



# The Bow Times

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DUNBARTON NEWS ON PAGE 12-13

HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15

## BEAVER DEBATE CONTINUES IN BOW



Bow’s Conservation Commission hired Mark Stevens, a wetland scientist, to attempt to figure out the right elevation for the town owned land’s snowmobile bridge that was threatened last year by beavers. The Selectmen approved paying him \$500 on October 24.

Bow Pioneers Club member Anthony Foot requested that drainage pipes be reinstalled to regulate the pond height.

A corrugated pipe installed in a pond can help maintain a level suitable for beavers and a trail. Beaver Deceiver LLC’s, Skip Lisle, explains how it works:

“Excess water exits the pond not by overflow of the dam, but by an intake pipe located below the surface of the water. Water exits the pond via a covered drain located below the water’s surface and a large diameter black pipe. The key is that it is a silent draining process. Beavers cannot stand to hear running water, and will dam it up overnight. Because the water exiting the pond via the deceiver is silent, the beavers have no reason to dam it up.”

## ABUTTERS IN BOW SUE OVER CELL TOWER

After the Planning Board approved a 190-foot-tall cell phone tower, neighbors, Kristina and Rob Parisien appealed to the Merrimack County Superior Court. The tower was to be built by Rising Tide Towers, LLC on 62 acres of town owned land on Branch Londonderry Turnpike in Bow.

The ordinances in Bow provide for a 90-foot maximum height and a rise of only 20 feet above the tree canopy. The Parisien’s suit claims the tower will be 100 feet above the tree line. The Planning Board waived the restrictions on February 2, 2023.

## TOWN OF BOW WELCOMES SCOTT TENNEY AS IT’S NEW BUILDING INSPECTOR

The Town of Bow announced that Scott Tenney has been selected as Building Inspector/Code Enforcement Officer for the Town of Bow effective November 13.

Scott comes to Bow with over 20 years of experience in the building construction fields, beginning in home construction and as a Master Electrician. He holds ICC inspector certifications for both residential and commercial construction. He has served as the Building Official for the Town of Amherst for the past eight years.

## HOPKINTON STRUGGLES WITH NEED FOR WORKFORCE HOUSING

Hopkinton’s Economic Development Committee recently stressed the need to address modifying the zoning ordinances to accommodate smaller and thus more affordable housing units.

In Hopkinton, 90% of the housing stock is single family homes. With a high tax rate of \$32.25 per thousand and a population where at least half of the town is over 50 years old the pressure to sell and downsizing is well underway.

Resident Amanda Gilman told the Planning Board on October 24, that “even if you build affordable housing, people can’t afford to pay the taxes. We can’t fix the workforce housing, but we need to kind of do it in concert with addressing the tax rate because I think that’s really the huge barrier in the housing industry.”

“It will be harder for young people and workforce employees to finance or afford the large houses selling in the move to downsizing,” explained Anna Wells, the town’s Director of Economic Development.



## BOW FINANCE DIRECTOR RETIRES

Geoff Ruggles who has served as Finance Director for Bow has retired. He was recognized for his many year of service at an event last month.

Replacing him will be Cheryl Lindner who will start on November 27, 2023. She’s been serving as Treasury Management Officer for the City of Nashua and is a Certified Public Manager. Eric Anderson | Photo

## EIGHT NEW CLASSROOMS UNDERWAY IN NOVEMBER

Duane Ford, the Business Administrator for SAU 67, told the Bow Planning Board on October 19, that construction will begin in November for the eight additional classrooms at the Bow Elementary School. The classroom additions are part of the \$13 million bond issue approved by voters at the annual school meeting last March.

Ford said the goal was for completion by January of 2025.

## MERRIMACK COUNTY SAVINGS BANK HOSTS BUSINESS-TO-BUSINESS

The Bow Business Development Commission’s Business-to-Business meeting, held on November 7th, was hosted by Merrimack County Savings Bank. This well-attended event provided a great networking opportunity for Bow businesses.



Attendees at the Business-to-Business gathering, await the pulling of the Raffle Ticket Winners. Eric Anderson | Photo

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## EDITORIALS

### CARTEL NEAR ACAPULCO KILLS 24

by Chuck Douglas

On Monday, October 23, 2023, the cartel in the state of Guerrero, home to the resort town of Acapulco, killed 24 people including 12 police officers, according to CBS News. Since 2006 over 420,000 lives have been lost in Mexico's drug war. Guerrero state in Mexico's Pacific Coast has had 1,100 people murdered so far this year.

In the United States over 6,000 citizens died last month of fentanyl overdoses thanks to the cartels.

When does our government go in and turn off the supply faucet?

### WHY UKRAINE MATTERS

by Chuck Douglas

The West stood by in 1939 when Hitler invaded Czechoslovakia and proclaimed a Greater Germany. World War II started after the dictator took his next country later that year- Poland. 83 years later, another dictator named Putin decided to take over a good neighbor of his- Ukraine.

"If we do not learn the lessons of history, we will be condemned to repeat them" was the famous observation of philosopher George Santayana.

This time the West has learned to help the victim of aggression fight off a cruel invading army without waiting for Poland to be next. Ukraine deserves its continued independence to create its democracy and economy as it so chooses.

Ukraine went through a previous brutal attempt to be Russian slaves when Joseph Stalin starved 4 million Ukrainians in what is known as the Holodomor, in 1932 and 1933.

We here in America were once subjected to a tyrant who did not want us to be free. In the Declaration of Independence signed July 4, 1776, the founders of America said of King George III, "He has plundered our seas, ravaged our coasts, burnt our towns, and destroyed the lives of our people. He is at this time transporting large Armies... to complete the works of death, desolation and tyranny... totally unworthy of the head of a civilized nation."

Freedom is always worth fighting for even though it comes with a high cost. As our state motto proclaims: Live Free or Die.

We spend hundreds of billions a year for defense of our homeland with over a thousand nuclear missiles aimed at targets in the one country who has been our adversary since the 1940s- Russia. No American soldiers are dying in Ukraine as it degrades and humbles Mother Russia's Army. The cut and run Republicans in Congress would make Ronald Reagan weep. That great moral leader, Matt Gaetz, got 69 other Republicans to vote to cut future aid to Ukraine. Putin couldn't be happier that many Republicans voted to support his law of force, rather than force of law.

In 1983, President Reagan observed that for democratic nations, the struggle now going on in the world "is between what is right and what is wrong." Forty years later, his words still ring true.

Now is not the time for Americans to cut and run, but to be as steadfast as we were when President Ronald Reagan spent billions to make Putin's beloved Soviet Union collapse and in 1989 to bring down the Berlin Wall.

The stakes are huge for the world because if we can't stand by Ukraine then China will know it can invade Taiwan and Russia will also invade other countries in Eastern Europe. Appeasement failed in 1939 and will do so again. We must deter aggressors, or they will lose respect for America's will.

Freedom is not free, but in defending Ukraine, we will continue to help those who only want to live peacefully and free.

## LETTER TO THE EDITOR

### CLIMATE VS ECONOMY

While the climate crisis should not be political, the economy is; and this riff is becoming increasingly clear.

Early 2023, the Biden Administration approved the Willow Project, one of the largest oil developments on US federal land. Willow is expected to make 600 million barrels to crude 277 million metric tons of Carbon dioxide, and up to 17 billion dollars in revenue over the next 30 years.

While climate advocates and young people around the US protested it, Alaskan officials and natives supported the project as it would give the state a much-needed economic boost. President Biden was quick to dismiss his campaign promise of "no new drilling, period" on federal lands, a promise that had given him a record 60% of the young people's vote in 2020. Their votes were essential for his win in the election.

So, what fight do we choose? Continuing to drill for oil would be beneficial... but not to reduce air pollution that is causing catastrophic changes to our natural climate too.

Should we boost the US economy, and ensure a supply of energy from oil? In the long run, we cannot depend on oil- we will eventually need to switch to renewable energy. Should we make massive systemic changes to clean energy now, which would create a more sustainable system for our future? Either way, short term, someone loses.

The economy might struggle at first after switching to sustainable energy sources, but it will serve everyone better over time. But the idea of willingly suffering under a hurting economy for a few years is scarier to some than the consequences the climate crisis will hit us with in 10, 20 years. After all, the consequences won't affect us as much as they will our children... but we struggle to plan that far ahead.

A short-term sacrifice to the economy is necessary because the transition from fossil fuels into clean energy will take time. We have been using fossil fuels since the 1700s, and a lot has changed since then. Our technology has advanced so much. Why are we still using the same energy supply system- which we know is harming our planet- for the past 300 years?

So rather than pouring billions of dollars into the fossil fuel industry, let's focus on researching and developing a better, sustainable, clean energy source. And maybe, just maybe, we will be able to give back to the planet that has given us our home.

The action of living sustainably is not enough to solve the climate crisis. Fundamental economic reform is.

Julia Katz, Bow

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## Donate to our Mitten Tree Drive this holiday season.

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## CLARA HOLZINGER ROWS AT HEAD OF THE CHARLES REGATTA



Clara Holzinger of Bow, a sculler and member of the Amoskeag Rowing Club (ARC) competitive youth rowing team in Hooksett experienced something most rowers only dream about. She competed at the Head of the Charles Regatta in Cambridge on October 22nd. This race was somewhat different for Clara, instead of rowing, she was chosen to lead the Men's Junior Coxed Quad, as their coxswain. Lisa McCarthy, VP of Youth Programming at ARC said, "Clara's positive nature combined with her intelligence and competitiveness made her a natural choice for the job."

Only a year and a half ago at ARC's summer Learn to Row program, Clara learned to row and now, at the age of fourteen, she has an impressive array of accomplishments. She has earned gold medals while racing in women's junior quad and mixed doubles races. At her inaugural race in a single, she finished an impressive fourth at NH Championship George Dirth Regatta in Pembroke. We look forward to seeing more medal finishes in Clara's future.

