



# The Bow Times

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**DUNBARTON NEWS ON PAGE 15-16**

**HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9**

## **GRAPPONE MAZDA OPENS IN NEW CONCORD LOCATION**



Grappone Mazda has embarked on an exciting journey, bidding farewell to its longstanding Bow site, which it has shared with Grappone Ford for decades. The dealership is not only celebrating its 50th anniversary, but also a new home on Manchester Street in Concord. This all-new facility's doors are open for business, and Grappone Mazda will be celebrating its grand opening to the public throughout the entire month of November.

Fourth Generation Steward Amanda Grappone Osmer is excited about this new milestone for Grappone Automotive Group, which is gearing up to celebrate its 100th anniversary in 2024. Her excitement is focused on the unique features of this new dealership and its potential impact on the local community, which includes a training room that any group doing good work in NH can utilize free of charge.

Grappone Mazda's new facility marks another addition to the thriving cluster of auto dealerships in the city, situated just across from Banks Chevrolet.

## **CRACKER BARREL NOW BARREL BASKIT**



The rebranded and reopened Cracker Barrel is now Barrel Baskit. The store at the corner of Main and South in Hopkinton has been a community tradition since the late 1700s. The owners, Anna Wells and Dulcie Lipoma, are pleased to announce their partnership and are committed to maintaining (and improving!) this local landmark.

## **LIBBY PARKER TO RUN THE BOSTON MARATHON!**



Libby Parker, of Bow, a graduate student in Occupational Therapy at Regis College, is honored to announce she will be representing The Play Brigade in the 2024 Boston Marathon.

After running competitively for over a decade in both the Bow school and collegiate systems, Libby will realize her lifelong dream – to compete in the Boston Marathon. Libby's primary focus is to advocate and promote equity for those with disabilities and special needs.

Libby points out that The Play Brigade promotes accessibility and adaptability, so every individual has the right to healthcare, education, and recreation through inclusion. They modify community spaces such as parks, libraries, schools, and more to accommodate people with diverse backgrounds and abilities. This cause is one that Libby is profoundly committed to, and as a future occupational therapist, it is crucial to her that the world around us be accessible to everyone.

Libby has a goal of raising \$15,000 for this amazing cause and would be humbled by any donations the community could offer. To donate go to <https://givengain.com/ap/libby-parker-raising-funds-for-the-play-brigade>.

## **VANCE GULA EAGLE SCOUT COURT OF HONOR**

Bow Scout Troop 75 graduated another Eagle Scout on Monday, October 9th during the Eagle Scout Ceremony held at the Baker Free Library honoring Vance Gula. He is one of many Eagle Scouts produced from the very active Troop 75.

Vance Gula begins his college career at Husson University in Bangor, Maine, where he is studying to be a conservation law officer or a fish and game warden – a natural progression for him.



Vance's family and over 50 people attended the ceremony. Pictured here, L-R are Mike, Vance, Shannon, and Lillian Gula. Eric Anderson | Photo

## **PAUL HARRIS FELLOW AWARD TO DR. DEAN CASCADDEN**



David Scanlan presents Dr. Dean Cascadden with Paul Harris Fellow Award

On Friday, September 15th, 2023, the Bow Rotary Club presented Dr. Dean Cascadden with a Paul Harris Fellow Award recognizing his 17 years as the Superintendent of the Bow School District as well as his remarkable service to the Bow Community as a Bow Rotarian for all of those years.

**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

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## EDITORIALS

### \$30 MILLION IN NEW SPENDING MEANS IT IS TIME FOR NEEDS, NOT WANTS

by Bob Arnold

While I respect the work done by the Bow Community Building Center Committee and their Power Point presentation, I strongly disagree with their conclusion that we need a \$13.41 million, 31,158 square foot building to be constructed where we now have our gazebo and sledding hill. I look at this proposal in the same light that I viewed the proposed synthetic turf project that was presented by the school board a few years ago. A great presentation but not in our budget as taxpayers.

As a senior taxpayer, I always use the standard of is it a 'Want' or a 'Need'? I am much more in favor of spending \$3.76 million to renovate our existing building to meet the life safety and accessibility codes and providing 7,905 square feet for community use. There was a reason why we put on a lifetime roof.

I understand that the existing building would not be in use for 12 months, but those groups using it will find alternative facilities. As a library trustee, I know that many groups have used areas in our library for their activities. Community use was one of the reasons that the downstairs rooms at the library were completed.

I also heard in the committee's presentation that there would be no loss of revenue during these 12 months but that there was concern that groups wouldn't return after the renovation. I think that they would.

Yes, there was a void when Fieldhouse Sports went out of business. Does that mean that Bow residents need to pay to fill that void? We already bought a day care facility that was going out of business, so now we are going to build an athletic facility? That is not the business of the Town of Bow but rather for private enterprise.

When I ran for the budget committee a few years ago, I remember one long-time resident of Bow telling me that the worst thing that had happened in our town was when we started to take out bonds for projects. Currently, we do have bonds that we are paying off and the current Capital Improvement (CIP) report as of May of this year has \$17,000,000 in proposed bonding in it.

For the schools there is a proposal for \$3,561,000 for high school roof replacement, windows, and HVAC work (page 20). The Bow Junction water project is listed as \$13,350,000 (page 20).

As far as 'Building Community Pride,' I personally have a lot of community pride whenever I pass by our gazebo and sledding hill. Whether it is the Boy Scouts tenting during Scouting for Food, the Rotary Club's weekly summer concerts, the annual Snowmobile Mum Sale, Christmas lights on the gazebo or the laughing of children and parents sledding during winter, it is a very special part of Bow that a building can't replace.

Seven years ago the push was on for an \$8 million public safety building. The taxpayers in Bow pushed back and we built a facility envied by many other communities for half the price.

After just voting to spend \$13 million in March on the Elementary School we need to step back from Wants to just consider Needs. Just my two cents.

**Bob Arnold is a longtime resident of Bow and  
 Chairman of the Concerned Taxpayers of Bow.**

### TRUMP IS NOT UNIQUE IN FACING CRIMINAL CHARGES

by Chuck Douglas

Prior to Donald Trump we have never had a former President indicted for crimes. But other democracies have been or are going through this unpleasant experience.

In August, former President of France, Nicolas Sarkozy, will be tried over allegations that he accepted millions of euros from Libya's Moammar Gadhafi to finance his 2007 campaign. He and 12 others have been charged. Sarkozy has already been convicted of bribery and campaign law violations.

In South Korea the head of the opposition Democratic Party, Lee Jae-myung, is facing charges of bribery and breach of trust. He is a lawyer and former prosecutor.

Meanwhile, in Israel, Prime Minister, Benjamin Netanyahu was charged in 2017 with crimes of bribery, fraud and breach of trust. The cases are ongoing, and he remains Prime Minister.

Don't forget Italy's Silvio Berlusconi received a four year sentence for tax evasion in 2013. He was later charged with abusing the powers of his office as Prime Minister for trying to cover up a payment to an underage prostitute.

So get over yourself, Mr. Trump. You aren't that special.

### WHY JE SUIS CHARLIE?

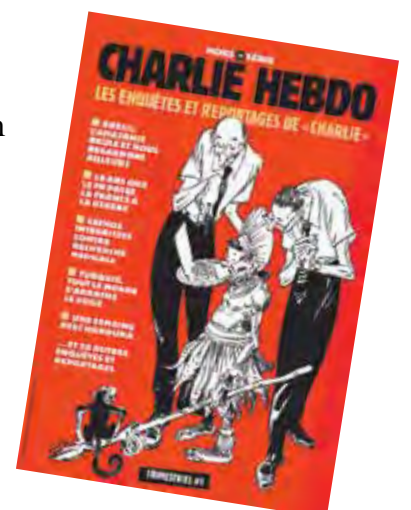
by Chuck Douglas

In 2015, the year The Bow Times resumed publication, two Muslims from Algeria killed 11 journalists and employees at a French satirical magazine named Charlie Hebdo.

The best way to describe it is part New Yorker and part Mad Magazine with an anti-Muslim slant. What provoked the two jihadists was a cartoon of the Prophet Muhammad.

As a sign of free press solidarity, the slogan je suis Charlie or we are all like Charlie Hebdo came to be.

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



## LETTER TO THE EDITOR

Thank you for printing Paul Pomeroy's excellent history lesson in September about Cold War anti-communist ideology and the "cancel culture" it led to and the accusations and suffering it brought. Sadly, this knee jerk anti-communism and censorship of history lives on in New Hampshire. This time it is aimed at a long dead historical figure who was a Communist – Elizabeth Gurley Flynn, born in Concord in 1890. She was a lifelong labor organizer and activist who joined the Communist Party USA in 1936, like many radical progressives of the day.

In 2020, a friend and I decided that Flynn deserved a state historical marker. According to the policies of the marker program, their purpose is to "educate" and not "to honor or memorialize" subjects and events. A marker for her was installed on May 1, 2023, near her birthplace in Concord. Immediately Cold War anti-Communism and "cancel culture" sprang to action. Two Executive Councilors objected and the marker was removed and placed in a DOT warehouse.

My take home from this is that all Americans need a history lesson about the Communist Party USA and about the tragic results of Cold War anti-communist ideas. Historical markers should not be only for those with whom we agree.

Mary Lee Sargent, Bow




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As the holiday season approaches it's helpful to create and put in place a spending plan that works for your budget. Carrying unintended debt into the new year can cause unnecessary anxiety. We've gathered some tips to help you manage your financial resources during the holiday season. The internet is full of "how to" lists and tips to avoid overspending. The following are the best tips we thought were worth mentioning.

**Create Your Spending Plan:** Time is of the essence! Make time to really consider what kind of spending you can do this season. There's everything right in being a realist during this process. Creating and sticking to a budgetary plan for the holidays takes discipline and being real about what you can and cannot do this year will help you start the new year in a position of financial control. There are countless options available online to help you create a budget and spending plan. You can also use your mobile banking app to help manage your money and budget you're spending. Most apps have a visual feature to help you see where your money is going.

**Shop Early to Spread Out Spending:** Spreading out your holiday spending can help you if something else crops up during the holiday season that you weren't anticipating like a car issue, a health care cost or unexpected trip. This way if you have last minute gifts to purchase you will have time to adjust your budget or get more creative!

**Look for Deals Regularly:** Don't wait for Black Friday or Cyber Monday to look for deals. There are plenty of daily deals that can be found with a little effort and attention. Do yourself a favor and get familiar with the costs of items you intend to purchase. This way if a deal comes up you will know if you should buy it at that price. Don't overlook rebates and special deals offered from credit card issuers. Keep your receipts and follow through on rebates in a timely manner. You can also use your rebate money to help pay off any accumulated debt.

