

# The Bow Times

"Of the People, By the People, For the People"

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**VOL 31, NO. 9 | SEPTEMBER 2024** 

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# **DUNBARTON NEWS ON PAGES 15-16**

#### **PRIMARY RESULTS FOR BOW**

In the September 10 Republican and Democratic primaries 2,222 people voted in Bow. The Republican choice for Governor was overwhelmingly Kelly Ayotte by a vote of 765 to Chuck Morse's 185. In the sheriff's race, convicted felon Jason Gerhard lost to Frank Cassidy 500 to 268. A total of 983 voters cast a GOP ballot.

On the Democratic side, while former Manchester Mayor Joyce Craig won statewide, she lost Bow to Cinde Warmington 618 to 500. Reflecting her second Congressional District win at 64%, Maggie Goodlander beat Colin Van Ostern 837 to 381 in Bow. For the State Senate seat Bow's



Steve DeStefano Tara Readon supporter.

Angela Brennan outran Tara Reardon 594 to 348, but district wide Reardon was the winner and is likely to prevail in November.

The Bow Times endorsed Ayotte and Reardon.



Early to the polls were (left to right) Jim Loomis, Matt Poulin and John Martin.

Photos by Eric Anderson

# BOW'S LANDMARK TOWN GAZEBO GETS A NEEDED REPAIR



The Town of Bow Gazebo has been a mainstay in the community, serving as a venue for holiday celebrations, local events, and the popular Summer Concert Series presented by the Bow Rotary. Here it stands proudly with its new, standing-seam metal roof. The cupola is awaiting its repair with a new standing seam roof as well.

ERIC ANDERSON | Photo

# HOPKINTON-CONTOOCOOK NEWS ON PAGES 8-9

## BOW PROPERTY VALUES UP \$728 MILLION

Bow's property values took a big jump over five years ago due to the reassessment required by State law every five years according to assessor Monica Hurley. In her August 13, 2004, report about Bow's 3,496 parcels she noted that Bow's last revaluation took place in 2019 and at that time the median sale price for a single-family home was \$360,000 while the median sale price for a residential condominium was \$347,455.

By comparison, the median sale price for a single-family home in Bow today is \$600,000 and the median sale price for a condominium is now \$550,000. This represents an increase of 66% increase in single family sales and a 58% increase in condominium sales over the last five years.

The overall increase in valuation for the Town of Bow for 2024 is estimated at \$728,687,511. These figures do not include charges to utility values as those are still being worked on.

Said Hurley: "Single family homes (2,639 parcels) will be seeing an average increase of 57%, condominiums (178 parcels) will be seeing an average increase of 66%, commercial & industrial (240 parcels) will have an average increase of 50%."

CONTINUES ON | Page 3

# **BROWN HILL ROAD SITE VISIT ON SEPT 19**

The driveway exit view debate before the planning board in Bow resulted in a site visit being scheduled last month. Now the Brown Hill Road site visit has been rescheduled to September 19, at 6 PM. Tyler Builders, Inc.. Has applied for the three-lot residential subdivision to be accessed by a shared driveway out to Brown Hill Road, but there is opposition based on safety of egress on to Brown Hill Road.



# IS PITCO REALLY MOVING TO CONCORD?

Pitco Frialator moved to Bow in 1950 across from Blue Seal Feeds. Three years ago, Concord announced the commercial fryer equipment maker was moving to Concord to construct a new facility to be located at 15 Integra Drive.

Last month, Pitco attorney Daniel Luker said the project was hung up on the State terrain alteration permitting process. The project still needs corporate approval and financing, said Luker. The Illinois company hopes to keep the 400 jobs in New Hampshire, but that remains to be seen.

Integra Drive Conceptual Drawing

## **BOW DRAG QUEEN TO SHARE IN** \$100,000 **DEFAMATION PAYMENT**

Last month, State Representative David Love of Derry reached a \$100,000 settlement with Robert Champion of Bow and Michael McMahon of Danville in a defamation lawsuit against him.

Without checking his two phone call sources, Representative Love had called Robert Champion (who performs as Monique Toosoon) a convicted sex offender. He also said Michael McMahon, whose stage name is Clara Divine, had been "rubbing butts" with children during a drag story hour.

Champion said drag performers live in fear because of the political climate.

"Drag queens aren't grooming children," said Champion, who has a son who he said "is not the slightest bit interested in drag queens."

#### **WINNER OF 25 NH PRESS ASSOCIATION AWARDS**

# **LOW TAXES ARE THE** RESULT **OF LOW SPENDING**

# The Bow Times

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Co-Editor: Debra Douglas

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

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: Matthew Mampuzha

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We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue, using space equal to the items in error.

