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DUNBARTON NEWS ON PAGE 10-11

HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15



BEAVER DAMS CAN CAUSE HAVOC

Recently a five-foot-high beaver dam in the town of Chester collapsed sending millions of gallons of water downhill carving a 15 foot deep hole about 20 feet wide in Lane Road. The pond the dam held back was as large as 30 acres. One year ago this month the Town of Bow’s Public Works Director signed a permit to trap beavers in Bow to reduce the risk of their activity flooding out a bridge used to cross a beaver pond.



COULD A MICROBREWERY COME TO BOW?

A couple who moved to Bow two years ago, hope to open a second place to eat and drink in Bow Mills beside Chen Yang Li on South Street.

At a recent planning board meeting Dan Thomas outlined plans for a tasting room, woodfired pizza and snacks at a facility he hopes to open in 2025. Currently, the Hoptimystic Brewery in Springfield, MA is closed, but Thomas bought the assets and recipe.

Concerns raised at the Planning Board were the plans for only 20 parking spaces and the need for enough water to support a microbrewery. According to Thomas, the microbrewery will use a five-barrel system, with each barrel holding 31 gallons. This would require at least 155 gallons of water for brewing, plus another 155 gallons for cleaning. Beers will be brewed a few times a week.

The property Thomas acquired for his microbrewery includes both an artesian well and a dug well. Additionally, there is a dilapidated single-family home on the property that he plans to demolish.

RENOVATIONS IN-PROGRESS



The Town Clerk/Tax Collector’s Office has moved into temporary quarters (Meeting Room B in the Municipal Building), until repairs and renovations are completed on the Municipal Building.

BROWN HILL ROAD SUBDIVISION STIRS NEIGHBORS

On August 24, the Bow Times Planning Board revisited the five lot subdivision proposed off of Brown Hill Road. The site visit had been held on August 12 and concerns about a safe line of sight for exiting vehicles were raised by neighbors.

The town requires a 400 foot line of sight for a 30 mph speed limit.

Board member Adam Sandahl asked how many trees would have to be cleared for the required line of sight and the design consultant said 23 would have to come down.

Jeanne Cooper of 52 Brown Hill Road said that the 400 foot requirement for sight distance is there for safety reasons. Ms. Cooper pointed out that they have no intention of cutting down trees on their property.

Edward Duke of 50 Brown Hill Road inquired what vehicle they are using to address the safe stopping distance. He stated that if you have a truck, bus or waste management truck, they are not going to come close to that safe stopping distance. If you have a car stopped in the road you would have a potential hazard. Chairman Berube said with actual stopping distance, the vehicle you’re driving as well as other factors such as being on your phone makes a difference.

The Planning Board voted to continue the applications for 60 days.

BOW SPECIAL TOWN MEETING HELD TO RE-APPROVE VETERANS TAX CREDIT

On August 16, 2023, at 6 PM at the Bow High School a special Town Meeting was held to re-adopt a longstanding Veteran’s Tax Credit of \$500 a year. The meeting was necessary because of an error by the outside town tax assessor that let it lapse. The matter should have been taken up at the March town meeting.

The first voter recognized was Harry Judd of 25 Stack Drive, who asked how many active-duty personnel might apply for the \$500 credit, but Selectman Mike Wayne said we would not know until they applied. Judd also expressed concern about taxes being shifted to nonveterans.

Judd’s wife, Mary Beth Walz criticized the proposal as a major tax shift. A motion to amend the credit of \$750 was passed overwhelmingly.

ITALIAN TOWN PAYS TRIBUTE TO NATIVE SON



Chuck Douglas (left) and Giuseppe Galzerano in Castelnuovo, Italy where Chuck’s book *Philadelphia’s King of Little Italy* about his great grandfather Carmine Antonio Baldi was presented to the town on August 9.

WINNER OF 23 NH PRESS ASSOCIATION AWARDS

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

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

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EDITORIALS

AMERICA IS LIVING ON BORROWED MONEY

The federal debt is as old as the nation, and adding to it is sometimes prudent. For governments confronting “existential crises” like wars or pandemics, borrowing makes sense as a way to mobilize national resources.

The United States, however, now borrows heavily during periods of economic growth to meet basic and ongoing obligations. It’s increasingly unsustainable. Over the next decade, the Congressional Budget Office projects that annual federal budget deficits will average around \$2 trillion per year, adding to the \$25.4 trillion in debt the government already owes to investors.

By 2029, the government is on pace to spend more each year on interest than on national defense, according to the Congressional Budget Office.

Before the pandemic, a decade of very low interest rates meant that even as the federal debt swelled, interest payments remained relatively modest.

The era of low interest rates has ended, however.

Both parties say they understand the need for larger changes. The talk, however, is hard to take seriously. Republicans evidently are not concerned about the debt. Every time they have had the opportunity in recent decades, they have passed tax cuts that force the government to borrow more money.

Changes are going to happen only if both political parties are willing participants.

Any substantive deal will eventually require a combination of increased revenue and reduced spending, not least because any politically viable deal will require a combination of those options.

Both parties will have to compromise: Republicans must accept the necessity of collecting what the government is owed and of imposing taxes on the wealthy. Democrats must recognize that changes to Social Security and Medicare, the major drivers of federal spending growth going forward, should be on the table. Anything less will prove fiscally unsustainable.

That will require painful choices. But the failure to make those choices also has a price - and the price tag is increasing rapidly.

This editorial (reduced due to length) was from the Editorial Board of The New York Times dated July 9. It is shared with you readers because when the liberal New York Times says we are spending too much, we must be.

JALISCO NEW GENERATION CARTEL WEAPONIZES DRONES

by Chuck Douglas

In addition to Chinese fentanyl, the Jalisco New Generation Cartel now has Chinese drones with explosives to attack Mexican law enforcement.

A dozen sacarios formed the cartel’s Operadores Droneros unit.

Explosive drones have been some of the most lethal weapons used by cartels against Mexican authorities. In November 2022, a convoy from the Mexican military was attacked with explosive drones by the Jalisco New Generation Cartel as they approached the small town of Tepalcatepec in Michoacán.

Four were killed and six others were injured in the incident, according to news reports.

Arthur Sarukhan who served as Mexico’s ambassador to the United States, said the situation has been made worse by “President Lopez Obrador’s denial of Mexico’s role in fentanyl trafficking — the fact that he says that fentanyl isn’t produced in Mexico — which is absurd because its own armed forces parade seizures of labs and of fentanyl being produced in Mexico.”

CURSIVE IS BACK

by Chuck Douglas

In April, this paper endorsed the return of cursive handwriting to our elementary schools. In signing House Bill 170, Governor Chris Sununu not only returned cursive to the language arts, but also requires learning the multiplication tables too.

Will wonders never cease.

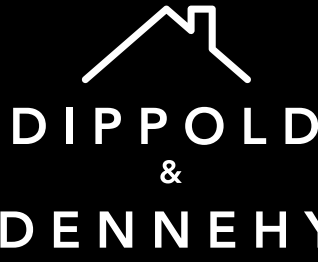
*Chuck Douglas
For a free press, je suis Charlie*

LETTERS TO THE EDITOR

Why would you attack people who may agree with you more than 80% of the time and remain silent about our current, absolutely horrendous joke of a president? We all know the left-wing media is going to try to pull Biden across the finish line, again. Are you going to speak truth to power and stand up to this very compromised president or sell out your fellow Republicans and remain silent. Even worse will you, out of spite, endorse Biden again if you don’t get your way in the Primary?

NH democrats don’t seem to have a problem with a corrupt politician at the top of their ticket. They haven’t said a word about their undemocratic party’s attempt to strip NH from its First in the Nation Status just to get “Hiding Biden ” reelected.

Van Mosher, Bow



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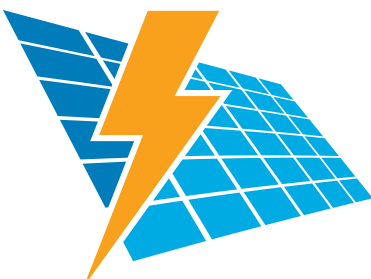
REAL ESTATE SALES IN BOW – AUGUST 2023 *Serving the areas in and around Merrimack County.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
48 White Rock Hill Road	1 Bedrooms 1 Baths	976 Square Feet	1 Acres	\$220,000
511 Hall Street	3 Bedrooms 2 Baths	1666 Square Feet	.33 Acres	\$365,000
46 Stone Sled Lane	2 Bedrooms 2 Baths	1438 Square Feet	CONDO	\$445,000
102 Allen Road	4 Bedrooms 2 Baths	1936 Square Feet	2 Acres	\$461,500
65 Red Pine Drive	2 Bedrooms 2 Baths	2064 Square Feet	1.10 Acres	\$475,000
33 Brown Hill Road	3 Bedrooms 2 Baths	1676 Square Feet	1.10 Acres	\$485,000
29 Poor Richards Drive	4 Bedrooms 3 Baths	2450 Square Feet	1.06 Acres	\$499,000
17 Knox Road	3 Bedrooms 2 Baths	2132 Square Feet	1.07 Acres	\$520,000
64 Brown Hill Road	3 Bedrooms 4 Baths	2477 Square Feet	4.64 Acres	\$550,000
41 Ridgewood Drive	4 Bedrooms 3 Baths	2619 Square Feet	1 acre	\$575,000
106 Brown Hill Road	4 Bedrooms 3 Baths	2912 Square Feet	2.2 Acres	\$585,000
7 Tonga Drive	3 Bedrooms 3 Baths	2494 Square Feet	1.87 Acres	\$600,000
94 White Rock Hill Road	4 Bedrooms 1 Baths	2550 Square Feet	12 Acres	\$626,000
Lot 40 Quimby Road	4 Bedrooms 3 Baths	2850 Square Feet	2.39 Acres	\$1,200,000

REAL ESTATE SALES IN DUNBARTON – AUGUST 2023 *We are ready to help you on your next journey.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
16 Gorham Drive	2 Bedrooms 1 Baths	872 Square Feet	.20 Acres	\$205,000
26 Karen Road	2 Bedrooms 1 Baths	1104 Square Feet	.57 Acres	\$334,000
49 Old Hopkinton Road	3 Bedrooms 4 Baths	2028 Square Feet	5.41 Acres	\$515,000
12 County Road	4 Bedrooms 3 Baths	2608 Square Feet	5.22 Acres	\$730,000
58 Gile Hill Road	4 Bedrooms 4 Baths	2950 Square Feet	13.55 Acres	\$875,000

Sales Data for August 2023 provided by the NHMLS.

