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DUNBARTON NEWS ON PAGES 10-11

BOW POLICE, U.S. MARSHALS ARREST SUSPECTED CHILD MURDERER IN BOW



Murder suspect Demiko Fox.

The U.S. Marshals Service, the NH Joint Fugitive Task Force (NHJFTJ) and the Bow Police Department safely apprehended Demiko A. Fox, 22, at a hotel near Bow Junction on July 16, 2024. Fox, originally from Bothell, Washington, is suspected of murder in the second degree of a 7-year-old girl earlier this year in Kirkland, Washington according to a King County Superior Court warrant.

An ongoing investigation connected Fox to a child in his care that was brought to a local hospital with no pulse and obvious signs of abuse on April 11, 2024. The child-victim was

stabilized, but due to an acute traumatic brain injury, she was transferred to a Seattle trauma center and was placed on a ventilator. The victim succumbed to her injuries on April 17, 2024.

Kirkland police tracked Fox to a temporary residence in Bow. Working off of an investigation lead from the U.S. Marshals Service and in conjunction with the Bow and Kirkland Police Departments, a plan to safely capture Fox and secure any evidence associated with the ongoing investigation was executed. Fox, who has a history of violent behavior, was arrested without incident and processed at the Bow Public Safety Center.

“We are grateful for the outstanding collaboration that led to the successful arrest,” said Bow Police Chief Ken Miller.

THREE LOT BROWN HILL ROAD SUBDIVISION CONTINUES TO RAISE OPPOSITION

Tyler Builders’ three lot subdivision to be accessed by a shared driveway was back again in front of the Bow Planning Board on July 18, 2024. The driveway permit application to Bow’s Director of Public Works was denied so Tyler Builders appealed.

The major issue is the sight distance not meeting the Bow driveway regulations. Robert Baskerville of Bedford Design Consultants pointed out that some of the existing driveways have vegetation and trees that do not allow proper sight distance. When the abutters were asked if Tyler could pay to trim their trees they declined.

Adam Sandahl, Secretary of the Planning Board, expressed concern that in the winter a driver coming down Brown Hill Road would have to brake to avoid hitting a car turning left out of the proposed driveway for the three house lot.

Other neighbors spoke in opposition at the public hearing including Phil Simonds, Eddie and Jessica Duke and Paul Lopresti on behalf of 14 residents concerned about the line of sight issues. Mr. Baskerville said that they could consider the unusual move of erecting a stop sign at the end of the driveway.

The Planning Board decided on a site walk with Tim Sweeney, Director of Public Works, on August 15.



BAKER FREE LIBRARY LANDSCAPING CONTINUES

Eastern Valley Landscape is working to enhance the front area of the library by installing beautiful paved patios, creating inviting spaces for patrons to relax, read, socialize, and more.

Photo | Eric Anderson

HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15

NEW ABENAKI TRAILS SCULPTURE HIGHLIGHTS LOCAL INDIGENOUS CULTURE



The bas-relief sculpture for the Abenaki Trails Project has been installed at the Contoocook Riverway Park in Hopkinton. It sits on a natural boulder near the river, a historical site for the Abenaki people in the area.

Canterbury artist Carol Lake received \$5,865 to create the bas-relief sculpture to commemorate indigenous people in New Hampshire.

Lake said she approached members of the Nulhegan band of the Coosuk Abenaki Nation with the idea and worked with the tribe to determine what the sculpture should depict. According to Lake, the sculpture shows an Abenaki elder of the past standing behind a contemporary Abenaki person looking toward the future.

Lake said that while growing up in New Hampshire, she found the school curriculum largely silent on the state’s indigenous people. She hopes the sculpture will help people understand the New Hampshire history and culture of Abenaki people. A plaque, funded by the tribe, accompanies the sculpture with signage in English, Abenaki, and Braille, Lake said.

HIGH SALT CONTAMINATION A HEALTH ISSUE IN TOWN WELLS

Salt in groundwater flowing to municipal wells is of concern to about 100 residents in a three square mile area from Vaughan Road to Briarwood Road according to a report to the Selectmen in July.

Tom O’Donovan, the Chair of the Bow Drinking Water Protection Committee and Cindy Klevens of the Committee appeared before the Board of Selectmen with their report on elevated chloride and sodium due to road salt working into the well-head protection area.

Said O’Donovan: “If we don’t do anything, it’s possible that the salt contamination in our water system will continue to rise, but the worst case would be that they continue to rise and the other case is they stay high.”

Selectman Chris Nicolopoulos stated for the record that Town Manager Stack will continue to provide the necessary report disclosures in conjunction with quarterly water testing. Nicolopoulos then moved that a meeting be held to discuss workable solutions for the problem with the Board, the Committee, and the State Department of Transportation. All voted in favor.

WINNER OF 25 NH PRESS ASSOCIATION AWARDS

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

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EDITORIALS

KELLY AYOTTE FOR GOVERNOR

As New Hampshire's first woman to serve as Attorney General, Senator Kelly Ayotte is the strongest Republican on the ballot this September 10 and the most qualified to be our next Governor.

Kelly is a Nashua native who graduated from Villanova School of Law and became a prosecutor in the New Hampshire Department of Justice in 1998. In 2004, she was named Attorney General by Governor Benson. Because of her great job in that post, she was twice reappointed by Democrat John Lynch. She personally prosecuted a cop killer who received the death penalty.

In 2010, she was elected to the United States Senate with 60% of the vote. She served on the prestigious Senate Armed Services Committee and the Homeland Security Committee.

In 2014, she convinced the Congress to enact provisions that enabled New Hampshire veterans to receive needed medical care closer to home and kept the Portsmouth Naval Shipyard open.

Because she is not a taxpayer and spender, Kelly Ayotte supported the Balanced Budget Amendment and helped pass the Senate's first balanced budget in 14 years.

Kelly brings New Hampshire values to the table, not those of Massachusetts or Manchester, and will follow in the course Chris Sununu set for our state of steady responsible leadership without a sales or income tax.

I have known Kelly and her main Republican challenger, former Senate President, Chuck Morse, for many years. He served our State well, but the energy and enthusiasm of Kelly is what we need in November.

Please join me in voting for Kelly for Governor.

She will keep our State strong, safe and free.

EXPERIENCE AND BIPARTISANSHIP MATTER - TARA REARDON FOR STATE SENATE

Bow, Hopkinton and Concord make up State Senate District 15, which will be an open seat this year. In September's primary Democrats and undeclared voters have a chance to pick a woman with experience at many levels of government for that position.

Tara Reardon is currently Chairman of the three member Merrimack County Board of Commissioners. That is quite an accomplishment because the other two members who chose her are Republicans. Ability to work for the common good, not disruption and selfies, is how things get done.

A lawyer by training, Tara Reardon has served on the Concord School Board and City Council and became the State's Commissioner of Employment Security during a period of record-high unemployment.

During her time at the New Hampshire Community Loan Fund, Reardon worked with more than 40 manufactured home communities to assist them in organizing, buying and operating their communities as resident-owned cooperatives to preserve affordable housing for nearly 3,000 households.

In 2023, Housing Action New Hampshire named Reardon as its Advocate of the Year.

Reardon has served on numerous nonprofit boards, and as board chair of the local crisis center, where she steered the organization through a total facility rebuild that nearly doubled its capacity to serve domestic violence victims. As a mother of three children and grandmother of two, she knows firsthand the struggle to find good childcare and care for an aging parent.

Former Governor John Lynch has endorsed Tara because of her "hands-on experience of delivering results for hard-working Granite Staters." Lynch chose her over Bow's Angela Brennan and Rebecca Williams of Concord.

So should you.

WEIRD?

A friend asked me "did you see where we got back Marine Paul Whelan seized by Russia in 2018 when Trump was President as well as Evan Gershkovich the Wall Street Journal reporter?"

I said, "no I had not seen that but I assume our former President would be happy for our State Department's success." My friend said, "no, in fact he only congratulated Putin." Of course, I said, "no way," but then I checked.

Sure enough at a rally in Atlanta on August 3, Trump said, "I'd like to congratulate Vladimir Putin for having made yet another great deal... I never paid anything."

Praise for America and our State Department or President? Not one word.

Oh, and for the "never paid?" How about Trump agreeing to pay \$2 million for medical bills for North Korea's care of Otto Warmbier released in 2017?

Weird. Really weird.

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

LETTER TO THE EDITOR

TARA REARDON FOR STATE SENATE

When looking at candidates for any federal, state, or local office, I tend to gravitate to those, regardless of party affiliation, who play well with others, are not a single-issue candidate and will do the right thing on behalf of the citizens they represent. Experience in community involvement is also important. Tara Reardon possesses all these qualities.

I have known Tara for many years and several years ago watched her chair the New Hampshire House Commerce Committee with humor, sincerity, and great listening skills. She was often successful in securing a consensus opinion from the committee without loud disagreements between members.

She has also done terrific work these last few years chairing our Merrimack County Commission.

I will be voting for Tara Reardon at the September 10 primary to represent us at the November 5th general election to become our next District 15 State Senate candidate representing Bow, Concord, and Hopkinton and I hope you will as well.

Erle Pierce, Former 28-year Bow resident



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Priorities

- Reproductive Freedom
- Education
- Housing
- Clean Energy
- Protection of Community Interests

VOTE ON SEPTEMBER 10th
TARA REARDON FOR DISTRICT 15 SENATE
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A proven advocate for our community.

With over 20 years in law and a legacy of public service, Tara Reardon exemplifies integrity and dedication.

Tara—a devoted wife, mother, and grandmother—blends experienced leadership with deep personal values. **Trust her proven track record to lead our community forward.**

PUBLIC SERVICE:

Former State Representative, School Board member, City Councilor, Merrimack County Commissioner.

NON-PROFIT INVOLVEMENT:

NH Community Loan Fund, Crisis Center of Central NH, Advisory Board of NHTI, Supreme Court Society, and Concord Trust for the Enhancement of Public Education.

Endorsed by local leaders who care.

