN SPITE OF SETBACKS

It's about moving forward, even when we fall back. Let's say you've been working hard to eat healthily and exercise regularly, but you have a slip-up and eat a bag of chips or skip a workout. Instead of beating yourself up or giving up altogether, you dust yourself off and get back on track. You don't dwell on the setback; you use it as motivation to keep going.

## FALLING FORWARD IS ALL ABOUT MINDSET

It's about seeing setbacks as temporary roadblocks instead of permanent failures. It's about knowing that we can always pick ourselves up and start again. Starting over can be tough. It requires facing up to the fact that we didn't do as well as we wanted to and admitting that we need to try again. But just because it's tough doesn't mean it isn't worth it. In fact, starting over can be one of the best things you do for your health—physical and mental.

## FALLING FORWARD GIVES YOU A CLEAN SLATE

When you start over, you get a clean slate. You can forget about all the times you didn't work out or ate unhealthy foods. No more beating yourself up for not reaching your goals—it's time to start fresh! This clean slate will help give you the motivation you need to stick with your



Jim Olson

new health and fitness goals. And who knows? This time, maybe you will finally reach your goals. We think you can!

## STARTING OVER CAN HELP BOOST YOUR CONFIDENCE

Every time we set a goal and achieve it, our confidence grows a little bit more. So even if you didn't reach your fitness goals last season, think about all of the other times in your life when you have set a goal and achieved it. Remember how good it felt? That's how good it will feel when you finally reach your health and fitness goals—and starting over is one step closer to making that happen.

## ONWARD AND UPWARD!

Fall may be a time for reflection, but it's also a time for moving forward—falling forward. As we move into the new season, let's remember that it's never too late to start fresh. And if we do fall back, we can always get up and try again. If you find yourself veering off course, don't beat yourself up; simply dust yourself off and start again. Progress is never linear; there will always be bumps in the road. The important thing is to keep moving forward toward your goals. And if you need some help getting started or staying on track, we're here for you! Schedule a free consultation today and let's chat about how we can help you reach your health and fitness goals.

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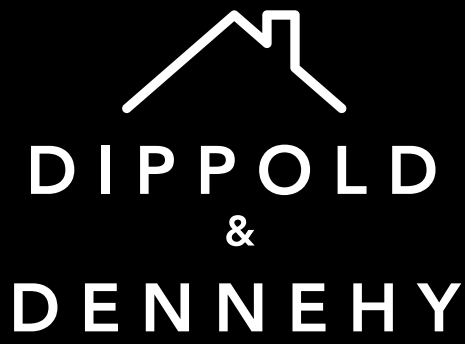
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SEPTEMBER 2022 REAL ESTATE SALES IN BOW

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
23 Stone Sled Lane	2 BR   2 BA	1673 Square Feet	CONDO	\$419,000
23 Marions Way	2 BR   2 BA	1348 Square Feet	CONDO	\$425,000
410 Page Road	3 BR   2 BA	2616 Square Feet	1 Acre	\$440,000
22 Rocky Point Drive	3 BR   2 BA	2454 Square Feet	1 Acre	\$450,000
18 Allen Road	4 BR   3 BA	1763 Square Feet	1.97 Acres	\$460,000
1 Parsons Way	4 BR   3 BA	2676 Square Feet	1.11 Acres	\$640,000
5 Nesbitt Drive	4 BR   3 BA	4164 Square Feet	2.28 Acres	\$820,000

SEPTEMBER 2022 REAL ESTATE SALES IN DUNBARTON

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
00 Montalona Road	LAND		10 Acres	\$145,000
11-25 Fairway Drive	LAND		6.23 Acres	\$223,000
57 Stinson Drive	4 BR   3 BA	2856 Square Feet	3.04 Acres	\$555,000
66 Long Pond Road	3 BR   3 BA	3868 Square Feet	3.4 Acres	\$639,000
123 Stark Highway		7366 Square Feet	18.5 Acres	\$845,000

Sales Data for SEPTEMBER 2022 provided by the NHMLS.



WELCOME, ERIN

Erin recently acquired her NH real estate license and is presently working on acquiring her Maine license. Prior to beginning her real estate career, she served twenty years in law enforcement. Erin began working with the NH State Police and then spent fourteen years with the Bow Police Department, before retiring as the Bow Police Chief in 2016. For the last six years, Erin has served as an executive safety consultant for private companies all over New England.

As a personal buyer and seller of several residential and investment properties, Erin understands the stressors, excitement, and intricacies of the buying and selling processes. It is her goal to make sure her clients feel supported and heard throughout all their experiences. It is also her goal to make her clients feel that they receive the attention and support they want when going through all parts of a transaction.

Erin lives in Bow with her husband and children. While she is a mom of boys, she enjoys volunteering as a Girls On The Run coach through the Bow Recreation Department/Bow Elementary School.

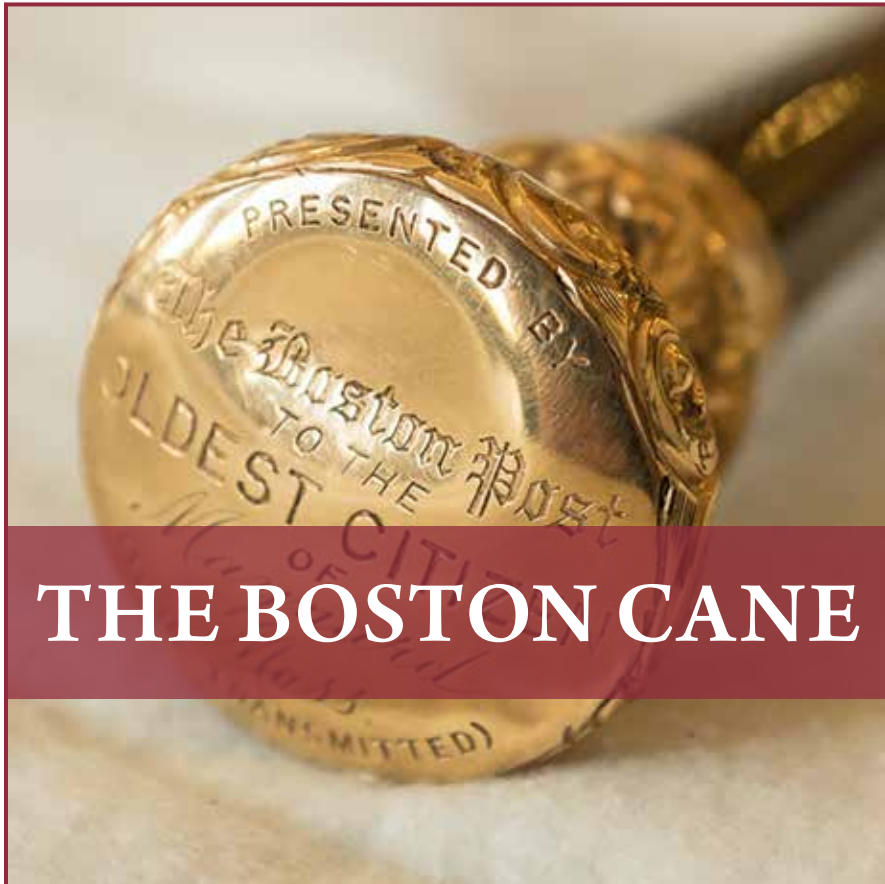
40 STONE SLED LANE, BOW. PRICE IS \$595,000 .....



Exquisite Stone Sled condo located in a highly desired 55+ community with mountain views and easy access to shopping, commuting and the State capital of Concord. This unit has gorgeous views from the front, an open deck and private yard in the rear, and a large 3-season room off the back. Two full floors of versatile living space offer all the room you'll need for yourself and extended family.

Beautiful hardwood, cork, and tile floors, vaulted ceilings, 3 full baths, a large primary suite, well appointed kitchen, a dining room that can seat 12 and a lower level with lots of additional living space that walks out to the large back yard. There's also a large cedar closet, and 2 generously sized storage rooms (one finished) that could be whatever you desire. This unique home is a treat to view and shown by appointment only.