Bow Energy Committee
NH Energy Expo

Dunbarton Elementary School
Saturday, October 14, 2023
from 9:00 AM–2:30 PM

The Bow, Dunbarton, and Weare Energy Committees proudly invite you to the 2023 NH Energy Expo on October 14th!

We are pleased to offer this all-in-one-place opportunity to learn ways to save energy and lower energy costs. This year's NH Expo will bring familiar faces along with many new exhibitors.

If you've been wishing you had solar, seize this chance to speak with local installers and dig deeper with a solar workshop. Maybe you're curious about heating and cooling your home with heat pumps or geothermal? Thinking about an electric vehicle or e-bike? Wondering what rebates are available? You'll find all this, plus information on Bow's new Community Power Committee, NH's energy policies, and even ways to reduce your waste. Meet your town's energy committee, speak to local businesses, attend a workshop, and learn along with your neighbors. Don't forget to enter the free raffles, too! From e-bikes to solar to composting, there is something for everyone. Go to dunbarton-energy.org for event details, including the vendor list and workshop schedule.

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**PRESENTER:
KEVIN
GARDNER**

**MONDAY
OCTOBER
16TH**

**DISCOVERING
NEW
ENGLAND
STONE WALLS**

**6:00PM
AT THE
BOW OLD
TOWN HALL**

Why are we so fascinated with stone walls? Kevin Gardner, author of *The Granite Kiss*, explains how and why New England came to acquire its thousands of miles of stone walls, the ways in which they and other dry-stone structures were built, how their styles emerged and changed over time and their significance to the famous New England landscape. Along the way, Kevin occupies himself building a miniature wall or walls on a tabletop, using tiny stones from a five-gallon bucket. Please join us for this great presentation.

THIS EVENT IS PRESENTED BY THE BOW GARDEN CLUB AND SPONSORED, WITH APPRECIATION, BY NEW HAMPSHIRE HUMANITIES



"DISCOVERING NEW ENGLAND STONE WALLS" PRESENTATION IS FREE AND OPEN TO THE PUBLIC HOWEVER SEATING IS LIMITED AND REGISTRATION IS REQUESTED. PLEASE EMAIL REGISTER@BOWGARDENCLUB.ORG BY OCTOBER 11TH

FALL 2023

All shows are free. | Wednesdays | 7:30 PM
Concord City Auditorium 2 Prince St. Concord, NH

WalkerLecture.org



September 20
**Egypt, A Cruise
down the Nile
with Marlin Darrah**

September 27
The Blizzard of '78 with Mike Tougias

October 4
**Secret Stories
behind Iconic Paintings
with Jane Oneil**



October 25
Southern Rail Bluegrass Band

November 1
**A Night of Yankee Humor with
Rebecca Rule and Fred Marple**



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November 29
**Nature in NH: The Brilliant Beaver with Willa Coroka
and An Uncommon Look at the Common Loon
with Ian Clark**

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Sunday, December 3 7:00 PM performance



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PERSONAL CREDIT CARD USE & PROTECTION

If you are a new credit card user or are looking to get your first credit card it is important to understand best practices and, the risks involved with using credit. If used properly, your spending and payment habits can have a dramatic effect on improving your credit score and overall financial wellness. Starting with a well thought out plan is a good first step towards continued credit health and growth.

FINDING THE CREDIT CARD FOR YOU

If you already have a relationship with a bank or financial institution, you might want to see what credit card offers they have.

Be sure to compare credit card annual percentage rates (APRs), fees, and other terms. For example, some cards might offer a great reward program or discounts, but charge an annual fee. Some cards provide 0% APR for a specific time period on purchases or balance transfers. This can be beneficial if you have a large purchase planned or want to consolidate debt.

Identify and weigh what rewards programs are beneficial for you. Determine if the card offers cashback, points, or miles for your spending habits. Some cards offer a sign-up bonus for meeting a predetermined spending level during a specified amount of time as a "New" customer.

Credit cards can have optional features or services such as credit protection, identity theft protection, travel insurance, and more. Consider what extras are valuable to you.

CONTROLLING CREDIT CARD DEBT

Setting personal boundaries when using a credit card can be challenging. It is important to educate yourself about how credit really works before you decide to use one. For example, you should attempt to keep your spending at or lower than 30% of your credit limit. You might also set goals to pay off or reduce your balance within a certain period. Most credit card issuers offer spending reports that are easier to read. It is a good tool to help you stay on budget and achieve your credit goals.

PROTECTING YOURSELF FROM CREDIT CARD FRAUD

Review your credit card statements and transaction history for any unauthorized or suspicious activity and for any errors. As with any sensitive material, keep your card secure and never share your private information. When using your credit card online be certain to use only secure and known websites. Also, be suspicious of unsolicited email requests for your personal information and never send sensitive information through email or messaging. Your bank or credit card issuer will never request this kind of personal information in an email or prompt you to send it to them whether online or over the phone. Skimming devices at ATMS and gas pumps are another place to be aware of potential credit card fraud. If you believe you have been a victim of credit card fraud or lost your card be sure to call your card issuer right away.

Credit cards are convenient ways to pay for the things we need and want but, it is important to find the credit card that works for your personal lifestyle. Just remember when using your credit card to set personal boundaries for use, monitor your credit transactions and history and educate yourself about credit card fraud and how to best protect yourself. Remember, the best credit card for you depends on your individual financial goals, spending habits, and needs.

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Need flexible, mom-friendly hours?

Celebrating Children Preschool is seeking a Teacher Assistant to join our friendly and vibrant team right here in Bow.



This is a part-time position from September to May. Education experience preferred but not required.

Contact Alicia David, Celebrating Children Preschool Director, at adavid@bownh.gov or call 603-224-2214 for more information.

FREE GRANT-FUNDED PROGRAM FOR NH SMALL BUSINESSES

Goldman Sachs *10,000 Small Businesses* is now accepting applications for its Spring 2024 Cohort. The free grant-funded program provides business owners with advanced business skills to help them scale their business.

The multi-week program provides business owners the opportunity to learn from experienced business faculty and advisors as they work on their business growth plan. It is a hybrid program with only two weeks of classes required on site at Manchester Community College. The grant also pays for pre-arranged meals and accommodations for the required on-site days, so there is never any expense to the business owner.

Applications accepted through the website beginning September 1st to November 16th. For more information and to apply please visit: www.10ksbapply.com/newhampshire or contact Outreach Specialist Tracy Gillick at 603-206-8189/tgillick@ccsnh.edu, if you have any questions or if you want to attend a virtual information session.



Warns elder citizens about scam and fraud risks.



There is no doubt about it... New Hampshire has an aging population. Our older neighbors, friends, family and colleagues are more frequently targeted by a variety of scams. Hats off to our Attorney General's Office of Elder Abuse and Financial Exploitation Unit for doubling the size of their team in order to address this issue that is growing at an alarming rate in the Granite State.

Older adults are one of the largest target groups for fraud. They are more vulnerable to falling victim to fraud because they are often lonely or isolated and therefore more willing to talk to people on the phone, more trusting, less likely to monitor bank accounts and have online access, less aware of scams and fraud and may be less familiar with the hazards of technology.

AARP New Hampshire offers many resources to help Granite Staters spot and stop scams. Our speakers bureau offers a variety of free, fraud-focused presentations that are available to community groups and organizations. Additionally, a new fraud alert video is posted weekly at facebook.com/aarpnh. And, we regularly hold free shred events so you can safely dispose of your paperwork that includes personal information.

The AARP Fraud Watch Network at aarp.org/fraudwatch network is a free resource for all that includes information about how to proactively spot scams, get guidance from fraud specialists if you've been targeted, and how you can help fight for consumers by advocating for laws and regulations to stop scams and shut down fraud attempts.

If you've been targeted by scams or fraud, you are not alone. Our trained fraud specialists provide support and guidance on what to do next and how to avoid scams in the future. The AARP Fraud Helpline, 877-908-3360, is free and available to anyone. AARP also offer for further emotional support.

Knowledge gives you power over scams. AARP New Hampshire is here to help.



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SATURDAY
OCTOBER 21, 2022
8:30 AM - 1:00 PM

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 12 ROBINSON ROAD, BOW

VISIT WEBSITE FOR FULL LIST OF ACCEPTED ITEMS (INCLUDING ELECTRONICS)
WWW.BOWNH.GOV/340/ANNUAL-HOUSEHOLD-HAZARDOUS-WASTE-COLLECT



OCTOBER FEST

5K FUN RUN/WALK

The Bow Athletic Club 3rd Annual BACtober Fest 5K

SATURDAY, SEPT 30th at 4 PM
 35 Albin Road (Hanson Park)

For information and to register go to:
runsignup.com/bactoberfest5k

After the race meet us at Gergler Field for the best block party in town which features: **Post-race Beer Tent, Cornhole, BBQ, and MORE!**

HOWS TO EXERCISE WITHOUT FEELING LIKE YOU'RE EXERCISING

by Jim Olson

It is no secret that as we age, it becomes increasingly more difficult to find the motivation to exercise. We become busier with work and family obligations, and before we know it, years have passed since we last worked out.

However, getting older doesn't mean we have to give up on our fitness goals. There are plenty of ways to get in a good workout without feeling like we're exercising. Here are just a few tips:

FIND AN ACTIVITY YOU ENJOY

If you don't enjoy what you're doing, you're not going to want to do it for very long. There are tons of different ways to get active, so find one that suits your interests and personality. If you like being outdoors, try hiking or cycling. If you prefer being indoors, try a dance or yoga class. The options are endless!

MAKE IT SOCIAL

Working out with friends or family members can make the experience much more enjoyable and help you stay on track. Plus, it's always more fun to achieve fitness goals together!

TAKE THE STAIRS INSTEAD OF THE ELEVATOR

Taking the stairs offers a number of benefits that you might not be aware of. First of all, walking up a flight of stairs is a great way to get your heart rate up and get some exercise, even if you don't have time for a full workout. Secondly, taking the stairs can help to improve your balance and coordination. And finally, climbing stairs can give you a mental boost by increasing your level of concentration and focus.

PARK YOUR CAR AT THE BACK OF THE PARKING LOT

Whether you're running errands or going to work, parking your car just a little bit farther away than usual will force you to walk more, which is great exercise.