**Use Credit Wisely:** Credit cards are great to have for ease of use, personal safety and special offers. Most of us are used to using credit daily but in the holiday season it can make overspending quite easy. Make sure you're set on your limits for gift buying and have a pay-off plan in place that's doable after the holidays. Carrying unwanted debt into the new year can cause unwanted stress and anxiety.

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**BOW GARDEN CLUB 2023 PAJAMA PROJECT IS UNDERWAY**



Bow Garden Club is kicking off its 13th 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** pajamas are needed and only **new** book donations please.

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

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**FALL FESTIVAL**



**The Bow High School National Honor Society is hosting a Fall Festival inside the school during Trunk or Treat!**

Join us to walk through some haunted classrooms hosted by various Bow High School groups and co-curriculars, as well as festive games, activities, and refreshments.

The event is free, but cash for donations and/or concessions is appreciated. We hope to see you there!

# FALL FORWARD: NEW SEASON, 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 MAKING 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 that you 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



Jim Olson

motivation you need to stick with your new health and fitness goals. And who knows? Maybe this time you'll 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.

Remember to set back Sunday November 5!



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255 Penacook Road	4 Bedroom   3 Baths	2,577 Square Feet	2.6 Acres	\$490,000
1279 Hopkinton Road	4 Bedroom   3 Baths	2,289 Square Feet	2.4 Acres	\$530,000
31 West Ridge Circle	3 Bedroom   3 Baths	2,074 Square Feet	2.09 Acres	\$626,000
462 Crowell Road	3 Bedroom   2 Baths	3,100 Square Feet	10.6 Acres	\$705,000
948 Gould Hill Road	3 Bedroom   3 Baths	2,312 Square Feet	1.84 Acres	\$725,000
78 Fieldstone Road	5 Bedroom   4 Baths	3,442 Square Feet	1.85 Acres	\$750,000
39-2 Maple Street	3 Bedroom   3 Baths	2,621 Square Feet	2.92 Acres	\$773,900
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### IMAGES OF LIFE RE-ENVISIONED BARBARA MORSE



Two Villages Art Society in Hopkinton, is featuring the work of Barbara Morse, an Amherst artist who specializes in graphite drawings. The exhibit *Images of Life Re-Envisioned*, at Two Villages Art Society's gallery at 846 Main Street in the village of Contoocook closes on November 11.



A Connecticut native, Barbara Morse received formal art training at Paier College of Art. During more than 10 years as a free-lance illustrator, she completed work for top publishing houses, advertising agencies, and national publications, including Yankee Magazine. She then developed and refined her own sharp-focus style working primarily in graphite. Her work is currently exhibited at galleries throughout New England.

Morse enjoys taking ordinary objects and putting them in unexpected surroundings or looking at them in an unusual perspective. Each drawing takes from 50-200 hours to complete depending on the size and level of detail involved, and they are meant to be studied at close range.

### GALLERY EXHIBITS & FREE ART EVENTS



#### DRAWING NIGHT

November 17 | December 21

Join fellow artists of all levels at our monthly drawing night, hosted by local artists Ty Meier and Jo Grubman. Bring your art supplies, work alongside peers, and receive as much or as little feedback as you would like.

#### ARTIST CIRCLE

November 2 | December 7

Join fellow art lovers and artists at our monthly artist circles, hosted by local artists Ty Meier and Jo Grubman.

Participants are welcome to bring work you'd like to show off and have critiqued. Or, you can just come to join in the conversation!

#### ABOUT TWO VILLAGES ART SOCIETY

Two Villages Art Society is a non-profit organization for artists, art lovers, art collectors, art educators, and anyone who values art as a crucial component of a vibrant, welcoming community. We offer a range of activities including group and solo shows, workshops, artist meet-ups, receptions, and educational programs.

#### BECOME A LEADER IN THE ARTS COMMUNITY

We are seeking a Communications Chair to amplify the work that TVAS does and to keep members informed.

Interested in taking a leadership role? Email Alyssa McKeon at info@twovillagesart.org.

**Support Local Art – Make an Impact  
Become a TVAS Member**

For information about exhibits and events please visit us [www.twovillagesart.org](http://www.twovillagesart.org)



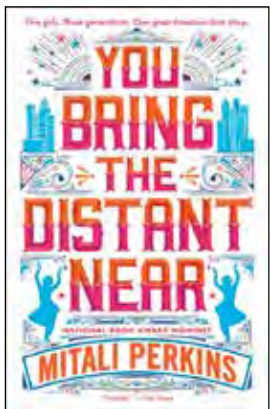


HOPKINTON - CONTOOCCOOK  
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by Kathleen Butcher  
 724-3452, kathb123@comcast.net

**TWO VILLAGES ♥ ONE HEART**

**BLOOD DRIVE** St. Andrew's Episcopal Church is hosting a Red Cross Blood Drive on Wednesday, October 18, from 10:00 AM to 3:00 PM. Go to [www.redcrossblood.org/give.html/find-drive](http://www.redcrossblood.org/give.html/find-drive) and enter Sponsor Code: HOPKINTONNH to schedule your appointment.



**LIBRARY BOOK GROUP** *You Bring the Distant Near* written by Mitali Perkins is the October selection for the Library Book Group. Meet us at the library October 25<sup>th</sup> at 1pm. This elegant novel captures the immigrant experience for one Indian-American family with humor and heart. Told in alternating voices across three generations, *You Bring the Distant Near* explores sisterhood, first loves, friendship, and the inheritance of culture—for better or worse. Copies of the novel are available at the front desk. Main Street Bookends in Warner and Gibson's Book

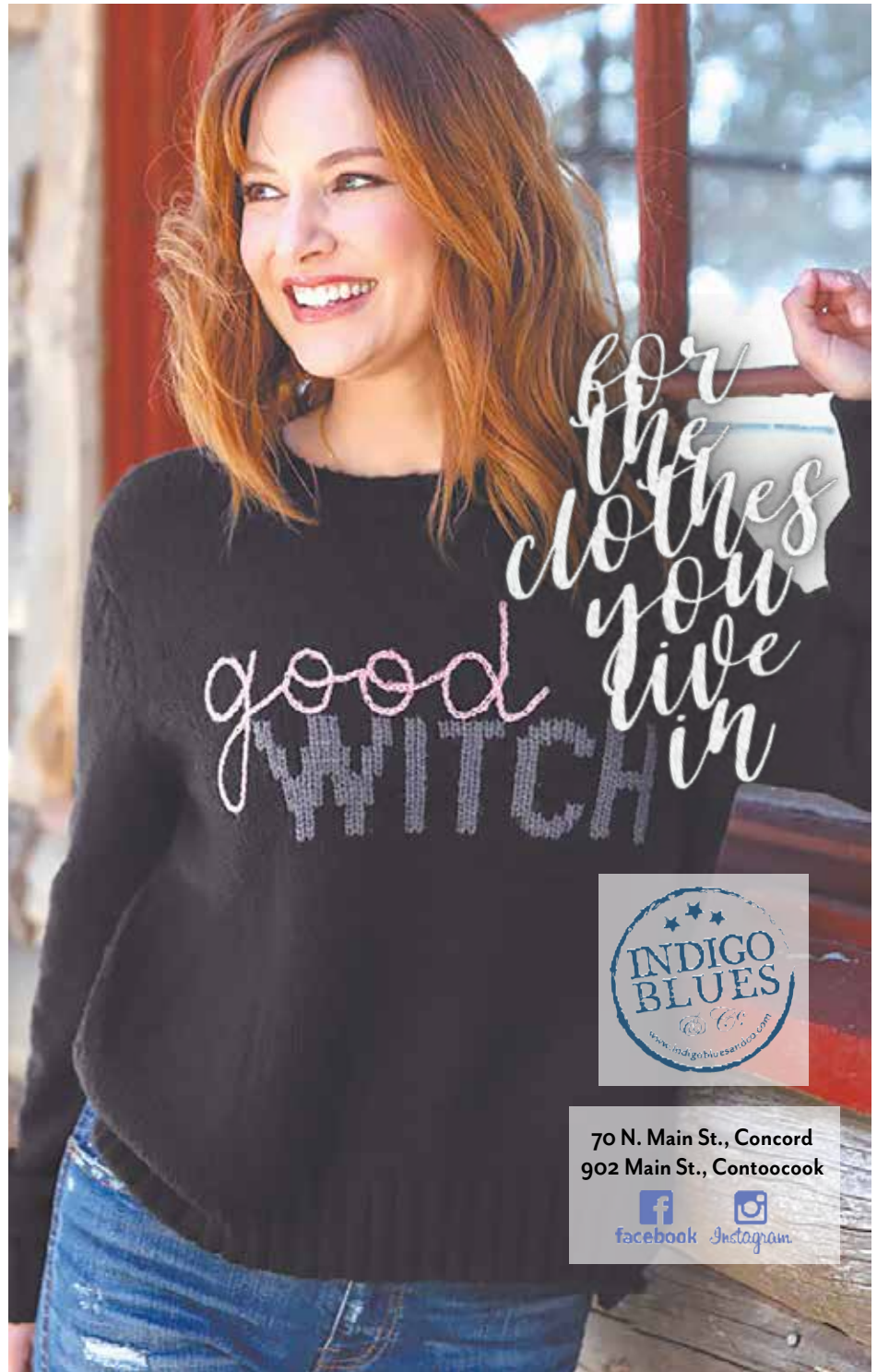
Store in Concord offers a discount on your purchase if you tell them it's for the library book group. You also can purchase the streaming audiobook from Gibson's or Audible, etc.

**CLEAN OUT YOUR CLOSETS** for Changing Lives Equine Center! We are collecting men's, women's and children's clothing and accessories (scarves, hats, socks, handbags, wallets, ties, belts) and household textiles (bedding, towels, tablecloths, curtains, pillows). All items must be clean and in sellable condition. Please use large bags for donations. Funds raised will support older rescue horses who are used for therapeutic riders, veterans, Special Olympians and 4-H members. To arrange for pick up, text Kath Butcher (603) 724-3452 or email [kathb123@comcast.net](mailto:kathb123@comcast.net). To arrange to drop off donations contact Marcia Evans (603) 746-3884/home (603) 545-5213/cell or email [marciadawnmar@tds.net](mailto:marciadawnmar@tds.net). Donations will be accepted until October 27th.

**TWO VILLAGES ART SOCIETY** Will feature *Images of Life Re-Envisioned*, the work of Barbara Morse, an Amherst artist who specializes in graphite drawings. The gallery is open to the public free of charge Thursday through Sunday from 12:00 - 4:00. The exhibit closes on November 11th. For information visit [www.twovillagesart.org](http://www.twovillagesart.org).

