



# The Bow Times

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## DUNBARTON NEWS ON PAGES 12-13

## HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15

### COLBY ETHICS VIOLATION HEARING RESULTS IN HARRY JUDD APOLOGIZING TO SELECTMEN

On November 21, a drama started out at the Municipal Building that ended in an apology by former selectman Harry Judd. The start was a vote at an earlier Selectmen’s meeting in which they all supported appointing Greg Colby to the Bow Drinking Water Committee. The vote should have been 4 to 0, with Greg’s wife, Eleana, recusing herself under the town’s Ethics Ordinance # 53-6.

After reviewing the situation town voter Artie Flecker filed a complaint about Eleana Colby voting for her husband to a town position as being a conflict of interest.

The hearing to determine the initial merit of the complaint was held by the other four selectmen on November 21, 2023.

It got contentious and is observable on the town website and YouTube. The meeting was convened by the Chairman of the Board, Mike Wayne. Colby’s outspoken defender was fellow Selectmen Angela Brennan who claimed that the Board had all discussed it and had agreed that Eleana Colby could vote for her own husband. When confronted about the accuracy of that factual representation, she agreed she had not watched the tape of the meeting, but that it “had been my recollection.”

The complaint was filed alleging a violation of Bow Ordinance 53-6 (Prohibited Conduct) Subsection (1) providing a selectmen cannot:

“(1) Vote upon any matter in which he or she or any member of his or her family has an interest known to said member.”

CONTIUED | PAGE 17



### THE FUTURE OF THE COMMUNITY BUILDING

The town of Bow held its first listening session on Wednesday, November 15, inviting residents to participate in shaping the future of the Community Building. The building project could cost as much as \$13.4 million.

Residents were given the opportunity to ask questions and provide feedback on two potential options: constructing a new building or renovating the existing one. Everything thus far is preliminary and conceptual. Photo | Eric Anderson

### MALFUNCTIONING SPACE HEATER CAUSED HOUSE FIRE IN BOW

A malfunctioning space heater caused a house fire at a Bow home early on November 25th, according to the Bow Fire Department.

The department was dispatched to the porch fire at 302 Page Road just before 5:15 a.m., according to a news release.

Smoke was showing from the soffits and the gable vents “indicating the fire had advanced into the attic space as well as the living space,” the news release said. All occupants had left the 1,248-square-foot home before firefighters arrived.

Firefighters used thermal imaging equipment to find the source of the fire, which was quickly knocked down.

The department received help from Concord, Hooksett and Dunbarton with Pembroke providing station coverage.

A space heater was located on a three-season porch when it malfunctioned and caught on fire.



**MERRIMACK**  
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### THE MERRIMACK SUPPORTS CONCORD COALITION TO END HOMELESSNESS

Merrimack County Savings Bank is helping to fund the development of permanent housing in Downtown Concord. The Merrimack has pledged \$100,000 over two years to the Concord Coalition to End Homelessness to convert a commercial property on South State Street into eight one-bedroom apartment units.

“It is very rewarding to be able to make this contribution that will go toward providing housing and stability to our neighbors in need,” said Linda Lorden, President of The Merrimack. “The Concord Coalition to End Homelessness goes above and beyond to help our homeless community and connect them with valuable resources.”



Funded through the Community Development Finance Authority, the contribution will help provide permanent supportive housing with rental assistance for individuals experiencing homelessness. CCEH residents also receive ongoing caseworker support during the transition.

## ★ ★ ★ NH PRESIDENTIAL PRIMARY ★ ★ ★

### 2024 ELECTION DATES

Tuesday January 23rd - Presidential Primary

Tuesday March 12th – Town Election

Tuesday September 10th – State Primary Election

Tuesday November 5th - State General Election

### ELECTION VENUE: BOW COMMUNITY CENTER

3 Bow Center Road, BOW, NH 03304

### ELECTION TIMINGS: 7:00 AM – 7:00 PM

**VOTER REGISTRATION:** The last day to Register to Vote at the Town Clerks office is before the Presidential Primary Election is January 12, 2024 by 9:30 AM. You can always register to vote on Election day at the polls.

Any Bow resident who is at least 18 years old, or who will be 18 on or before the next election day, may register to vote in person at the Town Clerk’s Office at 10 Grandview Road. You must bring a photo ID and if you do not have proof of residency and/or citizenship you can sign either a Domicile Affidavit or Qualified Voter Affidavit. Please call the Town Clerk’s Office if you have any questions on the type of documentation required at 603-223-3980 or email mnaik@bownh.gov. CONTINUES | on page 17

## WINNER OF 23 NH PRESS ASSOCIATION AWARDS

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

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### The Bow Times

Publisher: The Bow Times, LLC

Editor: Chuck Douglas 224-1988

Co-Editor: Debra Douglas

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

Technical Editor:

Jennifer Jameson  
jjameson@thebowtimes.com

Billing & Accounts:

Julie Adamson  
jeanodeano16@yahoo.com

Distribution Manager:

Joshua Coughlin  
josh@thebowtimes.com

Medical Editor:

Richard Johnson, MD

Travel Editor: Chase Binder

Food Editor: Debra Barnes

Wine Editor: Annie Kenney

BHS Sports Editor:

Ryan McCabe

Contributing Writers:

Bow Garden Club - Joyce Kimball

Dunbarton News - Nora LeDuc

Elder Law - Ben Kiniry

Hopkinton News - Kathy Butcher

Photographer - Eric Anderson

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**Mailing address for news  
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Concord, NH 03301

**Email:** info@thebowtimes.com

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## EDITORIALS

### FIRST AMENDMENT LESSONS TO BE LEARNED

The page 1 story about the conflict of interest ordinance meeting on November 21 offers teaching moments.

Selectmen Angela Brennan claims to be a supporter of transparency and has forcefully advocated for recording meetings. If so, then listen to the tape and get the facts straight before falling back on “that’s what I recall.” Had there been a full vetting of whether Eleana Colby could vote for her husband at the earlier meeting when he was approved, there probably would not have even been a complaint filed.

Second, if a recess is called by the chair the board should leave the room and not try to referee an argument in the crowd.

Third, even when people disagree on a subject as important as the wasted tax money spent on utility expert Skip Sansoucie it should be at a lower voice and tone. We can disagree without being disagreeable.

Fourth, Harry Judd, after years of political combat, should be thick skinned enough to walk away, and not try to initiate a schoolyard fight in the hallway of the Municipal Building,

Fifth, if a citizen has a tripod camera set up in that hallway during a recessed hearing, what people say and do in a public place is protected activity under the First Amendment. They should not be threatened.

Finally, Eleana Colby should admit she made a mistake so the board can choose to close the matter and move forward on the more important budget cycle starting next month.

Teaching moments for all?

### SENIORS ARE BEING ADDED TO THE HOMELESS CRISIS

The Baby Boomer generation of folks who worked their whole life are now filling the ranks of new homeless people across the country.

As senior Judy Schroeder recently put it: “I never thought at 71 years old that I would be in this position.”

The price of the average rental is \$1,959 in New Hampshire, but the Social Security Administration says the average check is only \$1,706 a month.

Veterans are especially hit hard because their average income may be only \$1,100 a month. There has been a rise in shared living by veterans because rents far exceed their incomes.

HUD figures reveal that people in shelters over age 51 rose from 16.5% of the sheltered to 23% in the ten year period ending in 2017. They worked their whole lives, but did not save enough to remain housed as they aged.

There are nearly 500 people in Merrimack County that are now homeless and with home prices and rents at a record high, more older folks will begin to experience homelessness not due to addiction, but just economic reality.

A December 3 Concord Monitor story interviewed 75 year old April Stoddard who moved back to Concord from Florida in 2021 and lives in a 900 square-foot manufactured home. She has seen her assessment go from \$51,000-\$79,200 for a 55% increase for someone on a fixed income. Stoddard questions the upcoming spending that Concord plans for Memorial Field, Rundlette Middle School, and a Beaver Meadow Clubhouse all to be costing millions of dollars.

Her fear is not unusual, Stoddard said. “So many people are struggling now, what is going to happen? That is how people end up homeless.”

### AMERICAN DEMOCRACY IS IN DANGER

Use of violence and secession are growing ideas unseen since before the Civil War according to October polling by the prestigious University of Virginia Center for Politics. The key findings were:

- When asked whether it is acceptable to employ violence to stop political opponents from attaining their goals, 41% of Biden supporters and 38% of Trump supporters said yes.
- 30% of Trump supporters and 25% of Biden supporters said elections should be suspended in times of crisis.
- 41% of Trump supporters and 30% of Biden supporters said they favor either conservative or liberal states seceding from the union.
- Nearly half of Biden supporters, 47%, and 35% of Trump supporters said the government should restrict the expression of views “considered discriminatory or offensive.”

This poll of 2008 voters is further depressing when 31% of Trump supporters and 24% of Biden supporters say democracy is “no longer viable” and another system should be tried.

But who will miss our system when we have a dictatorship? Most of us.

### TAYLOR SWIFT DESERVED TIME’S PERSON OF 2023

A well deserved praise for her fantastic success as a singer, performer, writer, producer, actor and director goes to Taylor Swift as Time Magazine’s Person of the Year.