This extra walking might not seem like much, but it can add up over time. Walking can help to improve your cardiovascular health, and it is also a great way to strengthen your leg muscles. Walking can also help to boost your mood and reduce stress levels. So next time you're heading



Jim Olson

to the mall or the grocery store, take a few extra steps and park at the back of the lot.

GO FOR A WALK AFTER DINNER

Walking after dinner is a great way to help digest your food and get in some extra steps. Studies show that going for a walk after eating can actually help you burn more calories and improve your digestion. Not only will you boost your metabolism, but you'll also get some fresh air and quality time with your family or pets. And, who knows, you might even enjoy it so much that you make it a nightly habit!

DO YARD WORK OR HOUSEWORK

Yard work and housework are both great ways to get in a little extra activity during the day. So next time you're feeling lazy, put on some gloves and get to work! You'll be surprised at how much of a workout you can get just by doing some simple chores around the house.

THE IF WAY

If you're looking for ways to get fit without feeling like you're working out, then try incorporating these exercises into your life. These may seem like small things, but they make a big difference over time. So next time you're feeling lazy, remember that there are plenty of ways to get moving and improve your health without having to go to the gym or go for a run. Just be creative and have fun with it!

DISCOVER YOUR NEXT STEP

If you're interested in getting started on a fitness program, but you're not sure where to start, contact us for a free consultation. Our experts will help you get started on the right path and create a program that's perfect for you.



Take your next step, achieve increased strength, energy, and mobility to live an active lifestyle with confidence.

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BOW PIONEERS SNOWMOBILE CLUB 22nd ANNUAL FALL MUM SALE



**Saturday, September 16th from 8:00 AM to 4:30 PM
& Sunday, September 17th from 8:00 AM to 12:00 PM**

Come out and support the Bow Pioneers Snowmobile Club! Proceeds go towards trail and equipment maintenance for Town of Bow. It's not *just* about snowmobiles, we also provide the finest mountain biking, hiking, skiing and snowshoe trails for Bows' Outdoor Enthusiasts!

Locally grown MUMS from Murray Farms in Penacook, will be ready for pick up soon, so be sure to get your orders in NOW!

Individual 9" plants, Patio Plants and Custom Baskets

Plants are available in five colors, Burgundy, White, Yellow, Pink and Bronze

Individual plants \$12 each | Patio plants \$25 each | Baskets are \$5.00 each

Reserve your plants now at bowpioneers@gmail.com. Pre-Sale Reservations are highly encouraged or purchase them the day of the sale.

For Information or to pre-purchase please contact the BOW PIONEERS SNOMOBILE CLUB at bowpioneers@gmail.com or call 603-738-3616.

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NORA'S DUNBARTON TOWNCRIER NEWS



CHAIR YOGA with Sherry Gamble will be held Sept. 14 and 28 at 11:00 AM and Oct. 5 and 19 at 11:00 AM. Come early and bring a chair to the second floor of the town hall. Sponsored by the library.

LIBRARY'S ADULT BOOK CLUB will meet Sept. 20 at noon to discuss *The Maid* by Nita Prose. The book is a "#1 NY Times Bestseller and Good Morning America Book Club Pick. A heart-warming mystery with a lovable oddball at its center."

NEW HAMPSHIRE HUMANITIES Presents: *Banjos, Bones and Ballads* with Jeff Warner on Thursday, Sept. 21. Tavern songs, banjo tunes, 18th century New England hymns, sailor songs, and humorous stories about traditional singers and their songs highlight this informative program by Jeff Warner. For more information contact the Dunbarton Library.

BIG HOUSE, LITTLE HOUSE, BACKHOUSE, BARN: The Connected Farm Buildings of New England presented by Thomas Hubka, will take place on Wednesday, September 27 at 7:00 PM at the St. John's Episcopal Church Hall, 270 Stark Highway North, Dunbarton. "Big House, Little House, Back House, Barn portrays the four essential components of stately and beautiful connected farm buildings made by nineteenth-century New Englanders that stand today as a living expression of a rural culture, offering insights into the people who made them and their agricultural way of life." Members and Public are welcome. FMI contact fancyiris@gsinet.net of the Dunbarton Historical Society. Thanks to the NH Humanities Council for their support.

BEYOND THE BOOK The Congregational Church's Book Group: Beyond the Book will read *Infinite Country* by Patricia Engel. Discussion will be Thursday, October 5, from 7 to 8:00PM. This book is a Reese's Book Club Pick, NY Times Bestseller, winner of the 2021 New American Voices Award, and long-listed for the 2022 Andrew Carnegie Medal For meeting location or questions, contact barbbennett51@gmail.com.

NO SCHOOL on Oct 6 (NEA Day) and Oct 9 (Columbus/Indigenous People's Day).

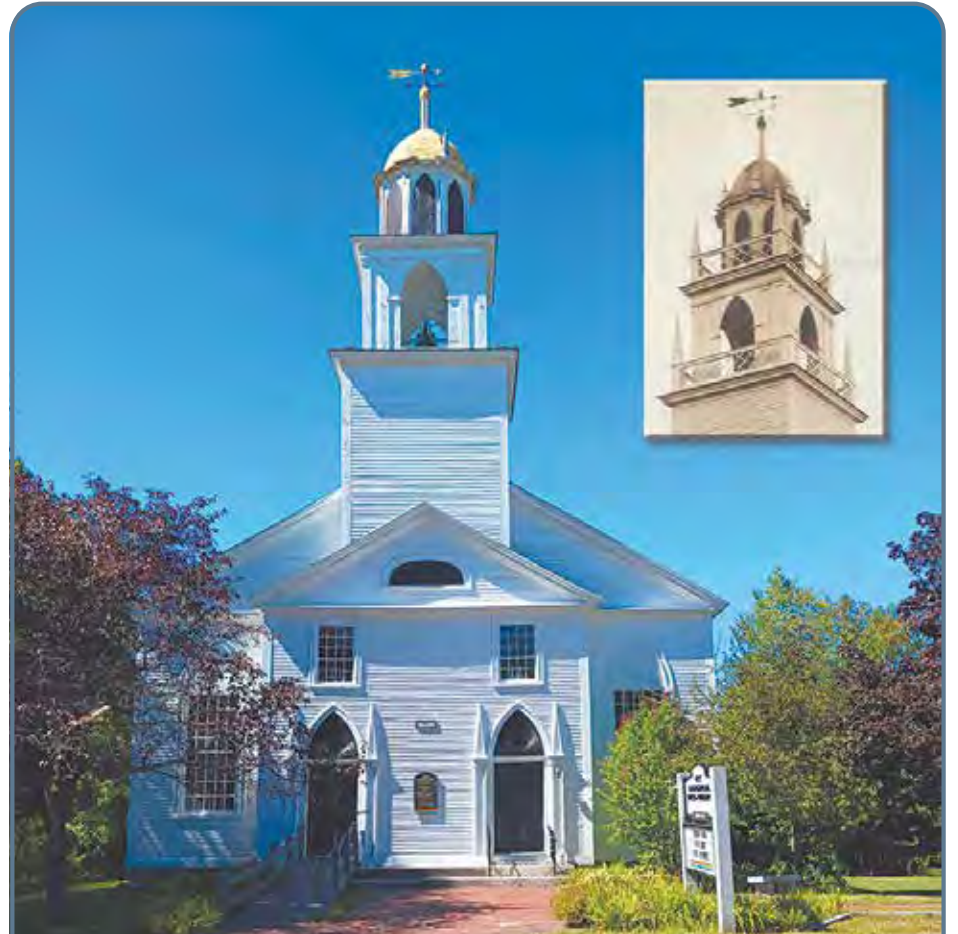
DUNBARTON GARDEN CLUB will hold its monthly meeting on Monday, October 09, at 6:30 PM at the Town Hall's 2nd floor, 1004 School Dunbarton. Refreshments will be served, and the public is invited. Contact dgc03046@gmail.com for information.

AUTHOR VISIT with Keith Gentili at the library on Thursday, October 19, at 7pm in the Upper Town Hall. This is a down-to-earth, everyman story for anyone with an interest in hiking and mountain climbing. Keith succeeds in highlighting both the trails and challenges of the New Hampshire 48 and the deep satisfaction of accomplishment that can result in finishing the list. Keith is a local author and publisher of the New Boston Beacon newspaper. FMI contact the library.

OPEN MIC Saturday, October 21, enjoy the entertainment at the Spieside Coffee House Open Mic at the Congregational Church, 6 Stark Highway North, Dunbarton. Donation \$5. Doors open at 6:00 PM for signups. Show starts at 6:30 PM ending at 10:30 PM. Snacks available to purchase. FMI Lizz@dunbartonucc.org

Nora LeDuc

dtowncrier@gmail.com • 603-774-3141



PEOPLE FOR THE STEEPLE

We are thrilled and appreciative of the response to the start of our People for the Steeple campaign! So far, we have received donations of over \$6,000 and are well on our way to our goal of \$25,000. Thank you!

Our contact at the Robert Morgan steeple company has assured us that they are still planning on doing the renovation work this season. With a successful campaign, we may also be able to replace the spires that were on the corner of each level of the steeple tower, restoring this historic Dunbarton structure to its original extraordinary architectural design.

Please consider helping us preserve this significant landmark that has stood overlooking the town of Dunbarton for 187 years!

To donate, visit Steeple Donations - First Congregational Church UCC, or mail your check to the Dunbarton Congregational Church, 6 Stark Hwy N, Dunbarton, NH 03046 (with "steeple" on the memo line please.)

The inset photo is a historic, archive photo showing the original architecture of the steeple with the spires.



A SAFER PLACE TO MEET

The Dunbarton Police Dept. has partnered with OfferUp! Look for the sign in their parking lot at 18 Robert Rogers Road. Residents are strongly encouraged to use this location for internet purchase exchange.

A highly visible and public location for these exchanges eliminates the risk of meeting at private residences, reducing the risk of possible victimization and crime.

Dunbarton, N.H. 03046

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DUNBARTON POLICE DEPARTMENT AUGUST 2023



AUGUST 2023 ARREST LOG

8/1/2023: Vincent Bitetto, 35, Concord, charged with driving after revocation/suspension, operating without a valid license, and non-inspection.

8/4/2023: Dominic Pelletier, 24, Dunbarton, was taken into custody for aggravated driving while intoxicated, speed, and non-inspection.

8/5/2023: Caitlin Oneil, 28, Manchester, was charged with suspended registrations, operating without a valid license, and default or breach of bail conditions.