- Governor John Lynch
- Congresswoman Annie Kuster
- Senator Sylvia Larsen
- Concord Mayor Byron Champlin
- Bow & Hopkinton Representatives Mel Myler and Dave Luneau



Paid for by Friends of Tara Reardon | 71 Warren Street, Concord, NH | Fiscal Agent - Lisa Eberhart

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Rotary Club of Bow



ANNUAL CHANGING OF THE GAVEL



On left is outgoing President Matt Dodge presenting official gavel to Gerry Carrier. Photo | Eric Anderson

On Friday, July 12, Bow Rotary held its annual Changing of the Gavel ceremony.

During the ceremony, outgoing president Matt Dodge reflected on the past year's accomplishments, including adding seven new members, the addition of the Hooksett Rotary Club as a satellite club and the rebound of the concert series with the move to Thursday nights.

Incoming President Gerry Carrier thanked Dodge for his hard work this past year and presented him with a gavel and plaque gift commemorating his term in office.

As Carrier prepared to take over, he asked veteran members of the club to embrace new members and help them get involved in the community.

This will be Carrier's second term as president of the Bow Rotary Club. He first served as president from 1989-90.

Summer CONCERT SERIES

The 2024 Bow Rotary FREE Summer Concert Series

Catch the **Hot Skillet Club** the last Summer Concert on Thursday, August 15

From 6:00 – 7:30 PM at the BOW BANDSTAND GAZEBO

Jct. Logging Hill & Knox Road, Bow Summer Concerts are always free!

Concerts will move to inside the Community Center in inclement weather.



MR. AARON'S SUMMER KIDS CONCERT WAS A GREAT SUCCESS!

More than 200 adults & children attended musician, Mr. Aaron's Concert for Kids on Thursday, July 18 at the gazebo in Bow.

Sponsors were: The Baker Free Library, the Baker Free Library Foundation and the Bow Rotary Club.

VOTE

John Martin

for NH State Representative



My name is John Martin and I am once again running for the State House of Representative seat I held in the 2015-16 session. At that time I sat on the Criminal Justice and Public Safety Committee and served as the Republican Whip.

My primary interest is maintaining low taxes. I will not and have never supported a sales or income tax. I was the author of a petition warrant at town meeting that resulted in a \$4,000 tax credit for 100% Disabled Veterans. My legislative agenda is simple. I will sponsor legislation to give seniors State Property Tax credit under a simple formula:

**Age 65 - 25% credit: Age 70 – 50% credit
Age 75 - 75% credit: Age 80 – 100% credit**

This would be with the proviso that cities and towns could grant the same credits.

I will also introduce legislation authorizing the basic veterans tax credit to \$1,000 and the \$100 disabled veteran credit to \$6,000. Included would be the proviso that the credit could be offered to any disabled veteran at the same percentage as their VA rating.

Paid political advertisement: John Martin, 96 Woodhill Road, Bow, NH 03304
Carol Martin, Fiscal Agent



THE BOW REPUBLICAN TOWN COMMITTEE NEEDS YOU!

- Have you ever thought to yourself: things are a mess and headed in the wrong direction?
- Have you ever thought: my government seems unresponsive?
- Have you ever thought: I sure hope someone is working on it?
- Have you ever thought: I wonder what I can do to help?

If you said "YES, that's me!" to any of the above then it is great that you are reading this!

Whether you wish to help a little here and there, or jump right in with both feet, or if you just want to stay more informed, please go to www.lets gobow.org (or scan the QR code below) and complete a one-minute survey.



YOUR VOICE – YOUR VOTE – BE A VOTER!

The Bow Republican Town Committee encourages all registered voters to get out and **VOTE on September 10th!**

Voting is the responsibility we share as citizens. Your vote is your voice – use it to make a difference!

This is a paid political advertisement: Steven Hebert, Vice Chair, Bow Republican Town Committee, 6 Cardinal Drive, Bow, NH 03304.

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SAFEGUARDING AGAINST A CYBERATTACK

Cyber and data security have long been areas of emphasis for community banks, but in today’s escalating digital environment, that focus has grown. The rise in online interactions and massive amounts of data flowing over the web, has led to an uptick in fraudulent activity. Consumers reported losing more than \$5.8 billion to fraud in 2021, a 70% increase over the prior year, according to the FTC.

As fraudsters evolve their techniques to find new ways to prey on consumers and small businesses, community banks like Sugar River Bank have continued to serve as our customer’s first line of defense by following industry standards and procedures to protect electronic systems, data applications, and networks from interference.

Our staff also undergoes routine cybersecurity training to spot and thwart attacks, but another essential weapon in the fight against cyber threats is an educated consumer.

Below is a curated list of best practices to help reduce your likelihood of becoming a victim of identity theft and fraud:

- **Enable the strongest multifactor authentication offered** by our bank. Popular authentication methods include biometrics and separate authenticator apps.
- **Use unique passphrases as passwords and differentiate them** across multiple platforms. Length trumps complexity. A strong passphrase is a sentence that is at least 12 characters long.
- **Do a system check.** Purge unused apps, outdated or sensitive information stored in old files and emails and ensure all software on internet-connected devices is current.
- **Manage social media settings** and minimize information sharing. Just a few data points can create a pathway for exploitation by cybercriminals.
- **Use Wi-Fi judiciously.** Limit the type of business conducted over public Wi-Fi connections, including logging in to key accounts like banking. When making purchases away from home or work network, use a virtual private network or mobile hotspot.

Consumers can also make sure their account has not been compromised by taking the following steps to:

- **Monitor account activity regularly** for transaction irregularities and report discrepancies to your bank.
- **Back up intellectual property** and other digital information and store it safely so in the unfortunate event of ransomware or other cyber threats you can retrieve the data.
- **Read the fine print when purchasing items online.** Do not save credit and debit card credentials on a merchant’s website or app, if prompted.
- **Stay vigilant.** Be mindful when shopping online and look for signs of illegitimate websites. Spelling or grammatical errors, missing contact information, and suspicious URLs or email addresses are all red flags.
- **Look for special indicators** such as web addresses with https:// that denote extra measures taken to help secure your information. URLs that end in .BANK are assigned for exclusive use by financial institutions.

RESPOND TO A DATA BREACH

In the event of a data breach, there are steps you can take to minimize your exposure:

- **Consider a security freeze** on credit reports to restrict access to your credit file.
- **Set up a fraud alert**, which directs banks to verify your identity before opening a new account, issuing an additional card, or increasing the credit limit on an existing account.
- **Report stolen finances** or identities and other cybercrime to the Internet Crime Complaint Center and to your local law enforcement and/or state attorney general.

Working together, we can take a bite out of cybercrime by shoring up our defenses.

FACTOIDS

- Three quarters (74%) of cybersecurity breaches are caused by human error.
- The global average cost of a data breach in 2023 was \$4.45 million, a 15% increase over 3 years.

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NATIONAL ARMY GUARD RETIREE LUNCHEON 19 SEPTEMBER

The 15th Annual NH Army National Guard Retiree Luncheon extends an invitation to you on behalf of Major General David Mikolaities, the Adjutant General, and the Retiree Day Luncheon Committee.

Please join us as we socialize, renew old acquaintances, and share stories. Retirees of all ranks, AGR’s Military and Civilian Technicians and Traditional (M-Day) Soldiers are invited and encouraged to attend.

When: Thursday, September 19, 2024 | Ceremony Starts: 1100

Lunch is served at: 1200 | Event ends at: 1400

Lunch Fee: \$5.00 per person (cash accepted at the door)

Where: Building 1 at State Military Reservation in Concord

RSVP: CW5 (Ret.) Rick Plante, (603)657-0345 or e-mail rfplante1@gmail.com



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KEEP YOUR HEAT ON — FIRE UP YOUR METABOLISM!

by Jim Olson

FIRE UP YOUR METABOLISM!

When it comes to losing weight, there are a lot of myths and half-truths out there. Some people swear by crash diets, while others believe that the only way to slim down is to spend hours at the gym. However, the most important factor in weight loss is actually your metabolism.

A lot of people think that metabolism is something we have to live with, that our natural body type will always make us either a “fast” or “slow” metabolizer. But the truth is, there are things we can do to nudge our metabolism in the right direction. And while there may not be a magic bullet for weight loss, increasing our metabolism can definitely help us slim down and feel more energized.



Jim Olson

INTERVAL TRAINING IS A GREAT WAY TO BOOST YOUR METABOLISM AND GET YOUR HEART RATE UP.

By alternating between high-intensity and low-intensity intervals, you can help boost your metabolism and burn more calories in a shorter amount of time. And the best part is that interval training doesn't have to be long or difficult — you can start with just a few minutes of intervals and gradually work your way up.

For example, you might sprint for 30 seconds, then walk for 60 seconds. This type of training has been shown to be more effective than steady-state cardio (like jogging at a consistent pace) in terms of increasing metabolism. One study found that doing 10 four-minute speed bursts with two minutes of slow walking or cycling after each (60 minutes total) three times a week upped the body's ability to use fat as fuel during exercise by 25 percent after six weeks.

If you're new to interval training, start with short bursts of high-intensity exercise followed by longer periods of low-intensity exercise. As you get more comfortable, you can increase the length of your intervals.

EATING CERTAIN FOODS CAN ALSO HELP TO BOOST YOUR METABOLISM AND PROMOTE WEIGHT LOSS.

Protein is key, as it helps to build muscle — the more muscle you have, the higher your metabolism will be. Additionally, foods that contain healthy fats such as avocados, olive oil, and nuts, and fiber-rich foods like oats, beans, and berries can also help to increase your metabolic rate significantly.

Drinking plenty of water and staying hydrated can also help you boost your metabolism by helping your body convert food into energy more easily. Staying hydrated can also help to flush toxins from your system, keeping you healthy and active — a significant benefit to not to be overlooked.

LASTLY, GETTING ENOUGH SLEEP AND REDUCING STRESS ARE IMPORTANT FOR KEEPING YOUR METABOLISM FUNCTIONING PROPERLY.

When we're stressed, our bodies produce the hormone cortisol, which can lead to weight gain. When we are sleep deprived, our bodies have a harder time converting food into energy. So aim for seven to eight hours of sleep each night and find ways to reduce stress in your life.

So, if you're looking to fire up your metabolism and lose weight, interval training, eating the right foods, drinking plenty of water, and getting enough sleep are all great places to start.

If you need a boost, we at I.F. are always happy and ready to help you turn up the heat and melt the fat!