“In a divided world, where too many institutions are failing, Taylor Swift found a way to transcend borders and be a source of light,” wrote Time Editor in Chief Sam Jacobs. “No one else on the planet today can move so many people so well. Achieving this feat is something we often chalk up to the alignments of planets and fates, but giving too much credit to the stars ignores her skill and her power.”

Well done I say to my second cousin!

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



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Drop off donations in any Merrimack branch lobby during regular business hours thru 12/31.

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**TIME TO TAKE A NEW LOOK AT YOUR MONEY HABITS**

**NEW YEAR, NEW SAVINGS ACCOUNT**

Think about what you want to save for the coming year and commit to opening a savings account to reach that goal.

**Small Step:** Decide on the type of savings account that will meet your goal and commit to depositing a set amount on a regular basis to get into the habit of saving. For example, if you open a basic savings account, deposit \$25 every month and sign up for direct deposit or automatic withdrawals from your checking account to ensure that amount is saved. Once you're comfortable with saving a small amount consistently, you can increase it.

**PAY DOWN THAT OLD DEBT IN THE NEW YEAR**

Make a list of your debts, noting the monthly payment, current balance, and interest rate, and make a plan to start paying down the debts. Many experts recommend focusing on either debts with the highest interest rates or debts with the lowest balances to pay off. While you will likely save more money paying off debts with the highest interest rates, it may be faster to pay off the smallest balances first, and seeing this progress may help keep you motivated.

**Small Step:** Whichever method you choose for paying down debt, start by adding a small amount to one of your current payments. For instance, if you are focusing on paying off a credit card with a minimum monthly payment of \$100, add \$25 to that amount to start (for a total monthly payment of \$125). Once you are comfortable with that new amount, add more when you're able and stay focused on the goal.

**GET ORGANIZED**

Some basic tasks to help you get organized include making a budget, tracking your spending, and putting a system in place to ensure you pay your bills on time every month. Be sure to monitor your credit card and bank statements for any unexpected fees or unusual activity too. The sooner you find mistakes or unauthorized transactions, the easier it is to correct those issues.

**Small Step:** Start small by picking one organizational task and focus on that task for one month before adding another. You might start by making sure your bills are paid on time by setting up automatic bill pay from your bank account, giving yourself one month to learn about it, set it up, and get comfortable using it. Next month, focus on creating a budget, which gives you several weeks to learn about budgeting and working on it.

**PROTECT YOUR MONEY ALL YEAR, EVERY YEAR**

Never provide your personal information in response to an unsolicited request. Always track your bank and credit card statements and your credit reports for unusual activity. Catching abnormal transactions early will allow you to take steps to prevent more harm if your information has been stolen.

Source: FDIC Consumer News - December 2018

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
27 Woodhill Road	3 Bedrooms   2 Baths	1170 Square Feet	2 Acres	\$400,000
15 Hooksett Turnpike	2 Bedrooms   2 Baths	1857 Square Feet	.97 Acres	\$415,000
17 Betty Lane	4 Bedrooms   3 Baths	2330 Square Feet	1.20 Acres	\$500,000
59 Knox Road	3 Bedrooms   3 Baths	2096 Square Feet	2.08 Acres	\$600,000
5 Tower Hill	3 Bedrooms   3 Baths	2438 Square Feet	2.56 Acres	\$730,000

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
34 Stark Highway South	2 Bedrooms   1 Baths	840 Square Feet	3.01 Acres	\$360,000
30 Holiday Shore Drive	2 Bedrooms   3 Baths	2707 Square Feet	20 Acres	\$550,000
28 Everett Dam Road	3 Bedrooms   2 Baths	1894 Square Feet	33.06 Acres	\$583,750
213 Grapevine Road	4 Bedrooms   3 Baths	1976 Square Feet	5.42 Acres	\$660,000
224 Twist Hill Road	4 Bedrooms   3 Baths	2272 Square Feet	5.07 Acres	\$670,000
Lot 10 Hilltop Lane	3 Bedrooms   2 Baths	1977 Square Feet	6.04 Acres	\$799,000

*Sales Data for November 2023 provided by the NHMLS.*




**HAVE A HAPPY HOLIDAY &  
A PROSPEROUS, HEALTHY NEW YEAR**

**TOWN OF BOW ANNUAL TREE LIGHTING 2023**



The Town of Bow held its Annual Tree Lighting on Sunday, November 26. The Bow Men’s club made their famous chili; Troop 75 served hot cocoa; Bow Selectmen handed out marshmallows for toasting S’mores; and BHS Interact students hosted the Cookie Table which was filled with holiday cookies baked by numerous community members.

At 5:00 PM, Parks and Recreation Director Darcy Little welcomed a huge crowd and led the countdown for the Tree Lighting. As soon as the trees were aglow, the BMS Chorus sang a medley of holiday songs while children wrote letters to Santa and played holiday games led by the Girl Scouts and watched a holiday Colorguard performance while waiting for Santa.

At about 5:15 PM, Santa made his debut. He decided to leave his sleigh and reindeer at the North Pole this year, making a grand entrance on board the Bow Fire Department’s Big Red Engine.



Santa greeted the large crowd, then settled himself into a big, comfy chair at the Gazebo, where he spent the evening talking to children who were thrilled to see him and delighted to share all their Christmas wishes with him.

**Photos | Eric Anderson**

# STAYING ON TRACK DURING THE *Holiday Season!*

*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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Ruggles, Jonathan  
Runner's Alley  
Salon K Aveda Lifestyle Salon  
Sanel Auto Parts  
Sarah's Kreations & Sarah Enos  
Sound Approach to Wellness  
South Mane Barbershop  
Spruce Home and Company  
Stevener, Bryant  
Strang, Bob  
Street 360 Concord  
Sulloway & Hollis, PLLC  
Szechuan Gardens  
Tanger Outlets Tilton  
Teatotaller Cafe & Bakery  
Thai Food Connection  
The Works Bakery  
Thibeault, Rich  
Town of Bow  
Treat, Bruce  
Trek Bicycle Concord  
Viking House  
Weed Family Automotive  
Wine on Main  
Zoe and Company





## SUGAR

It's the holiday season and that means that we all have had the opportunity to consume too much sugar. Think of it, Halloween candy, Thanksgiving with way too much food, and then Christmas with all the special treats and parties. It is no wonder that we will have gone overboard with sugar consumption. What is sugar? Why do we eat too much of it? What's the big deal with too much sugar?

Sugar is the word we use for sucrose, a carbohydrate made up of carbon, hydrogen, and oxygen atoms. Sucrose is really two simple sugars (fructose and glucose) stuck together. Sucrose is made by, and found in, all green plants. Glucose and fructose are products of photosynthesis. The 'sugar' (sucrose) that you reach for and add to your tea or coffee has been harvested from sugar beets or sugar cane. Maltose (two molecules of glucose) is found in grains. Lactose (glucose & galactose) is found only in milk. Starch is a polymeric carbohydrate made up of many glucose units that plants use for energy storage. When eaten, starch is broken down by digestion into glucose, which is then transported throughout our body as a source of energy.

We need glucose to survive. Our brain depends on glucose for energy. The human brain accounts for 2% of the body weight but consumes 20% of glucose-derived energy. It is the main consumer of glucose at 5.6mg glucose per 100 grams of brain tissue per minute. (1)

Glucose is stored in our bodies (in liver and muscle) as glycogen, which can be converted back to glucose when needed. Every cell in our body uses glucose for energy. Glucose is broken down in a process called glycolysis (Greek: glukus "sweet", and lysis "rupture") that involves about 10 separate reactions leading to the production of adenosine triphosphate (ATP) that supplies energy for all our cellular functions, including such activity as muscle contraction, nerve conduction, and DNA & RNA synthesis. To keep our bodies running smoothly there needs to be a continuous concentration in our blood of 60 to 100 mg/dL of glucose. Hypoglycemia is too little glucose and hyperglycemia is too much glucose.

Our problems come when we consume too much added sugar, which we get from soft drinks, fruit drinks, flavored yogurts, cereals, cookies, cake, candy, and many processed foods. According to the National Cancer Institute adult men take in an average of 24 teaspoons of added sugar per day. That's equal to 384 calories. The American Heart Association suggests that women consume no more than 100 calories (about 6 teaspoons) and men no more than 150 calories (about 9 teaspoons) of added sugar per day. That is roughly the amount in a 12-ounce can of soda.

An 'artificial sweetener' is a man made chemical (Equal, Sweet'N Low, Splenda). They have no calories and are much sweeter than sucrose. They're soda and low calorie deserts. They give you a more intense 'sugar high' (releasing of dopamine) than sucrose because they are so sweet. Although approved for human use by the FDA, there is still a link to medical problems like obesity, hypertension, heart disease, and possibly malignancy.

A 'natural sweetener' is honey, agave nectar, and maple syrup. In our bodies, during digestion, they are broken down into glucose and fructose. Your body does not process natural sugars as quickly as added sugars or artificial sweeteners, so you don't get the rollercoaster effect of dopamine.

High-fructose corn syrup (introduced in the 1970's) is cheaper than sugar and has a longer shelf life. It has similar fructose/glucose ratios as sucrose. It gives you a higher increase in CRP (C-reactive protein) levels when compared to sucrose. CRP increases when there is inflammation in your body. In other respects it is similar to sucrose.