8/9/2023: Joseph Crawford, 32, Dunbarton, was charged with operating while a habitual offender, falsifying physical evidence, reckless conduct – deadly weapon, disobeying a police officer, reckless driving, driving after revocation or suspension – DWI (2nd conviction), driving without giving proof, and highway markings from a Dunbarton PD warrant.

8/9/2023: Abigail Corbit, 44, Dunbarton, was taken into custody for criminal solicitation to deal in or possess prescription drugs and conspiracy to commit endangering the welfare of a child/incompetent from a Dunbarton PD warrant.

8/11/2023: Christopher Woodland, 42, Dunbarton, was taken into custody on an electronic bench warrant for non-appearance in court on an original charge of DUI – impairment.

8/17/2023: Joseph Sowle, 81, Dunbarton, was charged with negligent discharge of a firearm and cruelty to animals from a Dunbarton PD warrant.

8/27/2023: Colin Abbott, 38, Concord, was taken into custody for driving or operating under the influence of drugs or liquor, operating without a valid license, and yellow line.

During the month of August, 2 individuals were taken into protective custody (drugs, alcohol and/or mental health), 1 individual was issued a nuisance, menace or vicious dog summons, and 36 traffic citations were issued for offenses that included speed, non-inspection, yellow line/highway markings and unregistered vehicle.

Please note that juvenile arrests/charges are not included (RSA 169-B:35), the identity of those taken into protective custody are not included (RSA 91-A:5, IV), and all defendants are presumed innocent unless and until proven guilty in a court of law.

BICYCLE RODEO WAS A GREAT SUCCESS



On Sunday, August 27th 2023 we hosted our **6th Annual Dunbarton Police Bicycle Rodeo** at the Dunbarton Elementary School. The event was well attended and we had the opportunity to pass out dozens of new multi-sport helmets and bicycle safety gear thanks to a Safe and Active Communities Grant received from the Children's Hospital at Dartmouth (CHaD). S&W Sports performed free bicycle safety checks/tune-ups, the Dunbarton Elementary School PTO passed out popsicles and the Dunbarton Fire Department passed out fire safety materials. Many thanks to the Dunbarton Highway Department for providing the traffic safety cones for our riding course! We'd like to sincerely thank everyone who took the time to come to the event! See you next year!



DUNBARTON POLICE DEPT WELCOMES NEW OFFICER

We are very excited to announce the hiring of a new full-time patrol officer, Scott Avedisian. Officer Avedisian, a United States Air Force veteran, most recently served as a patrol officer with the Goffstown Police Department. He also previously served as a part-time patrol officer with the Merrimack Police Department. Officer Avedisian was administered his Oath of Office by Dunbarton Town Clerk Linda Landry. The Dunbarton Board of Selectmen along with Officer Avedisian's friends and family were also in attendance.



On hand to welcome Officer Avedisian to the force were officers (left to right) Officer Gorman, Sergeant Tyler, Officer Avedisian, Chief Remillard, Officer Tompkins and Officer Milioto.



BUILDING RELATIONSHIPS. ONE CUP AT A TIME.

Join your neighbors and police officers for coffee and conversation on National Coffee with a Cop Day.

WEDNESDAY, OCTOBER 4
11:00 AM – 1:00 PM

SCHOOL STREET CAFE
1007 School Street, Dunbarton

The mission of Coffee with a Cop is to break down the barriers between police officers and the citizens they serve by removing agendas and allowing opportunities to ask questions, voice concerns, and get to know the officers in your neighborhood.

WHY IT'S IMPORTANT TO SUPPORT SMALL BUSINESSES

Provided by Dominic Lucente

They are often overlooked, but small businesses are the lifeblood of a community. Whether you live in a small town or big city, consider buying your gifts, home supplies, books, clothing, furniture, and other items at a local small business instead of a big-box store or on-line giant. They may not have exactly what you found online, but chances are they'll have a good alternative. Plus, your purchase will support your local economy as well as the small business's owner and employees.

OFTEN-OVERLOOKED FACTS ABOUT SMALL BUSINESSES

The Office of Advocacy of the U.S. Small Business Administration (SBA) defines small businesses as independent businesses with fewer than 500 employees. Having 499 employees—or even 25 employees—who live and work together in a community can create a big financial and social impact.

Big businesses may generate more advertising and attract more customers, but small businesses make up 99.9% of American businesses, according to the SBA's Office of Advocacy,¹ which posted these facts about small businesses in 2023:

- Most American businesses (99.9%) are small.
- There are 33,185,550 small businesses in the United States.
- Small businesses employ 61.7 million Americans, totaling 46.4% of private-sector employees.
- From 1995 to 2021, small businesses created 17.3 million net new jobs, accounting for 62.7% of net jobs created during that time frame.
- Small businesses pay 39.4% of private-sector payroll.
- Small businesses generate 32.6% percent of known export value.

REASONS TO SUPPORT SMALL BUSINESSES AND SHOP LOCALLY

Chances are you know someone who owns or works for a small business. It's nice to support a friend or family member's small business when you can, but there are also other reasons to support small businesses and shop locally. These include:

- **Investing in your community:** Members of your community rely on income from their jobs with small businesses. Also, many small businesses support local charities and community projects, and tend to donate as much as 250% more than large nonprofits to local nonprofits and causes.²
- **Stimulating the local economy:** Unlike many big-box retailers that get tax breaks from local governments, small businesses don't get those benefits. The tax revenue made through your purchases from small businesses supports the local government.
- **Creating more jobs:** Small businesses created the majority of net new jobs (17.3 million) between 1995 and 2021.³
- **Reducing your carbon footprint:** By going to nearby shops instead of out-of-town shopping malls, you can help reduce your environmental impact.
- **Supporting the American dream:** Help small-business owners achieve their goals, and they may end up inspiring you to pursue a dream you've put on hold

WAYS TO SUPPORT SMALL BUSINESSES

Whether a small business has one employee or 499, it provides important resources and employment opportunities for local residents. Small, local businesses are more likely to use local businesses too, ultimately supporting your community, your friends, neighbors, family members—and you!

In addition to purchasing their goods and services, here are some ways to support small businesses:

- **Spread the word:** Tell friends and family members what you like about the business, why you support it—and why they should too.
- **Post online reviews:** Describe what service you received or purchase you made, why you like it—and why you support the business. Consider sharing it on social media.
- **Share the business's posts on social media:** If you like something a small business posts on social media, share it! Also consider sharing a review or post about the business that you or one of your friends made.



SOMETIMES A LITTLE SUMMER RAIN CAN BE

A Good Thing



We've all been there: your plan for a summer day is interrupted by a sudden downpour, from a soggy trip to the beach to a deluge during a wedding. Your best bet when you see an iffy weather report? Plan for anything and make the best of whatever comes.

That's how we approach your financial future. You have goals & dreams that we create a path to, but into each life a little rain must fall. When the clouds open up, we'll be there.

We Don't Just Expect The Unexpected,
WE PLAN FOR IT.



Dominic M. Lucente, CFP®, RFC®

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- **Tell them you appreciate them:** Telling the business owner or employees how much you like their products or services may make a big difference in their day—and could positively impact their next customer as well.
- **Buy gift cards:** You can help boost sales revenue and then spread your support to the business by giving gift cards to friends or family members.

Helping small businesses succeed strengthens local economies, creates new job opportunities—and sometimes leads to incredible growth. For example, consider the small beginnings Amazon, Google, Hewlett-Packard, and The Walt Disney Co.—and the impact they've made. With your help, a small business near you might change the future too.

Dominic may be reached at 603.645.8131

or Dominic.lucente@LPL.com

Dlucente.com

1 Office of Advocacy of the U.S. Small Business Administration (SBA), Frequently Asked Questions About Small Business, 2023

2 Forbes, June 28, 2022: 7 Reasons to Shop Local and Support Small Businesses

3 Office of Advocacy of the U.S. Small Business Administration (SBA), Frequently Asked Questions About Small Business, 2023

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SEXUALLY TRANSMITTED INFECTIONS

On any given day during 2018 one in five people in the United States had a sexually transmitted infection (STI), totaling nearly 68 million estimated infections. STIs are often asymptomatic (especially in women) and are therefore often undiagnosed and unreported. Untreated STIs can have severe health consequences, including chronic pelvic pain, infertility, miscarriage or newborn death, as well as increased risk of HIV infection, genital and oral cancers, neurological and rheumatological effects (1). STIs are both bacterial and viral like HIV/AIDS & HPV.

Here are the common bacterial STIs and what the statistics show? According to the CDC (2)

Chlamydia:	2020: 1,708,569 cases	2021: 1,644,416 cases
Gonorrhea:	2017: 555,608 cases	2021: 710,151 cases
Syphilis:	2017: 101,590 cases	2021: 176,713 cases
Congenital Syphilis:	2017: 941 case	2021: 2,855 cases

CHLAMYDIA is a bacterial infection. Although it affects mostly young women, it can occur in both men and women and in all age groups. It can be asymptomatic, but frequently presents as a discharge from the vagina or penis. Depending on one's sexual activity Chlamydia can infect the eyes, throat, or rectum.

GONORRHEA is another bacterial infection that infects both males and females, and like Chlamydia, one's sexual activity can lead to painful urination, discharge from the vagina or penis, rectal discharge or bleeding and pelvic pain. Gonorrhea can produce septic arthritis, and babies of infected mothers can develop eye infections if not treated at birth.

SYPHILIS is a bacterial infection which frequently begins as a painless sore on the genitals, or in the rectum or mouth. Without treatment syphilis can damage the heart, brain, liver, joints and can become life-threatening. Congenital syphilis is the infection of babies (through the placenta or during birth) born to women who have syphilis. These babies can die before birth, or if they survive, may have deafness and dental abnormalities.

The incidence of STIs is not evenly distributed. Half were among teens and young adults, ages 15 to 24. Thirty-one percent of all cases of chlamydia, gonorrhea, and syphilis were among Black people, even though they make up only 12 percent of the U.S. population. Men who have sex with men (MSM) are also disproportionately affected. Almost 40 percent of MSM reporting syphilis had also been diagnosed with HIV (3).

Based on how STIs are spread, the best public health recommendation is to limit your sexual activity to one heterosexual partner and keep it that way. It is not rocket science! Yes, we need parents, teachers, and health professionals to educate and encourage every generation of youth in safe sex. There is a vaccine for HPV, and there are diagnostic tests for all STDs. Without question, however, the safest sex is a faithful and monogamous relationship. In the meantime, the medical profession and public health will continue to treat with compassion the consequences of risky sexual activity.