Committed to your success on becoming your best — Jim



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REAL ESTATE SALES IN BOW – JULY 2024

ADDRESS	BEDROOMS / BATHS
38 Logging Hill Road	2 Bedrooms 2 Baths
12 Surrey Drive	3 Bedrooms 2 Baths
17 Clearview Drive	3 Bedrooms 2 Baths
103 Woodhill Road	2 Bedrooms 2 Baths
53 Woodhill Hooksett Road	5 Bedrooms 3 Baths
4 Briarwood Drive	3 Bedrooms 3 Baths
7 Bow Bog Road	4 Bedrooms 3 Baths
41 Grandview Road	4 Bedrooms 2 Baths
1 Blueberry Lane	6 Bedrooms 6 Baths
13 Wheeler Road	4 Bedrooms 2 Baths
23 Jonathan Lane	3 Bedrooms 2 Baths
58 Robinson Road	3 Bedrooms 3 Baths
17 Woodhill Hooksett Road	4 Bedrooms 3 Baths
Lot 82-D Sawmill Road	4 Bedrooms 3 Baths
Lot 82-E Sawmill Road	4 Bedrooms 4 Baths
74 Brown Hill Road	4 Bedrooms 6 Baths
Lot 40-C Quincy Road	4 Bedrooms 4 Baths

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1294 Square Feet	.88 Acres	\$370,000
2002 Square Feet	1.0 Acre	\$468,000
2062 Square Feet	2.0 Acres	\$473,000
1433 Square Feet	CONDO	\$475,000
3599 Square Feet	1.01 Acres	\$490,000
2752 Square Feet	3.43 Acres	\$550,000
2528 Square Feet	2.09 Acres	\$580,000
2914 Square Feet	1.00 Acres	\$600,000
4001 Square Feet	1.15 Acres	\$600,000
2220 Square Feet	2.0 Acres	\$645,000
1849 Square Feet	1.13 Acres	\$650,000
2206 Square Feet	3.59 Acres	\$670,000
3836 Square Feet	2.50 Acres	\$860,000
2692 Square Feet	1.97 Acres	\$933,965
3299 Square Feet	1.88 Acres	\$979,900
5503 Square Feet	5.34 Acres	\$1,103,000
3299 Square Feet	4.3 Acres	\$1,175,000

REAL ESTATE SALES IN DUNBARTON – JULY 2024

We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS
1102 Montana Road	2 Bedrooms 2 Baths
240 Robert Rogers Road	3 Bedrooms 2 Baths
16 Gorham Pond Road	2 Bedrooms 1 Baths
115 Long Pond Road	4 Bedrooms 3 Baths
46 Gile Hill Road	4 Bedrooms 4 Baths

SQUARE FOOTAGE	ACREAGE	PRICE
1349 Square Feet	Townhouse	\$312,000
1768 Square Feet	12.7 Acres	\$358,000
872 Square Feet	.20 Acres	\$400,000
4043 Square Feet	5 Acres	\$859,000
2950 Square Feet	5.01 Acres	\$909,500

Sales Data for JULY 2024 is provided by the NHMLS.



4 NE Avenue, Bow New Hampshire 03304 603-333-0070 www.hometown603.com

Glimpse Gallery

Patriot Building | 4 Park Street | Concord

3 Opening Receptions from 5:00pm - 6:30pm
Friday August 9th, Saturday August 17th
and Saturday August 24th

Featured Artists: Kristin Selesnick, Corey Garland,
Leslie Ossoff, Ashley Audet, Sandy Sereno,
Marisol-von-Hardenberg & Christina Landry-Boullion.

RSVP REQUIRED.

To make an appointment to view the show or to join us for one of the opening receptions go to

www.theglimpsegallery.com



TOWN OF BOW ENERGY COMMITTEE

The Expo will take place in Bow for the first time, on **Saturday, October 26th, from 9am - 2pm, at the Bow Memorial School.**

The Expo will be supported by a record number of local communities through collaboration of the Bow, Dunbarton, Weare, Pembroke, and Concord Energy Committees. Past attendees raved about the quality and variety of information provided by exhibitors, workshops, and more. This event offers a unique opportunity to learn about the products, services, and methods for saving money and energy in our homes.



The NH Energy Expo is growing, but its future in Bow is uncertain. With more than one Bow Energy Committee member moving out of town, **the Committee needs a new representative** to serve on the Expo team. We need your help to ensure Bow continues to participate in and have the chance to host this popular and important event.

Please email energycommittee@bownh.gov to learn more.

BOW FIRE DEPARTMENT



- 0 Search and Rescue
- 15 Basic Life Support Transports
- 19 Advanced Life Support Transports
- 20 Non-Transports Care Refusal
- 8 Motor Vehicle Accidents
- 11 Fires/Hazardous Conditions/Alarms
- 11 Service Call Incidents/Good Intent
- 4 Overlapping Incidents
- 67 Total Calls for the Month

**JULY 2024
RESPONSE
ACTIVITY LOG**



Use long-handled grilling tools to give the chef plenty of clearance from heat and flames.



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Bow Young at Heart Club

Upcoming Events

AUG 28, 2024. 11:30 AM - 2:30 PM
Bow Fire Chief Dennis Comeau will discuss Fire Safety

SEPT 11, 2024. 11:30 AM - 2:30 PM
The club will hold a BBQ provided by the Bow Men's Club

All meetings are held at Old Town Hall, 91 Bow Center Road.

Bring your own lunch at 11:30, desert is provided. Presentations begin at 12:30. **The public is always welcome to attend meetings.** Membership is open to all residents 55 and older.

For more information contact Peter Cherici at (603) 774-7682 or email at fairfield_a@hotmail.com

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DUNBARTON POLICE DEPARTMENT

JULY 2024 ARREST/CHARGE LOG

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.

7/6 Jessica Brennan, 34, Manchester, taken into custody for operating after revocation/suspension - DUI conviction and non-inspection.

7/11 Annie Smith, 41, Hopkinton, taken into custody for operating after revocation/suspension - DUI conviction and yellow line/highway markings.

7/16 Julia Lopez, 33, Manchester, taken into custody for operating after revocation/suspension, operating without a valid license and non-inspection.

7/18 An individual was taken into custody for an Involuntary Emergency Admission (IEA).

7/19 Margaret Phypers, 38, Goffstown, charged with operating without a valid license, non-inspection, and unregistered vehicle.

7/20 Samuel Blin, 33, Concord, taken into custody for operating after revocation/suspension - DUI conviction.

7/21 Melissa Moscaritolo, 47, Contoocook, taken into custody on a no-bail New England wide extradition arrest warrant out of Merrimack County Superior Court for non-appearance in court on three (3) counts of sale of a controlled drug - subsequent offense (methamphetamine).

7/23 Kenneth Santana, 37, Londonderry, was processed on an electronic bench warrant for non-appearance in court on an original charge of operating after revocation/suspension - subsequent offense.

7/25 An individual was taken into protective custody for a mental health evaluation.

7/28 Nathan Hamel, 49, Concord, taken into custody for driving or operating under the influence of drugs or liquor, possession of greater than 3/4 of an ounce of marijuana, stop sign, and non-inspection.

7/29 Tiffany Lind, 33, Dunbarton, was charged with disorderly conduct.

Visit us on Facebook @ [Facebook.com/DunbartonPolice](https://www.facebook.com/DunbartonPolice).
www.dunbartonnh.org/police-department/pages/monthly-reports



DUNBARTON'S PAGES CORNER SECTION OF ROUTE 77 & ROUTE 13 IS NOW A 4-WAY STOP!

In an effort to improve overall driver safety while also reducing motor vehicle collisions and driver confusion, the three-way stop configuration at the intersection of State Routes 77 & 13, otherwise known as "Page's Corner", was converted to an ALL-WAY-STOP, on Tuesday, July 30th, 2024.

A message board will be posted several days beforehand and for approximately one month after the change goes into effect to keep the public informed. Additional signage will also be posted at the intersection to clearly inform the public of the intersection's all-way stop configuration.

The Federal Highway Administration and Roadway Safety Foundation recognize all-way stop intersections as effective "life saving projects", with data out of other states showing a significant decrease in motor vehicle fatalities and serious injuries at rural intersections.

This is an interim measure prior to the programmed Ten-Year Plan Project for the construction of a roundabout.

The intersection, where traffic from Goffstown, Hopkinton and Weare converges into Dunbarton, has been a location of many motor vehicle collisions and near misses over the years.

From 2007–2017, the intersection saw 17 accidents. The numbers continued to be concerning with four accidents reported in 2018, two in 2019 and seven in 2020, according to crash reports from the Dunbarton PD.

WOMEN'S SAFETY CLINIC

Sponsored by the Dunbarton Police Department

Wednesday, September 18th | 6:00 – 8:00 PM

Held at the Dunbarton Elementary School

20 Robert Rogers Road, Dunbarton

ATTEND FOR FREE

Come join the **DUNBARTON POLICE DEPARTMENT** and **THE TRAINING STATION** for a night focused around safety and empowerment.



Phase 1 - AWARENESS

Phase 2 - AVOIDANCE

Phase 3 - PREVENTION

Phase 4 - FIGHTING BACK

The workshop will teach basic moves and maneuvers for protecting yourself against an attacker. It will be taught by Christina Dow, co-owner of The Training Station.



Pre-registration required: Contact Chief Chris Remillard at:
chrisremillard@gsinet.net

THE **TRAINING STATION**
FITNESS & MARTIAL ARTS



DUNBARTON NEWS

THE FIRST DAY OF SCHOOL is Wednesday, August 28. Monday Sept 2, schools and town offices are closed for Labor Day.



THE DUNBARTON GARDEN CLUB Daffodil packages with premium bulbs are on sale at our on-line-store! If you want to order bulbs, you may reach us by email at DGC03046@gmail.com. And mark your calendars — our Annual Mum Sale is right around the corner! Visit the DGC located at Page's Corner, 15 Concord Stage Road in Dunbarton to purchase your fall mums, pumpkins, corn stalks, and more. They accept cash and major credit cards. The mum sale is their largest fundraiser of the year and they appreciate your support in helping them maintain their garden club activities to support our community.