The consequences of added sugar (of any kind) include addiction, high blood pressure, weight gain, inflammation, diabetes and the increased risk of heart attack and stroke. Enjoy the sugar treats with moderation!

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3900881/>



## BOW CHARTER INFORMATION COMMITTEE

In the fall of 2022, the Bow Select Board appointed 9 local citizens to serve on a Charter Information Committee. The Select Board's charge to the Committee was, among other things, to educate the voters in Bow about the different forms of government that are available to the Town, and to explain what a Charter Commission is and how it works.

The Committee has assembled numerous resources about forms of town government and Charter commissions, all of which are all available on the Town's website at:

<http://bownh.gov/822/Charter-Information-Committee>

The Committee has created an educational slideshow presentation summarizing its work. This presentation is available on the Town website and and at the Baker Free Library on January 8, 2024 at 7:00 pm. All are welcome to attend.

In addition, members of the Committee will be happy to present the slideshow to any group or organization in Town interested learning more about the Charter Commission process and options for Town government.

Interested groups should contact Town Administrative Assistant, Tonia Lindquist, at 603-223-3911 to schedule a presentation.



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.

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# THE TOWN OF BOW POLICE DEPARTMENT



## BOW POLICE DEPARTMENT NOVEMBER 2023 ARREST LOG

*(Felonies and Misdemeanors)*

**11/10** Thomas Senecal, 37, of Bow was arrested for violation of a protective order.

*In addition, there were: Two (2) individuals were placed in protective custody.*

### DUI enforcement this holiday season:

The Bow Police Department will be utilizing grant funding from the New Hampshire Office of Highway Safety for DUI enforcement this holiday season. Remember to drive sober or use a designated driver when traveling.



## SERGEANT AUSTIN GOODMAN

On December 4, 2023, Town Manager David Stack swore in Sergeant Austin Goodman. Sergeant Goodman has seventeen years experience. His first five years were with the Burlington Vermont Police Department, with his last twelve years with the Manchester NH Police Department. Sergeant Goodman is a DRE (Drug Recognition Expert), and has worked in various positions, which included the Domestic Violence unit at the Manchester Police Department. Austin brings a vast amount of police experience and is eager to mentor and pass along his knowledge to newer officers. Welcome to Bow Sergeant Goodman!

## MESSAGE FROM THE CHIEF

### 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.



## TURKEY TROT SETS RECORD!

The Annual Turkey Trot was a whopping success with an all-time record number of enthusiastic participants! **510** registered runners demonstrated their good sportmanship and commitment, put on their running shoes, braced for inclement weather, and made it to the finish line!

The department thanks everyone for starting the holiday season off with the Bow and Dunbarton Police Departments. The Turkey Trot is the longest running tradition in Bow NH!



## foyer Mailbox

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

# Talking Trash

by Danielle Ruane

## HOLIDAY RECYCLING & WASTE REDUCTION TIPS

Happy holidays! Here are some simple tips on how to reduce waste, and to recycle right during this holiday season:

**GIFT WRAP:** Plain wrapping paper is recyclable, but any wrapping paper that has foil, metallics, lamination, flakes or glitter cannot be recycled. Tissue paper is also not recyclable. If you are willing to spend a few minutes, tissue paper and large pieces of wrapping paper can be reused by simply flattening the paper on a table, using your hands to smooth out the creases and wrinkles, and then folding and storing it for future uses.

**GIFT BAGS:** Gift bags can be reused, but if damaged, should be recycled or thrown in the trash depending on the type of bag. Paper gift bags can be recycled only if they do not have any metallic inks, foil, fabric, wire, or glitter. The string handle must be removed from your gift bag before placing in the recycling tote. If you are not sure whether the gift bag can be recycled, the safest choice is to place it in the trash to avoid contamination.



**RIBBONS AND BOWS:** Ribbons and bows are not recyclable, but most can be reused. It is important to avoid putting them in the recycling tote because these items are “tangles” that damage machinery at single stream recycling facilities.

**HOLIDAY GREETING CARDS:** Greeting cards and envelopes can be recycled unless there is metallic ink, foil, glitter or other embellishments on them, in which case, they should be placed in the trash. Greeting cards printed on photographic paper are not recyclable.

**PACKAGING:** Cardboard and paperboard packaging is accepted in our curbside recycling. Bubble wrap and air pillows used as packaging inserts should not be placed in the recycling tote, but can be popped and recycled at locations which accept plastic grocery bags (the Bow library now also has a collection bin). Plastic film can also be recycled at those locations. Plastic packaging such as rigid plastic packaging (the type often used for electronics that is hard to open without scissors), blister packaging, and Styrofoam are not accepted by our recycling program.

**PLASTIC GIFT CARDS:** Plastic gift cards are not recyclable. Some retailers will let you reload an existing gift card in-store, but otherwise the used plastic gift card should be placed in the trash. An obvious alternative to a plastic gift card is an electronic gift certificate which can be printed on paper and placed in a card, or sent by email or text message to the recipient.

**PADDED ENVELOPES:** Plastic mailers such as plastic Amazon envelopes lined with bubble wrap can be recycled at locations which accept plastic grocery bags (do not put in the curbside recycling tote). Mixed-materials packaging such as paper envelopes lined with bubble wrap are not recyclable, unless you can painstakingly manage to separate the plastic from the paper completely and recycle them separately. Otherwise, it goes in the trash.

**ELECTRONICS AND HOLIDAY STRING LIGHTS:** Many types of electronics can be recycled for free at Best Buy and Staples (please visit their websites for information about items accepted). Holiday string lights and other cables can be dropped off at Schnitzer Steel in Concord. Electronics and holiday lights can also be dropped off with the electronics vendor during the town’s annual Household Hazardous Waste Day.

**DISPOSABLE SERVING ITEMS:** Disposable plates, paper take out containers, napkins, # 6 rigid plastic cups (such as Solo cups) and cutlery are not accepted by our curbside recycling program. These items should be placed in the trash, although disposable cutlery can be washed and reused. Paper napkins and paper plates can be composted, and there is a free drop-off compost program with bins located at the Bow Community Center (Knox Road side) for Bow residents. Solo cups and other brands of #6 rigid plastic cups can be recycled through the town’s Terracycle program, and there are collection bins at the Bow Community Center (Knox Road side).

Have a safe and happy holiday! If you have a question about whether an item is recyclable, please visit [www.recyclesmartnh.org](http://www.recyclesmartnh.org).

## THE BOW TIMES TaleSpinner

### CHRISTMAS MEMORIES

by Bow Resident Paul Pomeroy

When reflecting on one’s past life no memories are more poignant or more vivid than Christmas memories.

Memories of friendships and love. Of hidden treasures and calendar watching. Of long Christmas Eve evenings with bicycles and doll houses and the Star Wars paraphernalia with thousands of pieces. Of childhood wonder and hope and glee. Of memories of a youth long past but rekindled through kids and gloriously grandkids.

For me at least once during every Christmas season I am drawn back to the Christmas of 1959. My mom had passed away a month earlier so the atmosphere in our tiny row home in South Philly was subdued. To make matters a bit more Dickensesk, the heater in our house broke. So there we were –my father, my younger brother, and I – standing around the tree in our winter coats trying hard to pick up each other’s spirits. For the longest time I always referred to the Christmas of 1959 as the nadir base line against which all Christmases would be measured. “On a scale from zero to one hundred...” ; “On a scale from the Christmas of 1959 to the Christmas of....”.

But as I grew older and had my own family I began to see the Christmas of 1959 in a different light. I began to see it as one of faith and determination. Of strength and true love. As I looked back I realized the marvel that we had a Christmas at all. A tree all decorated. And gifts all wrapped for each of us. Toys and clothes and stockings full of goodies. How did my dad pull it all together. Working two jobs, six days a week, 16 hours a day, how did he manage. I know he didn’t get any help. Maybe Santa pitched in after all.

I don’t know how he did it. But I do know why he did it. It was important to him that his boys, especially his youngest, would have as normal a Christmas as possible. Ok maybe it wasn’t exactly The Gift of the Magi but I believe that as the three of us headed off to church that morning we were able to more richly experience the true meaning of the season.

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](mailto:nmannion1@comcast.net).

## The Annual Bow Rotary Club

### Christmas Tree & Wreath Sale

We ordered 200, 5ft. to 9ft. Balsam and Fraser trees from a farm in Derby, Vermont. They were cut Friday the 24th of November, loaded the morning of the 25th and delivered to us at 1:30 that afternoon. We started selling at 2:00, and by the afternoon of Sunday, December 3rd, all the trees were gone. We sold 198 and donated 2 to local families. All 75 Nicely decorated balsam wreaths were sold as well.

It was a very successful sale, thanks to the continued support of our community for our fundraising efforts.



**2023 Christmas Tree & Wreath Downloading Crew.** Front: Mike Griffin, Jon Ruggles, Ben Kiniry, Earl Laliberte, and Harry Judd. Back: Steve DeStefano, Jerry Kingwill, Chris Parkinson, Bob Couch, Bryant Stevener, Gerry Carrier, Tamar Roberts, Mike Gula, and Dick Bean. Photo | Eric Anderson

## NORA'S DUNBARTON TOWNCRIER NEWS



**IT'S PUZZLE TIME** at the Library. Puzzles galore to swap out, trade, or just take. They currently have most all levels and sizes.