**BIDDY BALL VOLUNTEER NEEDED** The HYSA Board is looking for a parent to volunteer on Saturday mornings to help coordinate the Biddy Ball program and transport equipment. Biddy Ball is designed for children pre-K through second grade. There are seven Saturday sessions December through February. All sessions take place at Harold Martin's gymnasium. Typically, the pre-K and kindergarten session is 9–10am, first grade is 10–11am, and second grade is 11–12noon. HYSA is also looking for community members to assist with opening and/or closing the Hopkinton High School gymnasium on HYSA basketball game days. Games are generally played on Saturdays. To volunteer with HYSA - <https://hysasportsnh.com/volunteer> or email [hopkintonbasketball@gmail.com](mailto:hopkintonbasketball@gmail.com).

**FULL MOON HIKE** Up for an adventurous and *spooky* good time? Join us in October for a night hike under the full moon. Naturalist Linden Rayton will be conducting a hike for those 16 and older on October 28th, and a family full moon hike on October 27th. Information and space is limited so register now! For information go to [www.HopkintonRec.com](http://www.HopkintonRec.com).



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**HOPKINTON POLICE DEPARTMENT**  
**SEPTEMBER 2023 ARREST LOG**

**12 Arrests • 7 Accidents • 275 Traffic Stops**

**09/01** Sarah Currier, 30, of 4 Linden Ave, Newport, was arrested for Control Drug:Sched 1-4; Possession; Abdii Rasulo, 24, of 60 Old Hackett Hill Road, Manchester, was charged with Drive After Suspension; Steven Labrie, 32, of 4 Linden Ave, Newport, was charged with Suspension of Vehicle Registration.

**09/02** Mason Bennett, 19, of 27 Winslow Farm Road, Hudson, was arrested for Violation of Protective Order; Jonathan Lathrop, 40, of 93 Kingston Road, Exeter, was charged with Control Drugs: Acts Prohibited and Transport Drugs in M/V.

**09/03** Christopher Flanders, 34, of 5 Baker Street, Boscawen, was arrested for Violation of Protective Order; David Lewine, 59, of 97 Robert Gould Road, Hopkinton, arrested for Theft by Unauthorized Taking \$0-\$1000; Trevor Hall, 25, of 132 Sunset Hill Road, Bradford, was arrested for Reckless Conduct - Deadly Weapon, Disobeying an Officer, Reckless Operation, and Operate M/C without M/C License.

**09/20** Christine Fortier, 57, of 64 Beaver Street, Keene, arrested for License Required; Operate without Valid License and Arrest on Warrant.

**09/25** Wyatt Hugg, 19, of 155 Main Street, Charlestown, was arrested for Transport Alcohol by Minor.

**09/26** Steven Labrie, 32, of 4 Linden Ave, Newport, was arrested for Possession of Controlled Drugs, Possession of Controlled Drugs, Possession of Controlled Drugs, Endangering Welfare of Child, Endangering Welfare of Child and Transport Drugs in Motor Vehicle.

**09/29** Devon Schulman, 28, of 16 First Street, Claremont, was charged with Drive After Revocation/Suspension, Prohibitions re: Driver License, Operate M/C without M/C License and Unregistered Vehicle.



## 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 to do just that! 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). The chance that any woman in the U.S. will die from breast cancer is about 2.5% (or 1 in 39). Only lung cancer is a more prolific killer. Last year I wrote that The American Cancer Society estimated 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. This year the Society estimates that there will be almost 298 thousand cases of breast cancer, with the death of 43,700 women. 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

The best time to palpate and examine your breasts is 3-5 days after your menstrual period starts. It is during this time of your menstrual cycle that your breasts are least likely to be tender or lumpy. 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 excellent online sites to help answer your questions. Here are four:



- [www.nationalbreastcancer.org](http://www.nationalbreastcancer.org)
- [www.lbbc.org](http://www.lbbc.org)
- [www.cancer.org/cancer/breast-cancer.html](http://www.cancer.org/cancer/breast-cancer.html)
- [www.medlineplus.gov/ency/article/001993.htm](http://www.medlineplus.gov/ency/article/001993.htm)  
(how to do a breast self-exam)

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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.

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**WE PLAN FOR IT.**



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## Bow Young at Heart Club

**OCTOBER 25, 2023**  
**Business Meeting – 11:30 am - 12:30 pm**  
 Social hour 11:30 AM - 12:20 PM  
 Bring your own lunch, dessert is provided.

**NOVEMBER 8, 2023**  
**Fall Pot Luck Luncheon. 11:30 am - 2:30 pm**  
 Bow Center Road

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

# THE TOWN OF BOW POLICE DEPARTMENT



**BOW POLICE DEPARTMENT**  
**SEEKING CERTIFIED OFFICERS**  
**PAY SCALE: \$27.08 – \$33.67**

## BOW POLICE DEPARTMENT SEPTEMBER 2023 ARREST LOG



**9/2** Thompson, Jason 37, Boscawen, arrested for domestic violence-related violation of a protection order; Elizabeth Smith, 34, Concord was arrested for driving after suspension or revocation and criminal trespass.

**9/3** Francis Coughlin, 63, Northwood was arrested on a warrant for conduct after an accident.

**9/4** David Rhinehart, 41, Rapid City, SD, was arrested for operating while deemed a habitual offender.

**9/5** Jesse Carter, 37, Concord, was summoned for driving after revocation or suspension; Jennie Fusco, 53, Bow, was arrested for disobeying an officer.

**9/7** Shelia Berube, 53, Concord, was arrested for criminal trespass and breach of bail.

**9/9** Alexander Roy, 26, Concord, was summoned for suspension of vehicle registrations and operating after suspension.

**9/11** Rai Dil Man, 27, Concord was summoned for operating without a valid license.

**9/15** Rodrigo Da Silva, 40, Nashua, was summoned for operating on suspended vehicle registrations.

**9/23** Richard Beaudet, 60, Manchester, was arrested for operating while deemed a habitual offender.

*In addition, there were: 2 protective custody arrests, 3 involuntary emergency admissions and 3 violation level arrests.*

**\$10,000 SIGN-ON BONUS**  
**FOR CERTIFIED OFFICERS**

**\$2,500 SIGN-ON**  
**FOR NON-CERTIFIED**

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- Eleven (11) paid holidays
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For information go to: [www.policeapp.com/Entry-Level-Bow-NH-Police-Officer-Jobs/4709](http://www.policeapp.com/Entry-Level-Bow-NH-Police-Officer-Jobs/4709)

CLOSING DATE: Until Filled

Interested applicants should send a resume and a cover letter to Lt. Lamy at: [plamy@bownhpd.gov](mailto:plamy@bownhpd.gov).

## Ricardo Saint-Marc Sworn In



On September 26, the department welcomed its newest police officer, **Ricardo Saint-Marc**. Officer Saint-Marc was sworn in by the Bow Town Manager David Stack. Officer He was most recently employed by the Newington, NH Police Department. Saint-Marc will immediately begin his field training program with the Bow Police Department which will last approximately 12 weeks.



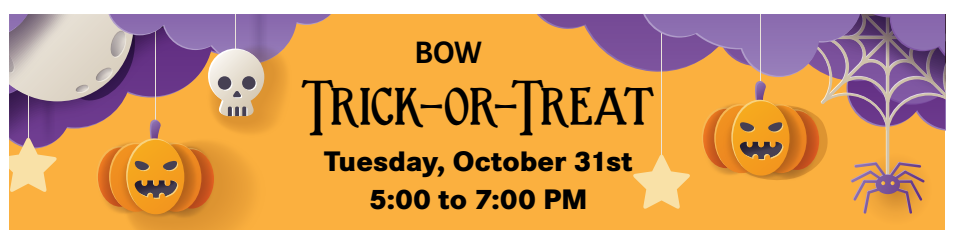
**Saturday,**  
**October 28**  
**10 a.m. – 2 p.m.**  
**DEATakeBack.com**



### NATIONAL PRESCRIPTION DRUG TAKEBACK DAY

Bow residents are asked to turn in unused, unwanted, or expired medications, no questions asked – to the Bow Police Department, at 7 Knox Road. We are unable to accept needles or liquids. The proper disposal of medication helps reduce unauthorized access, theft, abuse, and damage to the environment.

Visit [DEATakeBack.com](http://DEATakeBack.com) for information.



BPD HALLOWEEN SAFETY TIPS NEXT PAGE

## BOW POLICE DEPARTMENT'S HALLOWEEN SAFETY TIPS



### TRICK-OR-TREAT SAFETY

- Children under 12 should trick-or-treat and cross streets with an adult. Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Cross the street at corners, using traffic signals and crosswalks.
- Decorate costumes and bags with reflective tape or stickers, choose light-colored costumes that fit properly, and avoid carrying sticks, swords, or other sharp objects.
- Do not stop at dark houses.

- Never accept rides from strangers.
- Have a trusted adult examine all treats for choking hazards and tampering before you eat them.
- Eat only factory-wrapped treats. Avoid homemade treats made by strangers.
- Check treats for signs of tampering before children are allowed to eat them. Candy should be thrown away if the wrapper is faded, torn, or unwrapped.

### WHAT DRIVERS NEED TO KNOW

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Anticipate heavy pedestrian traffic and turn your headlights on early in the day so you can spot children from greater distances.
- Remember that costumes can limit children's visibility and they may not be able to see your vehicle.
- Obey posted speed limits and other traffic signs.
- Use common sense and expect the unexpected.

The Bow Police will be highly visible while patrolling for traffic violations and safety concerns. To reach the police department, call 603-223-3950. Please have a Safe and Happy Halloween!

### SURVIVING AN ACTIVE SHOOTER DEMONSTRATION HELD AT MEN'S CLUB



On Thursday, September 28, the Bow Community Men's Club saw a 30 minute demonstration by the team of Joe Hileman and Terry Choate from Blue-U Defense. Their course is typically provided as a foundational level course to all levels of the corporate environment.

Successfully surviving a sudden incident of violence is 90% mental and 10% physical skill. Their course focuses on the 90% mental while also providing skills to survive the 10% physical, as a last resort.

The "Life or Death Gap" is the period of time that you know and understand that you are in danger, and it expands to the time that you are no longer in any danger and the situation is over. "It is during this time that there is no one there to save you and the decisions you make may mean the difference between survival or not," they warned.

Surviving an Incident of Violence Course provides a solid foundation for gaining the skills necessary to prepare for making good decisions in fractions of a second. That is what is required to survive – the skill to be able to make "Good Decisions in Fractions of a Second."