## THE BOSTON CANE

*The Origins of the Boston Post Cane - In 1909, under the savvy ownership of Edwin A. Grozier, the Boston Post engaged in its most famous publicity stunt. The paper had several hundred ornate, gold-tipped canes made and contacted the selectmen in New England's largest towns. The Boston Post Canes were given to the selectmen and presented in a ceremony to the town's oldest living resident. Between 400 to 600 of the fancy walking sticks were sent to towns in Massachusetts, Rhode Island, Maine and New Hampshire.*

### THE TRADITION CONTINUES...

#### WHO IS THE OLDEST RESIDENT IN BOW?

Bow Selectmen are seeking nominees for the oldest resident in town. Nominations will be accepted through October 31, 2022. The only requirement is that the person must be a resident of Bow for the previous 12 consecutive years.

Please nominate a neighbor, loved one, or even yourself! The Selectmen look forward to bestowing an honorary cane and recognition to our oldest resident.

Nomination forms are available online at [www.bownh.gov](http://www.bownh.gov). Or you can call (603) 223-3910 to request a form by email.

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### OTHER PEOPLE'S PROBLEMS

One of the most important things I have learned in life is that if someone has a problem with you: that is their problem. Likewise, if you have a problem with someone or something: that is YOUR problem.

There is an important difference to notice here. We can only control what is truly in our space and place to control. We cannot change how other people think and do things, and we cannot change how they feel.

Sure, if someone has a problem with you, you can try talking to them to see what you did to upset them. You can also apologize for it. You can even do things to try and fix the wrong and make amends. What you can't do is make them change how they are feeling. They have to get themselves there.

How much time and energy do we spend on people who just can't get over or past something? Or, even better, insist on blaming someone else for things they really did. They have to keep reliving it and keep using it as a weapon. This is where the statement at the beginning comes in handy. If you have actually addressed their issue and genuinely apologized (or never really were the problem to begin with), you have done what you can. It is their problem to handle. You can let it go and give them the time and space to get over what they need to.

Same thing for problems we have with others. We have to come to the point where we are no longer going to let certain things that always push our buttons keep getting to us. The key is recognizing – is this my problem? If so, I am the one to work on fixing it. If it is not my problem, I am not the one to work on fixing it. I am better off letting the person with the problem do that.

Trust me this is a very hard lesson to learn. Especially for those of us who tend to care too much and want to please everyone. You can't please everyone and you can't fix other people either. You can only fix yourself. Once you can recognize and let go of problems – especially other people's problems that you truly have no control over anyway – you will be much freer and happier!

**Here's to letting go and living a happier and freer life.  
All my best, Donna**

## R E M I N D E R

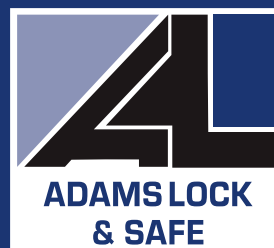
### National Prescription Drug Take Back Day is October 29, 2022, 10AM to 2PM

Bow, Dunbarton, and Hopkinton Police Departments will participate in the Drug Enforcement Administrations (DEA) Prescription Drug Takeback Event on Saturday, October 29th from 10 AM – 2 PM.

Residents may turn in unused, unwanted, or expired prescription medications – no questions asked! Remember, liquids and needles can not be accepted.

Reduce the chance of theft, environmental damage, medication misuse and opioid addiction and overdose deaths.

Visit [takebackday.dea.gov](http://takebackday.dea.gov) to find a collection site near you.



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*Select Saturday Hours are Available.*

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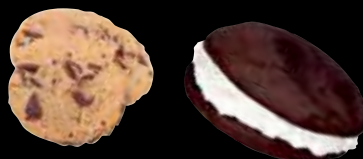
250 South Street, Concord **603.856.8020**

**TAKEOUT  
BREAKFAST  
ITEMS**

**6:30 – 11:00 AM**



Breakfast Sandwiches,  
Donuts, & Muffins



Dessert Items

**DELI OPEN Mon - Fri  
6:30 AM – 3:00 PM  
Saturday 8:00 AM – 3:00 PM**

**STORE OPEN Mon - Fri  
6:30 AM – 6:00 PM  
Saturday  
8:00 AM – 3:00 PM  
Closed Sunday**



**Bow Parks and Recreation**  
Invites you to participate in this community wide event!

**Trick-or-Treat**

**GOING TRUNK-TO-TRUNK!**



Adults decorate their cars and hand out treats from their trunks. Children dress in their Halloween costumes and go from car-to-car collecting treats.

**SUNDAY, OCTOBER 30<sup>TH</sup> 2:00-3:30 PM**

Set-Up starts at 12:30 PM in Bow High School parking lot.

Contact Darcy Little at [dlittle@bownh.gov](mailto:dlittle@bownh.gov) or 223-3984 for event details and to reserve your parking space today. All participants are responsible for decorating the trunk of their vehicle and purchasing store-bought *individually-wrapped* treats to hand out to the Trick-or-Treaters.

We encourage you to wear a costume!

Donations of Halloween treats will be greatly appreciated.

# Sweater Season

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Mon + Tues 11-5:30  
Wed-Sat 10-6 | Sun 12-4



## The Bow Young at Heart Club

### Upcoming Event

**OCTOBER 26, 2022**

Bow resident, Rob Ricard | TransAmerica Bicycle Trail  
Rob will present a slide show of his TransAmerica Bicycle Trail ride from Yorktown, VA to Astoria, Oregon.

*All meetings are held from 11:30am - 2:30 PM  
at the Old Town Hall, 91 Bow Center Road, Bow*





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## BREAST CANCER AWARENESS

October is Breast Cancer Awareness Month. It began in 1985 as a partnership between the American Cancer Society and Imperial Chemical Industries. Betty Ford, a survivor of breast cancer, helped kick off the event, and in 1992 the now famous pink ribbon was first used by Estée Lauder to be a visual reminder of breast cancer awareness.

Why do we need to be reminded about breast cancer? It is estimated that more than a third of women do not check their own breasts. The goal of this article, and the goal of the pink ribbon, is to remind you! You are checking for signs and symptoms of breast cancer. After skin cancer, breast cancer is the most common cancer in women in the United States. Each year it accounts for about 30% of all female cancers. The overall average risk for a woman in the US to develop breast cancer during her lifetime is about 13% (or 1 in 8). Breast cancer is the second leading cause of cancer deaths in women. Lung cancer is the more prolific killer. The chance that any woman in the U.S. will die from breast cancer is about 2.5% (or 1 in 39). The American Cancer Society estimates that in 2022 there will be over 287 thousand cases of invasive breast cancer, and that over 43 thousand women will die from breast cancer. The median age of breast cancer diagnosis is 62. And let us not forget the men in whom there are more than 2,500 cases of breast cancer every year.

You cannot change your family history, but there are things you can avoid or do to decrease your risk of developing breast cancer.

**AVOID:** alcohol, smoking, sedentary lifestyle, and increased weight.

**DO:** physical activity, eat a healthy diet, breast feed your children, and examine your breasts.

You should palpate and look at your breasts. Do you see or feel anything that is new or unusual? Is there a lump in your breast or armpit? Is there puckering of the skin? Is there a change in color of the breast? Is there any nipple change (discharge, color, inverted)? Is there any discomfort in your breast or armpit? If you are aware of any of these changes make an appointment with your primary health care professional to discuss further evaluation. The United States Preventive Services Task Force (USPSTF) recommends that women who are 50 – 70 years old and at average risk for breast cancer get a mammogram every two years. Women 40 – 49 years old should talk to their physician about when to start.

There are many excellent online sites to help answer your questions. Here are four:

[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)  
[www.cdc.gov](http://www.cdc.gov)  
[www.lbbc.org](http://www.lbbc.org)  
[www.cancer.org/cancer/breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html)

## DUNBARTON POLICE DEPT

### MOTOR VEHICLE ENFORCEMENT

*During the month of August, Dunbarton Police Officers completed the following traffic enforcement efforts:*

- 116 Motor Vehicle Stops Conducted
- 34 Motor Vehicle Citations Issued
  - 8 Speed Citations
  - 20 Non-Inspection Citations
  - 2 Unregistered Vehicle Citations
  - 1 Failure to Yield to Emergency Vehicle Citation
  - 1 Expired License Citation
  - 1 Yellow Line/Highway Markings Citation
  - 1 Following too close citation

*\*Some citations may have been issued in conjunction with an arrest.*



The Dunbarton Police Department was chosen to receive a Concord Regional Crimeline Grant after a competitive application process. Chief Chris Remillard was presented with the grant award during the Concord Regional Crimeline's Annual Golf Tournament at Beaver Meadow Golf Course in Concord.