**CHAIR YOGA** with Sherry Gamble will be held Thursdays: Dec 14, Dec 28, and Jan 11, 2024 at 11am. Come early and take up a chair to the second floor of the town hall. Sponsored by the library. FMI 603-774-3546.

**DUNBARTON PTO** Parents Night Out at Filotimo Restaurant & Casino, Fri Dec 15 at 6pm to 8pm, 1279 South Willow Street, Manchester, NH. Get a sitter and have a little adult-only time. They'll have lots of complimentary appetizers. Drinks and any meals are on your own. Then stay for a little casino fun! Proceeds from gaming at Filotimo from Dec 12 to 16 will go to the Dunbarton PTO to benefit DES programming. Please RSVP on Facebook or via email [info@dunbartonpto.com](mailto:info@dunbartonpto.com) by Dec 7, so they have a headcount for food.

**"NO BOOK"** Book Discussion is scheduled for Wed, Dec 20, noon at the library. Come wrap up the year, share a few snacks, and choose books for next year.

**SCHEDULED CLOSING** December 25 Town Offices are closed all day for the holiday. School holiday recess is Mon Dec 25 through Jan 1, 2024. School resumes on Tues Jan 2, 2024.

**CHRISTMAS SERVICES** at the Congregational Church News: Christmas Eve this year falls on a Sunday. The deacons and church council have decided rather than have two services that Sunday. They will just be having an evening service, starting at 7:00 pm. There will be no morning church service on Dec 24.

**THE DUNBARTON LIBRARY** announces Henry Dearborn 1751-1829 From Captain to Cabinet Secretary Presented by George Morrison Tues, Jan 9, 2024, at 6:30pm in the Upper Town Hall. In this presentation, George Morrison explores the life and career of Henry Dearborn, born in North Hampton, New Hampshire in 1751. He began his career as a young doctor before joining the Continental Army, where he served for over eight years. Post-war he served two terms in Congress, later as a cabinet secretary, and was, before retiring in 1824, President Monroe's Minister to Portugal. But in 1818, he found himself in the middle of a controversy that would extend to 1843. This program is made possible by a generous grant from the New Hampshire "Humanities to Go."

**OPEN MIC** at the Spireside Coffee House on Sat. Jan 20, 2024. \$5 donation at the door. Doors open at 6pm. Performances begin at 6:30pm at the Dunbarton Congregational Church, 6 Stark Highway North, Dunbarton, NH. Doors open for Open Mic signups at 6:00 PM. Musicians, poets and storytellers are welcome. Coffee, tea, soup, and snacks are available. Donations appreciated for refreshments. Important note: the January Coffee House may start at an earlier time. Before you go please check the website at [www.dunbartonucc.org/spireside/](http://www.dunbartonucc.org/spireside/) or FB page at [www.facebook.com/SpiresideCoffeehouse](http://www.facebook.com/SpiresideCoffeehouse) or contact [Lizz@dunbartonucc.org](mailto:Lizz@dunbartonucc.org).

**THE DUNBARTON GARDEN CLUB** would like to extend its thanks to all who have supported us throughout the year. Without your support, they would not be able to sponsor our local groups in town. Keep an eye out for their daffodil flyers in 2024, as the Dunbarton Garden Club will sell daffodils to mark the twentieth anniversary of selling daffodils in Dunbarton. They will be back with our first meeting in APRIL.

**OUR MEN'S COFFEE GROUP** meets Friday mornings at 9:00 AM in the DCC's vestory.

On Friday, December 12, Dr. Richard Johnson, Medical Editor of The Bow Times, arranged for Mark Lang, an EMT with the Dunbarton Fire Department to do a follow up presentation on the use of the Automated External Defibrillator (AED). These machines are used to help those experiencing sudden cardiac arrest. It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm. These machines are in all Dunbarton town buildings and school. We all found it very helpful and the AED's have excellent prompts built in.



**AED Training.** Bill Zeller hooks up simulator with Mark Lang Supervising.jpg

**THE DUNBARTON AMERICAN LEGION** Post 116 conducted an annual Veterans Day ceremony at 11:00 AM on November 11th, 2023. The ceremony was held for the first time in the renovated upstairs of the Town Hall (handicap accessible). Several veterans were in attendance and were recognized on the stage in front of the audience. A flag folding ceremony was conducted with a narration on the meaning of the 13-folds of the American Flag. Charles Frost, Post Commander made a speech about being a veteran. The ceremony closed with a three-volley salute outside the town hall by the Sons of the American Revolution Honor Guard.

**THE CEREMONY OF 13 FOLDS** If you've ever attended a military funeral, perhaps you noticed that the honor guards pay meticulous attention to folding the U.S. flag that once draped the casket. Guards make crisp, precise folds a total of 13 times to complete the ceremony. Much like every other aspect of our nation's greatest symbol, each of the 13 folds holds a special significance.



Flag etiquette dictates that every time an American flag is to be stored or presented during a ceremony, its handlers should fold it in half twice lengthwise; then starting with the end opposite the blue field, make a taut triangular fold. Handlers continue to fold the flag in triangles until the flag has formed a triangular "pillow" with the blue field showing on the outside. It's a dignified way to treat the flag, and gives a powerful touch to patriotic ceremonies.

This 13-fold procedure was common long before the more modern assigned meanings. The source and date of origin of the meanings is unknown, but for those who participate or witness a formal flag folding ceremony, whether it be on Flag Day, Memorial Day, July 4th, Veterans Day, or at a military funeral, the 13 meanings can create an uplifting experience.

Nora LeDuc

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

# DUNBARTON POLICE DEPARTMENT



## SEPTEMBER 2023 ARREST LOG

**11/4** Stacy Kovaloff, 53, Franklin, was charged with operating after revocation/suspension – subsequent offense and operating without a valid license – subsequent offense; Brian Warriner, 69, Weare, was charged with criminal threatening and stopping, standing, or parking prohibited from a Dunbarton PD warrant.

**11/13** Meghan Trudel, 36, Goffstown, was charged with false reporting of accidents from a Dunbarton PD warrant.

**11/15** Daniel Nelson, 61, Mont Vernon, taken into custody for driving or operating under the influence of drugs or liquor, open container, and speed.

**11/18** Dana Frauton, 32, Manchester, taken into custody for operating while a habitual offender, driving after revocation/suspension – DWI conviction (2nd offense), operating after revocation/suspension – subsequent offense, alcohol ignition interlock circumvention, driving without giving proof and false reporting of accidents.

**11/23** McCall Robinson, 30, Goffstown, taken into custody on an electronic bench warrant (EBW) for non-appearance in court on the original charges of operating after revocation/suspension – subsequent offense, operating without a valid license – subsequent offense, and suspended registrations, and was also charged with new offenses that include driving after revocation/suspension – subsequent offense, operating without a valid license – subsequent offense, speed and unregistered vehicle; Shaquielle Pike, 26, Goffstown, taken into custody on a United States Marshals Service no bail arrest warrant for a probation violation on an original charge of synthetic narcotics.

During the month of November, 1 individual was taken into protective custody and 9 traffic citations were issued for offenses that included speed and non-inspection. For our complete November, 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.*



**Law Enforcement Against Drugs's TOO GOOD FOR DRUGS** program will return to Dunbarton Elementary School starting in January 2024, for the third year in a row! This 10-week program is an evidence-based drug and violence prevention program that promotes effective decision making skills, goal setting, and positive relationships. If you wish to learn more about the LEAD program visit <https://www.leadrugs.org/>.



## BOW ELEMENTARY



Officer Philbrook and Sergeant Tyler dusted off their running shoes to take part in Dunbarton Elementary School's Annual Turkey Trot! It was a day geared for physical fitness mixed with fun! The department will look forward to doing this again next year!



We are always excited to contribute to Dunbarton's **Operation Secret Elf** program. This initiative provides gifts to Dunbarton youth around the holidays. A special thank you goes out to Dunbarton resident Molly Kemp and the Dunbarton Congregational Church for facilitating this effort!

## DEFENSIVE TACTICS TRAINING



In November we completed our semi-annual defensive tactics training at Agoge Wrestling Club in Goffstown. Sergeant Brian Tyler, a Level 1 **Gracie Survival Tactics** (GST) Instructor, taught members using Gracie Jiu-Jitsu, a revolutionary defensive tactics system that incorporates time-tested techniques into an easy-to-learn system designed to help officers humanely prevail against larger and stronger opponents.

We are grateful to Agoge Wrestling Club for allowing us continued use their facility! This type of training is imperative for keeping our officers safe and prepared.