*On average, it takes 4 minutes or less for an active shooter or workplace violence event to take place. It's time to make sure your workplace is secure. Should an active threat situation arise, the life or death gap™ is truly short, and local authorities may not arrive in time. Plan and train to be best prepared.*

## Rotary Club of Bow SCALING NEW HEIGHTS



Every year, young people are "scaling new heights" when they courageously step out of their comfort zones to pursue more education, whether it is to college or a course in auto mechanics.

"Scaling New Heights" is the theme for this year's Rotary Club Scholarship Auction, in honor of our young people. The Auction is ONLINE, beginning at noon on Wednesday, November 1st, and ending at 6 PM on Saturday, November 4th.

Support from local businesses and generous individuals has allowed the Club to award almost \$400,000 in scholarships and over \$20,000 in camperships to local families. The Auction has served as an opportunity for businesses to showcase their services and products as well as to introduce them to folks who might not be familiar with them.

Our scholarships are given to students going to college as well as to those pursuing vocational studies. Camperships help children who might not otherwise be able to explore what Bow Parks and Rec has to offer, as well as offering opportunities to go father afield for new experiences.

Please help us continue this proud and important tradition by checking out the great items on our Auction website at [www.bowrotary.org](http://www.bowrotary.org). If you would like to contribute an item or wish to make a cash donation toward the Auction, please contact Ben Kiniry at 1 888 471-2903. Bid early and bid often!

### THE ANNUAL ROTARY CHRISTMAS TREE SALE & WREATH SALE COMING IN NOVEMBER!



The Rotary Club of Bow is planning its annual Christmas Tree & Wreath Sale to begin the evening after Thanksgiving, November 24th, at the Town Pond beside the Bow Community Building. We'll have a good supply of well-shaped Fraser and Balsam Fir trees, which are best known for their long-lasting qualities.

The sale will continue until we're sold out – usually within 2 weeks. Pre-decorated balsam firs wreaths will also sold.

### Travel with The Bow Times



Michelle and John Novakoski, of Dunbarton, traveled to Greece in September. Here is Michelle reading The Bow Times in Santorini along the coastal waters of the Aegean Sea.

THE  *Music* LADY  
FOR THE LOVE OF MUSIC

**H**ave you ever stayed in your parked car just a little longer just so you could hear the rest of a great song that's playing on the radio? Does hearing old music that you used to love make you feel as though you're getting back in touch with an old friend? Do you ever sing along with the music in the grocery store as you shop? Is the ring tone on your cell phone set to play your favorite song? How can we describe in words the power and magic of music in our lives?

Music is like our morning coffee. It is mood medicine. Music can get our minds off everything else. It has the power to make us smile and it can bring us to tears. Hearing a particular song can trigger an emotional response, from the highs of the first dance at your wedding, to the sadness of a loss or break-up, or even an event you'd simply prefer to forget. Sometimes it's not the song that makes us emotional, but it's the people and things that come to mind when you hear it. All it takes is one song to evoke a thousand memories.

Music is art that goes in the ear and straight to the heart. Sometimes it's the melody, and other times it's the lyrics that speak to us. Sometimes we can't explain how we feel, but we can find a song that can.

Music therapy has been incorporated widely in health care settings. It has been shown that music can reduce pain and anxiety for patients who are undergoing surgery, especially if the patient can choose their own music. People who have memory problems, such as with Alzheimer's disease, can often remember every word of songs from decades earlier in their lives

Having the same taste in music as someone else is like a soul connection. If anyone tells you that a particular song is important to them, turn the music up loud and really listen, because, at the end, you will know that person much better. When you find someone who makes you feel the same way music does, you've found someone special.

**Willie Nelson** said that music cuts through all boundaries and goes right to the soul. **Louis Armstrong** said that music is life itself. **William Shakespeare** said that music can raze out the written troubles of pain. **Albert Einstein** said that if he were not a physicist, he would be a musician, because he often *thinks* in music. He said he lives his daydreams in music, and he sees his life in music. **Taylor Swift** said that people haven't always been there for her, but music has.

Music can bring us together. For all our happiest days, there is music. May your soul be touched by music every day.

 THE BOW TIMES  
**TaleSpinner**

**A SAD DAY**

by Bow Resident Paul Pomeroy

Today was a sad day. I have been preparing for it for a while now. But being prepared doesn't make it any less sad.

You see, my grandson turned 12 today. And up until now Poppop was his number one guy. He used to run and greet me with plenty of hugs. And it was he who shared my love of baseball.

I am so very fortunate to have three other grandchildren. My oldest grandson played a bit of baseball but he didn't really care for it. He ran Cross Country and track and I enjoyed cheering him on. Grandchild number two-my beautiful granddaughter- plays field hockey and Lacrosse and I enjoy cheering her on. My fourth and youngest grandchild- my six year old grandson-lives far away and seems more interested in bouncing a basketball than swinging a bat. So all my eggs (or should I say baseballs) lie in grandchild number three's basket.

We started out when he was 5 years old on the front porch bouncing a tennis ball back and forth, over and over. Five in a row. Ten in a row. Twenty (we're NEVER going to get 20!) in a row. Then with one hand and then with the other. I bought him his first plastic bat when he was two years old and his first glove when he turned three. Then a better glove when he turned six. Then better gloves when he turned eight and 10 respectively. His latest glove he received this summer. I would oil them up and help break them in. New bats and "hitting sticks" were also needed of course. He would listen to his Poppop as I gave him hitting and pitching and fielding tips. I would sit behind home plate at every one of his games shouting out timely reminders and suggestions.

But that was then. He's twelve now you know. And Poppop has been relegated to the centerfield bleachers where I can watch ---but quietly. He doesn't need any more tips. When I say hello before and after games he gives me a wave and a smile. But also that "please don't embarrass me in front of my teammates" look. I do still get hugs off the field. And we still go over his baseball cards while I tell him stories and go over trivia from the glory days when I was a kid.

But, you see, he is 12 years old now. And Poppop is-well-old. So our relationship is still loving, and significant. But different. He will never appreciate how much I enjoyed watching him grow and learn and play. And I was prepared for this.

But I am still a little sad.



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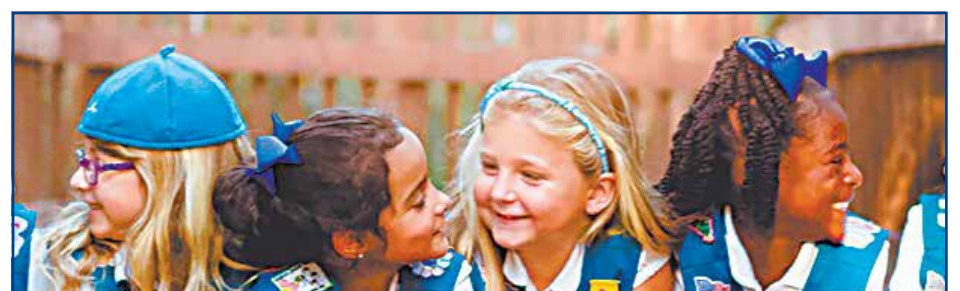
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*Girl Scouts bring their dreams to life and work together to build a better world.*

Through programs from coast to coast, Girl Scouts of all backgrounds and abilities can be unapologetically themselves as they discover their strengths and rise to meet new challenges—whether they want to climb to the top of a tree or the top of their class, lace up their boots for a hike or advocate for climate justice, or make their first best friends. Backed by trusted adult volunteers, mentors, and millions of alums, Girl Scouts lead the way as they find their voices and make changes that affect the issues most important to them.

Join the Girl Scouts and discover a whole new world of possibilities. We invite girls in grades K-3 and caregivers to learn about scouting in our community.

  
of the green and  
white mountains

We host multiple in-person and virtual sign-up events throughout the year. You can also join anytime online at [girlscoutsgwm.org](http://girlscoutsgwm.org). Walk-ins are welcome.



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## SALES UPDATE – SEPTEMBER 2023

SERVING OUR CLIENTS WITH INTEGRITY AND EXCELLENCE.



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ann@dippolddennehy.com



JOYA DENNEHY, REALTOR  
Cell: 603-303-4288  
joya@dippolddennehy.com



HEATHER MANN, REALTOR  
Cell: 603-344-1401  
heather@dippolddennehy.com



BIANCA CONTRERAS, REALTOR  
Cell: 603-491-8849  
bianca@dippolddennehy.com

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
53 Robinson Road	4 Bedrooms   3 Baths	3008 Square Feet	2.2 Acres	\$600,000
38 Lewis Lane	2 Bedrooms   3 Baths	2520 Square Feet	CONDO	\$650,000
15 Kelso Drive	4 Bedrooms   2 Baths	3194 Square Feet	1.30 Acres	\$674,900
1 Chelsea Drive	4 Bedrooms   3 Baths	2584 Square Feet	2.04 Acres	\$720,000
89 Woodhill Road	4 Bedrooms   3 Baths	3056 Square Feet	6.13 Acres	\$750,000
7 Hampshire Hills Drive	4 Bedrooms   3 Baths	3896 Square Feet	2.87 Acres /	\$805,000

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
68 Winslow Road	4 Bedrooms   2 Baths	1638 Square Feet	1.5 Acres	\$520,000
31 Millies Way	3 Bedrooms   3 Baths	3235 Square Feet	10.89 Acres	\$805,000
42 Moose Point Drive	4 Bedrooms   4 Baths	4100 Square Feet	5.25 Acres	\$885,000

Sales Data for September 2023 provided by the NHMLS.



### Bow Parks and Recreation

Invites Bow Residents to participate in this community event!

## TRICK OR TREAT

# Going Trunk to Trunk



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

**Sunday, October 29<sup>th</sup> 2:00-3:30 PM**  
Set-Up starts at 12:30 PM in Bow High School parking lot.

Email [bowreccenter@bownh.gov](mailto:bowreccenter@bownh.gov) or call 223-3984 to reserve your parking space today. Participants are responsible for decorating their trunks 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.

Concord Coalition to End Homelessness hosts the

## BLUES, BREWS & BBQ

### Annual Fundraising Event

**October 21, 2023**  
**1:00-5:00 PM**

**Faraday Function Center**  
**48 Airport Road in Concord**



Live performance by  
**DELTA GENERATORS**

**From 1:30-3:00 PM**

**You can't miss when you put the Blues, Brews & BBQ together!**

For tickets and menu information go to [www.concordhomeless.org](http://www.concordhomeless.org)

## NORA'S DUNBARTON TOWNCRIER NEWS



**THE DUNBARTON HISTORICAL SOCIETY** Presents NH's Long Love-Hate Relationship with Agricultural Fairs by Steve Taylor on Wed., October 25, at 7:00 PM at St. John's Episcopal Church Hall, Dunbarton, 270 Stark Highway North, Dunbarton. FREE. Open to all thanks to NH Humanities Council.