# BOW

## CRAFT FAIR

Saturday, November 18, from 9 AM to 4 PM

Sunday, November 19, from 9 AM to 1 PM

At Bow High School, 55 Falcon Way

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## BOW SOCCER CLUB U11 BOYS WIN NHSL CHAMPIONSHIP

November 5, 2023 — The Bow Soccer Club U11 Boys Blue team (8-1-0) won the New Hampshire Soccer League (NHSL) championship by beating rival Goffstown (6-1-2) 4-3 in a closely contested match.

The top seed coming into the playoff tournament, Bow conceded a penalty-shot goal early in the first half. Goffstown nearly doubled its lead minutes later on a breakaway counter-attack that saw Bow keeper Lucas Schlupf make a spectacular point-blank save.

The victory was a full-team effort that Bow couldn't have achieved without the swarming attack and midfield play of Yusuf Alwrekat, Clifford Madden, Drew Nailor, and Avery Worcester. Bow's stout defense, led by Jakob Matheis, kept Goffstown at bay with championship play from Neal Engel and Thomas Fournier.



Pictured left to right: Jimmy Kane, Clifford Madden, Coach Daren Worcester, Tyler Davis, Thomas Fournier, Yusuf Alwrekat, Clark Wilson, Jakob Matheis, Tadgh Slevin, Neil Engel, Drew Nailor, Avery Worcester, Connor Maililay, Lucas Schlupf, Coach Ben Davis, and Coach Clem Madden. Not pictured: Fletcher Flanagan and Coach Jordan Engel.

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When you have a strong relationship with your local bank you have access to the people in your community who have the knowledge and ability to respond quickly to your needs. Sugar River Bank has a strong commitment to support businesses operating in the communities we serve. When you require responsive decision-making, we can deliver solutions that other banks cannot.

Local banking offers the personalized service you just cannot find in large, national banks, because we emphasize building personal relationships with our customers, neighbors and local organizations. Local business owners want to succeed but they also want their communities to flourish. Establishing a true partnership with our small businesses creates a solid foundation for success. By reinvesting in our small businesses and participating in local organizations we develop deeper connections with people that directly impact the community at large.

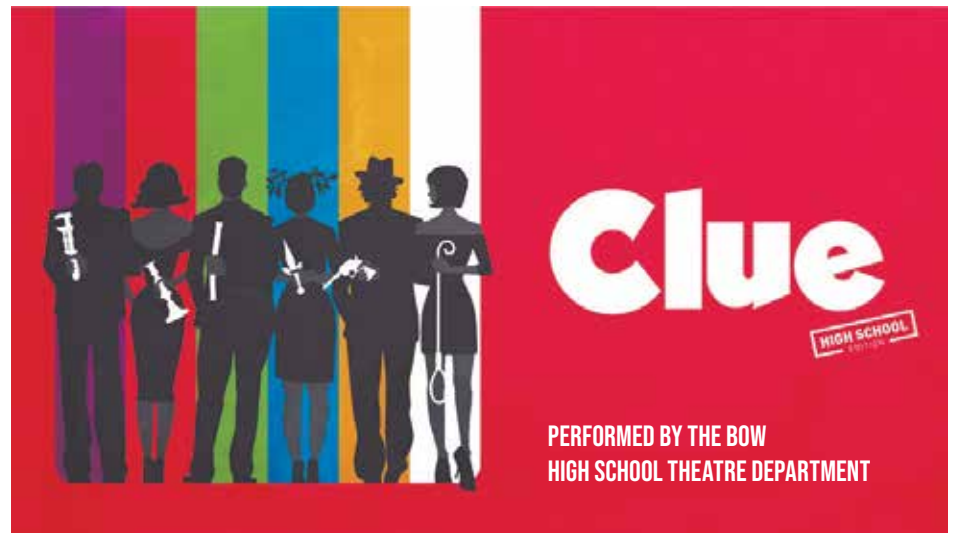
Do you know that small business Saturday is November 25, 2023. This is a day to celebrate and support small business and all they do for their community. In the most recent study from the *Small Business Saturday Consumer Insights Survey* conducted by American Express 72% of shoppers said Small Business Saturday made them want to shop and dine at small, independently-owned retailers & restaurants all year long. Based on research from American Express if every Gen Z and Millennial shopper spent \$10 at a small business on Small Business Saturday it would support \$2 billion in local economic activity throughout the US. The study also found that \$0.68 of every dollar spent at small businesses in the U.S. stays in the local community and that every dollar spent at small business creates an additional \$0.48 in local businesses activity as a result of employees and local businesses purchasing local goods and services. We encourage you to Shop local & support your local community.

Here are some ways to support your local business outside of Small Business Saturday.

Five easy ways to be helpful throughout the year: Give them a positive online reviews, like and follow them on social media, sign up for their newsletter, engage with their social media posts and email campaigns, and visit their websites regularly and share their URLs with friends and family. Regular positive-engagement helps them show up in online searches more frequently.

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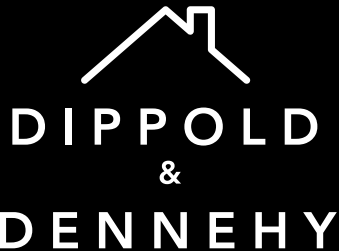
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111 Woodhill Road	4 Bedrooms   3 Baths	3621 Square feet	2.39 Acres	\$659,000
6 Arnold Drive	4 Bedrooms   4 Baths	3776 Square feet	2.85 Acres	\$910,000


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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1274 Montalona Road	2 Bedrooms   1 Baths	975 Square feet	2.5 Acres	\$350,000
77 Barnard Hill Road	3 Bedrooms   3 Baths	2328 Square feet	1.10 Acres	\$450,000
16 Old Fort Lane	4 Bedrooms   4 Baths	3576 Square feet	3.10 Acres	\$670,000
61 Barnard Hill Road	3 Bedrooms   3 Baths	3010 Square feet	5.18 Acres	\$741,000
83 Zachary Drive	4 Bedrooms   4 Baths	2880 Square feet	2.10 Acres	\$819,000
34 Gile Hill Road	4 Bedrooms   3 Baths	2415 Square feet	1.45 Acres	\$840,000


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# STAYING ON TRACK DURING THE HOLIDAY SEASON

by Jim Olson

*It's officially the "Season of Eating!"* Thanksgiving is just around the corner soon followed by Christmas. It's time for family, friends, food and GRATITUDE. This year more than ever we are appreciative of our IF clientele, our amazing community and our team. Thank YOU for being a part of it all.

The holiday season can be a challenge but with a little planning and preparation, you can enjoy it while still staying on track with your health goals. Here are a few tips to help you:

## SET REALISTIC GOALS

If you're trying to lose weight, set a goal for how much weight you'd like to lose per month. Then, break that down into smaller goals per week. Schedule workouts into your calendar so you don't miss them.

## STICK TO A ROUTINE

Don't overdo it. The holidays are a time for celebration, but moderation is key. Try to maintain your normal routine during the holiday season. This will help you stay organized and stress-free.

## MAKE HEALTHY HOLIDAY CHOICES

When you're at a holiday party or family gathering, fill up your plate with healthy options first. This way, you'll be less likely to indulge in less healthy choices. And when you do indulge, do so in moderation.

## KEEP A FOOD JOURNAL

Recording everything you eat will help you stay accountable and make sure you're not eating too many unhealthy foods.

## DRINK PLENTY OF WATER

Dehydration can often be mistaken for hunger, so drink plenty of water throughout the day to stay hydrated and help keep your appetite in check.



Jim Olson

## FIND A WORKOUT BUDDY

Having someone to hold you accountable will help you stick to your fitness goals. Find a workout buddy and commit to working out together a few times each week. Not only will you be more likely to stick to your workouts, but you'll also have more fun doing it!

## STAY ACTIVE

Even if you can't stick to your regular workout routine, try to find other ways to be active. Take a walk after dinner, go ice skating, or play some winter sports with friends and family.

## TAKE BREAKS

If you're feeling overwhelmed by all of the holiday festivities, take a break or go for a walk. This will help rejuvenate you so you can continue enjoying the holiday season.

## GET ENOUGH SLEEP

During the busy holiday season, it's easy to let your sleep schedule slide. But getting enough sleep is important for both your physical and mental health. Make sure you're getting at least 7-8 hours of sleep each night so you can feel your best during the day.

## YOU GOT THIS...

The holidays don't have to be a time when all of your healthy habits go out the window. If you need some help getting started or staying on track, we're here for you! Schedule a free consultation today. Concord 603-224-8096 ~ Manchester 603-836-5745



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# THE HIGH PRICE OF FINANCIAL ILLITERACY

Provided by Dominic Lucente

## COMMON FINANCIAL MISTAKES ADD UP AND CAN BE COSTLY!

A lot of people don't realize how much money they could save if they stopped nickels, dimes, and dollars from leaving their online accounts, pockets and wallets for reasons that could have been avoided—if they'd been more financially literate.

In a survey in late 2022, the National Financial Educators Council (NFEC) asked this question: "During the past year (2022), about how much money do you think you lost because you lacked knowledge about personal finances?"

The range of answers from 3,001 responding adults averaged \$1,819. If the same average were applied nationwide among American adults, the cost of financial literacy would have been \$436 billion, according to NFEC calculations.