This grant allows the Dunbarton Police Department to establish a bicycle patrol program to enhance crime prevention and community policing capabilities. The bicycles will augment patrols in and around various trail systems, recreational areas and densely populated neighborhoods in Dunbarton as well as during community events such as Old Home Day, Halloween, Coffee with a Cop, our Annual Bicycle Rodeo and various school functions.



Implementation of this program is at no cost to local taxpayers.



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# DUNBARTON NEWS



**CHAIR YOGA** with Sherry Gamble will be Thurs. Oct. 27 at 11am. on the band stand in the center. Wear comfy clothes and bring water. The library will provide the chairs.

**MR. T** is back at the library for the Read to a Dog program on Thurs. Oct. 27. Children in Grades K to 4 who register will have a 20-minute session. Slots times are from 2:45pm to 4pm. Contact the library to register now.

**HALLOWEEN EVENTS** School Halloween Parade and Classroom Parties scheduled for Mon. Oct 31 at 1:45 to 2:45. School is closed Tues, Nov 8 for Parent/Teacher Conferences. Thurs. Nov. 10 will be Early Release Day and Conferences. Fri. Nov. 11 there will be No School for Veterans Day.

**The Town of Dunbarton's Trick-or-Treat** hours will take place from 4pm to 7pm on Monday, Oct. 31st. The Dunbarton Garden Club will be hosting their annual Halloween festivities on the Town Common during that time as well. Officers will be in the Town Center to pass out glow sticks and candy and to assist pedestrians across Route 13 safely.

**BOOK CLUB** The Dunbarton Congregational Church Book Clubs is reading *Freeing Jesus: Rediscovering Jesus as Friend, Teacher, Savior, Lord, Way and Presence* by Diana Butler Bass. Discussion is the first Thurs. Nov. 3 at 7pm. Any questions or for a link, call Barb at 496-3253. All are welcome to join the book club.

**AUTHOR MARTY GITLIN** A Celebration of Animation Presentation: "Greatest Cartoon Characters of All Time" Tues. Nov. 8 at 6:30pm. Hosted virtually by Marty Gitlin on Zoom. Award-winning author and pop culture historian Marty Gitlin hosts this fun and enlightening presentation for all ages based on his book, *A Celebration of Animation: The 100 Greatest Cartoon Characters in Television History*. He is the only author to actually rank the greatest cartoon characters ever, such as Popeye, Bugs Bunny, Mickey Mouse, Scooby-Doo, Snoopy and SpongeBob SquarePants. He will show funny cartoon snippets of characters from the past century, play trivia with patrons, discuss the criteria he used to rank the best of the best and speak about their impact on American pop culture. Adults, teens, kids .... this program is fun for everyone! Please email [dunlib@gsi-net.net](mailto:dunlib@gsi-net.net) to obtain the link.

**TOWN HALL CONSTRUCTION UPDATE:** The sidewalk was poured, with the forms already removed. This area is prepped and ready for more site work. The painters are coming to prime. PLEASE STAY BACK AND AWAY FROM THE STRUCTURE. Do not drive up to the entrance, or park in the old parking lot. There is considerable construction debris and hundreds of NAILS scattered around.

**Nora LeDuc**  
[dtowncrier@gmail.com](mailto:dtowncrier@gmail.com) • 603-774-3141

## Representative Stephen Boyd



It has been my honor and privilege to have served for the last two years as a State Representative. The work before us has been extremely important and why I am seeking re-election for the upcoming term to continue to protect citizens' rights.

My commitment to the communities of Dunbarton and Hooksett is to assure every citizen and family have affordable living; that low taxes are a result of low spending and limits spending. I believe that every child is unique and filled with potential, thus I support expanded education choices including education tax credits, charter schools, and home schooling, achieved by parents, teachers, and principals.

The New Hampshire and U.S. Constitutions were written to limit government, not our freedom. I believe in free people, free markets, and free enterprise. Every voice is to be heard. The 1st Amendment was given its pre-eminent position, intending that we all have the right to free speech. Being both a certified archery and NRA instructor, I also feel the 2nd Amendment is intended for law-abiding citizens to have the right to defend their lives, family, and property.

Preserving our constitutional rights is of critical importance to me. I am a decorated veteran of the U.S. Army 5th Special Forces Group (ABN) during the Vietnam Conflict; and a NH resident for nearly 30 years.

With your vote to continue as your State Representative, I am dedicated to:

Protect: your life, your wallet, your freedom.

Defend: your right to bear arms, free speech, and equality.

Reduce: taxes and wasteful spending.

Expand Opportunity: in jobs, education, health care, and housing.

Be Proactive: to resist state income and sales taxes, control spending

**Steve Boyd - [seboyd2020@gmail.com](mailto:seboyd2020@gmail.com)**

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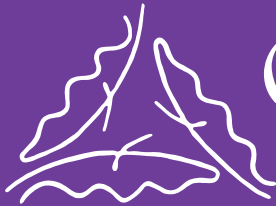


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## Hopkinton Real Estate Sales – SEPTEMBER

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
201 Fire Pond Rd	3 Bedrooms   2 Bathrooms	1,508 Square Feet		\$190,000
323 Little Tooky Rd.	1 Bedrooms   1 Bathrooms	576 Square Feet	0.37 Acres	\$220,000
847 E. Penacook Rd	3 Bedrooms   1 Bathrooms	1,163 Square Feet	5.01 Acres	\$314,000
40 Maple St		4,411 Square Feet	0.42 Acres	\$405,000
45 Main St.	3 Bedrooms   2 Bathrooms	1,756 Square Feet	0.88 Acres	\$410,000
244 Old Putney Hill Rd.	5 Bedrooms   5 Bathrooms	3,788 Square Feet	5.6 Acres	\$487,000
205 Spring St	3 Bedrooms   2 Bathrooms	2,604 Square Feet	2.4 Acres	\$525,000
277 Gage Hill Rd.	3 Bedrooms   2 Bathrooms	2,821 Square Feet	2.2 Acres	\$675,000
373 Stumpfield Rd.	4 Bedrooms   3 Bathrooms	3,417 Square Feet	5.6 Acres	\$875,000
211 Hedgerose Ln.	5 Bedrooms   5 Bathrooms	4,894 Square Feet	4.7 Acres	\$910,000

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### HOPKINTON POLICE DEPT.

#### 11 Arrests 7 Accidents 252 Traffic Stops SEPTEMBER 2022 ARREST LOG

- 09/02** Marc Parson, 26, of 23 Blackhall Road, Epsom, NH was arrested on a Warrant.
- 09/03** Ashley Garcia, 32, of 124 Huntington Ave, Manchester, NH was arrested for Domestic Violence; Simple Assault – Bodily Injury.
- 09/04** Sherylann Gleason, 62, of 423 Central Street, Manchester, NH was arrested on a Warrant.
- 09/08** Juan Dominguez, 43, of 49 George Street, Manchester, NH was arrested for Drive After Revocation/Suspension; DUI; Jonathan Verrilli, 36, of 23 Browns Way, Henniker, NH was arrested for Drive After Revocation/Suspension; DUI.
- 09/11** Richard Beaudet, 59, of 234 Frederick Street, Manchester, NH was arrested for Drive After Revocation/Suspension.
- 09/20** John Woods, 75, of 12 Laurel Street, Concord, NH was arrested for Aggravated Felonious Sexual Assault – Intoxicating Substance and Endangering Welfare of Child.
- 09/24** Joshua Poliquin, 34, of 2165 Hopkinton Road, Hopkinton, NH was arrested for Operate After Certified as Habitual Offender.
- 09/24** Angela Lunderville, 31, of 291 Halfmoon Pond Road, Washington, NH was charged with Suspension of Vehicle Registration.
- 09/29** Lauro Andrade Vera, 30, of 24 Agawam Street, Lowell, MA was arrested for Disobeying an Officer and Drive After Revocation/Suspension – subsqt.
- 09/30** Miguel Sandobal Serverino, 46, of 49 Somerset Avenue, Lawrence, MA was arrested for Hindering Apprehension/Prosecution.

for the clothes you live in

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[www.thebowtimes.com](http://www.thebowtimes.com)





## HOPKINTON - CONTOOCCOOK TOWN CRIER

by Kathleen Butcher  
724-3452, kathb123@comcast.net

### TWO VILLAGES ♥ ONE HEART

**NEIGHBOR TO NEIGHBOR** Children's Clothing Sale Saturday, Oct. 15 8:00 AM – 11:30 AM. \$1 per item or \$5 per bag. At Countryside Community Church, 815 Main Street, Contoocook. Proceeds benefit The Pass Along Project, providing emergency clothing to children in foster care.