1. www.nationalacademies.org/our-work/prevention-and-control-of-sexually-transmitted-infections-in-the-united-states
2. www.cdc.gov/std/statistics/2021/default.htm
3. www.nationalgeographic.com/science/article/stds-are-at-a-shocking-high-how-do-we-reverse-the-trend?rid=45CBA28_040CD82A23B6088AA-D14A86E&cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=Daily_NL_Monday_History_20230424

Happiness is when what you think, what you say, and what you do are in harmony

MAHATMA GANDHI



Bow Young at Heart Club

Upcoming Events

WEDNESDAY, SEPTEMBER 27, 2023

Big Trees of Northern New England

Presented by Kevin Martin at 12:30 PM

at Old Town Hall, 91 Bow Center Road

Kevin Martin of Epping, NH will do a presentation on his guide, *Big Trees of Northern New England: Short Hikes to the Biggest Trees*. Kevin has been the state coordinator for the NH Big Tree Program, a national program that seeks to identify the largest example of each tree species.

Social hour 11:30 AM - 12:20 PM

Bring your own lunch, dessert is provided.

The public is always welcome to attend meetings. Membership is open to all residents 55 and older.

Bow Community Mens Club ANNUAL LOBSTER FEST

Saturday October 7, 2023, 5:00 - 8:00

Bow Community Building

This year there will be dine-in and grab-and-go options*

Menu Includes:

Lobster Plate, \$30.00

Extra Lobster, \$12.00

“Fresh Off The Boat” 1 ½ lb. Lobster

Bowl of Fresh Clams

Clam Chowdah

Or

Chicken Plate, \$16.00

½ Barbecue Chicken

Potato Salad

Both Meals Include:

Fresh New Hampshire Corn on the Cob & Beverage

Kid's Plate, \$2.00 Hot Dog,

Chips & Corn on the Cob & Beverage

Tickets can be pre-ordered on our website:

bowmensclub.org

Contact: Dik Dagavarian 856-7268

or Charlie Griswold 228-9621

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
36 Edgewood Drive	2 Bedroom 2 Baths	1,584 Square Feet	CONDO	\$189,900
337 Little Tooky Road	2 Bedroom 1 Baths	1,080 Square Feet	2.3 Acres	\$215,000
167 Tucker Drive	2 Bedroom 2 Baths	1,456 Square Feet	0.56 Acres	\$250,000
347 Broad Cove Road	3 Bedroom 2 Baths	2,144 Square Feet	4.4 Acres	\$350,000
70 Cedar Street	3 Bedroom 2 Baths	1,617 Square Feet	0.79 Acres	\$370,000
486 Farrington Corner Road	3 Bedroom 1 Baths	1,764 Square Feet	2.0 Acres	\$405,000
499 Clement Road	4 Bedroom 3 Baths	2,420 Square Feet	2.4 Acres	\$549,000
1521 South Road	3 Bedroom 2 Baths	1,828 Square Feet	4.29 Acres	\$550,000
91 Carriage Lane	3 Bedroom 2 Baths	2,016 Square Feet	1.07 Acres	\$555,000
284 Hopkins Green Road	6 Bedroom 4 Baths	4,155 Square Feet	2.24 Acres	\$784,900
21 White Tail Run	5 Bedroom 3 Baths	2,772 Square Feet	2.91 Acres	\$800,000
123 Old Henniker Road	4 Bedroom 4 Baths	4,908 Square Feet	8.36 Acres	\$1,100,000
281 Moran Road	3 Bedroom 5 Baths	3,760 Square Feet	15.4 Acres	\$1,110,000

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**HOPKINTON - CONTOOCCOOK
TOWN CRIER**

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

TWO VILLAGES ♥ ONE HEART

5K FUNDRAISER RACE Hopkinton Cross Country & Field Hockey Teams invite you to join them for a 5k Fundraiser Race at Elm Brook Park 8:00 AM on Saturday September 16th. This is part of the Delta Dental XC Race Series. The Field Hockey Team will donate a portion of their funds to Making Strides - Susan Komen Breast Cancer Awareness. The Cross Country Team will use a portion of the money raised to create the Tom Walton Scholarship Fund. Link to register - <https://runsignup.com/Race/NH/Contoocook/DeltaDentalXCSeriesRace2>.

MURDER MYSTERY DINNER is back; it's 80's Rock Concert Style this time! Join us for a night of murder, mystery and mayhem, including dinner and adult beverages! Saturday, September 23, 2023 from 5:00 PM to 8:30 PM. Go to www.HopkintonRec.com to register. The word is out and tickets are selling fast!

ART EXHIBITION The upcoming exhibition at Two Villages Art Society (TVAS), features the work of Colin Callahan. Callahan's New Hampshire Up Close, explores the wonder and joy of everyday scenes in New Hampshire. The exhibit opens Saturday, September 9, with a reception, from noon to 2:00 PM. Light refreshments will be available and live music will be provided by guitarist Joe Gattuso. The gallery is open to the public free of charge Thursday through Sunday from 12:00 - 4:00 PM.

HOPKINTON HISTORICAL SOCIETY is currently accepting donations for its **Second Hand Art Sale** scheduled for Saturday, September 23, from 9:00 AM to 1:00 PM. The Society is looking for paintings, watercolors, sculptures, photography, woodworking, and pottery. Donations can be dropped off at the Society on Thursdays and Fridays from 9:00 AM until 4:00 PM, and Saturdays from 9:00 AM until 1:00 PM. Please call 603-746-3825 if you have any questions.

HOPKINTON BOOK GROUP the selection for September is *West with Giraffes* by Lynda Rutledge. Part adventure, part historical saga, and part coming-of-age love story, *West with Giraffes* explores what it means to be changed by the grace of animals. Print copies of the book will be available at the circulation desk. It is also available as an audiobook. The Library Book Group will meet to discuss the novel on Wednesday, September 27, at 1:00 PM in the Local History Room.

PARENT TEACHER ASSOCIATION The PTA so excited for what this year has to bring for our students, teachers, and staff members. Also, a huge thank you to Beech Hill Farm Stand and Ice Cream Barn for supplying ice cream for the open house at Harold Martin School. We appreciate your ongoing support. Please don't forget to renew your PTA membership. Thanks to your membership and donations, we are able to support field trips, ladybug books, summer literacy, artist in residence, and MORE every year! Renew at: www.hopkintonpta.org.

ADULT MUSHROOM WALK Fall is a great time to learn about woodland mushrooms! Join naturalist, Linden Rayton, for an Adult Mushroom Walk on Oct. 21 or 22 (or register for both days!) www.HopkintonRec.com.

CONTOOCCOOK FARMERS MARKET is in full swing for the season. Join us every Saturday 9-12 at Riverway Park in downtown Contoocook. Live music every week.

BEECH HILL FARM CORN MAZES are open! This year's themes Rainforest Jumble and Amazing US Jeopardy. The mazes are open daily from Noon until dusk through October 31. For more information visit - www.beechhillfarm.com.



THE BOW TIMES TaleSpinner

CANCEL CULTURE

by Bow Resident Paul Pomeroy

Recently my wife and I attended a showing of the movie Oppenheimer. While I generally enjoyed the movie, it brought back some of the tensest memories of my youth. For during the 50s there was no greater threat than the threat of a nuclear war. This was not a cavalier concern. Our whole country was on edge. Some actually built bomb shelters complete with food and drink enough for months. As an elementary school student at St. Martin's school, I remember the air raid drills where we were all told to climb under our desks while Sister led us in praying the rosary.

In the 50s there was no greater curse than to be labeled a communist. In fact, one didn't have to be a communist. Simply to be labeled a communist or even a communist sympathizer was enough to cause an individual to be ostracized from friends and family. And in some cases, to lose his/her job. You see we needed to be on guard against the red menace. Lawn signs, window signs, car stickers began to show up (Better Dead Than Red). For there were those who wanted to make sure that everyone knew that their patriotism was a bit more avid than their neighbors. (Not much has changed since then. Even today it seems to me that the people with the signs are still the least tolerant people around.) Red paint sales in America diminished significantly. And the Cincinnati Reds changed their name to the Cincinnati Redlegs.

Then the politicians got involved.

In a debate it was just so much easier to accuse their opponents of being soft on Communism than it was to actually focus on an issue. (She is pink right down to her underwear).

It was Cancel Culture at its nastiest. And a lot of people suffered unjustly. So many were afraid to express their concerns or displeasure at the situation for fear of being labeled.

Eventually a few brave individuals stood up to the bullies. The main stream media- which was relatively non-partisan back then-also began to speak out against excessive accusations and harmful hyperbole. The American public also began to realize the negative effect of hasty and false accusations. Eventually the Cancel Culture was—well—canceled. And the Cincinnati Redlegs were once again the Cincinnati Reds.

The sign wielders were the last to succumb.

I guess History does repeat itself.

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

HOPKINTON POLICE DEPT.

AUGUST 2023 ARREST LOG

10 Arrests 5 Accidents 217 Traffic Stops

- 08/10** Robert Lavoie, 22, of 90 Fisherville Road Apt 2, Concord, was arrested for Disobeying an Officer, Reckless Operation, Speeding 26+mph over limit of 55 or less, and Improper Passing.
- 08/13** Nathan Bergeron, 43, of 119 North Main Street, Boscawen, arrested on Warrant and Operate After Certified as Habitual Offender.
- 08/16** Bruce Welch, 49, of 27 Monroe Drive, Hooksett, was arrested for Breach of Bail and Stalking - Notice of Order.
- 08/16** Sarah Goyette, 26, of 39 Fieldstone Circle, Weare, was arrested for Theft by Deception, \$1501+, Theft by Unauthorized Taking \$1501+ and Identity Fraud; Obtain Personal Info.
- 08/20** Jonathan Poanessa, 27, of 55 Goodell Ave, Swanzey, was charged with Suspension of Vehicle Registration.
- 08/21** David Shampney, 41, of 4 Myrtle Street, Concord, was charged with Abandoning a Vehicle.
- 08/24** Vanessa Gangel, 37, of 64 Dicandra Drive, Bow, was arrested for Violation of Protective Order.
- 08/28** Tyler Spiers, 27, of 152 South Sugar Hill Road, Weare, was arrested for DUI.
- 08/30** Daniel Skelding, 38, of 648 Main Street, Apt 1, Hopkinton, was arrested for DV; Simple Assault - Bodily Injury and DV; Simple Assault - Physical Contact.
- 08/31** James Crossman, 34, of 14 Kearsarge Ave, Hopkinton, was charged with Willful Concealment.