## WHAT IS FINANCIAL ILLITERACY?

Being financially illiterate means you're not particularly savvy about managing money, which can impact not only your bank accounts, but also your work, relationships, lifestyle—and physical and mental health. Some common mistakes that suggest financial illiteracy include:

- **Credit card fees and interest:** In the fourth quarter of 2022, the average credit card interest rate was 20.40%, according to Federal Reserve data. Because that's an average, those with bad credit scores faced higher rates. In April 2023, the Consumer Financial Protection Bureau estimated outstanding credit card debt may continue to set records and could hit \$1 trillion.
- **Overdrafts:** The NFEC reports that American consumers spend \$17 billion a year on overdraft and non-sufficient-funds fees—and that the median bank fee for an overdraft on a debit card is \$34 even though most overdrafts are for transactions costing \$24 or less. The Consumer Financial Protection Bureau (CFPB) reported in December 2021 that banks are dependent on overdraft fees, with non-sufficient penalties making up two-thirds of their fee revenue.
- **Luxury spending:** Some people may want to get a luxury car or impress friends or coworkers with to-die-for handbags, glasses, clothing, jewelry—or something else. But is that really a good idea? Someone may love that \$175,000 crocodile Hermès handbag they saw for sale online—but wouldn't a \$75 handbag work just as well?
- **Identity theft scams and fraud:** The FBI reported that Americans lost nearly \$7 billion to identity theft in 2021. Although financial illiteracy may not be the reason why people fall for fraud, those who lack money knowledge and awareness are more susceptible to scams, according to the NFEC.

## WAYS THAT FINANCIAL LITERACY MAY IMPROVE

Just like reading skills, financial literacy requires learning, practicing what you've learned, and — if you have a willing listener — sharing what you've learned. That can help others become more financially literate too.

The National Endowment for Financial Education (NEFE) surveyed adults in 2022 about whether high school financial education should be required for graduation, and which key topics should be taught. The results showed:

- 88% said their state should require a semester-long or year-long financial education course for graduation.
- 80% said they wish they had been required to take a semester-long or year-long financial education course during high school.
- 75% said spending and budgeting is the most important financial education topic to teach for personal finance education, followed by managing credit (55%), saving (49%) and earning income (47%).

The most recent numbers of the Council for Economic Education (CEE) reveal that 25 states now require students to take a course in economics in order to graduate, and 23 states require students to take a course in personal finance in order to graduate. Although the number of states adding these requirements is small, CEE reports personal finance education is making slow but steady increases.

As we know, small steps add up—just as small savings do.

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



**YOU KNOW  
IT'S COMING**

Some things in life are inevitable, like New England snowstorms, economic ups and downs, and retirement. Just as you prepare for winter by tuning up the snow blower, stacking wood and getting out your snow tires, preparation for both retirement and life's unexpected situations is crucial to your financial well-being. Let our experience help you craft a comprehensive financial plan that gets you ready both for the retirement you deserve and those unexpected events along the way.

**This Is What We Plan For.**



**Dominic M. Lucente, CFP®, RFC®**  
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- 1 Financial Illiteracy Cost Americans \$1,819 in 2022
- 2 Business Insider, The average credit card interest rate by credit score and card, March 27, 2025
- 3 CFPB, As outstanding credit card debt hits new high, the CFPB is focusing on ways to increase competition and reduce costs, April 17, 2023
- 4 CFPB Research Shows Banks' Deep Dependence on Overdraft Fees, Dec. 1, 2021
- 5 Federal Bureau of Investigation Internet Crime Report, 2021
- 6 NEFE: New Data Highlights Demand During Financial Capability Month, April 25, 2022
- 7 CEE: 2022 Economic and Personal Finance Education in our Nation's Schools, Survey of the States

## IMPORTANT DISCLOSURES

This material is for general information only and is not intended to provide specific advice or recommendations for any individual. There is no assurance that the views or strategies discussed are suitable for all investors or will yield positive outcomes. CDs are FDIC Insured to specific limits and offer a fixed rate of return if held to maturity, whereas investing in securities is subject to market risk including loss of principal.

The Standard & Poor's 500 Index is a capitalization weighted index of 500 stocks designed to measure performance of the broad domestic economy through changes in the aggregate market value of 500 stocks representing all major industries. All performance referenced is historical and is no guarantee of future results. All indices are unmanaged and may not be invested into directly.

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# THE BOW TIMES TaleSpinner

## LOVE/HATE RELATIONSHIPS

by Bow Resident Paul Pomeroy

It began as a torrid love affair...

When I began teaching Physics in 1968 my first three or four lessons dealt with the use of "*The Slide Rule.*" You see in 1968, the slide rule was the only device available if one wanted to perform complicated mathematical calculations. The slide rule *was* an amazing device. But I don't think anyone would call it simplistic or self-intuitive. Then, in the seventies, the electronic calculator came onto the scene. It was large and expensive but I didn't care. I fell in love. And my love flourished through the years as the electronic devices grew in their usefulness and availability.

But as happens with so many such affairs, the passion was replaced with a feeling of familiarity and comfort. I loved my calculator and my flip phone and my computer and my automobile's rear view camera. I really loved my TV remote that enabled me to watch a football game, a movie, a talk show, and the news report all at the same time. I was happy.

But then, as they say, the blush began to fade from the rose.

I began needing three remotes to operate the TV and accompanying devices. My computer began sending me nasty messages. "Your software no longer supports this operating system – you idiot! Go to the master heading, click on applications, scroll down the options for blah blah blah, choose the option for hunya hunya hunya, upload the yada yada yada and follow the instructions to... godknowswhere." But my relationship with technology slipped from love to familiarity and now approaches hate—thanks almost entirely to my cell phone. You see my flip phone wasn't good enough. So my wife bought me an i-phone. And each time I eventually got the hang of it—well sort of—it seemed I needed a higher number. I think I am on a "6." The phones are now over a "10" if I understand correctly. (I think they jumped a few spaces while I write this.) Now in all honesty I do use my phone regularly. I even "text" now. Something I swore I wouldn't do. But I had to learn because you see my kids and grandkids are so busy and so important that they can't actually TAKE my calls. I need to text a 15 minute conversation that would take only two minutes with a personal conversation. And get this. My cell phone is a "Smart Phone." Now I quickly came to realize that my smart phone isn't really all that smart. Any more than a calculus book is a "Smart Book." It seems that the smartness of the phone—and the calculus book for that matter—depends on the user. So in fairness I think they should have a sliding scale for phones. My phone for example would be a "Slightly Below Average Phone." I came to this rating by judging how often my 12-year-old granddaughter rolls her eyes as she watches me navigate the settings.

I used to feel sheepish about my inadequacies with technology. But not any more. For I have come to a conclusion. I'm good right here. I don't need or want any new technology stuff. My brain is all filled up. In fact lots of stuff that I USED to know has leaked out. Keep those higher number phones to yourself. Tell that creepy Alexa that I am perfectly capable of turning the lights, the radio and the oven on myself. I'll never use two-thirds of the gizmos in my automobile. And dammitall I don't care if I CAN report my problem on line!! I want to TALK with a representative. A real live one!

Went to purchase a new TV the other day. Guy asked me if I wanted to buy a "Smart TV."

"No" I said. "Just a slightly below average one."

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



## THE AUTOMATED EXTERNAL DEFIBRILLATOR (AED)

Do you know what the AED is and how it works? Do you know where they are located? Do you know how to use an AED? Let's try to answer some of these questions.

The AED is a medical device which analyzes the rhythm of the heart, and if necessary, it can deliver an electrical shock to help the heart establish a regular rhythm. Sudden cardiac arrest is a leading cause of death in the US, and during an arrest an AED is the only way to restore a normal rhythm. The sooner this can be accomplished, the better the chance of survival. If you suspect that someone has had a cardiac arrest, first ascertain if the person is unresponsive. If they are, immediately call 911. But don't stand around waiting for the EMT's to arrive... it could take them a good ten minutes to get there. If the AED is not readily available, start CPR. It is important to know where the AED machine is located at your place of work, your school, or the businesses and events you frequent.



"What do I do?" you ask. The first thing is simply to go online and watch a couple of you-tube videos on how to use an AED. The instructions that come when the machine is opened are both written and verbal. The machine tells you where to place the electrode pads, it tells you that it is evaluating if there is a rhythm and if it is abnormal and needs to be shocked.

It tells you when to press the clearly marked button to deliver a shock to the heart. Then the cycle is repeated until a normal rhythm is obtained. It could not be more simple.

"Does it work?" you ask. If a patient is defibrillated within the first 3 minutes of a cardiac arrest the survival rate can be as high as 95%. Dr. Weisfeldt of Johns Hopkins says, "We estimate that about 1,700 lives are saved in the US per year by bystanders using an AED". (1)

The American Heart Association believes that the survival rate of cardiac arrest victims nearly doubles when an AED is used together with CPR. The AED delivers between 120-200 joules per shock, and it will automatically increase it as needed. What is a joule? It is the amount of energy needed to warm up 1/4 of a gram of water by 1 degree C. You can thank the British scientist James Prescott Joule (1818-1889) for that insight! A 12-volt battery provides 12 joules of energy per charge.

An AED machine costs between \$1200 and \$2800. The battery needs to be checked periodically and if deficient, replaced. They should be placed in well-marked prominent locations which ideally are within 3 minutes of anywhere in the building. Check out the places you work, the school you attend, and the public and private facilities that you frequent and encourage them to have adequate AED coverage.

<https://newsinhealth.nih.gov/2018/05/bystanders-can-save-lives-during-cardiac-arrest#:~:text=After%20you%20apply%20two%20electrode,an%20AED%2C%E2%80%9D%20says%20Dr>



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# 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



**10/15** Gorinah Ganta, 25, Manchester, was arrested for driving under the influence.

**10/16** Donald Jeski, 43, Epsom, was arrested for violation of a protective order and domestic violence related stalking.

**10/19** Rickey Dean Daughterty, 68, Manchester, was arrested for two counts of transporting drugs in a motor vehicle.

**10/29** Gregg Housh, 47, Malden, MA was arrested for criminal trespass.

Lauren Ockene, 55, Jamaica Plain, MA arrested for criminal trespass.