**A NEW MAPLE STREET SCHOOL SIGN**, courtesy of the Hopkinton PTA. Thank you to Todd Olkonen and his crew worked their magic moving the old sign, which has a new forever home near the flagpole at MSS, and installed the new sign. A huge thank you to Meghan Sharpe Reynolds, Julie Zaption and to the PTA members who have been with this project from the start - thanks Andrea Folsom, Lori Dennison, and Anna Wells! We also want to thank ALL Hopkinton PTA members and donors for funding this awesome project! Please be sure to JOIN or RENEW your PTA membership for the 2022-23 school year at: [www.hopkintonpta.org](http://www.hopkintonpta.org) to help support great projects like this!

**EVERY TUESDAY 5%** of proceeds from sales at Indigo Blues & Co, Maple Street Mercantile and Witching Hour Provisions will be donated to local Hopkinton non-profits. October recipient is The Hopkinton Contoocook Food Pantry.



**THANK YOU** from Changing Lives Equine Center Inc! We collected over almost 3000 lbs of clothing and textiles. We raised over \$600 in funds to support our older and ageing rescue horses who are being used for therapeutic riders and veterans. The horses are also used by Special Olympians and 4-H members. For information about the farm contact - Marcia Evans, (603) 545-5213, [marciadawnmar@tds.net](mailto:marciadawnmar@tds.net).

**LOOKING TO PLAY PICKLEBALL?** See what the Recreation Department has to offer in Hopkinton! This is open to new and experienced players. All levels welcome! Read full details online at [www.HopkintonRec.com](http://www.HopkintonRec.com).

**A FLOCK OF NEW HAMPSHIRE POETS:** Fall 2022 with L.R.Berger. Thursdays Oct 27th, Nov 17th. 630-730pm at the Hopkinton Town Library. Free but please RSVP at 746-3663 or at [www.hopkintontownlibrary.org](http://www.hopkintontownlibrary.org). Made possible with support of the Hopkinton Library Foundation.

**HOPKINTON ROTARY** invites you to participate in their fundraiser Flags Over Hopkinton. For a \$40 annual subscription, Hopkinton Rotary will place a flag at your property on Memorial Day, Flag Day, Independence Day, Labor Day, and Veterans' Day. Flag subscriptions can be made at any time. For more information, send an email and include your street address to [hoprotraryflags@gmail.com](mailto:hoprotraryflags@gmail.com). The Rotary will make arrangements for you to receive a flag. The fundraiser supports Rotary projects in our town and beyond.

**BEECH HILL SCHOOOL** Fall Admission Open House at The Beech Hill School will be held Sunday **October 30th** from 10am-12pm. Located at 20 Beech Hill Rd in Hopkinton. RSVP is not required. Contact [admissions@thebeechhillschool.org](mailto:admissions@thebeechhillschool.org) for questions.

**55+ ACTIVE LIVING** There are many 50+ Active Living Programs at the Hopkinton Rec Department. The Slusser Center offers in person dining for Wednesday Senior Lunch. A \$5 donation is requested. Information at (603) 746-8263 or [www.HopkintonRec.com](http://www.HopkintonRec.com). Feel free to stop in the Slusser Center Monday-Friday from 9:00- 4:00 for a tour and to pick up a full list of programs.



**CONTOOCCOOK FARMERS' MARKET** is open Saturday 9-noon at the Gazebo behind the Contoocook Train Depot. Stay up to date by visiting the Facebook page Contoocook Farmers' Market.

**DIAL-A-RIDE** is open for rides for Hopkinton/Contoocook residents for medical appointments, dental, physical therapy, radiation and chemotherapy and any other errands such as shopping, banking and barber or hairdresser appointments. The office hours at the Slusser center are Monday, Wednesday and Friday 10 AM to noon. Call 603-746-4357 to schedule an appointment or to volunteer.

**CONTOOCCOOK CARRY COMMUNITY FUND** is accepting donations of seasoned wood for our community's Wood for Warmth program. If you can help with a donation of cordwood, please call Mary at 603-568-2783. Go to [www.cccommunityfund.org](http://www.cccommunityfund.org) for info.

**FUEL ASSISTANCE** Applications have opened up to all households for the 2022-2023 heating season. Contact Community Action Program For information go to [www.bm-cap.org/fuel-assistance-program-fap](http://www.bm-cap.org/fuel-assistance-program-fap).



**BEECH HILL FARM** corn mazes are open! Our themes this year NH Eco-Spy and Ice Cream Jeopardy. The mazes are open everyday from Noon to dusk. Cost - \$7.00 a person - children 3 and under are free.

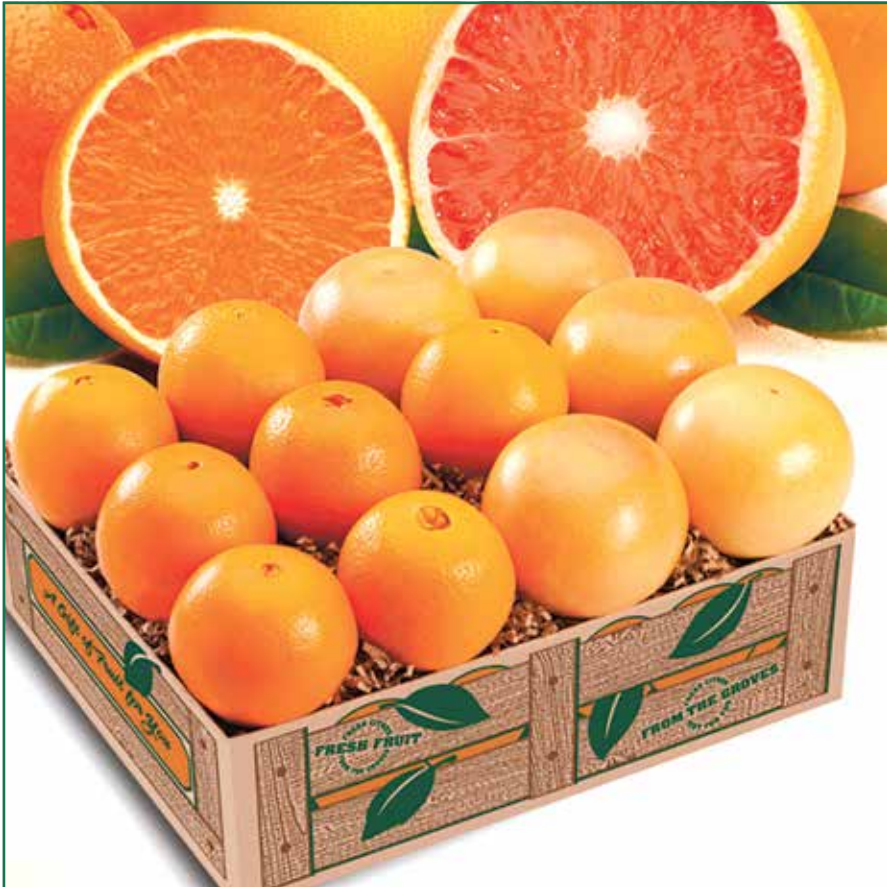
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## Hopkinton School District CITRUS SALE

Help support Hopkinton School District by participating in our fruit sale! We have partnered with Florida Indian River Groves to provide you with the freshest fruit available. Your fruit will be harvested the very same day it's shipped to us, ensuring that you receive fruit that is hours off of the tree. Now that's fresh!

Now's the time to pick up a box of Navel Oranges that are sure to be bursting with flavor or a box of sugar-sweet, Indian River Red Grapefruit. And don't forget your friends, family, and coworkers. Everyone loves Fresh Fruit From Florida!