Dates and hours: Thursday, September 5: 1 to 6pm

Friday and Saturday, September 6 and 7: 9am to 6pm

Sunday, September 8: 9am to 3pm or while supplies last

THE DCC BOOK CLUB: Beyond the Book is reading *The Day the World Came to Town* by Jim DeFede. "The True Story Behind the Events on 9/11 that Inspired Broadway's Smash Hit Musical *Come from Away*, Featuring All New Material from the Author." Discussion is set for Thursday Sept 5 at 7 pm. Place TBA. For more information and confirm date and time contact [Barbara barbennett51@gmail.com](mailto:Barbara_barbennett51@gmail.com).

CHAIR YOGA WITH SHERRY is back on Thursday mornings. The first sessions at 11:00 am is scheduled for September 12. Wear loose clothing and bring water to the town hall. FMI and to confirm date and time, contact the library.

SONGS OF EMIGRATION Storytelling through Traditional Irish Music: Presented by Jordan Tirrell-Wysocki, Thursday, September 12, at 6:30pm in Upper Town Hall. Through traditional music Jordan Tirrell-Wysocki relays some of the adventures, misadventures and emotions experienced by Irish emigrants. The presenter discusses the historical context of these songs, interspersing their stories with tunes from Ireland that made their way into New England's musical repertoire, played on his fiddle or guitar. Thanks to the NH Humanities and the library for providing us with this event. Always confirm time and date of the presentation on the library's FB page or website.

ADULT BOOK DISCUSSION at the library returns Wednesday, September 18, at Noon. Book chosen: *Still Alice* by Lisa Genova. "From New York Times bestselling author and neuroscientist Lisa Genova comes the definitive—and illuminating—novel about Alzheimer's disease." Check with the library for book availability.

OPEN MIC NIGHT After a summer hiatus, Open Mic returns to the Spireside Coffee House on Saturday, September 21 at the Congregational Church in the Dunbarton Center on Route 13. Doors open at 4:30 pm. Performers please sign up as you come in. Donation is \$5.00. Snacks will be available and donations are welcome. Mark it on your calendar.

FIVE RIVERS CONSERVATION TRUST is thrilled to announce the permanent conservation of the 134-acre Kathryn Layne property near the center of Dunbarton! These 134 acres contribute to a large block of over 750 mostly contiguous acres protected by Five Rivers in Dunbarton, including the Koerber Family Forest (conserved 2021), Stone Farm (conserved 2017), and the Farley property (conserved 2013). In addition to protecting the land and important wildlife habitat, conservation of the Layne property allows the Dunbarton Conservation Commission to extend walking trails from the Dunbarton Elementary School parking lot and loop through both the Koerber and Layne properties. Five Rivers is incredibly grateful to Kathryn Layne and the Dunbarton Conservation Commission for ensuring the permanent protection of this beautiful land.

SPORTS SPOT



BOW'S OLIVIA SELLECK & HOPKINTON'S CAM BASSETT NAMED LACROSSE ALL-AMERICANS

Bow High School Senior Olivia Selleck was named an All-American by the State's coaches after scoring 96 goals in 19 games this past season. The midfielder will be attending Bucknell University which is an NCAA Division I college.

Hopkinton Senior defender Cam Bassett earned All-American status after being named Division II Defensive Player of The Year.

The coaches in each Division pick players to be on the All-State teams and the roster for players chosen from Bow and Hopkinton this summer were as follows:

Boys D-III First Team:

Patty Buss, senior, Hopkinton
Gavin McCabe, senior, Bow
Shane Smith, sophomore, Hopkinton
Ozzie Rosenholm, freshman, Hopkinton
Cam Hassett, senior, Hopkinton

D-III Second Team:

Merrick Chapin, junior, Hopkinton
Brodie O'Neil, senior, Bow
Ryan McCabe, senior, Bow
Jackson Westover, freshman, Hopkinton
Avery London, senior, Hopkinton

Girls D-III First Teams:

Ella Gray, junior, Bow
Sydney Westover, junior, Hopkinton
Maeve Owens, sophomore, Hopkinton
Olivia Selleck, senior, Bow
Jill Harping, senior, Bow
Izzy Aferbach, senior, Hopkinton
Kendall Murray, senior, Bow

D-III Second Team:

Kylie McKee, junior, Bow
Autumn Meier, freshman, Hopkinton
CONGRATULATIONS TO ALL!

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THE ABORTION ISSUE

We are once again, in the political arena, using preborn humans to generate votes for a particular political agenda. We do this because we have devalued those lives to the point of barter without much thought about who they are. Frederick Douglass illustrated the concept well when he described the slave traders as viewing the black person as a commodity rather than as a human being who has the same thoughts, feelings, emotions, and rights as everyone else. How we label someone determines how we treat them. (Prof. Patrick Henry Winston, MIT AI Lectures).

Here is where you jump in and assert that “the preborn (you fill in the word) is not a human.”

Obviously, if it is not a human being, but simply “products of conception,” a mistake, an inconvenience, or part of “my body” which I have control over, then of course there is no “political” issue, I should be able to do whatever I want with my body parts.

But what if:

1. **This preborn** is a human who needs a voice, who needs to be protected from the disease, injuries and misfortune that affect all humans at various times in their life, from conception to natural death.
2. **Why would I state** that the preborn is human and deserving of protection? Consider the following:
 - a. Genetically it is a separate person from its mother and father. It is not another “organ” like heart or lungs that are part of the pregnant woman’s body.
 - b. It is not part of the woman who is nurturing it in her uterus.
 - c. Its heart is beating 21 days after fertilization
 - d. In 6 weeks its brain waves can be recorded
 - e. At 8 weeks the baby is fully formed and sucking her thumb
 - f. At 20 weeks the baby responds to her mother’s voice.
 - g. Babies who have exited their uterine home in 21-23 weeks have a good chance of surviving.
3. **Where one is living**, how old or young you are, what you can and cannot do does not make you non-human. As a physician I am called to defend the weak, care for all, irrespective of where they live, what their abilities or disabilities are, whether they are wanted or unwanted.

Many in our world are demanding “reproductive rights.” Taken literally, at face value, I too am in support of reproductive rights. Today, however, many are adding to that slogan the right to terminate the life they have just created. What they are really saying with the reproductive rights slogan is this: “I fight for your right to end the life of your baby.” I ask, to what extent will we tolerate child sacrifice for our own peace and comfort?

Having said that, I am aware of the added burden that an unexpected pregnancy brings to a woman’s life. The woman may be in school or rising in the ranks of her company. She may be financially stretched to the limit. She may already be a single parent. Her pregnancy may have been the result of rape. She may be a teenager totally unprepared for being a mother and the thought of caring for a child turns her world upside down. These are all extremely difficult situations which need addressing by a compassionate society. A society that values life from conception to natural death. A world view that embraces sanctity of life, realizing that the taking of life is not a remedy.

My plea is that you and I understand that “reproductive rights” as it is being marketed, is the taking of a life – a defenseless life. We need to avoid getting hoodwinked and polarized with vote seeking rhetoric. We need to put money, commitment, hard work, and compassionate care into providing for good birth control counseling for all. We need community resources and government to support women who find themselves in the extremely tough situation of an unplanned pregnancy.

If you are pregnant with questions or if you want to volunteer to help support pregnant women, here are NH organizations that value the pre born child.

Care Women’s Center 13 West Street Concord, NH 03301
603-224-7477 carewomenscenter.com

RealOptions 340 Granite Street Unit 202 Manchester, NH 03102
603-623-1122 realoptionsnh.org

RealOptions 30 Temple Street Suite 315 Nashua, NH 03060
603-883-1122 realoptionsnh.org

WHY? Do We Say...

“The whole 9 yards”

Meaning: to try one’s best; go all the way

Origin: During World War II, the ammunition gunners used in fighter planes were 9 yards long, so to say one gave it “the whole 9 yards” was to say one went all the way. That origin has been debunked due to its appearance previous to World War II, and Fred Shapiro described the phrase as “the most prominent etymological riddle of our time.” We have to agree with him. Despite being debunked, the ammunition explanation is still the best one we’ve found.

“How do you like them apples?”

Meaning: a gloat, as in “so there!”; could also be a way to express shock

Origin: Many believe this phrase originated with a “toffee apple,” a type of trench mortar bomb often used to destroy tanks during World War I. A character in the John Wayne movie Rio Bravo illustrates how some believe the phrase itself came to be when he tosses an explosive into the air, and after his partner shoots it and it explodes, killing the enemy, he exclaims, “How do you like them apples?”



“PUTTING THE GARDEN TO BED”

MONDAY, SEPTEMBER 9TH
6:00PM AT BOW OLD TOWN HALL
91 BOW CENTER RD, BOW

PRESENTED BY RON TREXLER
UNH EXTENSION SPEAKER’S BUREAU



RON IS A UNH MASTER GARDENER AND MEMBER OF THE HOOKSETT GARDEN CLUB. DURING THIS PRESENTATION ATTENDEES WILL LEARN THE STEPS NECESSARY TO PROPERLY PREPARE THEIR GARDENS FOR WINTER, INCLUDING: FINISHING OFF ANNUAL AND VEGETABLE BEDS, PREPARING PERENNIAL BEDS TO REDUCE PESTS AND DISEASE, OVERWINTERING NON-HARDY PLANTS, READYING ORNAMENTAL SHRUBS AND EVERGREENS TO SURVIVE VARIOUS WINTER CONDITIONS, AND TENDING TO TOOLS AND SUPPLIES.

THIS EVENT IS FREE AND OPEN TO THE PUBLIC, BUT REGISTRATION IS REQUIRED. EMAIL: REGISTER@BOWGARDENCLUB.ORG

SCHEDULE:
6:00PM - SOCIAL TIME & REFRESHMENTS
6:30PM - PRESENTATION
7:30PM - BGC MEMBER MEETING



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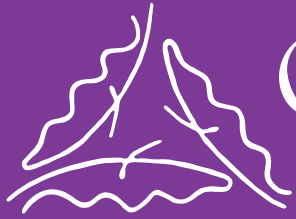
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Real Estate Sales in Hopkinton – JULY 2024

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
13 Tyler Road	2 Bedrooms 1 Baths	1605 Square Feet	1 Acre	\$254,845
613 Maple Street	3 Bedrooms 2 Baths	1487 Square Feet	1.6 Acres	\$437,500
724 Park Avenue	3 Bedrooms 2 Baths	2200 Square Feet	3.2 Acres	\$487,500
50 Old Stagecoach Road	4 Bedrooms 3 Bath	4279 Square Feet	6.75 Acres	\$687,000
21 Gould Hill Road	3 Bedrooms 2 Baths	2200 Square Feet	.64 Acre	\$725,000
196 South Road	4 Bedrooms 3 Baths	2880 Square Feet	8.7 Acres	\$739,900
51 Willoughby Road	5 Bedrooms 5 Baths	4433 Square Feet	2.95 Acres	\$945,858

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HOPKINTON’S WELLS FAMILY CONSERVES 455 ACRES OF NH LAND

The Society for the Protection of NH Forests is pleased to announce the permanent conservation of 455 acres in Hopkinton and Henniker.