Olivia Chatfield, 57, Somerville, MA was arrested for criminal trespass.

Nastasia Vitti Lawton-Sticklor, 40, Leominster, MA was arrested for criminal trespass.

Hanah Labarre, 51, Keene, was arrested for criminal trespass.

Jeffrey Alan Ordower, 54, St Louis, MO was arrested for criminal trespass.

David Weinstein, 60, Jamaica Plain, MA was arrested for criminal trespass.

Jacob Solomon Powsner, 32 N Chittenden, VT was arrested for criminal trespass.

*In addition, there was: One (1) hand summons violation arrest.*

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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).

**RACE DATE**  
**Thursday**  
**November 23,**  
**2023**

Wobble with us before you Gobble!

**START TIME**  
 for all  
 8:00 a.m.

**EVENT LOCATION**  
 55 Falcon Way,  
 Bow, NH

**15th Annual**  
**Bow Athletic Club & Bow Police Dept.**  
**TURKEY TROT**

### A MESSAGE FROM CHIEF MILLER:

Due to some staffing shortages, the Bow Police Department has contracted with the Merrimack County Sheriff's Department along with the New Hampshire State Police to cover some shifts while we work on getting our staffing levels back up to where they belong. The use of these agencies will be short-term as we will have officers coming back from military deployment, and medical leave within the next couple of months. We have received several applications for certified and noncertified officers and will be back to full staffing levels shortly. We appreciate the continued community support while we work through these staffing-related issues.

Should you have questions or concerns please call the Bow Police Department at 603-228-0511.

Bow's longest standing road race tradition is back to kick off the holiday season! So dust off your Nikes, charge up your AirPods and meet us at Bow High School Thanksgiving morning because we're going full on Feast Mode!

**DAY BEFORE RACE PACKET PICK-UP:** 55 Falcon Way, Bow, at the high school from 5:00 PM - 7:00 PM.

**RACE DAY PACKET PICK-UP:** Race day packet pickup starts at 6:30 a.m. at the race site.

**SAME-DAY REGISTRATION:** Available at 6:30 a.m. at the race site. Registration pricing increases by \$5 on race day.

**FOR INFORMATION & SIGN UP GO TO:**  
[www.runsignup.com/Race/NH/Bow/BowAthleticClubTurkeyTrot](http://www.runsignup.com/Race/NH/Bow/BowAthleticClubTurkeyTrot)

**Ice and Snow, Take it Slow**

Leave extra space between you and the vehicle in front of you.

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 TAKE ACTION. BE SAFE.

70% of snow and ice-related injuries occur in automobiles.



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## BOW MEMORIAL SCHOOL FIELD HOCKEY DIVISION 2 WINS TRI-COUNTY CHAMPIONSHIP!

On Thursday, October 26th, the Bow Memorial School Field Hockey Team won the state title for the Division 2 Tri-County Championship. The Wildcats had a perfect, undefeated (10-0) season, scoring 59 with 1 goal scored against. The 8th graders never lost a middle school game in 2 seasons with back-to-back championships for the team!



Team Members L-R are: Goalkeeper Lexi Maiorino (front), Bri Gravel, Ainsley Herrick, Sophie Brooks, Peyton Vaughn, Elise Jacques, Vita Flagg, Jules Cusson (first row), Assistant Coach Brandy Cusson, Chloe Nowakowski, Anne-Marie Fay, Saige Ayers, Kate Roberge, Mary Valas, Lilian Fontaine, Brindle Whittaker, Head Coach Tracy Berube (back row) Photo | Liz Fay



### CLOTHING & TEXTILE RECYCLING PROGRAM HELPSY Home Pick-up on Wednesdays ★ Three Bag Minimum

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

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

For more information and a list of acceptable items go to:  
[bowrecycles@gmail.com](mailto:bowrecycles@gmail.com)

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## NORA'S DUNBARTON TOWNCRIER NEWS



**HOLIDAY WREATH FUNDRAISER** The Dunbarton Congregational Church (DCC) is offering holiday wreaths as a fundraiser again this year. As in the past, three types of wreaths are available: a 22" undecorated green balsam door wreath for \$17, a 22" fragrant, decorated balsam for \$32, and a 48" undecorated, balsam barn wreath for \$75. These wreaths are high quality, balsam, fresh, fragrant, and sourced from a NH business. Wreath orders may be emailed to Mike Shearin at [mshearin@gsinet.net](mailto:mshearin@gsinet.net). When emailing, please reply or use "Wreath Order" in the subject line and be sure to include details of your order, total amount and your contact information, including phone and email, so the order can be confirmed.



### MR. T FROM READING TO DOGS

will be at the library from 2:30 PM to 4:00 PM on Thursday, November 30, and Thursday, December 14, for grades 1 through 4. Please call the library (603-774-3546) to register for 15 minutes of reading.

### CHAIR YOGA WITH SHERRY

Join instructor Sherry Gamble for Chair Yogo on Thursday, November 30, and December 14, at 11:00 AM. Come early and take up a chair to the second floor of the town hall. Sponsored by the library. (Chairs are limited downstairs).

**CHRISTMAS CONCERT** The Dunbarton Congregational Church is thrilled to announce they will host their annual Christmas Concert live and in-person this year on Sunday, December 3rd at 4:00 PM. After a few years of virtual concerts, they can't wait to come together and fill their sanctuary with joyful music and celebrate this Christmas season. Tickets will be available at the door and on-line at [www.dunbartonucc.org](http://www.dunbartonucc.org). The church welcomes and encourages anyone who would like to contribute their talents. Planning is still underway. If you sing, play an instrument, or would like to help with the concert, please email [Lizz@DunbartonUCC.org](mailto:Lizz@DunbartonUCC.org).

**BEYOND THE BOOK GROUP** The Congregational Church Book Group, Beyond the Book will read *The Last Thing He Told Me* by Laura Dave. Discussion will be on Thursday, December 7th. Don't miss this New York Times #1 bestselling blockbuster, and Reese Witherspoon Book Club Pick that's sold over 2 million copies. For information contact [barbbennett51@gmail.com](mailto:barbbennett51@gmail.com).

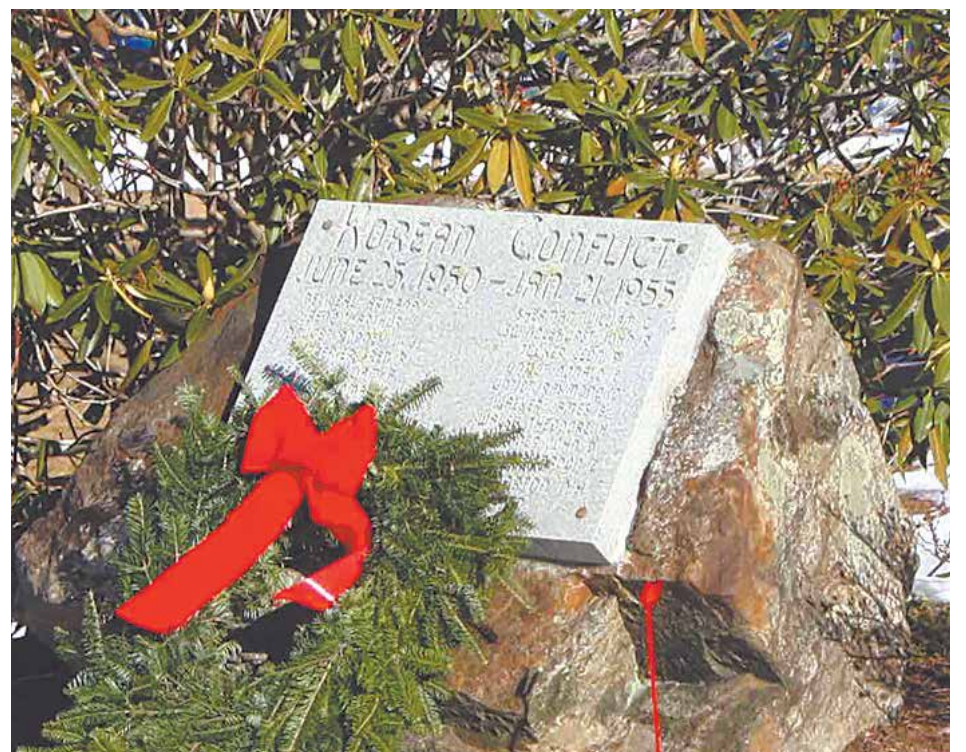


**DUNBARTON GARDEN CLUB** has scheduled its annual meeting on Monday, December 11, 2023 at 6:30 PM, Town Hall, second floor, 1004 School Street. The Dunbarton Garden Club would like to extend its thanks to all who have supported them throughout the year. Without your support, they could not sponsor local groups in town. Keep an eye out for the daffodils flyers in 2024, as the Dunbarton Garden Club will sell daffodils to mark the 20th anniversary of the selling of these plants in Dunbarton. The Garden Club will be back with our first meeting MONDAY, APRIL 08, 2024. Contact [dgc03046@gmail.com](mailto:dgc03046@gmail.com) if you have any questions.



### WREATHS ACROSS DUNBARTON & FLAGS AROUND DUNBARTON

will hold a fundraiser during November 2023. Currently, Wreaths Across Dunbarton is in its seventh year, thanks in part to your generosity. The next gathering is scheduled for Saturday, December 9.



All are invited to meet at Caleb Stark's statue at the Dunbarton Commons at 10am. General John Stark (Richard Wright), and the Sons of the American Revolution's Honor Guard, will fire a musket salute. The guests will then place the Christmas wreaths on the graves of Dunbarton's Veterans. The event will take place regardless of weather. Please respond with your support when you receive your fundraiser letter in your mailbox. FMI contact [larsenmedai@gmail.com](mailto:larsenmedai@gmail.com).