Remember the Police Officers' Association of Hopkintons 2nd Annual

FALL FESTIVAL

Saturday, September 16
at Elm Brook Park

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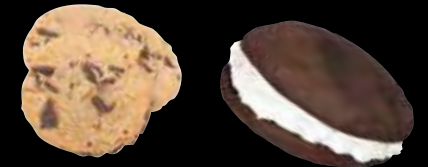
Grab & Go Dinners

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**

Make-A-Wish
 NEW HAMPSHIRE

Mutual and Safeco Insurance have awarded **Reliable Insurance Solutions** a 2023 Make More Happen Award for its volunteerism with Make-A-Wish New Hampshire (MAW), a nonprofit organization dedicated to granting life-changing wishes for children with critical illness.

The award includes an initial donation of \$5,000 for MAW, which can be doubled to \$10,000 when community supporters vote online. Reliable Insurance Solutions and MAW community story is highlighted on the official Make More Happen microsite at www.agentgiving.com/Reliable-Insurance-Solutions, supporters can vote to help the team reach their donation goal. If the featured story receives a mix of at least 500 votes and comments, the \$5,000 donation will be raised to \$10,000.

Make-A-Wish® New Hampshire grants 80-90 wishes a year, that's approximately one wish every four days. With this donation, MAW will be able to grant at least one additional camper wish, or the ever-popular Disney® trip.



Pictured f left to right: Matt Poulin, Bella Place, wish recipient, Maria Tarbox and David Tarbox, wish grantors.



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BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor



VARSITY SOCCER ROLLS OUT HOT!

The Falcons' Boys Varsity Soccer squad has come out hot, rolling to a 3-0 start to their season. Under new head coach Josh Smith, the soccer team is fresh, energized, and playing great.



Colby Smith
Photo | Chip Griffin

Team Captain Colby Smith, Senior, stated "Season couldn't be off to a better start as we are 3-0 through our first 3 games. We have been scoring a lot of goals without getting scored on yet." He continued, "Coach Smith has really changed the program here. He coaches with an open mind, always asking us for our thoughts as players and really trying to incorporate them in practices and even games. Although this is his first year coaching our team, he already has this bond with us and that has helped us be successful so far."

Smith has been a key player for the Falcons since his freshman year, but he's been placed with a larger leadership role this year. "My role for the team this year is to be one of the 4 captains on our team as well as being a midfielder. Showing leadership is really important and with our 4 captains, we are achieving that leadership that we need to hopefully win a state championship." Bow's main scoring threat, Smith, has his eyes set on a championship. "Our biggest goal this season is to win the state championship. It is probably the biggest goal we can have but we really believe that we have what it takes to be successful."



Brodie O'Neil
Photo | Chip Griffin

Senior Captain Brodie O'Neil, another integral piece to the talented group, is also enjoying their early success. "So far, it's been really good. Everyone is doing their roles on and off the field," O'Neil said. He went on, "The new coach has been such a benefit. He listens to players and is a great guy. He's constantly asking if he's doing enough for us as well."

With so much potential and incredible early success, the Falcons have quite an entertaining season ahead of them, and a substantial shot at a state title.

FALCON BOYS' VARSITY SOCCER BEGINS THE SEASON WITH 3 WINS

8/25/23: 1-0 (W) Bow vs Kingswood

8/29/23: 5-0 (W) Bow vs Pembroke Academy

8/31/23: 5-0 (W) Bow vs Coe-Brown

THE FOUR CAPTAINS – 2023

Following a busy preseason, Bow Football Head Coach Paul Cohen announced the four captains for the 2023 season: Gavin McCabe, Ryan McCabe, Sean Nicholls and Josiah Funches.

Gavin McCabe, Bow's premier athlete, plans to have his best year ahead. "I couldn't be more excited for this year," McCabe stated. "We've been relentlessly working since our playoff loss to Pelham last November. It fueled a lot of us, so we are excited to get back onto the field." McCabe will play running back and safety for the team. Both McCabe twins were also captains of the lacrosse team as well, with Gavin McCabe receiving unanimous first team all-state recognition. He holds multiple college offers for both football and lacrosse.

Ryan McCabe will play tight end and defensive end this year in the blue and maize. McCabe had a tremendous offseason, garnering multiple college football offers, but is focused on this season. "Definitely excited about the opportunity I have, and I've put in a lot of hard work to get there. Overall, just excited to help lead this team this fall with my teammates," McCabe stated. "To have that leadership role again is really special. I'll be giving it my all on the gridiron for my final year of high school sports."

Sean Nicholls, Bow's top ranked football player, is a force on the field. Standing at 6'3 and 250 pounds, Nicholls is a beast. Recently, Nicholls was named to the top 50 football players in the state. A 4-year varsity player, he'll play a large role both on offense at tackle, and on defense at defensive line. "I was excited to be named captain. It was a huge goal for me, I always knew I wanted that role," Nicholls said. "Being able to captain the linemen specifically will be great. Helping coach and make each other better is my goal."

Josiah Funches, who plays middle linebacker and running back, will have a critical role this season. "The team is young this year, so it's important for us to step up into that leadership role and help my teammates out," Funches stated. Funches started at middle linebacker and guard last season but made the switch to running back in the offseason. "I'm pumped to play in the backfield this year and carry the ball. Whatever the team needs I'm excited to do, but running the football will be fun." The Falcons don't have the same number of kids playing football as they did last year, but they'll be as competitive as ever with these four athletes leading the way. "It's going to be a great season," Ryan stated. "We all have to rise up!"



Pictured left to right: Sean Nicholls, Gavin McCabe, Josiah Funches, and Ryan McCabe.

FALCONS FLY FOREVER!

THE *Music* LADY

FOR THE LOVE OF MUSIC



How many times in your life would you estimate that you have sung the song "Happy Birthday?" The answer might be many dozens of times for most of us. Guinness World Records lists "Happy Birthday" as the most sung and recognized song in the English language, followed by "For He's A Jolly Good Fellow." The lyrics have been translated into at least 18 languages. Have you ever wondered where the song came from? When was it written, and who is credited for writing it?

Although some believe this song was created out of folk tradition, or that it might have been written by Irving Berlin, the most widely accepted theory is that it was composed in 1893 by schoolteachers, Patty and Mildred Hill. The Hill sisters taught at a little schoolhouse in Louisville, KY, where Patty was a kindergarten principal and Mildred was a pianist and composer. Every morning the teachers would begin the school day with the children singing "Good Morning To All," which utilized the familiar melody of "Happy Birthday." On each child's birthday, they would all sing the good morning song with the lyrics changed to "happy birthday to you." The song caught on and spread rapidly, not only around the country, but around the world.

It wasn't until 1935 that Patty and Mildred's sister, Jessica, bought the copyright for the now world famous "Happy Birthday". The copyright was passed down for decades until Warner/Chappell Music bought the rights in 1988, that were to last until 2030, during which time they would control the song and the royalties. Anytime the song was sung in public, Warner/Chappell would collect royalties. For a TV commercial, or for a movie, those fees ranged from \$5,000- \$30,000. It was perfectly fine to sing "Happy Birthday" at a private birthday party, but any commercial businesses, such as restaurants or greeting card companies that sold musical "Happy Birthday" cards would have to pay a fee. It has been reported that "Happy Birthday" has brought the highest dollar amount in royalties of any other song in history.

In 2013, there were lawsuits against Warner/Chappell for charging royalties for a song that was believed to be written in the 1890's, because the Supreme Court ruled that any song written before 1923 was declared to be in public domain. There have also been some legal disputes over just the MELODY, some disputes over the LYRICS, some disputes over the copyright of some of the ARRANGEMENTS, and some disputes over the validity of the actual origin of the song. To complicate matters, another music company claims that it had also bought the copyright from an heir of the Hill family. With all the complexities surrounding "Happy Birthday", in 2015, the Warner/Chappell copyright was declared to be invalid, and the song has been in public domain since then. Warner/Chappell had to pay back millions of dollars for some of the licensing fees they charged after the courts determined their copyright was invalid over certain usages.

Despite the murky, confusing and costly history behind this little ditty, "Happy Birthday" has still managed to be the world's most famous song. Think of Patty and Mildred the next time you sing "Happy Birthday."

PHOTOGRAPHER, ERIC ANDERSON CONTRIBUTES HIS TIME AND TALENT



Dr. John Cabibi points out that photographers are often unseen and get little recognition or credit for their service. Dr. Cabibi took this photo of our own Eric Anderson at work.

Travel with *The Bow Times*



Chuck and Debra Douglas traveled to Castelnuovo Cilento, Italy in August and The Bow Times traveled with them!



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Visit our Online Calendar to sign up for upcoming programs and events at bowbakerfreelibrary.org



FEATURED EVENT

Community Costume Swap | Saturday October 7 | 10am-12pm

Upcycle your Halloween costume! The library will accept donations of clean, gently-used costumes and accessories for all age groups. Donations will be accepted between 9/25 - 10/6.

Need a costume? Stop by our Community Costume Swap to browse donated items on October 7 from 10am-12pm. Leave what you can, take what you need! For more information, visit our Online Calendar.

STORYTIMES

*Registration is required to reserve your child's space. The fall session will run from September 13 - October 25, 2023.



Preschool Storytime Tuesdays | 10:30am

Encourage school readiness with a storytime for active bodies and minds! Explore interactive stories, songs, and activities that help to promote early literacy learning while addressing attention, coordination and motor development. Each storytime includes songs, instrument play and movement activities,

and ends with open play time, allowing children and their families to socialize. Recommended for Ages 3 - 5.



Family Storytime Wednesdays and Thursdays | 10:30am

Explore a new topic each week with stories, songs and rhymes designed to spark your child's imagination and create the foundations for early literacy. Each storytime ends with

open play time, allowing families to meet and socialize. Select sessions will include craft and/or sensory activities. This program is offered twice per week; please register for one session only. Recommended for Ages 18 Months - 3 Years; siblings welcome.



Baby Stay & Play | Friday, Sept. 29th | 11:00am

A monthly lapsit storytime for our youngest patrons. Babies, in the company of a parent or caregiver, will enjoy stories, songs, bounces and bubbles, followed by plenty of open play time using the library's

collection of toys and manipulatives. Parents and caregivers are invited to connect at this informal program. Recommended for 3 - 18 Months.