**READING TO DOGS** Mr. T from Reading to Dogs will be at the library 2:30pm to 4:00pm on Thurs Oct 26 and Thurs. Nov 9 for grades 1 to 4. Please call the library(774-3546) to register for 15 minutes of reading.

**A TASTE OF THE OLD COUNTRY** in the New: Franco-Americans of Manchester will be presented Thurs, Oct 26 at 6:30pm in the Upper Town Hall. Presented by Robert Perreault, who will share his stories about life in one of American's major Franco-American centers. This is made possible by a grant from NH Humanities.



**Granite  
VNA**

**PUBLIC FLU  
Immunization  
Clinic**

**THE GRANITE VNA** is conducting a Public Flu Clinic at Dunbarton Congregational Church, 6 Stark Highway North, Wednesday, November 1, from 9 to 11:00 AM. Immunizations are offered at no charge with an ID card from Medicare B, Medicare Advantage, Medicaid, Harvard Pilgrim, Tufts, or Anthem. \$30 (cash or check) for all others. Published rate is \$45. This year, they are offering the standard quadrivalent influenza vaccine. For ages 3 and older. For more information, please visit [www.granitevna.org/fluclinics](http://www.granitevna.org/fluclinics) or call (603) 224-4093, ext. 85815.

**BECOMING WOLF** Eastern Coyotes in New Hampshire will be presented Thursday, November 2, at 6:30 PM in the Upper Town Hall by Christine Schadler. Christine Schadler, M.S., Conservation Biology, will discuss coexistence strategies, whether you farm, hike or garden, understanding the mind and ecology of the coyote can keep us one step ahead of problems. According to Chris, who, with 40 years of wolf and coyote research, sheep farming, and teaching, will demonstrate that "knowledge is power" when it comes to living with coyotes. Sponsored by the library.

**BEYOND THE BOOK** The Congregational Church's Book Group, Beyond the Book will read *The Water Dancer* by Ta-Nehisi. Coates. This book has been nominated for the NAACP Image Award, named one of the Best Books of the Year by Time Magazine, NPR, The Washington Post, Chicago Tribune, Vanity Fair, Esquire, Good Housekeeping, Paste, Town & Country, The New York Public Library, Kirkus Reviews, and the Library Journal. Discussion will take place on Thursday, November 2, at 7 to 8:00 PM. For meeting location or questions, contact [barbennett51@gmail.com](mailto:barbennett51@gmail.com).

**THE CONCORD COACHMEN CHORUS** is coming soon! Thurs, Nov 9, at 6:30pm, Upper Town Hall space. The Concord Coachmen Chorus is a men's chorus based in Concord. Their name is derived from the old *Concord Coach* which transported people from New Hampshire to Boston many years ago. They're coming to Dunbarton and will be singing music of all types: doo-wop, gospel, jazz, and pop in the Barbershop style. Sponsored by the library.

**DUNBARTON GARDEN CLUB** presents UNH's Master Gardener Henry Homeyer on Monday, November 13, at 6:30 pm. The presentation "Tips For Growing Great Flowers Including Old Favorites and Lesser Known" will be on the second floor of the town hall on 1004 School Street. Refreshments will be served, and the public is encouraged to attend. Contact [dgc03046@gmail.com](mailto:dgc03046@gmail.com) if you have any questions.

**DUNBARTON HISTORICAL SOCIETY** Presents "General John Stark" by George Morrison on Wed, Nov 15, at 7:00 p.m. at the St. John's Episcopal Church Hall, 270 Stark Highway North, Dunbarton, NH. Thanks To NH Humanities Council. FREE and Open to All.

**OPEN MIC** The Spieside Coffee House Open Mic will be Sat. Nov. 18. Door opens at 6pm. Performers, please sign up as you enter. Show starts at 6:30 at the Dunbarton Congregational Church in the Center of Dunbarton. \$5 donation. Snacks and drinks are available to purchase. FMI Lizz@[dccucc.org](http://dccucc.org)

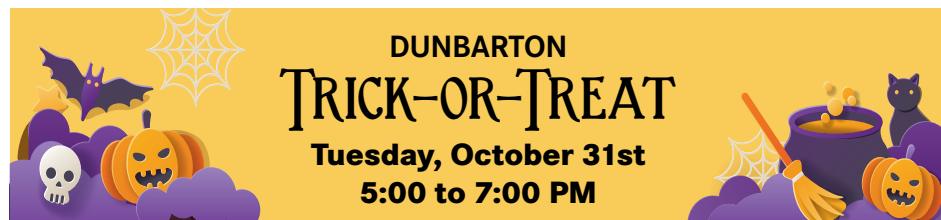
**CHAIR YOGA** with Sherry Gamble will be held on Thursday, November 9 and Thursday, November 30 at 11am. Come early and bring up a chair to the second floor of the town hall. Sponsored by the library. (Chairs are limited downstairs.)



### PEOPLE FOR THE STEEPLE

Update: The Robert Morgan company arrived at the Congregational Church on Sept 25, and attached ropes to the top of the dome and set up tall ladders. Two men scraped paint on the outside and one on the inside of the tower, always on the lookout for areas that need repair. The company will be able to give an estimate regarding replacing the spires as they evaluate the condition of the tower. As of late Sept over \$11,000 has been received and your generosity enabled the church to send the required deposit immediately upon request. If you haven't yet donated, please consider doing so and help defray the cost of preserving this historic church! To donate, visit <https://www.dunbartonucc.org/steeple-donations/>, or mail your check to the Dunbarton Congregational Church, 6 Stark Hwy. N, 03046 (with "steeple" on the memo line please.)

**DEA DRUG TAKEBACK DAY** National Prescription Drug Takeback Day will take place on Saturday, October 28th from 10 AM – 2 PM at the Dunbarton Police Department, located at 18 Robert Rogers Road. Residents are asked to turn in unused, unwanted, or expired medications, no questions asked. Please visit [www.dea.gov/takebackday](http://www.dea.gov/takebackday) for compliance information or reach out to Dunbarton Police Chief Chris Remillard at [chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net) or (603) 774-5500.



Nora LeDuc

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

## DUNBARTON POLICE DEPARTMENT



### SEPTEMBER 2023 ARREST LOG

**9/7** Stephanie Lane, 32, Loudon was taken into custody by Loudon PD on a Dunbarton PD warrant for loitering/prowling and misuse of plates.

**9/8** Joshua Kunkel, 33, Lisbon, CT, was taken into custody for disobeying a police officer and speed and was also charged as a fugitive from justice related to an arrest warrant out of Connecticut for multiple felony-level drug and weapons charges.

**9/21** Bourne Spooner, 18, Weare, was taken into custody for reckless operation and speed.

**9/22** McCall Robinson, 30, Goffstown, was charged with driving after revocation/suspension – subsequent offense and suspended registrations.

**9/27** Joseph LeBlanc, 58, Concord was charged with theft by deception from a Dunbarton PD warrant.

**9/30** Jonathon Gallant, 27, Brooklyn, CT, was charged with driving after revocation/suspension and speeding.

**9/30** David Peters, 66, Tewksbury, MA, was taken into custody for aggravated driving while intoxicated, operating after revocation/suspension, and open container.

During the month of September, 2 individuals were taken into protective custody (drugs, alcohol and/or mental health) and 16 traffic citations were issued for offenses that included speed, non-inspection, and unregistered vehicle. For our complete September, 2023 Monthly Report please visit our Facebook page or website.

*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.*

### DUNBARTON OFFICER DAN PHILBROOK GRADUATES

We are pleased to announce that Officer Dan Philbrook has graduated from the 193rd Full-Time Recruit Academy, after completing a rigorous 16-week training program.

Officer Philbrook was joined by his friends and family, along with fellow co-workers and Dunbarton Selectmen Michael Kaminski, to celebrate his achievement.

Officer Philbrook will complete the remainder of our Field Training and Evaluation Program (FTEP) before being released to solo patrol.

Welcome back and job well done, Officer Philbrook!



Attending the award ceremony L-R: Officers Dan Sklut, Michael Gorman, Scott Avedisian, Chief Chris Remilard, Officers Dan Philbrook, Joseph Milioto and Selectman Michael Kaminski.

### FIRST ANNUAL AWARDS & RECOGNITION RECIPIENTS

On October 2, 2023, the Dunbarton Police Department celebrated its First Annual Awards and Recognition Ceremony. This was an opportunity to recognize the dedication and professionalism of our exceptional staff.

The following people were honoured:

- **Officer Michel Gorman** was presented with the Distinguished Service Award for achieving 20 years of service with the Dunbarton Police Department. Officer Gorman has a total of an impressive 42 years in law enforcement, having served with the Goffstown Police Department for 22 years before coming to Dunbarton in 2003.
- **Sergeant Brian Tyler** was presented with the Chief's Citation Award for consistently going above and beyond in all aspects in his role as sergeant.
- \* **Sergeant Tyler, Officer Gorman, Officer Milioto & Officer Tompkins** were presented with Letters of Recognition for their steadfast dedication to the Dunbarton Police Department while we were operating short staffed.
- **Linda Marcoux**, Office Administrator, was presented with a Letter of Recognition for her superior administrative support.
- **Officer Scott Avedisian** was recognized for his proactive policing abilities and the positive impact that he's made during his short time with our department.
- **Officer Daniel Philbrook** was presented with his wallet badge which commemorates becoming a certified officer upon graduating from the New Hampshire Police Academy last week.

The spouses of our current and retired members were also recognized for their ongoing support, for we could not do this job without them.

Many thanks to those who attended as well as the School Street Café for providing coffee and baked goods.

### WOMEN'S SELF-DEFENSE CLINIC

In September, we hosted a women's self-defense clinic. Christina Dow and her staff from The Training Station provided instruction and demonstrated self-defense tactics. Participants practiced a variety of hands-on self-defense techniques while also learning ways to improve their overall personal safety. Many thanks to all who attended as well as the Dunbarton Elementary School and the Dunbarton Elementary PTO for partnering with us for this important community event!



The self-defense clinic was well-attended, with approximately 50 participants.

### ANNUAL 'BEARDS FOR BUCKS' FUNDRAISER

Officers will ditch their razors for a cause in the annual *Beards for Bucks* fundraiser. Watch them grow their facial hair throughout October, all in the name of charity.

What began with one innovative officer trying to raise money for Crimes Against Children (CAC) has now become a statewide fundraising campaign, earning \$285,000 last year alone!

Unlike some funding sources, there are no restrictions. Funds may be used for anything that improves CAC and its team's ability to provide a safe, environment for children and their families.

This may mean anything from purchasing a new Keurig for the family waiting area to contributing to the development of behavioral health services at a center.