Bob and Binney Wells, Hopkinton residents since 1971, have long been interested in land conservation. In 1984, they donated a conservation easement to the Forest Society that protected 119 acres in Hopkinton/Henniker.

Together, the Wells Family – Bob and Binney, their children Ted Wells and Hylah Wells Patton and their spouses, Anna and Chris, and grandchildren, Binney, Will, Coley and Thea – recently donated a conservation easement on an additional 455 acres in Hopkinton and Henniker. These lands, a mix of open fields, forest, wetlands and a beaver pond, link with a large landscape of natural areas that span from the Hopkinton-Everett Flood Control lands to the Stumpfield-Mudgett Recreation Area.

“We’re honoring the legacy that Bob and Binney started here 50 years ago,” said daughter-in-law, Anna Wells. “They’ve shaped these hundreds of acres that we’re on right now over those 50 years. That’s a huge legacy that will now go on in perpetuity.”



The Wells family, Binney and Bob, Will and Bunny Patton, Ted, Thea, Coley, and Anna Wells, Hylah and Chris Patton.

www.DiscoverTooky.com
for information

END of SUMMER

CONCERT SERIES 2024

LEWELLEN BANDSTAND | RIVERWAY PARK | CONTOOCCOOK

AUGUST 15 ↻
NICK'S OTHER BAND

↻ AUGUST 22
SENIE HUNT BAND

AUGUST 29 ↻
DWAYNE HAGGINS BAND

↻ SEPTEMBER 5
THE LUGGNUTS

SEPTEMBER 12 ↻
RED DAISY REVIVAL

HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

HOPKINTON VILLAGE GREENWAY is now fully protected thanks to the generosity of Tim Sweatt of Old Stagecoach Road for granting a permanent trail easement on the section that connects Ransmeier Woods with Old Stagecoach Road. The 4.5-mile Greenway encircles Hopkinton Village with a network of trails that connect town forests and conservation lands. The Greenway also connects to the Sweatt Preserve, a 72-acre forest on Old Stagecoach Road that was donated to Five Rivers Conservation Trust by another member of Tim's family. For more information go to <https://hopkintonconservationland.org/hopkinton-village-greenway/>

DISCOUNTED OR FREE PASSES Thanks to the Friends of the Hopkinton Town Library and SMP Architecture, there are discounted or free passes to: Boston Children's museum, Canterbury Shaker Village, Children's Museum of NH, Currier Museum of Art, The Fells Estate and Gardens, McAuliffe-Shepard Discovery Center, Kearsarge Indian Museum, Boston Museum of Fine Arts and Museum of Science, NH Historical Society, NH State Parks, NH Telephone Museum, SEE Science Center, Squam Lakes Natural Science Center, Strawberry Banke Museum, and Woodman Museum. To reserve a pass please call (603) 746-3663 or you may email requests to info@hopkintontownlibrary.org. For more details visit us at hopkintontownlibrary.org/museum-passes.html.

LIBRARY BOOK CLUB the selection for August is *Project Hale Mary*, an irresistible interstellar adventure by Andy Weir. Copies of the book are available at the library. If you wish to purchase the book, mention the Library Book Group at Main Street Bookends in Warner and Gibson's Book Store in Concord and they will kindly offer you a discount. Our monthly book discussion will be held on Wednesday, August 21 at 1:00 in the library.

HOUSEHOLD HAZARDOUS WASTE COLLECTION is Saturday September 21, from 9:00 AM to 1:00 PM at Henniker Highway Department, Hopkinton, Henniker and Webster will need proof of residency. Residents can bring up to 10 gallons or 20 pounds. Max container size is 5 gallons. Accepted – oil-based paints, stains, varnishes, wood preservatives, paint strippers/thinners, solvent adhesives, fuels/gasoline/kerosene, engine degreaser, brake/transmission fluid, driveway sealer, motor oil, antifreeze, car batterers, insecticides, fungicides week killers, rubber cement, chemistry sets, furniture polish, floor/metal polish, oven cleaner, drain/toilet cleanser, rug cleaner, photographic chemicals, mercury thermometer, rechargeable batteries, fluorescent bulbs. Must be in box not bag. For disposal information call 603-428-7604. Funded by the towns of Hopkinton, Henniker and Webster.



CONTOOCCOOK FARMERS MARKET is outside at Riverway Park and will be here Saturdays from 9:00 AM to 12:00 PM. Come by for local organic vegetables, fresh baked goods, maple products, Somali inspired meat and veggie pies, unique handcrafts, and live music.

WORK SONG FARM STAND is open every Wednesday from 3:00 to 6:00 PM. Work Song Farm is located directly across from Beech Hill Farm and Ice Cream Barn. This week's selections: lettuce, Swiss chard, cucumbers, garlic scapes, radishes, parsley, bok choy, and zucchini. Please bring a reusable tote bag if you have one.

HOPKINTON POLICE DEPARTMENT is proud to announce it's 3rd Annual Fall Festival. There will be good food, great music and fun for the whole family! FREE ENTRY! Save the date! To register for cornhole and day-of-event details go to Discovertooky.com.

POLICE OFFICERS' ASSOCIATION OF HOPKINTON PRESENTS

THE 3RD ANNUAL FALL FESTIVAL

- 2:00 CORNHOLE TOURNAMENT
- 3:00 FOOD TRUCKS
- 3:30 PEABODY'S COAL TRAIN
- 5:30 BEECHWOOD BAND
- 7:45 FIREWORKS

14TH SEPTEMBER
ELM BROOK PARK



CAMPTON ARTIST LIZZY BERUBE EXHIBIT

"Somewhere to Remember"

Opens AUGUST 10TH
Closes September 7TH 2024



Lizzy Berube paints large, seasonal landscapes in acrylic and oil, inspired by places in New England where she has spent time hiking in the mountains or meandering on coastal beaches. Berube has lived in the White Mountains since 2017 and spends as much time as possible outdoors year-round. Lizzy divides her time between painting and designing perennial gardens for clients around New England.

"Somewhere to Remember" is Berube's first solo exhibition. Gallery hours are Thursday through Sunday from 12-4 p.m.

OPENING RECEPTION AUGUST 10
from 12:00 – 2:00 P.M.

at 846 Main Street in the Village of Contoocook
The reception is free and open to the public.
For information visit <https://www.twovillagesart.org/>



HOPKINTON POLICE DEPARTMENT

JULY 2024 ARREST LOG

9 Arrests • 3 Accidents • 287 Traffic Stops

- 07/02** Seth Miner, 51, of 34 Lilac Lane, Hopkinton, was arrested on a Warrant.
- 07/10** Janice Pickering, 35, of 216 Suncook Valley Highway, Epsom, was charged with Control Drug: Sched 1-4; Possession.
- 07/11** Benjamin Slowick, 34, of 219 Center Road, Hillsboro, was arrested on a Warrant.
- 07/12** Faris Barakawi Toto, 22, of 29 Jennings Drive, Concord, was charged with Drive After Revocation/Suspension; DUI.
- 07/14** Chad Marcoux, 45, of 16 Oxford Street #16, Sanford, ME was charged with Drive After Revocation/Suspension – Admin License Suspension.
- 07/15** Xavier Devincent, 22, of 262 North Village Road, Warner, was arrested for Disobeying an Officer and Reckless Operation.
- 07/20** Stacy Charron, 41, of 145 Oakdale Ave, Manchester, was charged with Willful Concealment; Theft and Theft by Unauthorized Taking \$0-\$1000.
- 07/22** Abby Mackenzie, 39, of 40 Chipmunk Falls, Weare, was arrested for Criminal Trespass and Resist Arrest/Detention.
- 07/23** Brentt Trudeau, 32, of 32 Cedar Street, Hopkinton, was charged with Willful Concealment.



Baker Free Library
JUNE News

Baker Free Library | 509 South Street
Bow, New Hampshire 03304
Visit our online Calendar to sign up for
upcoming programs and events
at bowbakerfreelibrary.org



FROM THE CHILDREN'S ROOM

Thank you for a great summer! Nearly 250 readers participated in our Summer Reading Program for kids, in addition to the many teens and adults who took on the Choose Your Own Adventure challenge. We hope you enjoyed all of your adventures this summer, and are ready to join us for another busy fall season!

While our schedule is still being finalized, families can expect the return of weekly storytimes for all ages, in addition to a Saturday storytime once per month.

Afterschool programs will also return in September, with the addition of a new bi-monthly program for emerging and independent readers in grades K-2. Our Community Costume Swap will also return in October! Keep an eye on the library's website and calendar for all the latest updates.

ADULT PROGRAMMING

Healthy Steps for Older Adults with Granite VNA Wednesdays, Aug. 28 & Sept. 4th | 10:30am - 12:30pm

Presented by Granite VNA, **Healthy Steps for Older Adults** is their new evidence-based fall prevention program for adults ages 60 and over. Through activities, assessments and discussions, participants learn tools and tips on how to reduce falls.

Participants are encouraged to register for balance a screening on Tuesday, August 27th between 3:00–4:30pm led by VNA nurses prior to the workshop. A balance screening will also be held on Wednesday, August 28th at 12:30.

Call Granite VNA at (603) 224-4093, ext. 85664 to register for this event.



Chair Yoga Wednesdays, Sept. 11th - Oct. 16 | 9:00am – 10:00am

Join us for a 6 week session of chair yoga led by local instructor, Josephine Fanelli of YogiStrong. Chair yoga is a gentle practice that involves performing postures while seated or using a chair for support. These classes are usually designed for individuals with physical disabilities, elderly individuals, or those who find traditional yoga sessions too demanding. It is also an excellent option for beginners or anyone seeking a more gentle yoga experience. Separate registration is required for each class of the session through our Online Calendar.