**THE SPIRESIDE COFFEE HOUSE** Open Mic will be Sat, Dec 16. 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-donations appreciated. FMI [Lizz@dccucc.org](mailto:Lizz@dccucc.org).

**THE LIBRARY'S BOOK GROUP** will meet on Wednesday, December 20, at noon for a **Book Party** to select our next year's titles."

**PEOPLE FOR THE STEEPLE Update:** The work is completed, and with the support of so many people, the Congregational Church steeple has been completely renovated. As of late October, they had received just over \$17,000 towards the \$20,000 total cost. To those of you who donated, all of us at the Dunbarton Congregational Church cannot thank you enough. A long-time wish has come true. If you are in the Dunbarton area, be sure to drive through the center of town and see our beautiful steeple.

# DUNBARTON POLICE DEPARTMENT



## SEPTEMBER 2023 ARREST LOG

- 10/4:** Damien Wells, 24, Concord, was taken into custody for driving or operating under the influence of drugs or liquor and yellow line.
- 10/6:** Karin Hamilton, 21, Manchester, was taken into custody for driving or operating under the influence of drugs or liquor and open container.
- 10/8:** Heather Tempest, 32, Dunbarton, was taken into custody for driving or operating under the influence of drugs or liquor and non-inspection.
- 10/30:** Jason Dale, 47, Dunbarton, was taken into custody for second degree assault – strangulation, domestic violence – assault, simple assault, domestic violence – criminal threatening, criminal threatening, and resisting arrest/detention.

During the month of October, 20 individuals were taken into protective custody and 9 traffic citations were issued for offenses that included non-inspection, unregistered vehicle, yellow line/highway markings, and open container. For our complete October, 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.*



Our first ever **Walk with a Cop** event was a success! This collaborative effort, between the Dunbarton Police Department and the Dunbarton Conservation Commission, brought people of all ages together to explore the natural beauty of Dunbarton. Walkers also enjoyed the opportunity to get to know members of their local police department. Dunbarton resident and Conservation Commission member Drew Groves provided a guided tour of Kimball Pond's East Side Trail and the surrounding area. Approximately 15 people enjoyed a near 2 mile hike. To learn more about the Dunbarton Conservation Commission and hiking opportunities in Dunbarton, please visit: [www.dunbartonconservation.org](http://www.dunbartonconservation.org). We will have another event in the spring. Stay tuned!



## Child Passenger Safety



**Sgt. Brian Tyler is a Certified Child Passenger Safety (CPS) Technician.** As a CPS Technician, Sergeant Tyler can inspect child safety seats to ensure that they are properly and safely installed to the manufacturers specifications. To arrange for a free inspection and/or installation, please e-mail Sgt. Tyler at [bt Tyler@gsinet.net](mailto:bt Tyler@gsinet.net).

To learn more about the CPS program, visit <https://cert.safekids.org/>. We have partnered with the Children's Hospital at Dartmouth (CHaD) and have a limited supply of free child safety seats for those in the community that may need them.

### THE DUNBARTON POLICE DEPARTMENT HAS PARTNERED WITH OFFERUP!

We have installed this sign in our parking lot at 18 Robert Rogers Road to encourage residents to use this location for internet purchase exchanges. A highly visible and public location for these exchanges eliminates the need to meet at a private residence and reduces the overall risk of victimization and crime.



Dunbarton  
Police Department  
PROJECT



**Project Good Morning** is a program to assist community residents who have no regular daily contact with relatives, friends or neighbors. The program allows residents to schedule regular, **daily** contact with the Dunbarton Police Department to ensure that they are OK.

For more information or to enroll, please contact Chief Christopher Remillard at [chrisremillard@gsinet.net](mailto:chrisremillard@gsinet.net) or by calling (603) 774-5500.



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## Real Estate Sales in Hopkinton – OCTOBER 2023

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
318 Fire Pond Road	3 Bedroom   2 Baths	1560 Square Feet	0 Acres	\$190,000
163 Little Frost Road	4 Bedroom   2 Baths	1512 Square Feet	2.8 Acres	\$440,000
317 College Hill Road	3 Bedroom   2 Baths	1831 Square Feet	19 Acres	\$485,000
441 Stumpfield Road	4 Bedroom   4 Baths	2999 Square Feet	28.59 Acres	\$550,000
334 College Hill Road	5 Bedroom   4 Baths	5357 Square Feet	23.27 Acres	\$854,000

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Calvin Herst



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Based on combined Real Estate Sales in Merrimack County, MLS for 5 years 2018 – 2022!



### HOPKINTON - CONTOOCCOOK **TOWN CRIER**

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

## TWO VILLAGES ♥ ONE HEART

**THE 2023 TURKEY TROT RACE** kicks off Thanksgiving morning. All proceeds go directly to Hopkinton Human Services to help fund our food and fuel programs and Operation Holidays. Come run, walk, or skip along and support this important cause! Top finishers, will enjoy great prizes donated by local businesses! Register at [www.HopkintonRec.com](http://www.HopkintonRec.com).

**BOOK GROUP** Hopkinton Town Library Book Group meets November 15th at 1:00 PM at the Hopkinton Town Library to discuss *The Salt Path* by Raynor Winn.

**THANK YOU TO THE HOPKINTON ROTARY** for the donation of \$3,000 for the Town's Human Services Energy Fund. This donation marks ten years of contributions from the Hopkinton Rotary to help town residents during the long winter months.



Mike Byrne presents Alicia Presti with check.

**WINTER INDOOR FLEA MARKET** from the Contoocook American Legion. The market will run every 2nd and 4th Sunday from 8:00 AM to noon until the end of April, except Christmas Eve. \$15 with table. \$10 without table. Text or call Tammy at 603-620-6804 to reserve a spot.

**WOOD FOR WARMTH** work day at the Transfer Station is coming up. Mark your calendars for Saturday, 18 November, beginning at 9:00 AM. Information at <https://woodforwarmth.org/>.

**THE 20TH ANNUAL STARRY STARRY WEEKEND ANNUAL CONTOOCCOOK ARTISANS HOLIDAY CRAFT FAIR** will be held the 1st, 2nd and 3rd of December, at the American Legion Post 81, Montgomery Event Center, located at 169 Bound Tree Road in Contoocook. This juried fine arts and crafts fair features 30+ artisans and with locally made items including gifts for the home, baked goods, maple sugar and honey, baskets, holiday items, dolls and children's toys, wooden items, jewelry, leather items, clothing, oil cloth accessories and handbags, specialty paper and books, felted treasures, pottery, photography, soaps, folk art, beadwork, quilts, Shaker items, Christmas ornaments, and much more. Dates and times for the Fair are Friday, December 1 from 10:00 AM until 7:00 PM, Saturday, December 2 from 10:00 AM to 5:00 PM, and Sunday, December 3 from 10:00 AM to 2:00 PM. For more information, email [contocookartisansnh@gmail.com](mailto:contocookartisansnh@gmail.com).



**ALEX COHEN ACOUSTIC** is set to perform at the Contoocook Cider Company (656 Could Hill Road) on December 9th, from 1:00 to 5:00 PM. Solo artist, Alex Cohen brings a medley of tunes together, comprised of sing along standards spanning the 50's to present day.



# THE NUTCRACKER

at the Palace Theatre

Enjoy the magic and beauty of this timeless holiday classic, presented by Southern New Hampshire Dance Theater at the historic Palace Theatre in downtown Manchester.

**Thursday, November 16th  
through Sunday, November 19th**



**ADIA MADDEN**



**ATHENA SANTINI**

Two local girls will perform alongside notable guest artists from professional companies throughout the United States.

Seventeen-year-old Adia Madden, a senior at Hopkinton HS will perform the roles of Columbine Doll, Spanish Ensemble, and Flower in the Waltz of Flowers.

Twelve-year-old Athena Santini, also of Hopkinton, will perform as Elf, Mouse and the Candy Cane.



70 N. Main St., Concord  
902 Main St., Contoocook  
facebook Instagram

20th Annual  
*Starry Starry Weekend*

Friday, Dec 1 10 AM - 8 PM	Saturday, Dec 2 10 AM - 8 PM	Sunday, Dec 3 10 AM - 5 PM
-------------------------------	---------------------------------	-------------------------------

- ★ **Holiday Shopping** ★
- ★ **Artisan Craft Fairs** ★
- ★ **Special Events** ★

Stroll through Contoocook & Hopkinton Villages, shop our local stores and pop-up shops, relish the holiday lights aglow, take in the sounds of joyful holiday music, enjoy the craft cocktail & beer garden, join us for our Magic Evening in the Park, and soak in the Holiday cheer!

[DiscoverTooky.com/StarryStarryWeekend](http://DiscoverTooky.com/StarryStarryWeekend)

## HOPKINTON POLICE DEPARTMENT

### OCTOBER 2023 ARREST LOG

**7 Arrests • 18 Accidents • 241 Traffic Stops**

- 10/07** Megan Noyes, 37, of 849 Main Street, Hopkinton, was arrested for Drive After Revocation/Suspension – subseqt.
- 10/11** Braz Gouveia, Guevane, 27, of 40 Abbot Street, Apt 1, Lowell, MA was arrested for Drive After Revocation/Suspension.
- 10/16** Frederick Temple, 39, of 1789 Clement Hill Road, Hopkinton, was arrested for Felon in Possession of Dangerous Weapon and Felon in Possession of Dangerous Weapon.
- 10/20** Nicole Bailey, 34, of 14 Deering Center Road, Deering, was arrested for Drive After Revocation/Suspension, Suspension of Vehicle Registration, Disorderly Conduct and Stalking; Domestic Violence Order.
- 10/26** Lukas Trantham, 27, of 90 Tucker Drive, Hopkinton, was arrested for DV; Simple Assault – BI, DV; Simple Assault – BI, DV; Simple Assault; Physical Contact, DV; Simple Assault; Physical Contact, DV; Simple Assault; Physical Contact, DV; Simple Assault; Physical Contact and DV; Obstructing Report of Crime/Injury.
- 10/26** Steven Salsgiver, 37, of 57C N Stark Highway, Weare, was charged with Reckless Operation.
- 10/31** Samrat Adhikari, 27, of 199 Eastern Ave, Apt 7, Manchester, was arrested for DUI and Open Container.