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



## FEATURED EVENT

### Guided Meditations with Sound Healing Thursday, November 2 | 6:30pm

Jen from Mystic Moon Wellness in Concord, will guide participants for an hour long session of meditations and relaxation through the art of sound healing, an ancient healing technique that uses tonal frequencies to bring the body into a state of vibrational balance and harmony. The frequencies from crystal singing bowls slow down brain waves to a deeply restorative state, which activates the body's system of self-healing. Singing bowls create beautiful sounds that can help shift your consciousness and support positive transformation and are powerful tools to help enhance your mood and soothe your soul.



## 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, Oct. 27th | 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

### "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.\*

### Nature Explorers | Thursday, Nov. 2 | 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, Nov. 8 | 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.

## ADULT PROGRAMMING

### 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 preparations underway by wildlife and plant systems and explore 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. Daily activities to connect with nature & awaken your senses.

### Caring for the Care Giver and Finding Balance

Thursday, Oct. 26th | 6:30pm

Care giving is hard work. It is a gift of love and one you do without concern for yourself. It can leave you feeling overwhelmed, exhausted and off balance. Let's talk about ways to still care for your loved ones, while caring for yourself at the same time.

Donna Deos of Bow, founder of DonnaDeos, LLC, is dedicated to helping people help the ones they love most as they face the challenges of aging and unexpected medical conditions. She comes to it naturally from both the Senior Living Industry and from caring for her grandmother and both of her parents prior to their passing. The information she shares is real, tried-and-true tips geared toward giving you control amid the chaos.

### Adult Craft Night | Tuesday, Nov. 7th | 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, Nov. 14th | 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.

### Struggle Care with KC Davis | Wednesday, Nov. 15th 7:00pm | via ZOOM

Author and viral TikTok star KC Davis' revolutionary approach to cleaning and organizing has helped millions of people stop feeling ashamed or overwhelmed by a messy home. In this virtual author talk, KC shares the compassionate and simple approach to customizing cleaning strategies and rebuilding your relationship with your home featured in her bestselling book, "How to Keep House While Drowning."

A licensed therapist, she is the creator of the popular Struggle Care website and Instagram, and the Domestic Blisters TikTok, where she shares her revolutionary approach to self and home care for those dealing with mental health issues, physical illness, and hard seasons of life. This presentation is in partnership with Nashua Public Library. Visit our Online Calendar to receive the ZOOM link.

**The White Rock Book Group** will be meeting at White Rock Senior Center on November 21st at 1pm.

**Love mysteries?** Contact Amy at [amy@bakerfreelib.org](mailto:amy@bakerfreelib.org) to learn about the mystery-themed book club, the Whodunits! The Whodunits' next meeting is at White Rock Senior Center on November 7th at 1pm.

## IN THE GALLERY



### October Exhibit: Douglas Richards October 2 – November 3 "Some of This and Some of That: Recent Works"

Featured Artists during October are local artists, Douglas Richards and Laura Aldridge. We're thrilled to have Doug back as a featured artist alongside his daughter, Laura Aldridge. Exploring watercolor glazing, oils and acrylics, this exhibit embodies nature's beauty. Stop in to see Doug each Saturday in October at the **Artist Meet & Greet**.

### 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](mailto:amelia@bakerfreelib.org).

# SCOUTING FOR FOOD

## ANNUAL FOOD DRIVE

**SATURDAY, NOV. 4 • 8AM - NOON**

### FOODS NEEDED:

- |                     |                     |
|---------------------|---------------------|
| Canned Meats        | Hot and Cold Cereal |
| Peanut Butter       | Baby Cereal Soups   |
| Canned Fruit        | Pasta               |
| Canned Fish         | Powdered Milk       |
| Jello / Pudding Mix | Baby Formula        |
| Canned Vegetables   | Pasta Sauces        |
| 100% Fruit Juice    | and more!           |

**We cannot accept:** Expired Foods, Perishable Items, Glass Jars or Opened Items

### PICKUP:

Put your food donation in a bag by your mailbox **before 8AM on the day listed above**. Scouts will collect it by noon.

### DROP OFF:

If you prefer or if we miss your mailbox, you can drop off the food at the **Bow Town Gazebo** where the scouts will be camping that weekend.

### CONTACTLESS:

Option available until **Thursday before the date listed above**. We are also accepting contributions online. Scan the QR Code or visit the site below and we will purchase food to be donated for you! [bowscouts.square.site/](http://bowscouts.square.site/)



**Ages 11-17**  
[boyscouts.org](http://boyscouts.org)

Scouts BSA Troops 75 include both boys and girls units. We are youth-led troops that promote community service, leadership, character development, adventure, and most of all – fun!

Our scouts participate in outdoor activities 12 months of the year including camping, hiking, fishing, shooting-sports, canoeing, kayaking summer camp, snowshoeing, and TONS of other fun.



**Grades K-5**  
[pack75bow.org](http://pack75bow.org)  
Bow & Dunbarton

In Cub Scouts, you will join your son or daughter as you go on hikes, build Pinewood Derby cars, learn about citizenship, give back to the community, summer camp, make new friends and have lots and lots of fun.

Oh, and the kids get to do all this too!

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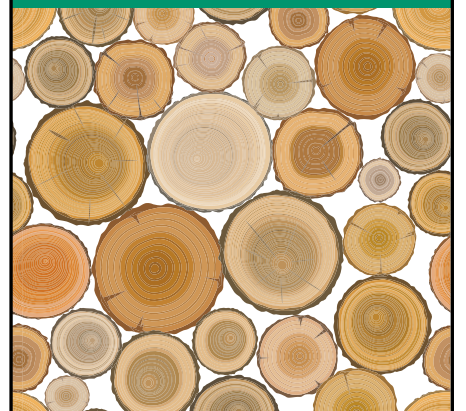


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# BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor

## PLAYOFFS LOOMING FOR BOW GIRLS SOCCER TEAM

Halfway through October, the Girl's soccer team has played with excellence. Nearing playoffs, the Division II title is up for grabs! They currently are the fifth seed, so the next games are crucial.



**Sidney Roberge, #24, Captain of the Girls Soccer Team.**

Senior standout and captain Sidney Roberge has had a stellar season. She stated, "I think the team play has been great this year. Once we find our groove and move the ball around the field our play gets very high, and we look great. I think we need to get to the next level for the playoffs as it's going to be a tough battle this year but nothing we can't do." She continued, "As of right now I see us having an extremely hard road to the state championship. This is because our level of competition this year is extremely high." While they have just beaten number two Merrimack Valley, their seed remained at five. "Anything can happen this year and if we keep our focus and continue to work hard every day, I see a good chance of making it far into the playoffs."

The team felt the loss of the LaPerle Twins, and with fellow Captain Juliette Tarsa sidelined, Lexi Insana has stepped up. Roberge said, "This year, Lexi Insana has stepped up tremendously by controlling the paint and being the hardest worker on the field. She sacrifices everything just to put that ball through the net." She continued, "She is the perfect example for how every athlete should play their game, which is with true passion and heart." Tarsa, who has been sidelined with an injury for the last month, stated, "There were moments in our season where our passion for the game diminished due to the high level of competition and recurring injuries for a lot of our players but I see the passion for the game coming back with our players and now more than ever we want to win it all." She added, "Right now the practice energy is high, and everyone is working hard every day to improve their skill and enhance their role on the team. I feel like we all have the same goal to win and the only thing stopping us from that is ourselves." Although playoffs may seem like an uphill battle, the girls are excited for the challenge. Roberge stated, "I am super excited for the playoffs and am excited to see what this team is capable of, it's the most thrilling time of the year!" She continued, "Playoffs is what everyone is working towards throughout the season, and I believe after the experiences of playoff-like pressure during our regular season games this season, we will be ready for whatever comes our way during the playoffs."

**Photos | Chip Griffin**



**Bow High School Girls Soccer Team**

## FALCON FOOTBALL IN SEARCH FOR PLAYOFFS

With few games left for Bow Falcon Football, and playoff implications on the line, the final weeks of October will determine their playoff aspirations.

Junior Quarterback Brady Lover, with his first season under center, has proven to be a standout quarterback in the state. Lover stated, "Bow's passing game doesn't usually come too often, but I've made the most out of my opportunities, and it's certainly been exciting." With Lover passing for nearly four



**Falcons Football Team**



**Juniior, Brady Lover, Quarterback**

hundred yards and tossing six touchdown passes, all of whom were to Senior Captain Ryan McCabe, they've developed quite the rapport. McCabe stated, "It's been awesome to have that connection with him. We've really worked at it all offseason and summer, to the point where our offensive coordinator doesn't want Brady to throw me the ball in practice anymore." He continued, "Making some big plays, spreading out the field, and turning momentum in our favor has been an incredible help for our offense this season." Gavin McCabe, who had been sidelined following his three-touchdown explosion against Gilford-Belmont, made his return mid-October, bolstering the running back room. But Caleb Caleb Schumacher and

Josiah Funches have stepped up in his absence. Funches had a blow-up game against Kennett, who had previously only lost one game. Scoring a pair of touchdowns and a sack, the Senior captain stepped up when the team needed him most. Funches said, "I'm just going out there and doing the best I can, doing all I can do to help this team win." He proceeded, "Our goal is to make the playoffs. We're a good team and we deserve to be there when we play our brand of football." Gavin McCabe is excited to finish out the season and hopes to contribute right away. "Obviously it's great to be back out here. Only have a few games left of my senior year, I just have to make the most of it." While the team dropped a heartbreaker versus Merrimack Valley, the big upset against Kennett was the exact rebound they needed. "We want to be a dark horse," Lover commented. "We want to surprise the state, all we have to do is play to our potential and nobody can stop us."

**Photos | Chip Griffin**



**Senior Captain Ryan McCabe**

# BOW FIRE DEPARTMENT

## SEPTEMBER 2023 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 15 Basic Life Support Transports
- 32 Advanced Life Support Transports
- 9 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 13 Fires/Hazardous Conditions/Alarms
- 12 Service Call Incidents/Good Intent
- 8 Overlapping Incidents
- 81 Total Calls for the Month

# BE HALLOWEEN Safe

Halloween is a fun, and spooky, time of year for kids. Make trick-or-treating safe for your little monsters with a few easy safety tips.