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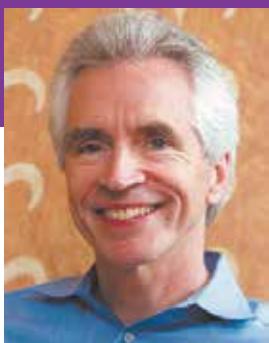
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## Real Estate Sales in Hopkinton – NOVEMBER 2023

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
11 Sunset Drive	2 Bedrooms   1 Baths	1056 Square Feet	0 Acre	\$147,200
235 Tucker Drive	3 Bedrooms   2 Baths	1374 Square Feet	.56 Acre	\$239,900
71 School Street	4 Bedrooms   2 Baths	1650 Square Feet	.34 Acre	\$412,000
303 Pinewood Drive	3 Bedrooms   2 Baths	1970 Square Feet	.48 Acre	\$424,500
1549 Hopkinton Road	4 Bedrooms   2 Baths	1824 Square Feet	.25 Acre	\$450,000
210 Pleasant Pond Rd	3 Bedrooms   2 Baths	1481 Square Feet	5.3 Acres	\$465,000
441 Stumpfield Road	4 Bedrooms   4 Baths	2999 Square Feet	28.59 Acres	\$550,000
Lot 21 Bound Tree Rd	2 Bedrooms   1 Bath	770 Square Feet	126 Acres	\$1,200,000

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Presents the  
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**December 23rd**



Shop talented local artists in a variety of mediums! You'll find work by more than 30 talented Two Villages Art Society members, many of whom are well-known artists, teachers, and juried members of the NH League of Craftsmen.

The public is invited to a reception to meet the artists and enjoy light refreshments from 12-2 p.m. on Saturday, December 2.

The show features works by over 30 member artists. The gallery at 846 Main Street Hopkinton is free and open to the public Thursday through Sunday, from noon-4:00 PM.

*For the clothes you live in  
and the gifts she'll love!!*

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HOPKINTON - CONTOOCOOK  
**TOWN CRIER**

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

**TWO VILLAGES ♥ ONE HEART**



**CHRISTMAS QUILT RAFFLE** Suki Wright, of Dancing Crane Quilting, has outdone herself! This year she has created a gorgeous Christmas quilt that will be raffled off by the American Legion at the Kids Christmas Party, on Friday, December 17th. Suki is a professional long arm quilter who has been quilting her custom creations since 2000. Customers bring the passion and the memories – Suki honors their vision! Come in and get tickets before they are gone! \$5.00 each.

**THE INDOOR FLEA MARKET** is held every 2nd and 4th Sunday until the end of April at the American Legion. Except 12/24. Anyone interested please text or call Tammy at 603-620-6804.



**UKULELE MEETUP** The Contookuleles is New Hampshire's newest ukulele meetup group. We are a fast-growing group of experienced players and beginners. New members are always welcome. We typically meet the first and third Tuesdays of the month from 6:00-8:00 in the Community Room at the Hopkinton Town Library. For more, check out The Contookuleles on Meetup <https://meetu.ps/c/51TCC/10w3Cx/a>.

**WOOD DAY** After 16 years the magic of Wood Day continues. All ages appeared -some with splitters, some offering trucks for deliveries, youngsters went out to stack cord wood at homes, others shared a laugh while stacking wood for emergencies, and all appreciated the contributions of homemade food. Fathers and mothers continued the tradition of teaching children how to navigate a splitter and passed on the joy of using your own two hands to help a community. Fourteen cords of wood were prepared. Most of this wood was donated by Jeff Dearborn and Chuck Rose. On Saturday Bruce Cayer brought in another cord of firewood. Nine cords went right out to our neighbors. The remainder was stacked at the Sean Powers Wood Bank to be used as needed this winter.

**TURKEY TROT SUCCESSFUL** We had such a great Thanksgiving Day Turkey Trot! Thank you to every runner who helped us collect over \$3200 for the Hopkinton, NH Human Services fuel, food and 2023 Operation Holidays. This is in addition to the \$1500 sponsorship from Delta Dental which goes directly to the Hopkinton Food Pantry! The Recreation Department was able to provide this opportunity with help from wonderful volunteers from our community from the Franklin Pierce University Track and Field team. Our generous donors - Hillsboro Graphics, Gould Hill Farm, Cyr Lumber, Lakehouse Tavern, Contoocook Creamery, Riverside Pizza, J&M Towing, and Concord Craft Brewing - provided some great prizes to the top runners and 150 race t-shirts. Race results can be found online at: <https://linktr.ee/fpuravensxctf>.



**SKI LEAGUE** Registration is open for the 2024 Bill Koch Youth Nordic Ski League (BKL) season for kids in grades K-8. The program will run Fridays from 3:15-4:30 and Sundays from 4:00-5:00 starting Friday January 5th and running through Friday February 23rd. There also may be occasional informal Tuesday practice sessions from 3:15-4:30. The program will be held at the Hopkinton Fairgrounds (Sunday practices may be held at Pats Peak with advance notice if conditions at the Fairgrounds are poor.)

For more information and registration paperwork, please visit the Blackwater Nordic Ski Club website at <https://www.blackwater nordic.org/bill-koch-league>.

**HOPKINTON BOYS' CROSS COUNTRY TEAM IS DIVISION III CHAMPION** Seniors Matt Clarner and Ben Daniels lead the Hawks to the Division III Cross Country final at Derryfield Park in Manchester. The October 28 victory came 11 years after the prior trophy in 2012. Five teams competed.

On the girls' side Hopkinton lost to Mascenic 78 to 91. The girls had won for the last three years. Hawks' freshman, Maddy Lane, won the girls' individual title for a 5K time of 19 minutes 30.97 seconds. Seven teams competed for the Division III Girls' Title.

**HOPKINTON HAWKS** Over in the Division III semifinals the Hopkinton Hawks Girls' Soccer team fought 18 and 1 Gilford and came up 1-0 short. The November 1 game was played at Memorial High School in Manchester.



**HOPKINTON POLICE DEPARTMENT**  
**NOVEMBER 2023 ARREST LOG**

**4 Arrests • 6 Accidents • 295 Traffic Stops**

**11/01** Robin Moore, 68, of 511 Penacook Road, Hopkinton, NH was arrested on a warrant.

**11/06** Seth Miner, 50, of 34 Lilac Lane, Hopkinton, NH was charged with Disorderly Conduct.

**11/14** Timothy Belcourt, 49, of 385 Shaw Road, Northfield, NH was arrested for Drive After Revocation/Suspension; Reckless Driving, Falsify Physical Evidence Alter, Destroy, Hide, Transport Drugs in M/V and Controlled Drug: Sched 1-4; Possession.

**11/23** Colleen Adams, 32, of 115 Lower Straw Road, Hopkinton, NH was arrested for Drive After Revocation/Suspension and Suspension of Vehicle Registration.





## ENTERTAINING WITH COCKTAILS THIS HOLIDAY SEASON

Tis' the Season for Starbucks Holiday Drinks and one of my favorite cocktails that has surely made a comeback and gives an energy kick – The Espresso Martini. There are many ways to make this tasty beverage and each restaurant has their own version on the cocktail menu, it can be creamy or dark just like you like your coffee. Typical recipes call for Vodka, Coffee Liqueur, and Cream Liqueur, to change it up a bit substitute the Vodka for some Spiced Rum. Do you like Chocolate (silly question?!) use Chocolate Cream Liqueur, a Mocha-Tini and take it up a notch.

It's also Egg Nog Season if that's your thing? I prefer the more tropical version made with coconut cream called a Coquito – it is delicious. “¿QUIERES COQUITO?” During the holidays in Puerto Rico, you'll hear that question many times. It means “do you want coquito?” and it always leads to a great time. Even Clark Griswold would approve of this one in the punch bowl, filling his moose ears glass to the brim, might even be brave enough to go out sledding and take another spin on the magic bullet sled – although I wouldn't advise that.

These treats will surely be a crowd pleaser at your holiday cocktail parties or especially if Santa needs an adult version of a treat to keep going until Christmas Eve, might even pass on the cookies, but I doubt it, add another notch to the belt. There are so many things to enjoy this holiday season! May your friends and families be blessed, indulge, and give back to those less fortunate in our community and around us.

These can be found at most NH State Liquor Stores on sale in December:

**#4644 Grainger's Deluxe Organic Vodka 750 ml**  
**\$16.99 - \$12.99 Save \$4**

“7 times distilled, organic, non GMO corn, gluten free and a lot less money than the national vodka leader.”

**#8439 Canerock Spiced Rum 750 ml**  
**\$29.99-27.99 Save \$2**

“this adds depth and layers to either an Espresso Martini or Coquito – super smooth, vanilla and spices a fine quality Jamaican Rum.”

**#4145 Don Q Cristal Rum 1.75 LT**  
**\$24.99 - \$21.99 Save \$3**

“the official Rum of Puerto Rico, a white rum, move over Bacardi this has no bite – check out their website for Coquito recipes.”

**#4878 Allen's Coffee Brandy 750 ml**  
**\$8.99 - \$7.49 Save \$1.50**

“As a Maine girl this is the Champagne of Maine – made from real coffee, not the fake kind like Kahlua, has a kick.”

**#8135 ChocoLat Deluxe Triple Chocolate Liqueur 750 ml**  
**\$19.99 - \$17.99 Save \$2**

“made from real chocolate and dairy, if you loved Godiva, you would LOVE ChocoLat – Also comes in three other flavors: White Chocolate, Salted Caramel & Peanut Butter Chocolate for you Reese's lovers.” Try all four - you will not be disappointed, great over ice cream or Adult Milkshakes.