CHILDREN'S PROGRAMMING

Nature Explorers | Thursday, Oct. 5 | 4:00pm

Become a nature explorer with this new after-school club! Meeting monthly, this group will learn about animals, plant life, weather and the natural world. Create and fill your own nature journal as we explore the great outdoors, with hands-on art projects, science experiments, games and activities. Recommended for Grades 2 and Up.

Art Lab | Wednesday, Oct. 11 | 3:30pm

A program for young artists, creators, and storytime graduates. Listen to a new story each month, then take part in sensory, art, and engineering activities designed to inspire our creativity and curiosity. Activities may include mixed media projects and painting, so come prepared to get messy! Recommended for Grades K-4, in the company of a parent or caregiver. Younger children may need assistance with certain projects. Registration is required. Please register for every session you wish to attend.

I Survived Book Club | Thursday, Oct. 19 | 4:00pm

Learn about history's most incredible battles, man-made mishaps and natural disasters with books from the "I Survived" series, written by Lauren Tarshis! A new book will be selected for discussion each month, with copies provided by the library. Following each discussion, readers will explore each topic through STEAM-based activities and experiments. Recommended for readers in Grades 3-6, or children reading at those grade levels.

Registration is required to reserve a space for your child. Please register for every meeting you plan to attend.

ADULT PROGRAMMING

Adult Craft Night | Tuesday, Oct. 3rd | 6:00pm

Enjoy creating a new craft every month in the BFL Adult Craft Club. Materials will be provided. Registration is required to reserve your spot. October Craft: Fall Gnomes. To learn more, visit our website.



Adult Book Talk | Tuesday, Oct. 10th | 12:30pm & 6:30pm

The Adult Book Talk Group takes place on the second Tuesday of October. We will be discussing *The Bluest Eye* by Toni Morrison. 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 October 17th 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 Oct. 3rd at 1pm.

Autumn Wonders: Engaging with the Season Thursday, Oct. 19th | 6:30pm

Autumn's arrival signals a transition time as the natural world pivots from a busy, productive summer to a season of rest and winter survival. In this presentation, we will discuss the preparations underway by wildlife and plant systems and explore engaging ways we can enjoy this bountiful time such as:

- Fall gardening strategies to create and observe critical wildlife habitat
- Fun techniques to bring the natural world inside through terrariums and autumn art
- Easy daily activities to connect with nature and awaken your senses

IN THE GALLERY

September Exhibit: GREATER CONCORD PHOTOGRAPHY CLUB August 25 - September 29

Members of the Greater Concord Photography Club will exhibit images captured "Around New England" in their first group appearance at the Baker Free Library Art Gallery. Visit the library to browse the exhibit through the month of September.

OCTOBER EXHIBIT: DOUGLAS RICHARDS October 2 - November 3 NOVEMBER EXHIBIT: ROBERT LUX | November 4 - December 1

If you are interested in being a Featured Artist in the Gallery in 2024, contact Amelia at amelia@bakerfreelib.org



The library is pleased to offer Vox Books to our patrons. These titles, an assortment of picture books and chapter books for children, come with a built-in audio player. Take them on the road or listen at home to help children build essential literacy skills. Each player includes both a speaker and a headphone jack, for group or private listening. You can find our collection of Vox Books next to the children's audiobook collection. Limit 2 per patron.

BOW FIRE DEPARTMENT

AUGUST 2023 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 16 Basic Life Support Transports
- 29 Advanced Life Support Transports
- 19 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 15 Fires/Hazardous Conditions/Alarms
- 13 Service Call Incidents/Good Intent
- 7 Overlapping Incidents
- 92 Total Calls for the Month



FIRE PREVENTION WEEK™

**Fire won't wait.
Plan your escape.™**

The _____ Family's Home Safety Action Plan



ACTION #1

Make the first Saturday of each month "Smoke Alarm Saturday"!

A working smoke alarm will clue you in that there is a fire and you need to escape. Fire moves fast. You and your family could have only minutes to get out safely once the smoke alarm sounds.

- Smoke alarms should be installed in every sleeping room, outside each sleeping area, and on every level of the home, including the basement.
- Test all of your smoke alarms by pushing the test button. If it makes a loud beep, beep, beep sound, you know it's working. If there is no sound or the sound is low, it's time to replace the battery. If the smoke alarm is older than 10 years old, you need to replace the whole unit.
- If your smoke alarm makes a "chirp," that means it needs a new battery. Change the battery right away.
- Make sure everyone in the home knows the sound of the alarm and what to do when it sounds. (See ACTION #2.)

ACTION #2

Develop a home fire escape plan and practice it at least twice a year!

Having a home fire escape plan will make sure everyone knows what to do when the smoke alarm sounds so they can get out safely.

- Draw a map of your home, marking two ways out of each room, including windows and doors.
- Children, older adults, and people with disabilities may need assistance to wake up and get out. Make sure they are part of the plan.
- Make sure all escape routes are clear and that doors and windows open easily.
- Pick an outside meeting place (something permanent like a neighbor's house, a light post, mailbox, or stop sign) that is a safe distance in front of your home where everyone can meet.
- Everyone in the home should know the fire department's emergency number and how to call once they are safely outside.
- Practice! Practice! Practice! Practice day and nighttime home fire drills. Share your home escape plans with overnight guests.

REMEMBER:

When You Hear a Beep, Get On Your Feet!

Get out and stay out. Call **9-1-1** from your outside meeting place.

Hear a Chirp, Make a Change!

A chirping alarm needs attention. Replace the batteries or the entire alarm if it is older than 10 years old. If you don't remember how old it is, replace it.



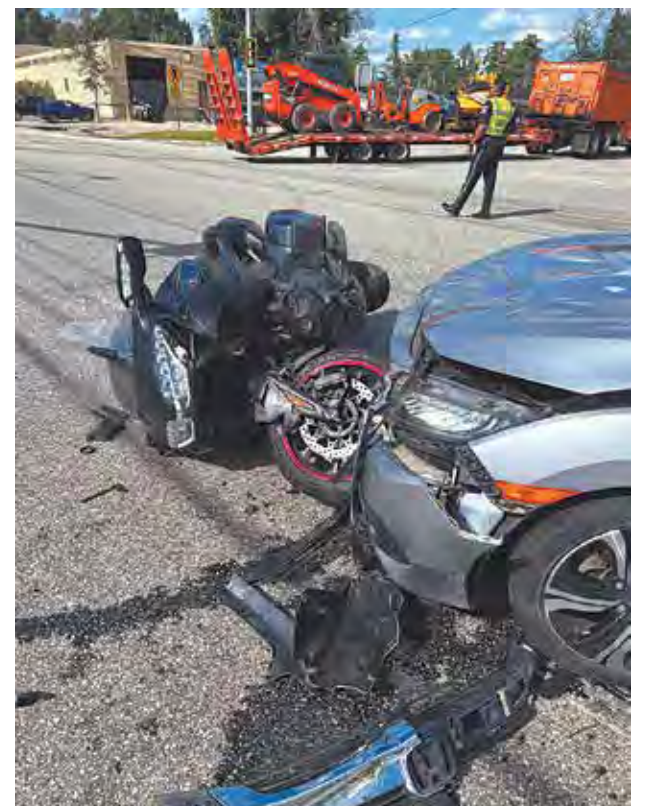
Fire won't wait. Plan your escape. For more fire safety tips to protect you and your family please visit: www.nfpa.org



**STOP
FOR THE
SCHOOL
BUS!**

IT'S THE LAW!

You must stop for a school bus that is stopped with its red lights flashing, whether it is on our side of the road, the opposite side of the road or at an intersection you are approaching.



MOTORCYCLE vs CAR

In response to this crash, the dept. transported one male, who was fortunately wearing a helmet. **It definitely made a difference in the outcome!**

THE TOWN OF BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT AUGUST 2023 ARREST LOG

- 8/1** Ernest Thompson, 49, Penacook arrested for operating while deemed a habitual offender.
- 8/3** Zachary Alden, 30, Bow arrested on an electronic bench warrant for failure to appear in court.
- 8/4** Andy Williams, 58, Manchester was arrested on three counts of possession of a controlled drug, criminal trespass, and prowling or loitering; Kimberly Brink, 50, Manchester, was summoned for operating on a suspended vehicle registration; Nicolas Powell, 31, Manchester, was summoned for operating without a valid license.
- 8/5** Douglas Akens, 53, Milan, was arrested on an electronic bench warrant for failure to appear in court and operating after suspension; Jessica Linscott, 42, Candia, was arrested for aggravated driving while intoxicated and reckless operation.
- 8/7** Nicholas Wilkins, 30, Concord, was summoned for driving after suspension or revocation and operating on a suspended vehicle registration.
- 8/10** Shelia Berube, 55, Concord, was summoned for criminal trespass.
- 8/11** Tad Abbott, 40, Northwood, was arrested for felon in Possession of a deadly weapon, Driving while intoxicated, and open container; Patrick Muckenke, 33, Manchester, was summoned for driving after suspension or revocation.
- 8/12** Alexander Scanlon, 30, Newport, was summoned for Driving after suspension and vehicle registration.
- 8/13** Alaura Boylan, 34, Concord, was arrested on an electronic bench warrant for failure to appear in court.
- 8/18** Eidon Cruz, 32, Manchester, was summoned for operating after suspension; Jose Medina, 40, Bow, was summoned for disorderly conduct.
- 8/20** George Brenes Bonilla, 38, Manchester, was arrested on a warrant for conduct after an accident.
- 8/21** David Champney, 42, Concord, was summoned for abandoning a vehicle; Leon Bernard, 52, Bow, was arrested for domestic violence related-obstructing the report of a crime and criminal mischief.
- 8/23** Mathew Johnston, 39, Concord, was arrested for driving while intoxicated and open container.
- 8/25** Michele Pierce, 56, Fayette, ME was summoned for operating after suspension and suspended registration.
- 8/27** Imran, Tezikuba, 22, Waltham, MA was summoned for operating after suspension and suspended registration; Shelia Berube, 55, Concord was arrested on two electronic bench warrants for failure to appear in court.
- 8/29** James Freitas, 56, Manchester, arrested for driving while intoxicated.



NEW HAMPSHIRE LAW ENFORCEMENT ACCREDITATION COMMISSION

The Bow Police Department is happy to announce that we have applied for State Accreditation under the NH State Accreditation Program. The New Hampshire Law Enforcement Accreditation Commission (LEAC) was created in 2022 by an executive order of Governor Chris Sununu.