# Travel with The Bow Times



Bow fisherman and real estate agent Jamie Gness wrangled in this behemoth, 45-pound Halibut at Pybus Point in southeast Alaska.



Bow resident Bob Couch reads The Bow Times on the beach at Grand Manan, New Brunswick, Canada. Bob and his wife, Rosemary, reside in Grand Manan for six months a year.



Annie Bullois and her daughter Nicole visited London recently, where Annie read The Bow Times in front of Buckingham Palace.

Send us your photo reading The Bow Times when traveling so we can share it with all of our readers!

JOIN BAKER FREE LIBRARY'S  
**POLAR EXPRESS HOLIDAY PARTY**  
 Featuring a visit from Santa and Mrs. Claus!

Saturday, December 9  
 10:30 AM - Noon

Wear your pajamas and hop on board to hear **The Polar Express**, read by Santa and Mrs. Claus! After the story, enjoy a cup of hot chocolate while making a holiday craft. And don't forget to bring your wishlist – you'll have a chance to meet Santa and Mrs. Claus and take a holiday picture! **Registration is not required for this event, but supplies are limited.**

Discounts for Students with a "B" or Better Average



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### WHITE ROCK NEWS

**DON'T FORGET OUR CRAFT FAIR**

with In-house Artist at White Rock in Bow

**Saturday, November 18th 9:00 AM to 2:00 PM**

Open to the Public!



The Happy Hookers knitting group has made 375 hats, scarves, mittens and blankets for for needy children in our community. We've distributed them to local organizations including the Bow Human Services Department.

Happy Hookers meets on Tuesdays at White Rock Senior Living Community, on Bow Center Road, from 10:00 a.m - 11:00 a.m.



# @21 NORTH EAST



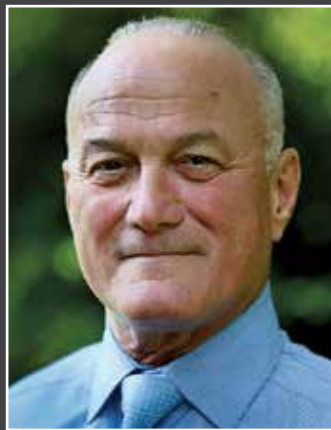
Breaking news! Century 21 Circa 72 and Century 21 Thompson Real Estate have MERGED with Century 21 North East, the largest Century 21 franchise in New England. All the same friendly BOW faces and excellent service you have come to expect- just a new name and a broader reach with 57 offices to help you with ALL your real estate needs!



**STEVE DeSTEFANO**  
Associate Broker  
Licensed in NH, ME and VT  
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sdestefano@aol.com



**JOANNE CHERGEY, Realtor**  
603-496-8291 cell  
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603-738-4788 cell  
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**CASEY DeSTEFANO, Realtor**  
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**DONNA MORRISON, Realtor**  
603-491-6527 cell  
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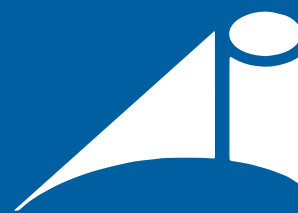
46 Pleasant Street, Concord, NH 03301 Phone: 603-224-3377 • www.c21ne.com



# HOLIDAY CONCERT



**THURSDAY, DECEMBER 7 at 7:00 PM**  
See page 19 for information.



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# BOW HIGH SCHOOL SPORTS SPOT

by Ryan McCabe, Bow Times Sports Editor ➔ Photos | Chip Griffin



**Bow Falcons Soccer Team**

## BOYS' SOCCER

In a thrilling showdown at Stellos Stadium, the Bow Falcons etched their names into the history books, securing the Division II state championship with a captivating 2-1 triumph over top-seeded Lebanon. The victory marked a historic first for Bow since their move to Division II, capping off a phenomenal season with a 17-1-1 record.



**Senior Colby Smith**, who played a pivotal role in the championship game, expressed his excitement of achieving a long-held dream. "It's one of the best feelings we've ever had in our lives," said Smith. "We dreamed of this moment. It feels incredible. Even better than I could imagine it."

The Falcons' redemption journey against Lebanon began with a strategically executed corner kick in the 18th minute. Carter Weiss's delivery was met by Lebanon's keeper Zach Aldrich, whose attempt to secure the ball resulted in an unexpected turn of events. The ball, initially in Aldrich's hands, was deflected into the net, granting Bow a 1-0 lead.

Lebanon retaliated, leveling the score in the 35th minute with a goal from Domenico Pentella. Undeterred, Bow's Colby Smith responded with a thunderous shot into the top corner just two minutes later, reclaiming the lead, securing the game-winning goal. Reflecting on the moment, Smith said, "It's one of the best feelings I've had."



**Senior Wesley Michaelis**, reflecting on the team's journey, emphasized the collective effort. "At the beginning of the season, we wanted to achieve this goal, so seeing all of our hard work pay off makes it even better."

Michaelis provided insights into the dynamics of the game, stating, "Lebanon kept attacking during the second half, so we adjusted and added one more defender. They had shots that hit the post and the crossbar in the second half, but our goalie and defense held strong, and we won."



**Eli Berrigan, Midfielder for the Bow Falcon's Soccer Team**

As to first year head Coach Josh Smith, Michaelis stated, "He helped change how we played the game compared to how we did with our previous coach, and I think that helped us achieve our goal."

As the Falcons celebrated their historic triumph, hoisting the championship plaque, Michaelis summed up the overwhelming joy, saying, "To be able to win the state championship in my last soccer game was all I could ever ask for, so I was very happy. As a team, we did it. We reached our goal."



**Sidney Roberge, Captain, Girls Soccer Team.**

## GIRLS SOCCER

In a nail-biting clash that extended through 80 minutes of regulation and an additional 30 minutes of overtime, led to another heartbreaking defeat for the Bow Falcons against undefeated powerhouse Hollis Brookline Cavaliers. The game remained scoreless until the Cavaliers secured a 1-0 victory in a penalty kick shootout, concluding 3-0.

The first half witnessed Bow adopting a stout defensive stance to bottle up the Cavaliers' normally outstanding offense. As the game progressed, the Falcons gained momentum in the second half. They displayed resilience by advancing the ball and creating scoring opportunities of their own. Despite their efforts, the Falcons fell just short in their bid to stun the top-seeded team in Division II.

This semifinal marked Bow's 14th consecutive appearance in the semifinals under the guidance of Coach Vogt. However, the Falcons, determined to overcome the odds, experienced their second consecutive year of heartbreak in the semifinals. This disappointment followed their D-II championship victory in 2021 and last year's 2-1 loss to Pembroke. Nevertheless, the Falcons can take pride in their performance, going head-to-head with one of the top soccer teams in the state.



**Bridget Hilton, Goalkeeper of the Girls Soccer Team.**

**FALCONS FLY FOREVER!**



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



## FEATURED EVENT

### Polar Express Holiday Party | Saturday December 9th | 10am

Wear your pajamas and hop onboard to hear *The Polar Express* by Chris Van Allsburg, read by Santa and Mrs. Claus! After the story, enjoy a cup of hot chocolate while making a holiday craft. And don't forget to bring your wishlist! You'll have a chance to meet Santa and Mrs. Claus and take a holiday picture! Registration is not required for this event, but supplies are limited.

## YOUTH PROGRAMMING



### Dino Fest! November 18th | 10:30am - 12pm

It's DiNovember at the Baker Free Library! At this special event, enjoy games, crafts and sensory activities that celebrate our prehistoric pals. Recommended for children aged 3 and up, in the company of a parent or caregiver. Please register online to reserve your child's space.

### Storytimes

\*Registration is required to reserve your child's space through our Online Calendar. The winter session will run from Nov. 14 - Dec. 21, 2023.

### Preschool Storytime | Every Tuesday Morning | 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 Every | Wed. & Thursday Morning | 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.

## AFTER SCHOOL PROGRAMS

### Nature Explorers | Thursday, December 7th | 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.

\*In December, the Nature Explorers will be visited by Squam Lakes Science Center to learn about owls of New Hampshire. This special program features a visit from three live owls! Registration is not required this month.

### Art Lab | Wednesday, December 13th | 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.

### "I Survived" Book Club | Thursday, December 21st | 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.

## ADULT PROGRAMMING

### Holiday Concert with MCMS | Thursday, December 7th | 7pm

Join us in the 1914 Reading Room for our Annual Holiday Concert featuring the Manchester Community Music school Faculty Trio. The players are Aubrie Dionne, flute, Ethan Cheng cello, and Ryan Striker, Clarinet. They have been teaching at the school for a combined total of 40 years! They play in the New Hampshire Philharmonic, the Portsmouth Symphony, and the Southern New Hampshire University Orchestra.

Registration to reserve your seat is available through our Online Calendar. Light refreshments will be served.

### Book Talk at BFL | Tuesday, Dec. 12th | 12:30pm & 6:30pm

### White Rock Book Group | Tuesday, Dec. 19th | 1:00pm

**Do you love to read?** Are you willing to try books outside your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Group is for you!

### Whodunits | Tuesday, December 5th | 1:00pm

Love mysteries? Join the Whodunits to sleuth through a new one every month! This mystery-exclusive book club meets at White Rock Senior Center on the first Tuesday of every month.

### Adult Craft Club | Tuesday, December 5th | 6:00pm

Enjoy creating a new craft every month in the BFL Adult Craft Club. All materials are provided. Registration is required.