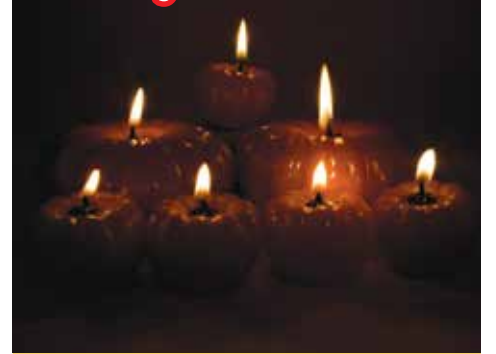
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## HALLOWEEN FIRE SAFETY TIPS

- »»» **When choosing a costume**, stay away from long trailing fabric. If your child is wearing a mask, make sure the eye holes are large enough so he or she can see out.
- »»» **Provide children** with flashlights to carry for lighting or glow sticks as part of their costume.
- »»» Dried flowers, cornstalks and crepe paper catch fire easily. **Keep all decorations** away from open flames and other heat sources like light bulbs and heaters.
- »»» **Use a battery-operated** candle or glow-stick in jack-o-lanterns. If you use a real candle, use extreme caution. Make sure children are watched at all times when candles are lit. When lighting candles inside jack-o-lanterns, use long, fireplace-style matches or a utility lighter. Be sure to place lit pumpkins well away from anything that can burn and far enough out of the way of trick-or-treaters, doorsteps, walkways and yards.
- »»» **Remember** to keep exits clear of decorations, so nothing blocks escape routes.
- »»» **Make sure** all smoke alarms in the home are working.
- »»» **Tell children** to stay away from open flames including jack-o-lanterns with candles in them. Be sure they know how to stop, drop and roll if their clothing catches fire. (Have them practice, stopping immediately, dropping to the ground, covering their face with hands, and rolling over and over to put the flames out.)

If your children are going to **Halloween parties** at others' homes, have them look for ways out of the home and plan how they would get out in an emergency.

### Did you know?



Decorations are the first thing to ignite in roughly **800** reported home fires each year. More than one-third of these fires were started by a candle.

COURTESY OF THE  
BOW FIRE DEPARTMENT

### EARLY FALL PUMPING EXERCISES



Taking advantage of this incredible fall weather we got some pump training in! Though we didn't find gold at the end of this lovely rainbow, we wanted to share this great shot with readers! **Be Well & Stay - Bow Fire Dept.**

### A MESSAGE FROM THE BOW FIRE DEPARTMENT



## Change your clocks. Check your batteries.

Clocks will "fall back" November 5!

**CLOCKS WILL "FALL BACK" SUNDAY, NOVEMBER 5, 2023.**

**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.



## OBITUARIES

### KEITH E. ASKIN



Keith E. Askin, 62 of North Port, FL passed away peacefully September 19, 2023, after a courageous 30 year battle with Multiple Sclerosis. Born on February 7, 1961, in Bayshore, New York, he was the son of the late Ronald and Joan Askin of York Beach, Maine. Keith grew up on a family farm in Bow, where he was actively involved in farm life and school sports. He graduated from Concord High School in 1979, then received his BS in Mechanical Engineering at UNH, and Master's degree at Rensselaer.

Keith's childhood and early adult years were spent living a very active lifestyle including running, soccer, sailing and snowmobiling. His active lifestyle changed when he was diagnosed with chronic progressive MS at the young age of 30.

Keith loved all things physical, especially skiing and cycling, but also working on house projects. Until the end, Keith pushed himself to the limit. When he could no longer ride his bike in the standard way, he experimented with a line to the pedal that was worked by his weaker leg for a sort of hand control/assist. It was this drive that helped him maintain his independence for as long as he could.

Keith appreciated his friends and stayed in touch with people he knew from New Hampshire. And of course, he was so proud of his nieces and nephews, he loved to tell his friends about their academic and professional achievements.

Keith is survived by his four siblings, Steve Askin, Donna Morrison and husband Tim, Lisa Quiet and husband Kevin, Genay Snell and husband Doug, along with his seven nieces and nephews of whom he was very proud; Hannah, Taylor, Molly, Harrison, Victoria, Connor & Mason, along with other relatives, and numerous friends from various parts of his life.

The family would like to thank all the kind and compassionate caregivers at Discovery Commons South Biscayne Assisted Living as well as Tidewell Hospice House in Sarasota. Their compassion in caring for Keith right until the end was so appreciated.

### GARY M. COOPER

Gary, M Cooper, 72 of Contoocook, passed away peacefully at home on September 8, 2023, surrounded by his loving family after a long illness.

Gary was born on November 22, 1950. He was a resident of Bow for 51 years before moving to Contoocook. He worked for the Bow Public Works department for 35 years. Gary was an avid hunter, loved fishing, gardening and feeding the birds. He was predeceased by his father, Milo, Cooper, and mother Evelena (Miller) Cooper of Bow. He is survived by his life partner and best friend of 53 years, Diane (Andrus) Cooper, his sisters June Barton of Boscawen, and Wanda Kjellander and her husband Al of Sanbornton, two sons, Milo Cooper and his wife Amy of Harleyville, SC and Justin Cooper of Contoocook.

### WILLIAM EMMETT, JR.

On August 13, 2023, William A Emmett Jr. of Bow, passed away. William was born on April 7, 1948, in Pittsburg, PA to William Emmett Sr. and Garnet (Schultze) Emmett.

Bill graduated with a master's degree in electronic engineering from Tulane University and served in the US Navy. After his service, he worked as an electronics' engineer for the US Army Corps of Engineers in New Orleans, LA until he retired.

After retiring, Bill bought a boat and spent his time fishing. He enjoyed being at the gun range and spending time with his wife, Janet. They both belonged to the Bow's Young at Heart Club. In 2022, Janet had a stroke, to which Bill dedicated and devoted his time to taking care of his wife. He would always remind her that that was what he signed up for when they took their marriage vows.

Bill was always known as a kind-hearted person. He was the person who would pull over on the side of the road to help someone in an accident and will be missed and cherished by many. Bill is survived by his wife, Janet (Moulton) Emmett, of Bow, and several cousins.

### SHEILA PAINCHAUD LASALLE

Sheila Painchaud LaSalle, 90, of Bow, passed away peacefully August 31, 2023.

Sheila was born September 25, 1932 in Lebanon, the daughter of Alphonse and Heten Lynch Painchaud, and grew up in Concord, a with her brother Richard Painchaud, and sister Marie Painchaud Audet.

After graduating from Concord High School, she studied at Concord Business School, and began her Bookkeeping Office Management Career. She was a long time member of St. John the Evangelist Parish serving as an Eucharistic Minister for many years.

On May 2, 1953, she married her husband of 70 years, Louis Earl LaSalle.

Sheila is survived by her loving husband Louis and her daughter Luanne LaSalle Snow (Jack) of Loudon.

### ARTHUR LEARNED

Arthur John Learned, 81, of Dunbarton, passed away on September 26, 2023, at Granite VNA Hospice in Concord, after a period of declining health.

He was born on Jan. 13, 1942, in Claremont, the son of Harold and Althea Bean Learned.

Arthur, also known as "Skip" by family and friends, graduated from Laconia High School in 1960 and received bachelor's degrees from Plymouth State College and New Hampshire College. He faithfully served in the Vietnam War with the Army National Guard. He embarked on a successful accounting career with Wheelabrator Technologies which led to various assignments across the country.

In 1990, along with his wife, Janet, he established and operated a successful kitchen store "Things Are Cooking" in Concord, for over 20 years.

Arthur is survived by his wife of 57 years, Janet, daughter Regina and her husband Todd Pauer, grandchildren Nora and Anna of Goffstown and his son Harold of Eugene, OR.

In lieu of flowers, donations may be made to the NH Food Bank at nhfoodbank.org.

### JANET ELLEN BLAGG LIPTAK

Janet Ellen Blagg Liptak, of Contoocook, a woman of wit and wisdom, passed away surrounded by friends and family on June 20, 2023, at Concord Hospital.

Born on July 11, 1954, in Cincinnati, Ohio, Janet was the third child of Sara Margaret Nowels Blagg and David Varian Blagg. Her formative years were spent in Dayton, Ohio, where she graduated from Butler High School, Vandalia, Ohio, in 1972. Driven by her love of the outdoors, she studied at the University of New Hampshire, earning a degree in wildlife management in 1976.

She volunteered with the Audubon Society of New Hampshire, The First Church of Christ in Hopkinton, and was involved in numerous extracurricular activities peripheral to her son's education.

Janet was predeceased by her parents and her brother, David Varian Blagg II. She is survived by her loving husband John, her son Ian David Liptak, and her brother Noel A. Blagg (Paula).

In lieu of flowers, contributions to the Audubon Society of NH at [www.nh.audubon.org/donate/make-a-donation](http://www.nh.audubon.org/donate/make-a-donation) will continue to support the environmental stewardship and education programs that Janet cherished.

### THOMAS MICHAEL MOLNAR

Thomas Michael Molnar, 81 of Hopkinton, passed away peacefully, August 31, 2023.

Tom was born on November 3, 1941, in Morristown, NJ to Anne and Emil Molnar. Tom, the second oldest of four children, graduated from Morristown High School. After graduating from Fordham University, NY, Tom started a 40 year career as proprietor of Molnar Pharmacy.

He inevitably had a kind word, story or joke to share whether meeting old friends or making new ones. He will be missed deeply by his family.

Tom was predeceased by his beloved wife Mary Sue (Howe) Molnar, sister Anne Marie Molnar, father Emil J. Molnar and mother Anne (Walsh) Molnar.

Tom Molnar is survived by his children Tim Molnar and his wife Teri of Mendham, NJ, Dennis Molnar and wife Dr. Beth Mayland of Hopkinton and seven grandchildren.

In lieu of flowers, memorial donations may be made to the Slusser Center, 330 Main Street, Hopkinton, NH 03229 or the Pulmonary Fibrosis Foundation via online tribute [www.fundraise.givesmart.com/vf/PFFTribute/ThomasMolnar](http://www.fundraise.givesmart.com/vf/PFFTribute/ThomasMolnar).

### BENJAMIN MOZRALL II

Benjamin Mozrall II, age 83, of Contoocook, passed away on August 31, 2023, at Elliot Hospital in Manchester.

He was born in Concord, the son of the late Benjamin and Carrie (Stinson) Mozrall.

He honorably served in the US Army and continued on in the NH National Guard.

He served loyally to the State of New Hampshire for 28 years as a State Trooper, member of SWAT, assigned to the governor's security detail and a special crime investigator. After retiring he started his own construction company Mozrall Construction.

Survived by his daughter, Karen Marshall of Los Angeles, CA; his son, Benjamin Mozrall III of Washington and two grandchildren, Michelle Marshall and Steven Wakita.

In lieu of flowers the family is requesting that all donations be made to the Chaplain Emergency Relief Fund of the NH National Guard.

### JUDITH ANN SANBORN

Judith Ann Sanborn, 83, of Contoocook, was welcomed Home to be with her Savior Jesus Christ on September 7, 2023. Judy was born on Feb 5, 1940, in Concord, to Richard and Velma Sanborn and graduated from Penacook High School in 1958. Her early years were spent on the family dairy farm, and she later moved to Connecticut where she was the editor of photography at G. Fox & Co. Judy had an eye for photography and a passion for poetry. Upon retirement, she returned to New Hampshire.