The commission provides accreditation standards, conducts assessments and issues certificates of accreditation for law enforcement agencies. The commission promotes self-regulation of law enforcement agencies and participation in the State accreditation process. It provides training for agencies and the public relating to agency accreditation. It conducts research and cooperates with national, regional, and local public and private associations, agencies, and experts to continuously improve the accreditation program in the delivery of law enforcement services.

Though the program is voluntary, police departments – especially small and medium sized ones – should work toward accreditation, which will align them with national standards by conducting assessment, self-regulation, training and data collection.

Long-term benefits include greater accountability to the public and within the agency, reduction in agency risk, increased support from government officials and increased community advocacy.

The Bow Police Department will be working towards State Accreditation and has begun reviewing the programs standards manual. We are awaiting what the next steps of the accreditation process will be; however, we do know they will include a review of our updated policies and procedures and on-site visits with accreditation assessors. We'll keep the community updated as we move through the accreditation process.

BOW POLICE DEPARTMENT
CURRENTLY ACCEPTING APPLICATIONS
PAY SCALE: \$27.00 – \$33.00

\$2,500 SIGN-ON BONUS

Interested applicants should send a resume to Lt. Phil Lamy at plamy@bownhpd.gov.

This process is open to both certified and non-certified law enforcement officers.



Officer Peterson and Lt. Lamy stopped by to enjoy an ice-cold lemonade made by the Bow High School Girls Soccer Team as part of a fundraiser. Best of luck this season. Go Falcons!



A NATIONWIDE PROGRAM TO PROMOTE SAFE FIREARMS HANDLING & STORAGE

Bow Police Department is a proud partner of Project ChildSafe, allowing us to distribute **free gun locks** to the community. Gun locks are available during regular business hours or by calling (603) 223-3950. To learn more about this initiative, please visit www.projectchildsafe.org.



Your most important responsibility is ensuring that unsupervised children cannot gain access to loaded firearms. The precautions you take must be completely effective. Anything less invites tragedy and is a serious violation of your responsibility as a firearms owner.



Foyer Mailbox There is a mailbox in the front foyer of the Police Department. It is video monitored and is available 24 hours a day for paperwork drop off. Items accepted in this mailbox include: Parking tickets with exact fee, Pistol permit applications, Statements, Vacant House Check (VHC) forms.



CINDY MARIE PRESCOTT



Cindy Marie Prescott, of Bow, and a long-time school nurse at Bow Elementary School, passed away peacefully on August 18, 2023, after battling cancer for more than eight years. Cindy graduated from Lewiston (Maine) High School in 1974 and the New Hampshire State Hospital School of Nursing in 1979. She was a compassionate school nurse who found her home in the Bow School District for 19 fulfilling years.

Cindy's favorite holidays were Christmas and Thanksgiving. She loved hosting gatherings for family and friends and obsessed over details like matching Christmas PJs and her signature custom birthday cakes. She loved classic rock and

enjoyed outdoor activities like cross-country skiing, adventurous walks, and snowshoeing. She knew how to bring everyone together and feel loved.

She is survived by her husband, Tom, and her three sisters, Krista (and Peter Bell), April, and Mary Ann Clark, and their families. Cindy's three children, Cara, Mary (and Justin), and John (and Christina), and four grandchildren, Tim, Madison, Justin Jr. & Raegan, were her greatest joys. While we mourn the loss of her physical presence, her spirit lives on in the countless lives she touched.

For those who wish to, Cindy requested memorial contributions to the NH School Nurses Scholarship fund at www.gofundme.com/f/nurse-cindy.

DONALD GEORGE MAGEE

Donald George Magee age 86, of Bow died Wednesday August 16 at his home. He was born in Bloomfield NJ, son of the late Herbert and Anna (Thompson) Magee. He was a graduate of Bloomfield High School.

Donald had a long career in retail management working for numerous companies including Allied Stores and most recently Target. He enjoyed traveling, the arts and mostly spending time with family.

He was predeceased by his wife Janet (Ferguson) Magee who died in 2005.

He is survived by two sons; Mark Magee, Todd Magee and Todd's wife Michelle, one daughter; Debbie Magee, two grandchildren; Leslie and Nathan Clifton and one great grandson; Nicholas.

DONALD BURNHAM

Donald G. Burnham, 71, of Contoocook, passed away peacefully on August 3rd following an extended illness. Donald was born on December 15, 1951 in Norwalk, CT. He was the son of the late Anna Jean and Roger Burnham.

Donald served in the U.S. Air Force during the Vietnam War. Following that, he worked for over 42 years for the telephone company, first in Damariscotta, Maine and then in Contoocook. He enjoyed working in his vegetable gardens and he was a very talented woodworker. He created many beautiful pieces of furniture for the log cabin he shared with Andrea (Andi) Plummer, his lifelong partner, and the love of his life.

Donald is survived by his lifelong partner, Andrea Plummer of Contoocook; brother David Burnham of Bethel, Maine; sister Debbie Burnham of Laconia; sister Susan Grondin and her husband Richard of Falmouth, Maine; niece Sarah Grondin of Portland, Maine.

KEVIN MICHAEL KELLY

Kevin Michael Kelly of Contoocook, passed August 13, after a long illness at the age of 55. He was the only child of Jerrold and Beverly Kelly. Kevin was born on November 23, 1967, in Brockton, Massachusetts and moved to Contoocook at the age of 12. He is survived by his father Jed Kelly and stepmother Lin Kelly. He was an avid fisherman and loved the outdoors.

Kevin was predeceased by his mother Beverly in 2008.

SARAH WINLOCK CHASE

Longtime Hopkinton resident Sarah "Sally" Chase, 91, passed away on July 20, 2023, under the excellent care of the staff at Langdon Place in Nashua. Sally grew up in Philadelphia, PA, and attended the Rhode Island School of Design (RISD) where she studied her life-long passions of drawing, painting, and art history.

During a summer break from RISD, Sally met George Wigglesworth Chase while both were volunteering on the Grenfell Mission in Labrador, Newfoundland. After her graduation, the two married in September of 1953. They lived a full life together until George's death in 2018.

Sally and George spent their summers on Penobscot Bay on the Maine coast, rowing, sailing, hosting family, and entertaining visitors.

Sally is survived by her sister Nanny Carrel of Birney, MT; Wendy Chase of Loveland, CO; George Chase (Elibet) of Warner; Cassie MacLean of Freeport, ME; Sam Chase (Michelle) of Hopkinton; and Nancy Hill (Paul) of Halifax, Nova Scotia, Canada.



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CLOTHING & TEXTILE RECYCLING PROGRAM

HELPSY Home Pick-up on Wednesdays

★ Three Bag Minimum

The Town of Bow is proud to continue to partner with HELPSY to offer free home pick-up of clothing and household textiles to residents. These pickups will now happen in Bow on the **SECOND WEDNESDAY** of the month.

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

For more information and a list of acceptable items go to:

bowrecycles@gmail.com

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BOW, NEW HAMPSHIRE:
03304: 603-568-1432:

tomcampbellwilson@comcast.net



NATIONAL FALLS PREVENTION AWARENESS DAY
 Thursday, September 21st from 10:00 AM to 2:00 PM at the City Wide Community Center at 14 Canterbury Road in Concord.



Fact or Fiction: Reducing Fall Risk Myths from 10 - 10:30 AM

Fall prevention is an important part of staying healthy as we age and knowing myths from facts can lower our risks.

Cognitive Status and Falls from 10:30 - 11:30 AM

Discover the connection between our cognitive status and our fall risk.

Aging and Falls Noon - 1:00 PM

Learn about changes to our bodies as we age & tips to remain free from falls.

Foods and Falls — 1- 2:00 PM

Find out how food impacts our risk of experiencing a fall and the recovery after a fall.

Registration is required. To register, please call (603) 224-4093, ext. 85815 or visit www.granitevna.org. Lunch is being provided at 11:30 AM.

CAPITAL AREA MEMORY CAFE

Thursday, September 28th at 1:30 PM at the City Wide Community Center, 14 Canterbury Road, Concord.

The Memory Cafe is a joyful and creative social experience for people with memory loss and their caregivers to gather with others in a positive and engaging environment.

This program is offered at no charge. *Registration is not required.* Masks are optional. Please note this gathering does not serve as a support or respite group. This program is generously supported by Northeast Delta Dental.



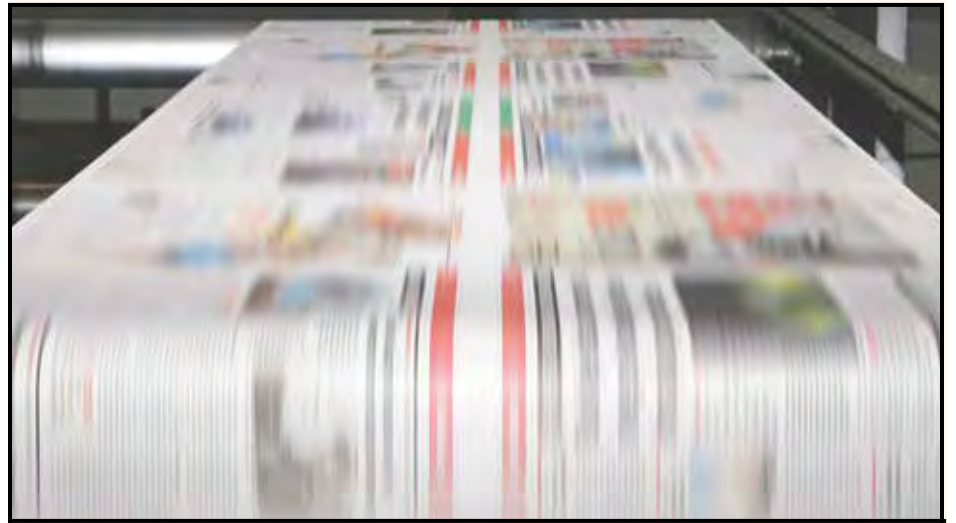
ONLINE CAREGIVER CONNECTION

September 28, 10:00 AM Online, NA, NA, NH 00000

Caregiver Connection is an opportunity for family caregivers to support one another and connect with our staff professionals. We look forward to providing a safe space to connect with other caregivers facing similar challenges.

Registration is required. Once your registration is confirmed, you will receive a link to the program. Technical instruction is available to participate in the group.

For more information about Granite VNA programs visit www.granitevna.org



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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 | Irving's 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. |
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