Becoming Wolf: Presented by Chris Schadler Thursday, September 12th | 6:30pm

An eastern coyote is defined as much by its western coyote ancestry as by its DNA contribution from the Eastern wolf. "Our" coyotes vary physically and behaviorally from its smaller relative – while still carrying the incredible adaptability and canniness of Wile E. Coyote.

Chris Schadler, NH & VT Rep for Project Coyote and Co-Founder of the NH Wildlife Coalition takes a deep dive into the ecology and behavior of this creature, and how it is the human who must adapt to live with the 'One Who Cannot Be Removed'.

Books in Bloom 2024 — Registration now open! The Books in Bloom Exhibition is back at Baker Free Library!

In collaboration with the Bow Garden Club, we invite you to participate in the Exhibition featuring creative floral designs paired with books. The theme this year is "Adventure Begins at Baker Free Library" to correlate with the BFL Summer Reading Program. The Exhibition will be on display in our Lower Level on Saturday, September 28th from 10am-2pm. New categories and prizes for Children, Teens, and Adults!

*Registration is required if you would like to create an arrangement for the event. Registration Deadline is September 20th. Visit Our Website to register today.



Whodunits | Tuesday, Sept. 3rd | 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.

September Book Discussion: *Gallows View* by Peter Robinson

Book Talk at BFL | *Tuesday, Sept. 17th | 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!

September Book Discussion: *Lady Tan's Circle of Friends* by Lisa See

White Rock Book Group | Tuesday, Sept. 17th | *3:00pm

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!

September Book Discussion: *Lady Tan's Circle of Friends* by Lisa See

*Date/Time Change for this month only

IN THE GALLERY — AUGUST EXHIBIT

Linda Graham | August 1st- August 30th

In August, the Exhibit will display pieces of art in collage. The collages ranged from reflections of life to reflections on climate change. They are pieced from photos in magazines, newspapers, advertisements, flyers or any printed material that caught the artists eye.

Linda Graham collage



IN THE GALLERY — SEPTEMBER EXHIBIT

Drew Groves: Nature Photography | Aug. 31st- Sept. 27th

Explore the natural world through the eyes of the extraordinarily talented New Hampshire photographer, Drew Groves.



BOW POLICE DEPARTMENT JULY ARREST LOG

7/1 Joseph Thackeray, 52, Saco, ME was arrested for driving while intoxicated and open container.

7/5 Sherylann Gleason, 64, Manchester, was arrested on an electronic bench warrant.

7/9 Griffin Cosgrove, 30, Bow, was arrested for driving while intoxicated.

7/15 Ashley Dustin, 23, Manchester, was arrested for possession of a controlled drug and falsifying physical evidence; Riane Guay, 37, Bow, was arrested on a warrant for operating after suspension.

7/22 Joshua Alber, 44, Laconia, was arrested on an electronic bench warrant.

7/24 Demiko Fox, 22, Bothell, WA was arrested as a Fugitive from Justice on a warrant out of the State of Washington.

7/26 Jacob Tyler, 21, Penacook, was arrested for driving while intoxicated.

7/31 John Williams Jr, 21, Hooksett, was arrested on an electronic bench warrant; Richard Williams, 45, Hooksett, was arrested for operating while deemed a habitual offender, theft by unauthorized taking, possession of a controlled drug, and unauthorized use of a motor vehicle.

There were two Involuntary Emergency Admissions and one juvenile arrest.



WE'RE HIRING!

COME JOIN A GREAT TEAM OF OFFICERS

The Bow Police Department is seeking to fill one Patrol Officer position.

Officers typically work a 4/3 schedule and rotate every three months. Eleven paid holidays. Accrual of annual and sick leave.

Wages are based on a nine-step scale, starting at \$59,155.20 up to \$72,072.

Medical, Dental and Life Insurance

Participation in Group II of the NH Retirement System.

Full uniform and equipment provided by the department.

Email your resume & cover letter to Lt. Phil Lamy at

PLamy@bownhpd.gov

FINGERPRINTING SERVICES

As a community service the Bow Police Department is offering free fingerprinting services to Bow residents.

We use up-to-date digital fingerprinting that scans your fingers instead of using black ink. Bow residents can call ahead to schedule an appointment rather than wait for an opening at the NH Department of Safety in Concord.

If fingerprints are being taken to obtain a criminal history check through the State of New Hampshire or FBI, you will still need to pay the State of NH to obtain the Criminal History Record Information.

Fingerprinting services are currently provided only to Bow residents and are provided at no cost.

Please call ahead at 603-223-3950 to confirm an officer is available.

Ink fingerprints are still available if requested.



Books in Bloom

"THE ADVENTURE BEGINS
AT BAKER FREE LIBRARY"

SEPTEMBER 27TH & 28TH



CATEGORIES & PRIZES

- **Children**
- under 12 years old
 - **Teens**
- 12 to 18 years old
 - **Adults**
 - People's Choice
 - Most Creative
- All children & teen entries will receive a themed gift for entering the exhibition**



CHOOSE AN ADVENTURE BOOK



Choose an adventure book from the library or use your own book about adventure. Create a floral arrangement using the book as your inspiration. For Example: Use the book title or a character of the book, or the book's cover color or design for your floral creation.

GUIDELINES

All floral arrangements should use fresh or dried flowers in the arrangement. Feel free to add decorations or other embellishments. **Only children may use artificial flowers.** If you have questions about materials to use, please contact Lisa at (603) 496-5241 or email lisadferr@comcast.net.



REGISTRATION

There is a limit of 25 registered participants. Registration is required through the Library's Online Calendar. Family participation is encouraged. The deadline to register is by **Friday, September 20th.**

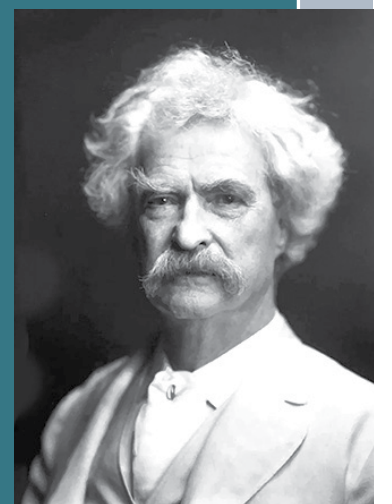
LET'S GO

ADVENTURE

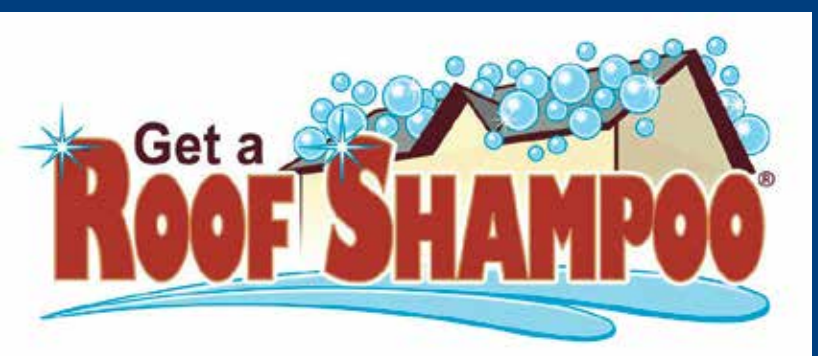
QUOTE

'Patriotism is supporting your country all the time, and your government when it deserves it.'

- Mark Twain



Roof Stain Removal



03-682-3747

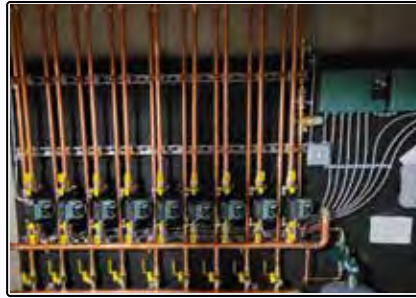
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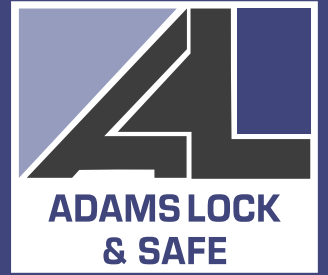
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HELPING OUR VETERANS

Swim With A Mission Raises \$2,700,000

by Chuck Douglas



At the Double Tree Hotel in Manchester on July 13, 2024, over 600 people turned out for an evening in the Armory sponsored by Swim With A Mission (SWAM) to raise money for veterans. SWAM was founded by Phil and Julie Taub of Bedford eight years ago with a goal of raising millions for veteran support organizations.

Phil Taub describes the mission as follows: "Every year we select worthy Veteran service and support organizations to provide additional funds that will have a meaningful and differential effect on their ability to help Veterans. These organizations provide services and support, including service dogs, support dogs, mental health counseling, recreational therapy retreats,... taking care of homeless veterans, providing rides and financial assistance to Veterans, and providing permanent housing."

SWAM has raised over \$12,000,000 for the cause of helping veterans but the need in New Hampshire is great given our high population of veterans. Since the War on Terror in 2001, death has taken 96 of our state's service members. However, over 900 New Hampshire vets have died by suicide since 2001, making their deaths a major concern to all of us in our small state.

PAINTBALL AND SEAL SWIM

The 6th Annual Paintball With A Mission kicked off on July 12 at OSG Paintball in Barnstead, uniting a large group of Navy SEALs with representatives from 26 leading New England companies for a dynamic day of leadership training and team building.

The following day, SWAM hosted the eighth Annual Swim With A Mission at Newfound Lake, drawing over 300



Kelly Ayotte and Chris Sununu

THE DINNER AND AUCTION

The star-studded event honored the Navy SEALs and several Gold Star families who lost a son in our nation's global War on Terror since 2001. Toasts were made in memory of fallen SEALs Dan Healy, Nate Hardy, Blake Marston, Michael Murphy, Brian Bill, and Jason Lewis.

Speaking at the event were former United States Senator Kelly Ayotte, whose husband served in the U.S. Air Force and whose daughter is now a cadet at the Air Force Academy. Kelly Ayotte serves on the Board of Directors of Swim With A Mission and was one of its founders.