## IN THE GALLERY

### November Exhibit - Robert Lux

#### "Photography and Poetry - Artistic Expression in Tandem"

This show initially evolved from my accumulating 20" by 30" prints over the years. In the days, I'd take a slide or send a JPG image or two to Concord Camera, walk out a few days later and go into Rowland's right next door and walk out from there in another few days with the 20 by 30s you see herein the exhibit. The oldest slides from which these prints were made date to the late 1960s. The most recent 20 by 30 is indeed modern, an image from April, 2022, printed at the new Rowland's on Fort Eddy Road. But there are numerous other photos displayed on the table, prints made over the years. I've jotted whatever I could recall on the backs of them.



As my idea of the show evolved, it occurred that photography and poetry I've written could go hand in hand. I've included some of these poems (a number with photos I took, unless noted) as well.

### December Exhibit - Deborah Schneck DePippo New Hampshire Watercolors

I often think of art as a way of expressing gratitude for the simple privilege of being alive. I feel most grateful to live in this beautiful part of NH. For an artist, the natural surroundings provide enduring inspiration. And, the rivers, mountains and forests provide places of refuge as well as joy. My palette is limited to only a few colors, and I work in a traditional, transparent style where any whites are provided by the paper itself.

### Artist Meet & Greet

Saturday, December 9th, Saturday December 16th and Saturday, December 23rd from 11am - 3pm.

If you are interested in being a Featured Artist  
in the Gallery in 2024, contact Amelia at [amelia@bakerfreelib.org](mailto:amelia@bakerfreelib.org).

# BOW FIRE DEPARTMENT

## OCTOBER 2023 RESPONSE ACTIVITY LOG



- 0 Search and Rescue
- 7 Basic Life Support Transports
- 23 Advanced Life Support Transports
- 10 Non-Transport Care Refusal
- 0 Paramedic Intercepts
- 18 Fires/Hazardous Conditions/Alarms
- 22 Service Call Incidents/Good Intent
- 7 Overlapping Incidents
- 80 Total Calls for the Month

## Thanksgiving Safety



The kitchen is the heart of the home, especially at Thanksgiving. Kids love to be involved in holiday preparations. Safety in the kitchen is important, especially on Thanksgiving Day when there is a lot of activity and people at home.

### Did you know?



Unattended cooking is the leading cause of fires and injuries in Canada.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Stay in the home when cooking your turkey and check on it frequently.
- Keep children away from the stove. The stove will be hot and kids should stay 1 metre away.
- Make sure kids stay away from hot food and liquids. The steam or splash from vegetables, gravy or coffee could cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Make sure your smoke alarms are working. Test them by pushing the test button.

**Have activities** that keep **kids out of the kitchen** during this busy time. Games, puzzles or books can keep them busy. Thanksgiving conversation starters and holiday-related Mad Libs can keep kids entertained for hours. Kids can get involved in Thanksgiving preparations with recipes that can be done **outside** the kitchen.



## ANOTHER SUCCESSFUL SCOUTING FOR FOOD DRIVE!

Bow Troop 75 and Cub Scout Pack 75 collected 11,000 items for the Scouting for Food Drive! The Bow Community Men's Club graciously prepared a great breakfast for hungry participants. In addition to donating food items, the Bow Fire Department was on hand to provide lighting during the scouts campout!





## OBITUARIES

### BONNIE L. SWEATT

Bonnie L. Sweatt of Contoocook passed away September 26, 2023, surrounded by family after a long battle with breast cancer. Bonnie was born June 8, 1953, in Concord to Patricia Pickering. Bonnie grew up in Concord, before moving to Contoocook after she married. She graduated from Concord High School and attended Franklin Pierce College.

She worked for the State of New Hampshire for 45 years, working at the New Hampshire Hospital, Water Supply and Pollution Control Commission, Emergency Management, and retired from the Department of Labor as a business administrator.

She is survived by her husband of 49 years Tim Sweatt of Contoocook, daughter Julie Sweatt, and son Jeffrey Sweatt, both of Greenville SC.

In lieu of flowers, memorial contributions can be made in her honor to the Pope Memorial SPCA of Concord Merrimack County, 94 Silk Farm Road, Concord, NH 03301.

### GERALDINE D. BURTON

Geraldine D. Burton, 74, of Bow, passed away on October 12, 2023. Geraldine was born on April 6, 1949, the daughter of Vincent and Helen Deutsch (Mullins) in Brooklyn, NY.

Geraldine grew up in Brooklyn where she attended St. Theresa's Grammar School. She then moved to the Bronx where she attended and graduated from St. Helena's High School. For a short time, she lived in Monroe, NY before moving to Manhattan. She worked at Citibank in NY, where she met her husband John and eventually moved to Bow in 1984 to raise their children, Pamela and John.

Geraldine lived her life for her family putting them first, especially her grandchildren who were her pride and joy. She loved gardening, watching her grandchildren play sports, cooking for her family, and watching baseball (especially the New York Yankees). Geraldine is survived by her daughter Pamela Carrier; son John Burton IV and his wife, Laurie Burton and their children (John, Ava, Katelyn and Michael).

### PAULA MARIE HIGGINS



Paula Marie Higgins age 65 of Bow, passed away on Tuesday October 17, 2023. She was born on October 23, 1957 in Brooklyn, NY. Daughter of the late Bernice and William Higgins. Paula was a devoted mother, wife and friend. Paula grew up in Lowell MA, attended the Academy of Notre Dame and St. Joseph High School, later receiving an associates degree from Burdett College, in Secretarial Studies.

Paula dedicated over 20 years of her life to the Mclean Hospital and Nashua Counseling Center, working as an administrative assistant and climbing the ladder to work

in triage. She was known for her dedication and passion to support patients.

Thoughts from Paula's children: Ben – My mom was the smartest person I know, if I ever needed help she was the first person I would go to.

Elizabeth – My mother was the most selfless, kindhearted woman. She was known to be the rock of the family, always having answers and kind words to solve any problem. Mom was the person everyone went to in times of need, discomfort and struggle. She always thought of others and supported them in any way she could.

Karen – My step-mother was an incredible woman, she was patient in all the ways that counted. She held my father to account and loved all of us as if we were her own. As a step-mother myself, I often called her for advice and support. I wish I could be more like her in her selfless devotion to our blended family. She was strong in her values and persistent in her pursuits and I loved her very much.

She is survived by her husband Donald O'Sullivan, children; Sara Luppi, Ben Luppi, Elizabeth O'Sullivan, Paul O'Sullivan, Karen O'Sullivan, Kevin O'Sullivan, son in law; Daniel Ludemann, brother Billy Higgins, sister in law; and sister, Sharon Higgins.

A celebration of life will be held in the spring.

The Waters Funeral Home is assisting the family with arrangements.



### ALLAN SANBORN KIMBALL



Allan Sanborn Kimball, 84, passed away on October 20, 2023 surrounded by his loving family. Allan graduated from Concord High School in 1957, later receiving his EEG from the Wentworth Institute of Technology in Boston. He was employed in Sales & Marketing by Sprague Electric in Concord for many years and in 1993 became the President and Chief Operating Officer of its spin-off company Allegro Microsystems located in Worcester, MA. He retired from Allegro in 2000. While working at Sprague, Allan met the love of his life,

Joyce (Warren) Reynolds. They were married in 1973 and lived a full life raising their four children, pursuing their careers and traveling to many parts of the world. Allan particularly enjoyed spending time in Italy, Germany and Switzerland, often traveling with family or friends.

Allan gave back to his community in a number of ways, serving as Chairman of the Concord Chapter of the American Red Cross and upon relocating to the Worcester, MA area as a member of both the Board of the Worcester Business Development Cooperation and the Worcester Municipal Research Bureau. Upon his retirement, he volunteered for the Concord Regional Crimeline and as a driver for the Community Action Program for a number of years where he provided their clients with transportation to doctor appointments, etc. He was grateful that early retirement and good health afforded him the opportunity to spend quality time with his grandchildren in their early years and later by attending many of their baseball, basketball, football, hockey, soccer and volleyball games as well as dance recitals, both local and away.

He was predeceased by his parents Ralph and Ethel Kimball, his sister Marilyn Champagne and his infant brother Dean.

Allan leaves his loving wife Joyce of 50 years; children James Kimball and his wife Maureen of Webster, Dee Treybig and her husband Philip of Bow, Kathy Smith and her husband Todd of Bow and D. Scott Reynolds and his wife Susan of Concord; Grandchildren: Brendan Kimball of Boston, Jonathan Kimball and his wife Sarah, also of Boston, Garin and Connor Treybig of Bow, Sarah (Smith) Simpson and her husband Scott of Waltham, Daniel Smith of Boston, and Catherine, Alexander and Nicholas Reynolds, all of Concord.

Allan's funeral was held at Waters Funeral Home on Saturday, November 4<sup>th</sup> where his close friend The Most Reverend Kevin Nichols, Episcopal Bishop of Bethlehem, formerly a resident of Bow, officiated. Committal services followed at Evans Cemetery in Bow.

In lieu of flowers, donations can be made to the Granite Visiting Nurse Association, 30 Pillsbury Street, Concord, NH 03301 who lovingly monitored Allan's health care over the past two years.

### BRUCE B. ELLSWORTH

Bruce B. Ellsworth, 85, of Hopkinton, passed away on October 25<sup>th</sup> after a short battle with ALS.

Bruce was born and raised in Warner the son of Russell B. Ellsworth and Louise Blake Ellsworth.

He graduated from the University of New Hampshire, where he majored in Civil Engineering and participated in the ROTC Program. After college, he spent two years with the U.S. Army on active duty in France. He had a long career with the Army Reserves, from which he retired as a Colonel. He spent 26 years working for New Hampshire in the Public Utilities Commission, ending his career there as a Commissioner. He spent his post-retirement years consulting on energy and regulatory boards.