~ Be Well, Be Blessed & Be Merry ~

*Wishing You a Happy,  
 Healthy & Prosperous 2024*

~Annie~



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.

## Travel with The Bow Times



Bow residents Michael and Becky Audley took The Bow Times with them on an early morning stroll in Old Montreal in November.

Send your travel photo to [nmannion1@comcast.net](mailto:nmannion1@comcast.net) and The Bow Times will share it with all of our readers!

### Discounts for Students with a “B” or Better Average



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## SELLAR CHIROPRACTIC CLINIC

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[sellarchiropractic@yahoo.com](mailto:sellarchiropractic@yahoo.com)

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 New Hampshire Magazine's Top Chiropractors of 2014 & 2015



**PRESIDENTIAL PRIMARY | Continued from page 2**

**COLLEGE STUDENTS:**

If you are a college student away from home, who is not registered to vote, contact the Town Clerk's Office for an Absentee Voter's Registration Packet. You can call the office at 603-223-3980 or email [mnaik@bownh.gov](mailto:mnaik@bownh.gov).

**VOTING ABSENTEE:**

Absentee ballot request forms are posted at the Town of Bow website ([www.bownh.gov](http://www.bownh.gov)) on the elections page <http://bownh.gov/747/Vote-by-Absentee-Ballot>.

Sample ballots will post online as soon as we get them. We will post online when the absentee ballots come in and when we start mailing them out.

Absentee ballots can be picked up from the Town clerk's office until 5 PM the day before the election. Request absentee ballot as early as possible.

Ballots have to reach us by mail by 5PM on election day. A family member can bring the ballot in on election day with an ID and fill out the delivery agent form. It is the voter's responsibility to have the ballot back to the Bow Town Clerk's office in time for your vote to be counted. To increase the likelihood the absentee ballot arrives on time, we recommend mailing it at least two weeks before the election. Check the voter information lookup, absentee ballot link below, to see if your clerk has received the request and mailed the ballot.

**TRACK YOUR BALLOT AT:** <http://app.sos.nh.gov>

**OVERSEAS CITIZENS & ARMED FORCES REGISTRATION**

Generally, all U.S. citizens 18 years or older who are or will be residing outside the United States during an election period are eligible to vote absentee in any election for Federal office. In addition, all members of the Uniformed Services, their family members, and members of the Merchant Marine and their family members, who are U.S. citizens, may vote absentee in Federal, state and local elections. The Federal Voting Assistance Program's website is a good source of information for citizens covered by this program. For an armed service voter, "legal voting residence" can be the state or territory where you last resided prior to entering military service or the state or territory that you have since claimed as your legal residence. For overseas citizens, "legal state of residence" for voting purposes is the state or territory where you last resided immediately prior to your departure from the United States. For more specifics on determining voting residency please consult the Voting Assistance Guide.

If you have any questions, please call the Town Clerk's office 223-3980 or email me at [mnaik@bownh.gov](mailto:mnaik@bownh.gov).

**COLBY ETHICS VIOLATIONS | Continued from page 1**

After debate, the initial vote was to move forward with a hearing on the matter which failed on a 2-2 vote as to the meaning of subsection (1).

Then, after discussing subsection (2) the Board, split 3 - 0 - 1, with one abstention and dismissed the matter. Subsection (2) says in relevant part that a selectmen cannot:

"(2) Knowingly enter into any discussion, testimony, or deliberation, without first stating all... relationships... that may exist between said member and his or her family."

Selectman Matthew Poulin said the matter could just be refiled and the Board would have to reconvene and do the process all over again. His prediction came true as Mr. Flecker has now refiled under that provision so another hearing will be scheduled.

During a lengthy recess in the November 21 hearing, former Selectmen Harry Judd and Bow resident Kyle Fellers got into a recorded argument in the hearing room about the waste of money Fellers felt Judd had cost the taxpayers in his use of a questionable utility expert in the Public Service Company tax abatement appeal valuing Bow Station Power Plant. Fellers said Judd's conduct had cost the taxpayers "hundreds of thousands of dollars." Harry Judd then said "You've got a big mouth, so lets take it outside now."

Also, on the recess portion of filming is Gregg Colby standing up and saying "I resign. I'm out."

At the later meeting of the board, during the public comment section of the meeting, Harry Judd rose to apologize "for how I responded to accusations of corruption." He said he had "contributed to the disharmony at the earlier meeting."

*Civility is not  
a sign of weakness.*

PRESIDENT JOHN F. KENNEDY

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# BOW GARDEN CLUB

## PAJAMA & BOOK DRIVE

The BGC successfully concluded the 13th Annual Pajama Project in mid-November. The amazing and generous Bow community again filled collection bins located at the Community Center and Baker Free Library with new pajamas and new children's books. These donations, and those from BGC members, helped hundreds of children have at least one pair of new pajamas and a new book of their very own this holiday season. A total of 362 new pajamas and 247 new children's books were sorted and distributed to four local organizations:

Bow Human Services Department

- Friends of Forgotten Children
- Family Promise of Greater Concord
- Community Action Program Belknap-Merrimack



Pictured Right: Collection of books and pajamas for Bow Human Services Department. Left-Right: Deb Bourbeau, Town of Bow Human Services; Lisa Richards, BGC Member; Debra Wayne, BGC Member.



## POINSETTIA FUNDRAISER & GREENS WORKSHOP

On a brisk Saturday morning, December 2nd over 20 club volunteers gathered to ready the Bow Community Center for the Greens Workshop and collection of 262 poinsettias delivered the night before. Patrons arrived at the Bow Community Building throughout the morning to pick up beautiful red or white poinsettias they had pre-ordered in November. While picking up their reserved plants, they had the opportunity to browse through the festive selection of freshly made Christmas Swags and Centerpieces, Snowy Trees, Kissing Balls and, for the first year, Christmas Gnomes, made by the BGC Elf Squad. Continuing our annual tradition, the Squad also made 26 wreaths and 9 swags to decorate the Town's Building and Community Areas. Thank You Bow for your continued support. As a not-for-profit club, your generous contributions and financial support goes back into the Bow Community for Civic Beautification, Educational Programs and the BGC Scholarship Fund.



We hope you all enjoyed the premier of the Container Garden at the Bow Community Center. This major project was made possible by the generous sponsorship of local Bow businesses and community members. If you're driving by the Old Town Hall or Community Center, you'll see the new winter arrangements.

Thank you to BGC member and our VP Erika Flewelling, for maintaining all the containers and making them festive.

The Garden Club will be "hibernating" for the winter months of January through March with the exception of the Executive Board members who will continue to meet and plan for 2024. If you are interested in joining the Bow Garden Club, please visit our website for an Application Form. Membership is \$20 per year.



VISIT US AT [WWW.BOWGARDENCLUB.ORG](http://WWW.BOWGARDENCLUB.ORG)



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



## YOUTH PROGRAMMING

**Storytimes** \*Registration is required to reserve your child's space through our Online Calendar. The winter session will run from November 14 - December 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

### "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

### Adult Craft Club | Tuesday, January 2nd | 6:00pm

Enjoy creating a new craft every month in the BFL Adult Craft Club. All materials are provided. Registration required. \*Registration opens 12/13.

### Whodunits | Tuesday, January 2nd | 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. January Book Discussion: *When the Bough Breaks* by Joseph Kellerman.

### Book Talk at BFL | Tuesday, January 9th | 12:30pm & 6:30pm

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! January Book Discussion: *The Extraordinary Life of an Ordinary Man: A Memoir* by Paul Newman.

### White Rock Book Group | Tuesday, January 16th | 1:00pm

Do you want to read outside of your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Talk at White Rock Senior Center is for you! January Book Discussion: *The Extraordinary Life of an Ordinary Man: A Memoir* by Paul Newman.

### Alzheimer's Association® presents Effective Communication Tuesday, January 16th | 6:00pm

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease. This program is presented by Melissa Grenier, LCSW of the Alzheimer's Association.

### Peaceful Pages: A Mind, Body & Soul Book Club Thursday, January 18th | 6:00pm - 8pm

Introducing the newest addition to Baker Free Library's Book Club lineup, Peaceful Pages. Guided by owner and founder of Yogistrong, Josephine Fanelli, discover new ways to nurture your mind, body, and soul through the power of literature and mindfulness every month.

Whether you're an avid reader or simply looking for a new way to explore

personal growth, Peaceful Pages offers a unique and engaging experience. Each month, Josephine will lead the group in a discussion of a different book that focuses on themes of mindfulness, self-care, and inner peace. Alongside the book discussion, participants will also engage in meditation and movement exercises designed to deepen their understanding of the book's messages and cultivate a sense of calm and centeredness.

January's Book Available Dec. 13th

*The Seven Spiritual Laws of Success* by Deepak Chopra

For more information, visit our Online Calendar

## IN THE GALLERY

### 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 New Hampshire. 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 & Greets

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

### HOLIDAY HOURS

The Library will be CLOSED:

Monday, December 25th

Tuesday, December 26th

Monday, January 1st

## 2024 VISIONS OF BOW CALENDARS

Pickup at the Library | \$15 each

**Baker Free Library is excited to announce  
our first annual calendar fundraiser!**

Help support the library by purchasing a 'Visions of Bow, NH' 2024 Calendar highlighting local scenic views photographed by Town Photographer, Eric Anderson. Purchase a calendar today by visiting the library or by phone (603) 224-7113. Calendars are \$15 each. All proceeds support the library's services and programs.