The dinner also commemorated the 80th anniversary of D-Day and the hall rose in thunderous

applause for the presence of a 101-year-old veteran of that invasion, Pat Walor of Massachusetts, who served in the 9th Infantry.

Also recognized was Merchant Marine Captain Richard Phillips of Vermont who became a hostage of Somali pirates in 2009 when his ship the Maersk Alabama was seized 600 miles off the coast of Africa. The 2013 thriller film, Captain Phillips, starring Tom Hanks, well tells the story. The SEAL Museum in Fort Pierce has on display the five-ton fiberglass lifeboat that Captain Phillips was in for four days until SEAL snipers took out his three captors.



Captain Richard Phillips with Chuck and Debra Douglas

Service Credit Union deserves praise and credit as the primary event sponsor. Including a swim event with the SEALs, paintball with the SEALs, the dinner auction and sponsorships, SWAM raised \$2.7 million in July.



ORIGIN OF SEALS

The Navy Sea, Air, and Land Teams, also known as Navy SEALs, are the U.S. Navy's primary special operations force and are trained to operate in all environments for which they are assigned. 80% of those who enter SEAL training fail or drop out.

In 1943 in Fort Pierce, Florida, some Navy volunteers began frogman training to become naval Combat Demolition Units (NCDU) at Omaha Beach in Normandy, France in June of 1944. They had a very high casualty rate as they were the first to arrive and engage the Nazi Army.

The SEAL Museum at Fort Pierce was represented by decorated Master Chief Rick Kaiser who led the SEALs during the battle of Mogadishu known as "Black Hawk Down." He went from SEAL Team Two and SEAL Team Six to now serving as CEO of the UDT - SEAL Museum.

THE SEAL ETHOS

Some excerpts from the SEAL Ethos are:

"My Trident is a symbol of honor and heritage. Bestowed upon me by the heroes that have gone before, it embodies the trust of those I have sworn to protect. By wearing the Trident, I accept the responsibility of my chosen profession and way of life. It is a privilege that I must earn every day."

And, "I will not fail."



SEAL Museum's Mike Donnelly and Debra Douglas

HOW CAN YOU HELP?
Reach out to Swim With A Mission, www.swam.org and donate to help our New Hampshire veterans.



SEAL duty dress from 1944 to 2024



SEAL K-9 Belgian Malinois



DID YOU FORGET ANYTHING?



Summer is here and whether you're camping, heading to the lakehouse, or ready for a week at the beach, the packing is always the hard part. Did you remember everything you need for the trip? Are you prepared in case things aren't quite what you expect?

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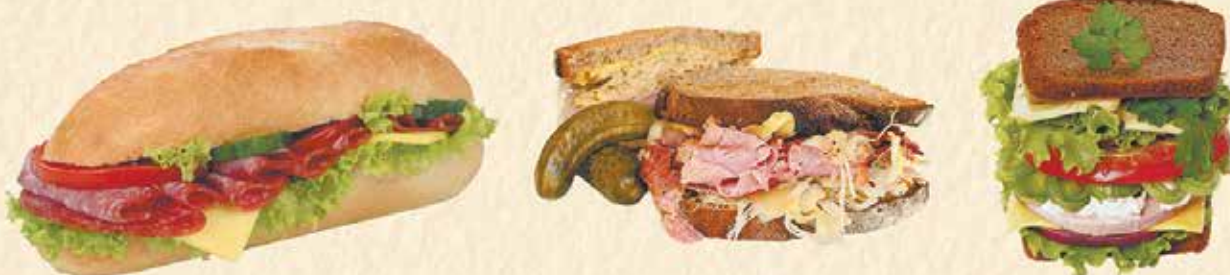
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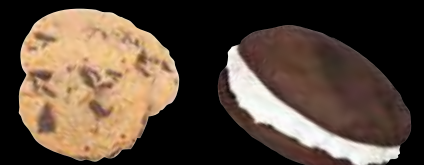
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ITEMS**

6:30 – 11:00 AM



Breakfast Sandwiches,
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Dessert Items

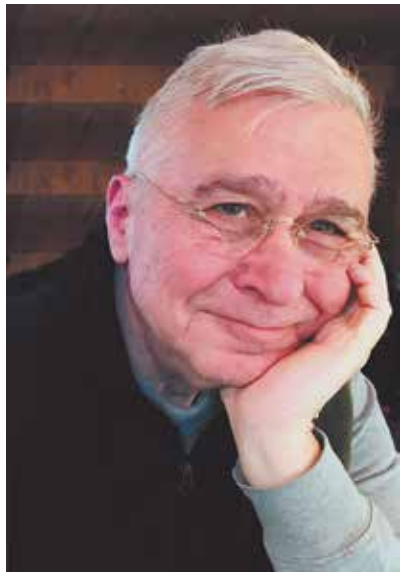
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Saturday 8:00 AM – 3:00 PM**

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Saturday
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Closed Sunday**



OBITUARIES

TOSUN ARICANLI



Tosun Aricanli, 76, died on June 14, 2024, in Boscawen. He was born on September 22, 1947, in Izmir, Turkey, to lawyer Ahmet Munir Aricanli and judge Piraye Aricanli. He was the husband of Ming Jiang. They were married on July 26, 2003 in Shutesbury, MA.

After attending Middle Eastern Technical University in Ankara, Turkey and Claremont Men's College, where he graduated summa cum laude with a major in economics, Tosun completed his PhD in economics at Harvard University. Tosun dedicated his professional life to educating others, spending the

majority of his career teaching and researching at academic institutions, including the University of California, Berkeley and Harvard University. Outside of academia, Tosun spent several years working with the World Bank, after which he moved to Bow, New Hampshire in 1997.

Tosun will be remembered as an empathetic man with a big heart. Tosun was gregarious; he delighted in hosting dinner parties for friends, colleagues, and students. He would prepare a variety of delicious dishes and enjoy the company and conversation of his guests for hours, along with good music, and better wine. He had a sharp sense of humor. Tosun was a loving and caring father who took great pride in his ability to rear and provide for his family.

In 2011, Tosun was diagnosed with frontotemporal dementia, which caused a progressive loss of his expressive ability and executive functions. Tosun lived in his home surrounded by love and affection until the end of his life. Although Tosun slowly lost the sharpness and wit that most knew him by, his gentle and playful nature continued to shine through, endearing him to those with whom he interacted in his final years.

Tosun, or lovingly as "Baba" to his immediate family, is survived by his wife Ming Jiang, his daughter, Sare, and his three sons—Yunus, Ilyas, and Adem. Tosun is further survived by his brother, Ulku, and his granddaughter, Giga. While his presence will be sorely missed, his legacy will live on with his family and his many friends, who always held a central place in his life.

LUCILLE ARSENAULT

Lucille L. (Morgan) Arsenault, 79, of Bow, passed away on Wednesday, July 3, 2024, at the Granite VNA Hospice House. Lucille was born on May 10, 1945 in Bedford, daughter of the late Edward O. Morgan and Marcelle (Laplante) Hubbard.

She was educated in the local schools, a graduate of Concord High School, Class of 1963. Lucille worked for the State of NH for over 10 years serving in many departments including, Department of Labor, Tax Commission and the Health Department. She enjoyed crafts of all kinds, painting, sewing, making blankets and crocheting. She also had a love for animals of all kinds.

She is survived by her sister, Phyllis Shea of Ellsworth, ME. In addition to her parents, she is predeceased by her two sisters: Jeanne Wiggin and Doris Rolinson.

Donations may be made to Crotched Mountain Community Care in Manchester, Pope Memorial SPCA or to the Dartmouth-Hitchcock Cancer Center.

DORIS M. CAYER

Well-loved and respected, Doris Cayer, 82, of Contoocook, passed away peacefully on July 12, 2024, after a tenacious battle with cancer.

She was born Doris Shatney in Weare to Elizabeth Davis and Arnold Shatney, where she thrived with her six siblings on a farm, instilling a sense of self-sufficiency. She resided with her husband Neil in Contoocook, where she raised nine children and was known for her strong will, generosity, and watchful eye for the protection and care of all children.

She is preceded by her husband Neil T. Cayer and stepsons Dana and Brett. She is survived by those of the prominent Cayer and Barton families, including sons Kent Barton and Neil Cayer, daughter Valerie Dyer, stepsons Thomas and Larry, stepdaughter Crystal, grandchildren Nicole, Ty, Tessa, Neil, Lucia, and Abram, and many more.

PATRICK CHENEY



Patrick Cheney, a caring son, brother, uncle, nephew, and friend, died suddenly and unexpectedly on July 22, 2024, due to a heart attack. He was 41.

Born September 11, 1982, in Peterborough, Patrick grew up in Bow and attended the Bow schools. As a young man, he lived in Antrim before finally settling in Concord.

Patrick was always active and loved the outdoors. In his youth, he excelled at hockey and soccer. He was a devoted fan of the Boston Bruins. His love

of the outdoors also lead him to snowmobiling, fishing and boating. With his grandfather and cousins Kevin and Chris he came to know the North Country trails as well as those in his own backyard of Bow. In summer Patrick spent as much time as possible at his other grandfather's cottage on Lake Winnepesaukee. With his brother he became a certified deep water scuba diver.

Patrick worked outdoors most of his adult life. He was multi-talented learning concrete work from his cousin Kevin and tiling and stonework from his cousin Gordon. Patrick's favorite medium, however, was wood, and he took great satisfaction in building structures of all types. In his spare time he did landscaping and kept a small vegetable garden with his mother Sherri. Patrick lived a simple life spending his downtime with his family and friends, collaborating frequently with his dad and brother on home renovation projects, and being the good uncle to his niece Clara and his best friend's daughter Jade. He was known for his generous spirit and could often be found helping family, friends, and neighbors, whether it was clearing off a snowy vehicle, renovating a room, or moving furniture.

He had a creative spirit. Patrick found a passion for photography, especially for capturing beautiful sunsets, skylines, and the evening twilight. Under the tutelage of his natural mother and housemate Kelly he even became a really good cook – a talent truly hidden during his youth. With Kelly, Patrick raised and trained his beautiful Siberian Husky, Zeus. For 16 years Zeus was the center of his universe and his best pal. He took great pleasure and found real peace in his many walks with Kelly and Zeus along the Merrimack River and picnics by the shore of Nubanusit Lake.