- Go to [www.FloridaIndianRiverGroves.com](http://www.FloridaIndianRiverGroves.com)
- Selecting **Order Now**
- Enter group **ID Number 524549**

Thank you! We appreciate your support!



## From the HIPPIE TRAIL TO THE SILK ROAD

**The Curated Collections of KATHLEEN DUSTIN**  
**OPENING RECEPTION SATURDAY, OCTOBER 29**  
**TWO VILLAGES ART SOCIETY**  
**846 MAIN STREET, CONTOOCOOK**

Kathleen Dustin attended the American University of Beirut, traveled throughout the Middle East, lived in Saudi Arabia and Turkey, all the while accumulating a collection of ethnic jewelry and textiles which deeply influenced her artwork.

Experience a collection of her impressive artwork showing the connections, inspiration, and influences of the Middle East.

Open to the public Friday, October 21 through Saturday, November 12, Thursday–Sunday from 12:00 pm to 4:00 pm.

Meet Kathleen Dustin at the opening reception on Saturday, October 29, from 12:00 to 2:00 pm. Enjoy live music as well as light snacks and beverages. Kathleen will host a short gallery talk following the reception at 2:00pm on October 29.

# HALLOWEEN HOLLER

**11 AM on SATURDAY, OCTOBER 22**  
**HAROLD MARTIN SCHOOL**

Kid costume parade (line-up at 10:45 AM at HMS)  
 Games and activities following the parade!  
 Food & Drinks and PTA Spirit Wear popup shop!  
 Event will be held outdoors. [www.HopkintonRec.com](http://www.HopkintonRec.com)

READ HOPKINTON TOWN CRIER NEWS ONLINE AT  
[www.thebowtimes.com](http://www.thebowtimes.com)

*Travel* with **The Bow Times**



Eric Anderson reading The Bow Times during a visit to Cape Porpoise, Maine.  
 Photo | Cheryl Anderson

**Mark Your Calendar Hopkinton Residents!**  
**HOUSEHOLD HAZARDOUS WASTE**  
**COLLECTION DAY**

**Saturday, October 29 • 9:00 AM – 1:00 PM**  
 Henniker Highway Department  
 For Disposal Information call 603-428-7604





**PUMPKIN SALE - BOW UNITED METHODIST CHURCH**  
**September 28 to October 31**



**WEEKDAYS: 2-6:00 PM**  
**SATURDAYS: 10 AM TO 5:00 PM**  
**SUNDAYS: 12 NOON TO 5:00 PM**  
For information contact: 603-224-0884  
or visit [www.bowmillsumc.org](http://www.bowmillsumc.org)

Eric Anderson | Photo



On September 22<sup>nd</sup>, Andy Duncan of Lakes Region Community College held the NH Saves Button Up workshop at Baker Free Library. Audience members remarked at Andy's extensive knowledge and compelling presentation – thank you Andy! Thanks also to the Baker Free Library for their tremendous support in hosting the event and the Rotary Club for being our other local partner.

On September 24<sup>th</sup>, we held our first Bow Home Energy Tour. The Tour began with an overview of energy efficiency improvements at the Old Town Hall. Participants then visited with four homeowners who generously set aside a beautiful fall Saturday to share their passion, knowledge, and experience using solar, battery storage, heat pumps, and other energy technologies. Visitors showed great interest and asked lots of questions – it was a fun and informative day!

We are very grateful for the efforts of our committee members, Energy Tour homeowners, local partners, presenters, Town staff, and all who made these events possible and successful!

We hope to provide more events like these. Please email us your questions and suggestions: [energycommittee@bownh.com](mailto:energycommittee@bownh.com).



# SPORTS NEWS

## GIRLS SOCCER

### Merrimack Valley 1, Bow 0 | October 7

**Key Players** Bow - Sidney Roberge (midfield), Lexi Insana (midfield), Oliva Selleck (midfield), Marissa Green (defense), Vivian Madden (defense), Maeve Nadzan (defense).

**Coach's quote:** "Today was one of those games where the ball didn't bounce our way, some because of us and some because of MV, who played a very good game. An alright first half and a very good second half, but couldn't find the back of the net. We have some work to do."

- Bow's Jay Vogt

### Bow 4, Coe-Brown 1 | September 27

**Key players:** Bow - Bella LaPerle (2 goals, assist), Juliette Tarsa (goal), Lyndsey LaPerle (goal, assist), Ashley Wallen (assist), Lexana Farr (assist), Marissa Green (defense), Abby Foote (defense), Maeve Nadzan (defense), Kendall Murray (defense), Lexi Insana (midfield), Sidney Roberge (midfield), Leah Gallier (midfield), Bridget Hilton (goalie).

### Hopkinton 4, Fall Mountain 0 | September 27

**Key Players:** Hopkinton - Lizz Holmes (2 goals, assist), Paige Martin (goal), Belle Serzans (goal), Paige Prisco-Nelson (assist), Annie Morrall (assist), Maddie Carmichael and Beth Taylor (combined for shutout), Elise Miner (midfield), Kennedy Mark (midfield).

**Coach's quote:** "Another good win today in this busy week with three away games. I was happy with our girls in the first half as it was the best passing they displayed all season. Things could be coming together now for this team as we head into the second half of our regular season." - Hopkinton's Mike Zahn



Rich Miyara | Photo

## BOYS VARSITY FOOTBALL

### Falcons -v- Merrimack Valley | October 1, 2022

Bow had a 31-10 win over Merrimack Valley. After forcing a quick three and-out from the Pride, running back Hollis Jones capped off a long first possession, powering across the goal line for a 2-yard touchdown run.

The lead grew to 14-0 early in the second quarter after a 19-yard touchdown run from Owen Guertin. Bow carried a 17-3 lead to halftime.

Bow did not let up, adding two more rushing touchdowns in the second half, one from Jones and another from Blake Scarinza (80 yards on four carries), punctuating a strong homecoming performance.

Ryan Lover (109 yards on 16 carries) and Logan Gordon (85 yards on 12 carries) led Bow's ground game.

## FIELD HOCKEY

### Bishop Brady 4, Hopkinton 0 | October 7

**Key players** Bishop Brady – Laura Yap (2 goals), Margaret Sheehan (2 goals, assist), Carly Fuller (assist), Ava Archambault (save).

**Highlights:** The Giants scored two goals in the first quarter and tacked on single tallies in the second and third to shut out the Hawks in a rematch of last year's Division III championship.



It's not too early to think about

# Holiday Messages!



Let us build a holiday ad for you in the November and December issues of The Bow Times.

Email Nadeane at:  
Nmannion1@comcast.net



## BOW ROTARY CLUB NEWS FOR OCTOBER 2022

Save the Date! The annual Bow Rotary Foundation auction will be online again this year November 2<sup>nd</sup> to November 5<sup>th</sup> at 6:00pm. Last year's first online auction was a great success, and this year should be even better! This year's theme is Blast Off to Our Future. Sponsors are still needed. More info at bowrotary.org.

## ANNUAL CHRISTMAS TREE SALE

The Rotary Christmas Tree Sale will begin on November 26<sup>th</sup> at noon and run until December 10<sup>th</sup> at 7:00pm or until sold out. Last year we sold out in 10 days. Rotary will receive 200 balsam and fraser fir trees again this year. Given there is a Christmas tree shortage this year, we are expecting they will sell out fast again this year. Mark your calendars!



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## PART I: ESTATE PLAN TODAY TO AVOID PROBATE TOMORROW!

When I started practicing law I really did not understand what all the fuss was about avoiding "Probate," a term often utilized to represent probate courts overseeing the administration of estates (be sure not to confuse the term Probate with the term probation, which is a different area of the law). After years of working with clients on probate matters, I now advocate for setting up a client's estate to avoid "Probate."

**Alright, so what is Probate?** The first thing to know is that probate courts deal with various matters to include establishing conservatorships and guardianships, adoptions, name changes, partitions of real estate and administration of estates.

This article is concentrated on the administration of estates, which is the process of the probate court holding proceedings to transfer a decedent's (dead person) property, known as the "estate," to his or her heirs and legatees (people named in the Last Will & Testament) who are supposed to receive them per the decedent's wishes or per New Hampshire's intestacy statute. This is also an opportunity for the court to make sure all creditors, including the state and federal government (we all know the IRS is going to get paid!), are paid. That's it, Probate in a nutshell. Well Probating an estate sounds easy enough, right? This is rather simple in concept, however, the reality is quite different.