### BOW COMMUNITY MEN'S CLUB

## NEW YEAR'S DAY BREAKFAST BUFFET

at the

Bow Community Center

8:30 AM - 12:00 PM

Adults \$14.00

Children (12 and Under) \$6.00

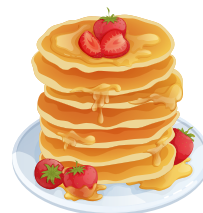
Scrambled Eggs, Bacon, Sausage,

Corned Beef Hash, Pancakes,

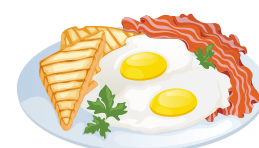
Blueberry Pancakes, French Toast, Toast,

Coffee, Milk, Tea, Hot Chocolate

and Assorted Juices



Tickets can be preordered at  
[bowmensclub.org](http://bowmensclub.org) or you may  
contact Dik Dagavarian **856-7268**  
or Charlie Griswold **228-9621**.



# BOW FIRE DEPARTMENT










## NOVEMBER 2023 RESPONSE ACTIVITY LOG



- 0** Search and Rescue
- 13** Basic Life Support Transports
- 13** Advanced Life Support Transports
- 22** Non-Transport Care Refusal
- 0** Paramedic Intercepts
- 13** Fires/Hazardous Conditions/Alarms
- 31** Service Call Incidents/Good Intent
- 9** Overlapping Incidents
- 92** Total Calls for the Month



It's fun to decorate for the winter holidays, but holiday decorations can increase your risk for a home fire. As you deck the halls this season, be fire smart.

 <p><b>Half</b> of the home decoration fires in December are started by candles.</p>	 <p><b>More than 1/3</b> of home decoration fires are started by candles.</p>	 <p><b>Christmas</b> is the peak day for candle fires.</p>
 <p>Keep candles at least <b>12 inches</b> away from anything that burns.</p>	 <p>A dry Christmas tree can burn very hot and very fast.</p>	 <p><b>More than 1 in every 5</b> Christmas tree fires were caused by a heat source too close to the tree.</p>
 <p>Read manufacturer's instructions for the number of light strands to connect.</p>	 <p>Make sure your tree is <b>at least 3 feet away</b> from heat sources like fireplaces, radiators, space heaters, candles or heat vents. Also, make sure your tree does not block exits.</p>	 <p>Get rid of your tree after Christmas or when it is dry.</p>

## CONCORD'S HOMELESS MEMORIAL VIGIL



National Homeless Persons Memorial Day will be honored in Concord with candlelight vigils and other acts of remembrance on Thursday, December 21, at 4:00 PM in front of the Statehouse. The Governor's proclamation will be read, and a candle will be lit and a bell rung for each known person who has died in NH in the past year due to being, or having been, homeless.

It is a very important memorial and recognition, and for many it may be the only ceremony of remembrance they get. Please join us in memory of our neighbors and friends. This is a free event no registration is required. For information call 603-290-3375 or visit [www.concordhomeless.org](http://www.concordhomeless.org).

## Granite VNA | MONTHLY IMMUNIZATION

### MONTHLY IMMUNIZATION CLINIC

**1:00 - 4:00 PM. Monday, January 8, at St. Paul's Episcopal Church Outreach Center at 21 Centre Street in Concord.**

This monthly Immunization Clinic is for children and adults who are uninsured, underserved, and who have no access to these needed services in order to lead a healthy lifestyle. The clinic is held on the first Monday of each month at the same time.

Masks are optional. For an appointment call Granite VNA at (603) 224-4093 or (800) 924-8620, ext. 85815.

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## OBITUARIES

### DONALD MCINTIRE BENNERT



Don passed away peacefully in his home in Bow, on November 17, 2023, after complications of Leukemia.

He was born on September 6, 1947, in Manchester, NH, the son of Harry W. Bennert, MD and Elizabeth McIntire Bennert. He spent his early school years in the Manchester School System, where he was a Boy Scout, played Pop Warner Football, and learned to ski at McIntyre Ski Area. After spending two years at Central High School, he transferred to Kents Hill School in Maine and graduated in 1966. He went on to Nichols College in MA, later transferring to the University of New Hampshire graduating with a Bachelor of Science Degree in 1971. During this time he followed in his father's footsteps and became a Freemason at Washington Lodge No. 61 in Manchester NH.

Don started his banking career at Littleton National Bank, Littleton, NH, which later became Lafayette National Bank and then Indian Head Bank-North. He then moved to Conway, NH, with Indian Head Bank-North, and was the Vice President Senior Loan Officer, and eventually transferred to Concord with Indian Head Bank, serving as the Vice President in Commercial Loans. Later Don moved on to Fleet Bank in Manchester as Vice President of Private Banking, eventually moving on to Amoskeag Bank.

In June 1995, Don joined Bow Mills Bank as Senior Vice President and Senior Loan Officer. Don was a Scout Leader and a coach for the Bow Athletic Club, and on the Board of Directors for The Concord Regional Development Corporation. When Bow Mills Bank merged with Merrimack County Savings Bank in 2006 Don took on the role as Senior Vice President Commercial Loans Officer. During these years, Don was a member of Bow Rotary Club, and then later the Concord Rotary Club where he served as President from 2011-2012. Don was a recipient of the distinguished Paul Harris Fellow. Don retired from the Merrimack County Savings Bank in June 2014.

In his early years Don spent his summers on Lake Winnepesaukee where he met his future wife Sandy at Camp Nokomis. Don loved spending time with his family on the lake, camp fires, fly fishing, skiing, golf, Pickle ball, the Patriots, Fishing for stripers and albacore (telling outrageous fish stories), and boating on Lake Winnepesaukee, Ossipee and the ocean.

He is survived by his wife of 50 years, Sandy, daughter Sarah W. Bennert and her wife Jenifer Bennert of Lakeport, NH, and his son Andrew J. Bennert and his wife Dr. Elizabeth H. Bennert of Bow, NH, and their children, James and George.

For full obituary and information on services please visit Legacy.com.

### BONITA A. CRESSY

Bonita A. Cressy of Contoocook, passed away on November 23, 2023, at the Granite VNA Hospice House in Concor after courageously fighting cancer for 20 months. Bonnie was married to Lester Cressy, and they enjoyed over 58 years of marriage.

Bonnie was born on March 26, 1945, to Clayton Loomis and Dorothy Loomis O'Shea. She went to Concord public schools graduating in 1963 from Concord High School. Bonnie spent most of her working years in the banking industry, as Manager of the Contoocook office of New Hampshire Savings Bank, and later as the Manager of the former Bank of New Hampshire, also in Contoocook.

She served Hopkinton in many capacities, including Treasurer for nearly 20 years, a member of the Budget Committee, a Trustee of Trust Funds, along with being a Ballot Clerk for over 50 years.

Bonnie is survived by her husband Lester, son Brian (Libby) Cressy, four grandchildren Karissa (Jay) Carr, Zackery Cressy, Chandler Cressy, and Olivia Cressy, and great-grandson, Hayden Carr, all of Contoocook.

In lieu of flowers, memorial donations may be made to the Webster Congregational Church, 1011 Long St, Webster, NH 03303 and Concord Granite VNA, 240 Pleasant St, Concord, NH 03301.

### ELIZABETH DESMARAIS

Elizabeth L. (Warner) Desmarais, a longtime resident of Contoocook, died November 7, 2023, at the age of 69, from heart failure.

Betty, as she was known by most, was born in Northampton, MA to Don and Claire Warner formerly of East Concord. After graduating from Concord HS in 1972, Betty went on to earn Bachelor and Masters degrees in the field of computer programming and analysis. She held various professional positions in those fields at Harvard and Dartmouth Colleges.

Upon retirement, Betty followed her passion for sewing and opened the Lizzy Stitch Quilt and Longarm business with a shop originally in Warner, then later moving the business to Concord. She was involve with the Contoocook Artisans, a juried group of talented crafters.

She is predeceased by her parents and siblings Craig Warner and Judy Blackwell and is survived by her son Chris, his wife Ashley and their children Haile, Sutton and Davis, son Mike and his fiancé Lindsay Hunt, her siblings Donna, Dale, and Jennifer Warner, and her very "Significant Other" Bob Wilson, along with many nieces and nephews.

### MARK E. GOODWIN

Mark E. Goodwin, 70 of Bow, son of Carol (Allbee) Gouin and Elgie A. Goodwin, passed away Nov 8, 2023, after a long battle with cancer.

He leaves behind a daughter, Lisa Goodwin and granddaughter, Jazmine Douglas (fiancé Tyler Meserve), siblings Marcia LaPierre (Stephen), Susan Libby-Andrews (Wayne), Elgie E. Goodwin (Rosemary), Benson Goodwin (Carrie), Rebecca Ladd (Randy), step sister Louise Carr (Byron), many cousins and dear friends.