Bruce met his wife, Gail, on Blaisdell Lake in Sutton, as a teenager and they married in 1964. They have spent every summer at the lake among a close network of friends and family.

Bruce was an active volunteer in the town of Hopkinton, serving on its Planning Board and as Town Moderator. He assisted at elections and town meetings for many years. He was also an active member of the First Congregational Church in Hopkinton, having sung in its choir for decades.

Bruce is survived by his wife Gail, his daughter Melissa Jones and her husband Bill, his son Jeffrey Ellsworth and his wife Jennifer, and his four grandchildren.

In lieu of flowers, consider donating to the Blaisdell Lake Protective Association, to ALS.org, or to the Granite VNA (www.granitevna.org).



## THANKSGIVING – GRATEFUL TIMES WITH FAMILY, FRIENDS & FOOD

There's something magical when that perfectly roasted Turkey comes out of the oven and the house is filled with the smell of a glorious feast, the room filled with family & friends, good cheer, a glass in the hand, and football in the background. Crisp air outside, as the seasons are changing quickly with the holidays upon us, a time that brings us closer and although it's busy, we all hope to find the time to slow down and enjoy the little things in life.

If you are looking for some exciting pairings for your Thanksgiving Dinner these wines are sure to be a crowd pleaser and will match the mood, decadence on the palate to enhance your meal.

### #38411 Gerard Bertrand Heritage Brut Cremant Limoux, France \$21.99 - \$18.99 Save \$3

Always a great start to a holiday meal with appetizers, a perfectly pleasing bubbly, dry with hints of toast and green apple, my favorite to sip on when eating Turkey skin, crisp and hot from the oven, with a touch of salt. Don't get caught by other family members to be first... This is a must try as the acidity in the bubbles balances the fat. The turkey won't be picture perfect anymore, but it's worth it & tastes divine!

### #22554 Austin Paso Robles Chardonnay, CA \$24.99 - \$19.99 Save \$5

### #16774 Hartford Court Russian River Valley Chardonnay, CA \$34.99 - \$31.99 Save \$3

Chardonnay lovers unite, fans of the creaminess and butter of a well-made wine, look no further these will go well with the meal from creamed corn, buttery mashed potatoes, fresh baked rolls, and turkey of course... ABC "Anything but Chardonnay" wine drinkers will even approve of these on the table.

### #44107 Carmel Road Monterey Pinot Noir, CA \$14.99 - \$12.99 Save \$2

### #16773 Hartford Court Russian River Valley Pinot Noir, CA \$42.99 - \$39.99 Save \$3

Light Red Wine like Pinot Noirs are a perfect match for Turkey and the fixings, especially the dark meat and stuffing with gravy and cranberry sauce. Hints of cherry & cranberry with notes of allspice, lush mouthfeel, and earthy tannins – you'll be wishing there was another bottle to share.

### #36433 Saint Cosme Cotes du Rhone, France \$19.99 - \$16.99 Save \$3

A heartier wine with blackberry & spice, this tasty Syrah from the Rhone Valley is a must for Turkey with a spicy rub & sausage stuffing with hints of thyme, roasted onions & mushrooms. Preparing a Holiday Rib Roast? A family favorite for braised meats, go next level & move over Cabernet Sauvignon.

### #20270 Van Zeller 20-Year-Old Porto, Portugal \$64.99 - \$61.99

Bring on the Bourbon Pecan Pie with vanilla ice cream and homemade whipped cream, this treat will send your meal over the top, 20 years of blended oak cask history in the bottle with hints of nuts & honey. A nice treat on its own with a warm fireplace on those chilly nights remembering good times.

**Most of these selections can be found  
at the NH Liquor Stores with November Sales**

**Cheers to the Holiday Season – Until Next Month - Anni**



*Annie Kenney is a General Sales Manager for MS Walker Wines & Spirits in Bow, NH where she has been passionate about her career for the last 23 years.*

*Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association, she is a lover of fine wines and spirits and resides in Bow, with her daughter Lexi and her fiancé Brock.*



**D**o you remember all those catchy musical jingles that we used to sing along with on TV commercials from the early days of TV through the mid-1980's? These short songs advertised all kinds of products, that included catch phrases, and slogans.

When did jingles become popular, and where have they all gone?

The first jingle was broadcast on RADIO and debuted on Christmas Day in 1926. It was a song for Wheatie's Cereal. Many more original radio jingles followed. When the television was introduced in 1927, these jingles transitioned from radio to TV. By the 1960's, 90% of American households had a TV set. It was during this Golden Age of television that original jingles peaked as an art form. By the mid-1980's, musical advertising began incorporating existing, popular songs rather than hiring jingle writers to compose original, full-length commercial songs. Jingles faded out as media began to expand with streaming, Hulu, Netflix, etc., along with the option to choose to click the "Skip Ads" icon.

Let's reminisce about some of the most memorable jingles from the Golden Age of television that take us back to the "good ole' days."

The first jingle that transitioned from radio to TV in 1927 was for Chiquita banana. "I'm Chiquita banana and I came to say..."

The world's first original TV jingle was for the Bulova Watch Company. It was only 10 seconds long and was played during a televised Brooklyn Dodgers vs Philadelphia Phillies baseball game.

In 1952, Dinah Shore sang "See the USA in your Chevrolet." Can you sing the following jingles:

"Bryll Cream, a little dab'll do ya." "The best part of waking up is Folgers in your cup." For Lucky Charms Cereal, "they're magically delicious." For Campbell's Soup, "Mm-mm good. Mm-mm good." For Kay Jewlers, "Every kiss begins with K." For Chia Pet, "Ch-ch-ch-Chia." For Chili's Ribs, "I want my baby back, baby back, baby back, baby back." "Nobody doesn't like Sara Lee." For Wrigley's Doublemint Gum, "Double your pleasure, double your fun." For Alka Seltzer, "Plop, plop, fiz, fiz, oh what a relief it is." "I wish I were an Oscar Mayer Wiener (the dogs kids love to bite)." For The Clapper, "Clap On! Clap Off." For Huggies Diapers, "Mommy WOW! I'm a big kid now." For the US Army, "Be all that you can be." "I don't want to grow up, I'm a Toys R Us kid." "Liberty, Liberty, Liberty" Insurance.

One of the most famous, prolific jingle writers of all time is Barry Manilow, who is known as the "Granddaddy of them all." When Barry was a young starving artist in the 1950's, he got a job writing a jingle for McDonald's. Even though he had only ever eaten at McDonald's one time in his life, he wrote "You deserve a break today. So get out and get away at McDonald's. We do it all for you." He then went on to write "I am stuck on Band Aid, 'cause Band Aid's stuck on me." "Dr. Pepper, so mis-understood. If anyone would try it, they'd know that you taste good." His longest running jingle was for State Farm Insurance. This jingle ran for 40 years. He was paid a flat fee of \$500 to write "State Farm is there." He did not receive any royalties for his jingles, but that was OK with him because he was just glad to have the work. Barry said that the girl who SANG his jingles was the one who received the royalties that have paid for her "3 Rolls Royces." He says that those early years of writing jingles were where he learned the most about music. It was "the best music college I could imagine."

Commercial jingles have been part of American culture for almost 100 years, and are entertaining, provocative, humorous, heart-warming, and thought provoking. They have had the desired effect of rolling around in our brains for decades, reminding us of the "good ole' days."

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# Granite VNA

## UPCOMING PROGRAMS

### CAPITAL AREA MEMORY CAFE

Thursday, December 7, 1:30 PM at City Wide Community Center, 14 Canterbury Road, Concord.

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

Registration is not required. This program is offered at no charge. Masks are optional. Please note this gathering does not serve as a support or respite group. For information visit [www.granitevna.org](http://www.granitevna.org).

### HELPING HEAL WITH OTHERS (H2O)

Saturday, December 9, 9:30 AM at the Boys & Girls Club of Central NH, 55 Bradley Street, Concord.

Navigating grief is difficult. Doing it alone can be even harder. Connecting with others who have had a similar experience in a safe and caring environment, often helps.

Helping Heal with Others, H2O is a monthly program that provides bereaved children (age 6-18) and their families with coping skills and peer support that enables them to experience and process their grief.

Accompanying adults are requested to stay on site and participate in a concurrent, supportive program. Sessions may include art, music, creative and expressive activities, stress management, drumming, pet therapy and more.

Registration is required. This program is offered at no charge. Lunch is provided. Masks are optional.

### ONLINE PARENT CIRCLE

Tuesday, December 12, 11:00 AM ONLINE

A monthly mutual support group for parents who have suffered the death of a child at any age to any circumstance and whether the loss was recent or some time ago.

Parents are encouraged to come individually or with partners, spouses, or co-parents to connect and share with other bereaved parents who are thrust into this journey of grief – to listen, to share, to remember, to give and receive support, and to bear witness to each other.

Registration is required. All community members are welcome to attend. This program is offered at no charge.

Once your registration is confirmed, you will receive a link to the program. Technical instruction is available to participate in the group. Registration is not required. This program is offered at no charge.

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| 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              |

### STATEMENT OF OWNERSHIP, MANAGEMENT AND CIRCULATION

NAME: The Bow Times  
 FREQUENCY OF ISSUE: Monthly  
 PRINTER: Gannett Publishing Services, Auburn, MA  
 PUBLISHER: The Bow Times, LLC  
 14 South Street, Suite 5, Concord, NH 03301  
 EDITORS: Charles G. Douglas, III and Debra M. Douglas  
 CIRCULATION: 4,350 Mailed Pre-Paid  
 Stores and other sites: 900; Total = 5,250  
 PERCENT PAID OR REQUESTED: 99%  
 BONDHOLDERS, MORTGAGEES: None  
 DATE: November 15, 2023





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