The probate estate includes all property held in the decedent's name. If property is owned jointly by the decedent and another person, such as life insurance, bank accounts (just about any account held by a financial institution) and automobiles, they're not part of the probate estate and are therefore not subject to the Probate process. Also, assets having named beneficiaries (as opposed to joint ownership) are not part of the probate estate (retirement benefits for example) and pass by Operation of Law. Assets held in trust avoid probate and is an essential part of most estates in my opinion.

The Probate process is started by filing a Petition for Estate Administration with the probate court, along with the original Last Will & Testament and a death certificate. Letters must be mailed to all of the decedent's heirs at law (usually the surviving spouse, children, and children of any deceased children), to those named as beneficiaries in the Will, the NH Department of Health and Humans Services Estate Recovery Unit (they check to see if you have a debt with the State for public benefits received and if so, will make a claim against the estate) and to any charities named as a beneficiary of your estate. Notice must also be published in a local newspaper in large part for the purpose of informing creditors of your death. If no one objects, the personal representative named in the Will is generally appointed by the court.

Thereafter the personal representative is responsible for collecting (taking charge of legally) the decedent's probate assets (estate assets) and for paying any debts of the estate. The personal representative must file with the probate court an itemized list, known as an "inventory," of the probate property, to include the value of each item. The personal representative must also file an estate tax return within nine months of the date of death (final income tax returns need to be filed for the year of death as well). This is true even if no estate tax is owed, if the decedent owned real estate or the personal representative wants his or her final accounting (see below) allowed by the probate court. Creditors of the estate have one year from the date of death to bring claims against the estate. Personal representatives generally wait until this claim period has expired to complete distribution of the estate according to the terms of the Will. As his or her final responsibility, the personal representative must file an accounting with the probate court showing the income and expenditures of the estate administration. The entire process generally takes about a year (some are quicker, others take, well you can imagine).

*Estate Plan, Part II will continue in the November edition of The Bow Times.*



# END-OF-THE-YEAR MONEY MOVES

Provided by Dominic Lucente

**Here are some things you might consider before saying goodbye to 2022.**

**What has changed for you in 2022?** This year has been as complicated as learning a new dance for some. Did you start a new job or leave a job behind? That's one step. Did you remarry? There's another step. Did you retire? That's practically a pirouette. If notable changes occurred in your personal or professional life, you might want to review your finances before this year ends and 2023 begins. Proving that you have all the right moves in 2022 might put you in a better position to tango with 2023.

Even if your 2022 has been relatively uneventful, the end of the year is still an excellent time to get cracking and see where you can manage your overall personal finances.

Keep in mind that this article is for informational purposes and is not a replacement for real-life advice. Please consult your tax, legal, and accounting professionals before modifying your tax strategy.

**Do you engage in tax-loss harvesting?** That's the practice of taking capital losses (selling securities worth less than what you first paid for them) to manage capital gains. If you are thinking about this move, consider seeking some guidance from a professional who can provide insights.<sup>1</sup>

You could even take it a step further. Consider that you can deduct up to \$3,000 of capital losses over capital gains from ordinary income. You can carry any remaining capital losses above that amount forward to offset capital gains in upcoming years.<sup>1</sup>

**Do you want to itemize deductions?** You may want to take the standard deduction for the 2022 tax year, which has risen to \$12,950 for single filers and \$25,900 for joint. If you think it might be better for you to itemize, now would be an excellent time to get the receipts and assorted paperwork together.<sup>2</sup>

**Are you thinking of gifting?** How about donating to a qualified charity or non-profit organization before 2022 ends? Your gift may qualify as a tax deduction. For some gifts, you might need to itemize deductions using Schedule A.<sup>3</sup>

While we're on the topic of year-end moves, why not take a moment to review a portion of your estate strategy? Specifically, take a look at your beneficiary designations. If you haven't checked them for some time, double-check that these assets are structured to go where you want them to go, should you pass away. Lastly, look at your will to ensure it remains valid and up-to-date.

**Check on the amount you have withheld.** If you discover that you have withheld too little on your W-4 form, you may need to adjust your withholding before the year ends.

**What can you do before ringing in the New Year?** New Year's Eve may put you in a dancing move, eager to say goodbye to the old year and welcome 2023. Before you put on your dancing shoes, consider speaking with a financial or tax professional. Do it now rather than in February or March. Little year-end moves might help you improve your short-term and long-term financial situation.

**Dominic may be reached at 603.645.8131 or [Dominic.lucente@LPL.com](mailto:Dominic.lucente@LPL.com) [Dlucente.com](http://Dlucente.com)**

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#### Citations

1. Investopedia.com, March 6, 2022
2. IRS.gov, December 15, 2021
3. IRS.gov, May 2, 2022



THIS COULD BE WHEN EVERYTHING



With a fun-filled summer behind you and surrounded by the beautiful fall leaves in transition, what better time to consider making an important decision about your financial future? Is it time to finally let a professional help you strategize for your retirement and family financial goals? Or perhaps get a second opinion on your current plan?

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and all the changes of life's seasons.



**Dominic M. Lucente, CFP®, RFC®**  
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## A MESSAGE FROM THE BOW FIRE DEPARTMENT



## SMOKE ALARMS ARE A CRITICAL ELEMENT OF HOME FIRE SAFETY!

**Change Your Clocks, Change Your Batteries** encourages the public to change their smoke alarm batteries when turning back clocks in the fall and ahead in the spring. Today's smoke alarms are not all designed the same. Replacing or installing new batteries incorrectly, or using the wrong type, will cause your smoke detector to not function. Always make sure you are using the correct type of battery and installing the batteries correctly to ensure the detector will work.





PHOTO CONTESTS

**BOW PARKS & RECREATION IS HAVING PHOTO CONTESTS FOR THE COVER OF OUR BROCHURES.**

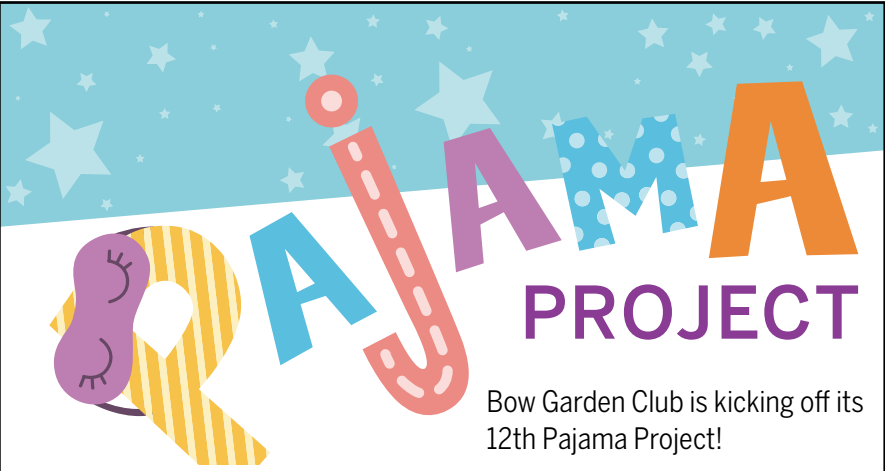
The following are themes for the upcoming brochures:

- **WINTER WONDERLAND – WINTER BROCHURE**  
October 15, 2022 - November 28, 2022
- **SIGNS OF SPRING – SPRING BROCHURE**  
December 1, 2022 - February 20, 2023
- **ENJOYING SUMMERTIME – SUMMER BROCHURE**  
March 1, 2023 - May 1, 2023
- **FALL FOLIAGE – FALL BROCHURE**  
June 1, 2023 - July 31, 2023

Please submit your photographs during the dates listed for the different themes and if you win, your photo will be on the front cover!

You can email your pictures to [mmyrdek@bownh.gov](mailto:mmyrdek@bownh.gov)

**BOW GARDEN CLUB 2022 PAJAMA PROJECT IS UNDERWAY**



Bow Garden Club is kicking off its 12th Pajama Project!

Providing warm pajamas and nurturing books to kids living under difficult circumstances can help create a comfortable bedtime environment and keep them warmer this winter!

Collection boxes for pajamas and books are in the lobby of the Baker Free Library and the Bow Community Center until approximately November 15th.