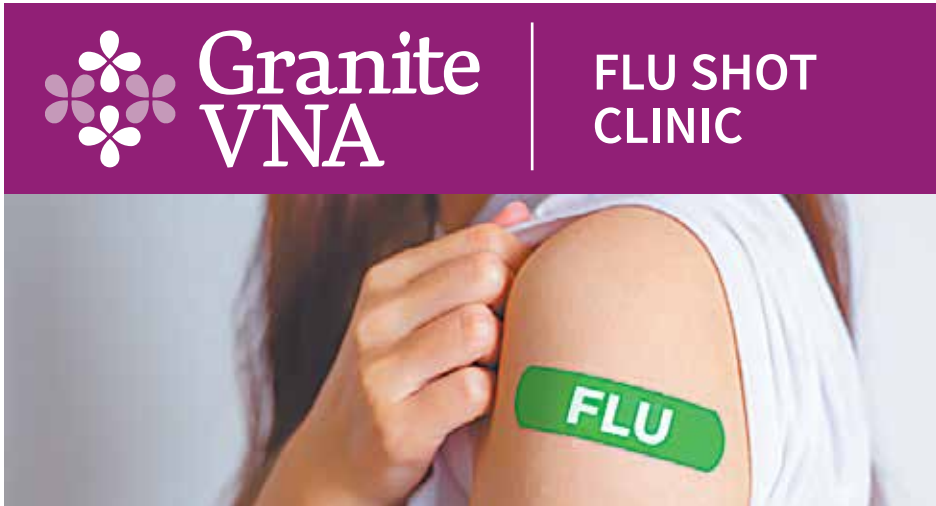
Judy had a big heart. Her kindness provided comfort and strength to her family and friends in times of need. Many have commented that Judy's warm smile could brighten anyone's day.

Judy is predeceased by her father and mother, and good friend Jeanne Legras. She is survived by her sister Ginny (Sanborn) Dumais and brother-in-law Edward Dumais, nephew Jonathan Dumais and his wife Linda, and great nephews Jake and Kyle.

Please consider donations in Judy's memory to the Pope Memorial SPCA [popememorialsPCA.org](http://popememorialsPCA.org). This was a cause dear to her heart.



*Wishing you peace, comfort, and courage to face the days ahead. May you hold loving memories of your loved one forever in your heart.*



**OCTOBER FLU SHOT CLINIC IN BOW**

Friday, October 27, from 11:00 AM to 2:00 PM at the Bow Community Center, 3 Bow Center Road.

Specially-trained nurses administer flu shots to people age 3 and over and answer your flu-related questions.

Immunizations are offered at no charge with an ID card from Medicare B, Medicare Advantage, Medicaid, Harvard Pilgrim, Tufts, or Anthem. Immunizations are \$30 (cash or check) for all others. The published rate is \$45. This year, we are offering the standard quadrivalent influenza vaccine.

Clinics are dependent upon availability of the flu vaccine and are subject to change. For a full schedule, visit [www.granitevna.org](http://www.granitevna.org) or call (603) 224-4093 or (800) 924-8620, ext. 85815.



**WALK-IN WEDNESDAY IN CONCORD**

Wednesday, October 25 from 10 a.m. to Noon at the Concord Public Library at 45 Green Street.

Walk-In Wednesday is an opportunity to get your questions answered. A Granite VNA Social Worker/Notary Public is available to:

- Connect with you to discuss your end-of-life wishes
- Review your Advance Directives to make sure it reflects your decisions regarding future medical care
- Assist with filling out your Durable Power of Attorney for Healthcare and/or Living Will
- Provide information about resources and services that may benefit you or a family member

This program is offered at no charge and is on a first-come, first-serve basis. Pre-registration is not required. For more information, call (603) 224-4093 or (800) 924-8620, ext. 85815 or visit [www.granitevna.org](http://www.granitevna.org).

**PICKLEBALL**

Learn to play PICKLEBALL! Bow Parks and Recreation is offering **INTRO-TO PICKLEBALL** classes at the Bow Community Building:

Friday October 20	8:00-10:00 AM	\$50 resident \$55 Non-resident
Sunday October 22	9:00-11:00 AM	\$50 resident \$55 Non-resident
Sunday October 29	9:00-11:00 AM	\$50 resident \$55 Non-resident
Friday November 10	12:00-2:00 PM	\$50 resident \$55 Non-resident



The classes are limited to 4 participants only and will fill fast. Please sign up at [www.bownh.myrec.com](http://www.bownh.myrec.com) or in person at the Community building.

Please bring your own court shoes and a water bottle. We have a few rackets to try out, and will supply the balls.

Please call 223-2920 if you have any questions.

**CRAFT FAIR** at White Rock in Bow

Saturday, November 18th • 9:00 AM to 2:00 PM  
With In-house Artist • Open to the Public



**TOWNS OF BOW AND DUNBARTON**

**HOUSEHOLD HAZARDOUS WASTE DAY**

---

**SATURDAY**

**OCTOBER 21, 2023**

**8:30 AM - 1:00 PM**

DEPARTMENT OF PUBLIC WORKS

12 ROBINSON ROAD, BOW

VISIT WEBSITE FOR FULL LIST OF ACCEPTED ITEMS (INCLUDING ELECTRONICS)

[WWW.BOWNH.GOV/340/ANNUAL-HOUSEHOLD-HAZARDOUS-WASTE-COLLECT](http://WWW.BOWNH.GOV/340/ANNUAL-HOUSEHOLD-HAZARDOUS-WASTE-COLLECT)

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# Talking Trash

by Danielle Ruane

## HAZARDOUS WASTE and ELECTRONICS COLLECTION DAY Saturday OCTOBER 21, 2023

The Towns of Bow and Dunbarton are holding their annual Household Hazardous Waste Collection Day and Electronics Collection for residents on Saturday, October 21, 2023 from 8:30 a.m. to 1:00 p.m. The collection event will be at the Bow Department of Public Works at 12 Robinson Road, Bow.

Bow and Dunbarton residents should bring their household hazardous waste to the event to safely dispose of harmful materials. Household hazardous waste includes household products labeled “caution, toxic, danger, hazard, warning, poisonous, reactive, corrosive, or flammable.” These products are often used in our houses, garages and lawns, and are purchased from hardware, automotive and grocery stores. The proper disposal of these items is necessary to protect our wells and groundwater, and to help avoid contamination of our drinking water supplies.

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### ITEMS ACCEPTED

Items accepted at the event include oil based paints and solvents (no latex paint), used motor oil, antifreeze, transmission fluid, swimming pool chemicals, insecticides, fluorescent light bulbs, batteries, household cleaning chemicals and propane tanks. Please do not bring latex paint, explosives, asbestos products or prescription drugs.

There will also be a company collecting electronics. There is no fee for items such as keyboards, computer mice, power cords and cables. There is a fee for certain items such as printers, televisions, stereo equipment and computer monitors. The electronics collected will be repurposed or alternatively disassembled into their basic materials such as plastic, steel, aluminum or copper. Please note that local stores such as Staples and Best Buy also accept certain electronics items for free.

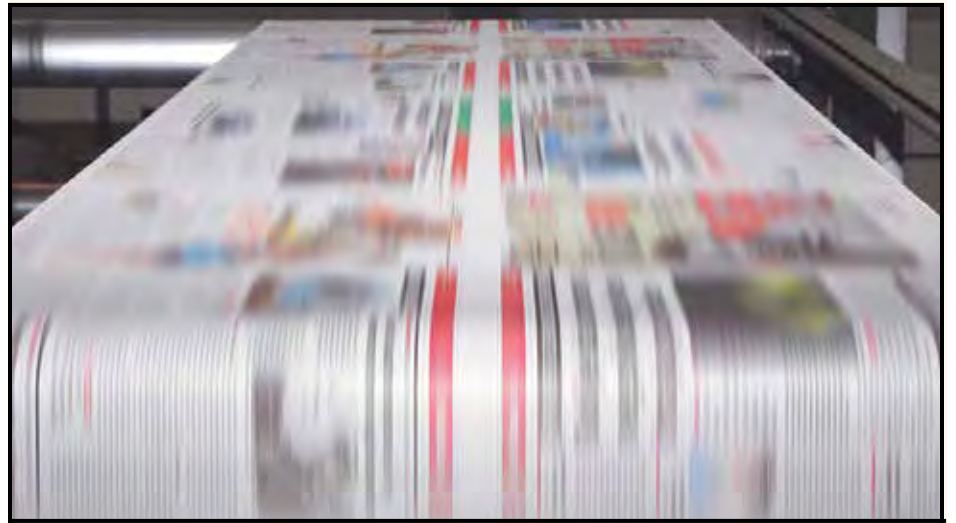
A list of acceptable and unacceptable hazardous materials, as well as the fee schedule for recycling electronic materials, can be found at <https://www.bownh.gov/340/Annual-Household-Hazardous-Waste-Collect>.

### ORGANIZING THE ITEMS FOR DROP OFF

Please place all of your hazardous waste items in your car trunk or bed of truck so that they can be easily located and removed by volunteers. To assist in the speedy removal of items by volunteers, when possible please try to segregate items into four categories for drop off at the following stations:

- 1. Motor Oil Collection:** Oils such as motor oil, transmission fluid, diesel fuel, kerosene, tiki-torch fuel, brake fluid, power steering fluid, gear oil, bar and chain oil, two-cycle engine oil. \*Note – Do not include gasoline, fuel with water, anti-freeze and grease, as those items will be collected by the event’s hazardous waste vendor. The used motor oil is collected by the Department of Public Works for reuse, and last year it collected between 300-350 gallons during the event.
- 2. Local Collection:** All fluorescent light bulbs, batteries, mercury thermometers and thermostats, propane tanks, sneakers and smoke detectors. The town of Dunbarton works with local companies that will recycle or properly dispose of these items, and the sneakers are given to an organization that grinds and uses them in running surfaces (tracks, courts and playing fields).
- 3. Household Hazardous Waste:** All fluids, solvents and chemicals that are considered hazardous waste. These items are collected by EPI, the event’s hazardous waste vendor, which will properly dispose of the items.
- 4. Electronics Collection:** These items are collected by the electronics vendor.

Please email [bowrecycles@gmail.com](mailto:bowrecycles@gmail.com) with questions. Thank you for your support of this annual event.



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- |                              |                                  |
|------------------------------|----------------------------------|
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| 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.   |
| Flanagan's South Ender Deli  | Tucker's Restaurant              |

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## 50<sup>TH</sup> ANNIVERSARY GRAND OPENING



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