Patrick was much loved by his friends and family, and the world was a better place with him amongst us. He will be dearly missed by all who knew him.

Patrick is survived by his parents, Bob and Sherri (Reed) Cheney of Bow, his natural mother, Kelly McCarty of Concord, his brother Sean, sister-in-law Megan, and niece Clara of Concord, and many other aunts, uncles, cousins and friends in New Hampshire and Connecticut.

He was predeceased by his grandparents, Robert and Marie Cheney, and Harry and Wanda Reed, and his beloved dog Zeus.

A private graveside service will be held for the family. There will be no calling hours.

In lieu of flowers please consider a contribution in Patrick's memory to the Concord SPCA, NAMI-New Hampshire, or your favorite charitable organization.

HARRY J. LORD

Harry J. Lord, 94, died Saturday, July 20, 2024, at Harris Hill Center after a brief period of declining health. Harry was born in Franklin, December 22, 1929, to Harry J. Lord and Mary Lord (Shepard). He lived in Bow, for over 40 years and was known for building stone walls in town. He was a hard worker who worked bridge construction for many years for both E.D. Sweatt and Audley Construction. He also owned and operated his own concrete floor/foundation business during the early 1970s.

Harry enjoyed country music and 1970s pop/rock. He was a bass player and often performed at the Lone Star Ranch in Merrimack, in the 1960s. He purchased his first pair of running shoes at the age of 51 and became an avid runner. He could be spotted running through central Bow regularly.

Harry leaves behind two daughters, Deborah Barlow of Bow and Cindy Parenteau (Pete) of Concord; his son, Scott Lord (Kelli) of Broadview Heights, OH; and three grandchildren.

Harry's daughters would like to thank the staff at Harris Hill Center for keeping Harry comfortable and dealing with his feisty moods for the past five years. In lieu of flowers, the family suggests making memorial contributions to the local animal rescue/shelter of one's choice.



OBITUARIES

JOSEPH JOHN ROSATO

Joseph John Rosato, age 97, of Bow, passed away on July 7, 2024.

Born in Yonkers, New York on January 5, 1927, he was the son of the late Nicholas and Anna (DeAngelis) Rosato.

Joseph earned his high school diploma and took a great interest in sports, serving as the captain of his high school basketball and baseball team. At the age of 18, he enlisted in the U.S. Navy and served during World War II aboard the USS Colorado, primarily stationed in the South Pacific.

Joseph earned his bachelor's degree at the New York University and spent most of his career as a manager and district manager for MetLife Insurance.

Joseph is survived by his son, Gary Rosato and wife, Leigh (Tethers) Rosato; brothers, Daniel Rosato and wife, Rosemary; Peter Rosato and wife, Doreen; grand-children, Kaitlyn Smith and husband, AJ; Emily Rosato and husband, Jonathan; and two great-grandchildren, Brayden and Nora Smith.

DANIEL F. SUGHRUE



Daniel F. Sughrue, of Bow born October 26, 1938, died July 26, 2024.

Dan was predeceased by the "love of his life" Agnes who passed away Jan. 15, 2021. Dan and Aggie married Christmas Eve, 1984.

Dan was also predeceased by his mother, Helen J. (Biggane) Sughrue of Belmont, Mass., and his father, Daniel F. J. Sughrue of Cambridge, Mass.

He was a 1960 graduate of Boston College with a BSBA degree and a 1975 graduate of John Jay College of Criminal Justice with an MPA degree.

He served in the U.S. Marine Corps as a Lieutenant on active duty from 1960-63 as an Artillery Officer and Landing Support Officer. Dan became a Special Agent with the FBI in 1963 and served most of his career in Foreign Counterintelligence investigations.

Upon retirement in 1989, Dan and Agnes operated a private investigation and security consultant business, D.F. Sughrue Associates, until 2010.

Dan was a member of the Society of Former Special Agents of the FBI Agents Association, the Federal Law Enforcement Officers and the Association of Former Intelligence Officers.

Survivors include his stepchildren, Kevin J. McMenimen and wife, Sarah, of N.H., Kerri-Maria Phaneuf and husband, Joseph, of N.H., and Frederick V. McMenimen III and wife, Shauna, of Mass., his children, Lynda J. Ferguson and husband, David, from Mass., William F. Sughrue and wife, Rosemary, from Connecticut, and Mark R. Sughrue and wife, Sharon of N.H.

In lieu of flowers, donations may be made to the Semper Fi Fund, 825 College Blvd., Suite 102, PMB 609, Oceanside. CA 92057.

ANTHONY RUSSELL WALKER

Anthony Russell "Tony" Walker, aged 89, of Hopkinton passed away on June 7, 2024, at Hospice House in Concord. Born on November 16, 1934, in Brockton, MA, Tony was a beloved figure in his community and cherished family man.

Tony graduated from Braintree High School, Braintree MA. and went on to earn a BA in Finance and Banking from Denver University in 1963. It was while in Denver that he met and fell in love with his future wife, Patricia Miller. He proudly served in the United States Coast Guard. Tony began his banking career with the FDIC in Boston, later moving to the Bank of NH in Concord, and helped establish the Trust Department at Bow Mills Bank, from which he retired in 2006.

Beyond his professional life, Tony was deeply involved in various activities. He was a member of the Hopkinton Rotary for over 40 years, the Investment Club of Concord, and participated in Men's League Hockey and Softball.

Tony is survived by his wife of 64 years, Patricia Walker (Miller); his daughter, Natalie Walker of Grantham; his son, Russell Walker and wife Rebecca of Warner; grandchildren, Joshua and Gabrielle Walker.

In lieu of flowers, contributions may be made in Tony's honor to the Hopkinton Rotary Club.

OBITUARY SUBMISSIONS:

- Funeral homes and cremation service providers should handle submission and payment for obituaries.
- If a family is not using a funeral home or cremation service provider, they can email the obituary text and photo to info@thebowtimes.com.
- Payment must be submitted before print date.

DEADLINES:

The obituary deadline for monthly editions is indicated on The Bow Times Media Calendar available upon request.

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PROGRAMS**

THE MEMORY CAFE

Wednesday, August 21 from 2:00 PM to 4:00 PM

Granite Ledges of Concord, 151 Langley Parkway, Concord

Topic: Summer Social

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. In addition to a featured topic, a meaningful activity will be offered to those who are interested.

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.

HEALING HEARTS — A GRIEF SUPPORT GROUP FOR CHILD LOSS

Tuesday, August 27 from 5:30 to 7:00 PM

Bow Mills United Methodist Church, 505 South Street, Bow

This support group is for parents who have suffered the death of a child at any age due to any circumstance and whether the loss was recent or some time ago. Parents are encouraged to come individually, with partners, spouses, or co-parents, to connect and journey toward healing alongside other bereaved parent figures who are on this path of grief – to listen, to share, to remember, and to give and receive support.

This monthly grief support group for child loss takes place on the fourth Tuesday of each month.

Registration and a brief screening is required. All community members are welcome to attend. This program is offered at no charge. Masks optional.

To register, call (603) 410-9861 or visit www.granitevna.org

HEALTHY STEPS

Wednesday, August 28 from 10:30 AM to 12:30 PM

Baker Free Library, 509 South Street, Bow

Healthy Steps is our new evidence-based fall prevention program for adults ages 60 and over. Through activities, assessments and discussions, participants learn tools and tips on how to reduce falls.

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

To register, visit www.granitevna.org

Fall 2024 Schedule

A Concord Tradition
WALKER
LECTURE SERIES
Since 1896

ALL SHOWS ARE FREE. | 7:30 PM
 Concord City Auditorium | 2 Prince St. Concord, NH

Wednesday, September 11

The Scott Kirby Trio,
 Ashley Bathgate, and Gabriel Donohue
 An Evening of Folk Rock



Sunday, September 15

Friends of the City Auditorium Arts
 Gala and Ice Cream Social
 Jordan Tirrell - Wysocki Trio



Wednesday, September 18

A Tribute to the Man in Black
 with Counterfeit Cash



Wednesday, September 25

A Feast of Words with Richard Lederer

Wednesday, October 2

Lori Diamond and Fred Abatelli
 with Anelise



Wednesday, October 23

Great Cities of Europe
 with Marlin Darrah



Wednesday, October 30

Faith in the Seed with
 The Thoreau Piano Trio



Wednesday, November 6

A Visit to New Zealand
 with Paul Doscher



Handel's Messiah

St. Paul's Church, 22 Centre Street

Saturday, November 30 10 AM Open Rehearsal
 Sunday, December 1 7 PM Performance

WalkerLecture.org



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The Bow Times
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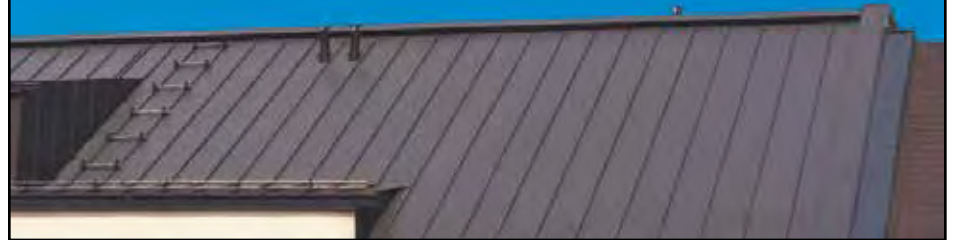
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|------------------------------|----------------------------------|
| Baker Free Library | Hampton Inn |
| Blue Seal Feeds | Hopkinton Village Store |
| Bow Mobil | Individual Fitness |
| Bow Recreation Building | Irving's Circle K |
| Bow Town Offices | Johnson Golden Harvest |
| Chen Yang Li | Lakehouse Tavern |
| Colonial Village Supermarket | Merrimack Co. Savings Bank |
| Curios on the Common | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce | Pages Corner Store |
| Concord Food Co-Op | Riverside Pizza |
| Crust and Crumb | School Street Café |
| Dunbarton Town Office | South Street Market |
| Everyday Café | Sugar River Bank, Concord Hts. |
| Flanagan's South Ender Deli | Tucker's Restaurant |

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