All sizes of **new** and warm pajamas are needed!

If you have questions about this program or are interested in making a monetary donation used to purchase additional pajamas please contact:

[joyceakimball@comcast.net](mailto:joyceakimball@comcast.net)  
or (603) 229-1990.



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**RESPONSE  
ACTIVITY LOG**

**September 2022**



**18** Basic Life  
Support Transports

**28** Advanced Life  
Support Transports

**25** Non-Transport  
Care Refusal

**0** Paramedic Intercepts

**18** Fires/Hazardous  
Conditions/Alarms

**15** Service Call  
Incidents/Good Intent

**8** Overlapping Incidents

**104** Total Calls for the Month





## CHILDREN'S PROGRAMMING

### Shimmy & Shake Storytime

**Tuesdays at 10:30am**

Encourage school readiness with a Storytime for active bodies and minds! Each class includes music, instrument play and movement activities, and ends with a family dance party. Designed for Ages 3-5, but siblings are welcome to attend.

### Family Storytime

**Thursdays at 10:30am**

Explore a new topic each week through stories, songs and rhymes, and engage in literacy activities designed to spark your child's imagination. Each storytime ends with open play time, allowing families to meet and socialize. Designed for 18 Months - 3 Years, but siblings are welcome to attend.

### Homeschool Meet-Up

**Friday, Oct. 21st | 10:00-11:30am**

A drop-in program for homeschooling families! This casual, drop-in gathering is intended to provide a social outing to both caregivers and their children. Exchange ideas, discuss curriculum, work on projects and portfolios, and meet new friends! Simple crafts and activities will be provided by the library, and families are invited to bring any projects or activities they would like to work on. Registration is not required.

## AFTER SCHOOL PROGRAMMING

### Page Turners Book Club

**Thursday, Nov. 3rd at 3:30pm**

A book club for readers in grades 5-8. Read any book of your choosing based on a monthly prompt, then share your book with other readers! Enjoy snacks, crafts and activities at every meeting while exploring new topics and genres. Registration is recommended.

### Art • Lab

**Wednesday, Nov. 9th at 3:30pm**

A monthly program for artists and makers in Grades K-4, in the company of a caregiver. Listen to a new story each month, then explore sensory, engineering and process art activities with materials provided by the library. Registration is required each month.

### Magic Treehouse Book Club

**Monday, Nov. 21st at 3:30pm**

Travel the world and explore new time periods with books from The Magic Tree House series. Copies of the book will be provided by the library. Recommended for readers in Grades 2-4. Registration is required each month.

## ADULT PROGRAMMING

### Spark! Adult Craft Club

**Tuesday, Nov. 1st | 6:00pm**

Calling all crafters! Join us the first Tuesday of every month to work on your art in the company of friends. Amelia will prepare a brief 30 minute art exercise to SPARK! your creativity, then provide the space for you to complete your specific craft projects and socialize with fellow makers and DIYers. Miscellaneous materials will be provided for those looking to try something new.

### Adult Book Talk

**Tuesday, Nov. 8th | 12:30pm & 6:30pm**

The Adult Book Talk Group takes place on the second Tuesday of November. We will be discussing *The Four Winds* by Kristin Hannah. Copies of the book are now available at the Circulation Desk to check out.

The White Rock Book Group will be meeting at White Rock Senior Center on Nov. 15th at 1pm.

Love mysteries? Contact Amy at amy@bakerfreelib.org to learn about the mystery-themed book club, the **Whodunits!** The Whodunits' next meeting is at White Rock Senior Center on Nov. 1st at 1pm.



November's Feature Artist, Dave Kobrenski

## Stories, Art and Music of West Africa

**Thursday, Nov. 10th | 6:30pm**

Join local author, musician and artist Dave Kobrenski for a special evening of sights and sounds from the African continent. Dave will talk about his travels in West Africa, present his new book, and have artwork on display. Dave is our Featured Artist in the Gallery during the month of November.

## Author Talk with Mike Pride

**Thursday, Nov. 17th | 6:30pm**

Join us as local author and historian, Mike Pride discusses his newest Civil War book *No Place for a Woman Harriet Dame's Civil War*. Mike Pride is a journalist, writer, and historian. He is editor emeritus of the *Concord Monitor*, where he ran the newsroom for 30 years, and the retired administrator of the Pulitzer Prizes.



## IN THE GALLERY

**October Exhibit: A Touch of Blue      October 3rd - 29th**

Our Featured Artists during the month of October are local artists, Doug Richards and Laura Aldridge. The library is thrilled to have Doug back as a featured artist alongside his daughter, Laura Aldridge. Exploring 'A Touch of Blue' through watercolor glazing, oils and acrylics, this exhibit embodies harmony and calm. As Doug points out, "I describe many of them as a 'listen to the quiet' sort of experience." Doug will be at the library every Saturday during the month of October from 10am-2pm to meet with exhibit visitors.

**November Exhibit: Dave Kobrenski      October 31 – Dec. 3rd**



Dave Kobrenski is an artist, musician, and author of three books, including his most recent book, a narrative memoir titled *Finding the Source*. Between 2001 and 2016, Dave traveled extensively in West Africa to study traditional music with master musicians. As an artist, Dave conveys his love for culture and diversity in his vivid portrait drawings and rich watercolor paintings. His artwork can be seen in his first two books, *Djoliba Crossing* and *Drawing on Culture*.

**Visit our Online Calendar to sign up  
for the upcoming programs and events.**





# OBITUARIES

## EDWARD BRIAND

Edward T. Briand of Bow died on September 12, 2022, at his home surrounded by his loving family.

Edward was born on October 19, 1932, in Nashua, son to the late Victor and Delia (Nault) Briand. Edward proudly served in the US Army for more than 25 years. He spent his career working for Holmes Transportation for 35 years, as well as NH Police Academy. In later years he worked for Bow school district as a maintenance person.

Edward is survived by his wife, Beverly (Randlett) Briand; his children, Cheryl Faucher and her husband, Mario, Gail Marcoullier, Brenda Steadman and her husband, Bruce, Duane Briand and his wife, Maria, Kathy Harrington and her husband, David, Neil Briand and his wife, Martha, Jeffrey Briand and his wife, Kris; his stepchildren, Nancy Couch and her husband, Nelson, Carole Cummings and her husband Randy, Liane Sauerheber and her husband, John.

Burial with Military Honors will be at the NH Veterans Cemetery in Boscawen. In Lieu of flowers the family suggests memorial contributions in Edward's name be made to Pope Memorial SPCA of Concord Merrimack County, 94 Silk Farm Rd, Concord, NH 03301.

## JILLIAN KATHLEEN MABRA

Jillian Kathleen Mabra, of Bow, was born October 22, 1987, passed away peacefully on September 12, 2022. She was a Dialysis Warrior for kidney failure. Her dad Mark was donating his kidney to her. She also had diabetes.

She was survived by her parents, Mark Mabra and Kathleen Breau, along with her two brothers, Jason Breau and Derek Mabra, many aunts, uncles, cousins, and extended family members.

Jill's smile would light up any room and lift you up when you were down. She loved her family and friends and all the great memories you all built together. Remember she's dancing in the sky with Brent and many other angels.

She loved 90s music, getting dressed up, dancing and a lot of firsts this summer, like camping, tubing, country concerts, races with her dad at NHMS and especially Laconia Bike Week on her Dad's Harley.

Donations can be made to Waters Funeral Home in Concord.

## EDWARD JAMES MCGRATH

Edward James McGrath of Contoocook, passed away on September 15, 2022, at the age of 96 surrounded by his loving family.

Ed was born on October 23, 1925, in Beverly, Massachusetts, the first of five children born to Edward and Mildred (MacKinnon) McGrath. He was raised in Danvers, Massachusetts, attended the local schools and graduated from Holten High School in 1943. He served in the European Theater of Operations from 1944 to 1946 and aided in the cleanup following WWII as a Military Policeman.

After the war, Ed began his career at Sylvania Electric. Continuing to work for Sylvania for 44 years until his retirement in 1992. While working for Sylvania and raising his children, Ed attended night school classes at Northeastern University where he received his degree in Business Management.

Ed served as a Hopkinton Library Trustee and during his tenure the present Hopkinton Town Library was constructed. In 1979, Ed and wife Maureen started McGrath Real Estate and served the community until Maureen's passing in 1994.