He was predeceased by his wife, Brenda Young, baby daughter Erica, sibling Rachel Croissant (Mike) and several well-loved dogs.

He had a long career as an auto mechanic and so enjoyed hunting, telling stories, playing cribbage and darts and drinking beer.



"Wishing you peace to bring comfort,  
and courage to face the days ahead.

May you hold loving memories  
of your loved one forever in your heart."



## BOW HIGH SCHOOL SPORTS SPOT

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

### HIGH HOPES FOR FALCON WRESTLING

Falcon Wrestling is buzzing with anticipation as the upcoming season looms large on the horizon. In conversations with key team members, it's clear that excitement and expectations are soaring.

Adler Moura, a decorated wrestler with a stellar record, expressed his enthusiasm for the season ahead. "Being able to double the team's size from last year and see growth in all of the returning wrestlers really boosts the team's morale." He continued, "We're more than capable of winning a State Championship this year as long as we stay focused and maintain a positive attitude."

Jackson Hall, echoing the team's ambition, shared his optimism for the season. "This season is looking really good for us," Hall stated. "Coming off a second-place season last year, we feel we have a really good shot at winning a title."

Hall, who faced challenges due to an injury last season, expressed his eagerness to return stronger. "I missed a chunk of last season with a broken hand, so I am ready to get back on the mat," he mentioned, highlighting his determination to make an impact this time around.

The team, represented by captains Ben Mcdowel, Adler Moura, Josiah Funches, and Jared Dolder, is brimming with anticipation for the season ahead. "The team as a whole is absolutely stoked for the season to start this year," Moura mentioned. "This is the most competitive year of wrestling we've ever seen at this level, and anything can happen. Everyone's locked in and determined to execute at a high level, so make sure to come and support us at future events!"

Jackson Hall reflected on the team's evolution, saying, "The environment in the room has drastically changed since my freshman year. We went from having 6 kids to almost having 30. We have a lot of tough wrestlers this year and I think with this team we have a really good shot to take the title."

With a team spirit soaring higher than ever and a hunger for victory burning bright, this season looks to be quite entertaining.



Falcon Wrestler, Adler Moura

### THE COMMITMENT LIST



Olivia Selleck to Bucknell

Olivia Selleck committed to play Division One lacrosse at Bucknell University in December of 2022. Selleck, a four-year varsity lacrosse player, has been a standout since stepping onto the field as a freshman. One of the top players in the state, Selleck is tremendously excited for her future. "I am extremely excited for college athletics and being able to play at the highest level possible," expressed Selleck. "The opportunity to continue playing the sport I love and making lifelong friendships is a dream come true." As for the role she'll play on Bucknell's lacrosse team, she isn't fully aware. Describing herself as a shifty attacker who relies on speed to outmaneuver defenders and secure scoring opportunities, Selleck said, "My relentless ride on offense is what sets me apart." She acknowledges that her role may evolve upon joining Bucknell, adapting to the dynamic demands of collegiate-level play. Boasting over 250 points by the end of her junior year, she has amassed an impressive tally of over 100 draw controls and goals while also leading her team in caused turnovers. A two-time All-State player, a two-time captain, and earned recognition as a UA All-American in 2021 and an American Select in 2022, Selleck's accolades and achievements speak volumes about her skill and dedication. She'll look good in the orange and blue, but she's got one more year to win another state title with the Falcons.

Maia Kimball committed to play Division One field hockey at Stonehill College in June of 2023. One of the best field hockey players to have come through Bow, Kimball is a prominent athlete in the state. A 2023 first-team all-state member, earning a spot on the 2024 NH Twin State team, and being a candidate for the 2023 NHHS D2 Offensive Player of the Year, Kimball stands out as an exceptional player. Additionally, her versatility as an athlete is showcased by her three-time qualification as a Girls Gymnastics State qualifier, a testament to her athleticism and commitment across multiple sports. Kimball stated, "I am excited to play field hockey with teammates who share the same passion as me." She continued, "Working together to be competitive and achieve our goals is something I look forward to." As for her plans during college, Kimball said, "As a student-athlete, I will be pursuing a degree in Health Sciences, and I hope to contribute to the team's future success by playing either a midfield or forward position." She added, "I plan to continue my education with an advanced degree in healthcare, such as a physician assistant or chiropractic medicine." One of the best overall athletes Bow has seen, Kimball will represent her town well at the Division One level.



Maia Kimball to Stonehill College

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# THE *Music* LADY

FOR THE LOVE OF MUSIC

Besides being world-famous vocalists, what else do Mariah Carey, John Legend, Cher, Phil Collins, Katy Perry, Gwen Stefani, Elton John, Sheryl Crow, KD Lang, and Whitney Houston all have in common? They all began their careers as studio backup singers before establishing themselves as leading vocalists. There are SO MANY talented singers who break into the ground level of the music business by starting out as backup singers. Unfortunately, the vast majority of backup singers are left without record deals and even sometimes become penniless. Only a chosen few are able to make the leap to super-stardom. The vocalists listed above were all able to make that transition from singing in the shadows of other soloists to becoming world famous musicians.

**Mariah Carey** started out in the 1980's as a backup singer for Brenda Starr, whose group was called "Freestyle Queen." Before Brenda died, she gave Mariah's demo tape to CBS Records executive, Tommy Mottola, who gave Mariah a recording deal as a solo artist. From that springboard, Mariah went on to win numerous awards and sold more than 200,000 million records worldwide.

**John Legend** sang backup for Alicia Keys and Kanye West before going solo and winning 9 Grammy Awards, a Golden Globe and an Academy Award.

**Cher** sang backup for the Righteous Brothers, the Ronettes, the Crystals and many other popular groups of the rock and roll era. Sonny Bono launched Cher's career as a solo artist, but because she suffered from severe stage fright, she encouraged him to always sing with her. Her reported net worth of 360 million dollars indicates how successful she became.

**Phil Collins** sang backup for Peter Gabriel of the group "Genesis." When Gabriel left the band, Collins stepped up, and became one of the most successful songwriters and performers of all time.

**Katy Perry** sang backup for a Christian heavy metal band before going solo.

**Gwen Stefani** sang backup for a group called "No Doubt" that released 5 studio albums and won 2 Grammy Awards. When the band went on hiatus, she went solo and achieved award winning success.

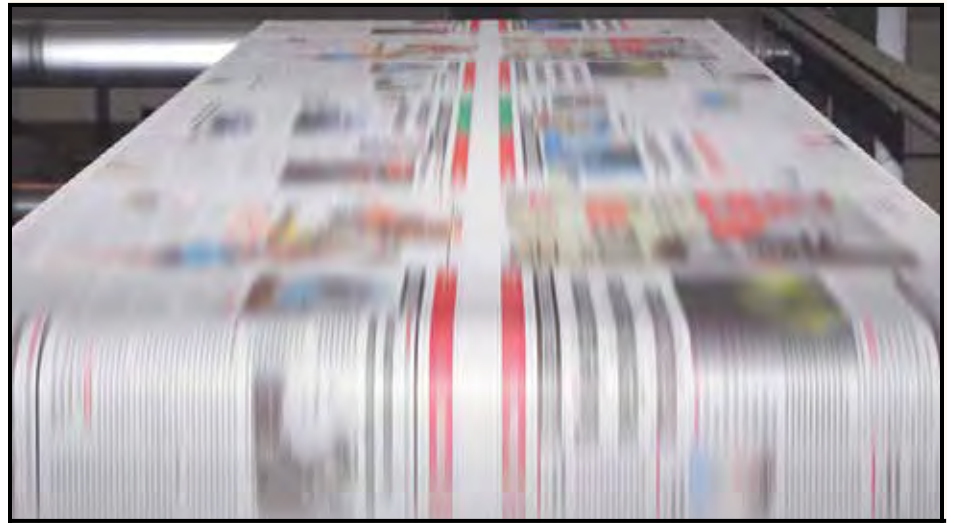
**Elton John** sang backup for a comedy group called "The Scaffold" in Liverpool, England. He eventually went solo and skyrocketed to stardom.

**Sheryl Crow** sang backup for Michael Jackson, Stevie Wonder, Tina Turner and Bob Dylan before going solo and selling 50 million albums worldwide.

**K.d. Lang** sang backup for Roy Orbison, until he elevated her to a soloist who sang duets with him. After his death, she expanded her solo career by singing movie soundtracks, recording albums and collaborating with Tony Bennett, Elton John and many others.

**Whitney Houston** followed in her mother's footsteps by starting out as a backup singer. Whitney's mother sang backup for Elvis Presley, Mahalia Jackson and Aretha Franklin. Whitney's first recording session was singing backup for Lou Rawls. She broke into a solo career and became the only artist to have 7 consecutive #1 Billboard hits. She is said to have one of the greatest voices of all time.

As of October 2023, the average hourly pay for a studio backup singer in the US is \$49.56 an hour. The salary range is \$18,000 to \$101,000 per year. These studio backup singers are paid on a project basis. "You sing, they cut you a check." A good backup singer must be able to follow the melody, stay in pitch and sing in harmony. The super-stars mentioned in this article now have their own backup singers, who provide their solos with the same lush, touch of class that they once added to the soloists that they sang for on their stairways to the stars.



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