Ed married Gwennie Peters in 1998. Ed and Gwen enjoyed traveling and were able to take many trips to Europe, the Caribbean Islands and across the United States.

Ed was predeceased by Maureen, his loving wife of 35 years, his brother Brian and his sisters Constance and Susan. He is survived by his devoted and loving wife Gwen, sister Nancy Grillo, seven children, son Edward James of Topeka, KS and his children, son Evan and daughter Callie, son Thomas and his wife Suzanne of Wilmington, MA and their daughters Kelly and Ashley, son Kevin and his wife Patty of Harwich, MA, son George and his wife Arlene (Pinkos) of Hopkinton.

## BRUCE MERRILL

Bruce W. Merrill died peacefully in his home in Bow, on September 15 2022, in the company of family, after a 3 year battle with cancer.

He was born on January 20 1947.

He leaves two sons, Brett, his wife Linda, Brandon, his wife Diana, three beautiful granddaughters Kristan, husband Dominic, Sarah and Shannon, a great grandson Dominic, brother David and his wife Lorraine. He will be remembered as a great father and grandfather.

After graduating from Weare High School, he served 6 years in the Army National Guard Reserve.

Bruce was self-employed most of his life, he owned a successful truck collision repair shop in Weare. Bruce will also be remembered for his love of animals, especially horses.

In Lieu of flowers, please send donations to Back in the Saddle Equine Therapy Center, 334 College Hill Rd., Hopkinton, NH 03229.

## ROBERT MOSHER

Robert (Bob) Clinton Mosher of Bow, was born August 30, 1935, in Melrose, Massachusetts passed August 21, 2022.

Bob spent his formative years with his family in Bethlehem. As a young man, he caddied at local golf courses and acted as a lifeguard for the town pool and ski patrol at Cannon Mountain. While in Bethlehem, Bob met the love of his life and his soulmate, Janice Ott. They settled in Northfield, living there happily for over 50 years. He and Jan had three children: Edward, Van, and Bonnie, seven grandchildren: Kristen, Craig, Katie, Jennifer, Julianne, Noah, and Brie.

Bob Mosher was predeceased by his parents, son Eddie, wife Jan, and brother, Alton. He is survived by his son Van and daughter Bonnie, his nieces, Nancy, Diane, and Dawna, and his grandchildren. Grandpa's family extends deepest thanks and gratitude to the entire staff at Pleasant View Center, and the Amedisys palliative and hospice care team for their remarkable attention and care at the end of his life.

## ESTHER A. PRICE

Esther A. Price, 83, of Contoocook, passed away peacefully on September 13, 2022, surrounded by family, and loved ones.

Esther will be dearly missed by her husband, David, of sixty-three years. Married on October 4, 1958, they were devoted partners in marriage and business. Many weekends were spent traveling made even better over the years as a family of four.

Her retirement was focused on David, her children and their four grandchildren. She also loved time with friends, her "Club," trips to Concord for hair, nails, and shopping.

She is survived by her husband, David Price, Sr.; son Dave Price Jr. and wife, Stacey, their children Lillian Price and David Price; daughter Pamela Price and partner, Christopher Austin, her daughter's, Paige Duffy and Gabrielle Price.

## JOHN PAUL TEAR

John Paul Tear, Jr. of Bow, died September 13, 2022, at the age of 80. He was born on July 8, 1942, in Plymouth.

He was the son of Carolyn Flanders Tear and John Paul Tear. John grew up in Plymouth and graduated from Plymouth State University with a Bachelors Degree in Liberal Arts and a Masters Degree in Education. He was a member of the United States Air Force from 1963 to 1969 and stationed in Germany for three years as part of Air Force Intelligence. He returned to Plymouth and worked for the Department of Education for 14 years. After, he became the Chief Financial Officer of Spaulding Youth Center for 24 years. He was also a Hunter Safety instructor with the New Hampshire Fish & Game for 30 years.

He is survived by his wife of 41 years, Jean, his daughter Elizabeth and her husband Chris Shaw of Exeter, and his sister Virginia Tear Minickiello of Plymouth. He is also survived by his beloved grandsons, Alexander and Jacob Shaw, as well as cousins, nieces, and nephews.

In lieu of flowers, please donate to the Granite VNA, 30 Pillsbury Street, Concord NH 03301 or a charity of your choice.



# BOW POLICE LOG

## SEPTEMBER 2022 ARREST LOG

**9/2** Leanna Marsar, 29 Hillsboro, was arrested for possession of a controlled drug and driving under the influence

**9/3** Samila Darjee, 20, Concord, was arrested for driving under the influence

**9/4** Nishank Bitsta 21, Concord, was arrested for driving under the influence; Jennifer Pfefferle, 41, Concord, was arrested for aggravated driving under the influence

**9/7** Kevin Gobeil, 32, Pembroke, arrested on a bench warrant for non-appearance in court; David Smith, 76, Hillsboro was arrested for criminal trespass; Corey Hardy, 23, Concord, was arrested on a bench warrant for driving after suspension

**9/8** Alexander Blodgett, 36, Concord, was arrested on a bench warrant for driving under the influence

**9/9** Johnathan Pickering, 34, Concord, was arrested for driving after suspension and possession of a controlled drug

**9/10** Larry Cole, 41, homeless, arrested on a no-bail warrant for possession of drugs; Kevin Covino, 23, Hopkinton, was arrested for driving under the influence, possession of a controlled drug, and transportation of drugs in a motor vehicle

**9/11** Kevin Mcfetridge, 20, Epsom, was arrested on five no-bail warrants for failure to appear in court.

**9/12** Michelle Harris, 35, Bow, was arrested for driving after suspension- subsequent offense

**9/17** John Chapman, 34, Concord, was arrested for felon in possession of a dangerous weapon

**9/18** Keith Dame, 46, Concord, arrested for obstruction of government administration and possession of prescription drugs

**9/21** Kyle Frisbie, 24, Bow, was arrested for three counts of DV-simple assault and criminal mischief

**9/22** Erick Reyes Hidalgo, 28, Nashua, arrested for driving after revocation or suspension, disobeying an officer, and a warrant for theft by deception; Anthony Sutera, 20, Dunbarton, was arrested on a warrant for failure to appear in court

**9/25** Katherine Carr, 41, Tilton, was arrested on a warrant for violation of a court order; Larry Cole, 41, homeless, was arrested on two counts of felon in possession of a dangerous weapon and possession of a controlled drug; Benjamin Berry, 28, Concord, was arrested on a bench warrant for operating without a valid license

**9/26** Adam Dolloff, 31, Holderness, arrested on three warrants; non-appearance in court for driving after suspension or revocation, suspended vehicle registrations, and unauthorized use of a motor vehicle.

**9/29** Sean Lambert, 30, Concord, summoned for suspended vehicle registrations and operating after suspension or revocation; Johnathan Kushner, 31, Lempster arrested for conduct after an accident, criminal mischief, and reckless conduct

**9/30** Leann Marsar, 30, Hillsborough, was arrested for driving after suspension or revocation

The **BOW POLICE DEPARTMENT** is participating in the annual **BEARDS FOR BUCKS** fundraising campaign hosted by Merrimack County Advocacy Center. We are proud to support MCAC as

they do important and incredible work with children who have been victim to abuse.

The campaign supports NH child advocacy centers, working closely with police departments to conduct forensic interviews with children who were possible victims of abuse or violence.



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| Blue Seal Feeds              | 7 Eleven on 3A                   |
| Bow Mobil                    | Hampton Inn                      |
| Bow Recreation Building      | Individual Fitness               |
| Bow Town Offices             | Irving's Circle K                |
| Chen Yang Li                 | Johnson Golden Harvest           |
| Colonial Village Supermarket | Lakehouse Tavern                 |
| Cracker Barrel-Hopkinton     | Merrimack Co. Savings Bank       |
| Concord Chamber of Commerce  | Nina's Bistro, Hall St., Concord |
| Concord Food Co-Op           | Pages Corner Store               |
| Crust and Crumb              | South Street Market              |
| Dimitri's Pizza              | Sugar River Bank, Concord Hts.   |
| Dunbarton Town Office        | Tucker's Restaurant              |
| Everyday Café                | White Rock Senior Center         |



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