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We print letters to the editor on a space available basis. Letters should be no more than 200 words, typed or e-mailed. Letters must be signed with an address.

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Submit event and article photos to Nadeane Mannion

nmannion1@comcast.net

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# HOMELESS VETERANS TO HAVE A STAND DOWN ON FRIDAY, SEPTEMBER 20

by Chuck Douglas

Harbor Care announced that in its efforts to end homelessness it will join with others to host the annual New Hampshire Veterans Stand Down at Eversource Energy Park in Manchester from 10 to 2 p.m on Friday, September 20.

The resource expo connects local veterans in need of assistance to necessary care and support. Resources on hand include employment services, medical and mental health, care, pension, assistance, legal services, food, clothing, haircuts, and more.

Kevin Forrest, the Manchester, VA Medical Center Director said the "words 'homeless' and 'veterans' should not exist together. The Stand Down brings all hands on deck to come back homelessness as one team by improving quality in speed of delivery services. " "There is no single pathway into homelessness" observed the CEO of Harbor care, Henry Och.

A story of how one man went from success to the depths is a man named Jack. Jack worked for 40 years as an executive chef at the iconic Riviera Hotel Las Vegas, home to celebrities like Liberace, Louis Armstrong, and Kenny Rogers, whom he met personally. He said the Riviera was his home and family. When the hotel closed in 2015, he returned to New England to live with his brother, but his family kicked him out due to his excessive drinking. He soon found himself homeless and living at the Southern NH Rescue Mission.

"I had a serious problem. I had money, but I was drinking it away. I tried to kill myself with alcohol."

Jack's team at Harbor Care helped him give up his addiction, move into an apartment and now he has been there three years sober. He is now a cook at the rescue mission.

The challenge to being homeless includes the average rent for an apartment at about \$2000 a month. Jennifer Chisholm, the Executive Director of the New Hampshire Coalition to End Homelessness said there was a 160% increase in chronic homelessness from 2019 to 2023 rising to about 6,800 people.

Restrictive zoning and a lack of small apartments to house the homeless often is an insurmountable challenge. Most experts agree the mental health and addiction issues are much more treatable once people are housed in shelter to put the problem in perspective.

I recently spent ten days in Santa Fe, New Mexico, a supposedly enlightened city. Street corners on the main avenues in and out of the city had homeless at times on all four corners, making Concord look like there are very few homeless. We have scores of folks who will have a tough winter in Merrimack County.

If you wish to help send your money to the New Hampshire Coalition to End Homelessness, 66 Hanover Street, #200, Manchester, NH 03101. That will mean more than a dollar or two to the man or woman on a traffic island.

# **LETTER TO THE EDITOR**

#### YOUNG WOMEN TO COMPETE AGAINST MALE ATHLETES IN GIRLS SPORTS

I am the father of a hardworking confident girl athlete on a Varsity Soccer and Swim team. Off-season, we are sharing chairlift space at Cannon Mountain and hiking or biking through dense forests enjoying all of what nature provides. Yet as I write this, a federal judge has decided to overstep her jurisdiction and supersede state law. Forcing our young women to compete against male athletes in girls sports and jeopardizing all of their accomplishments.

This judge's actions not only put our girls at physical risk but mental distress. Science has shown that men are

often taller with stronger skeletal structures, bigger muscle mass and strength and have higher aerobic capacities. Thus for athletic events and sports relying on endurance, muscle strength, speed, and power, males typically outperform females by 10-30% depending on the requirements of the event. These sex differences in performance emerge with the onset of puberty and coincide with the increase in endogenous sex steroid hormones, testosterone in males, which increases 30 fold by adulthood, but remains low in females. This is the science.

These actions put at risk women sports and their original purpose, to provide a safe and healthy experience that builds confidence, resilience, and teamwork. Women in sports defy gender stereotypes and social norms making inspiring role models for our up and coming girl athletes. All of this progress is at risk over a cult-like ideology that is more interested in power and imposing their views on the rest of society, women in sports be damned. This will eventually destroy competitive women's sports in this country. The Taliban would be proud.

Kyle Fellers, Bow

#### LETTERS TO THE EDITOR

Must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the area town in which they reside will be published. Letters submitted without all of the required information will not be accepted.

It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards. and letters should be less than 200 words.

#### **BOW PROPERTY PRICES UP | Continued from page 1**

The current tax rate per thousand dollars will decline, but the State will not set a new rate until the end of October.

To put the increase in value in perspective, New Hampshire prices grew by the second-largest percentage in the nation in the last five years and led the country in the percentage of homes that sold above the asking price.

"New Hampshire takes the crown as the most desirable state for real estate brokers," said the study conducted by real estate experts Agent Advice.

Between May 2019 and May 2024, 57.8% of properties sold above asking price. That is nearly double the national average of 29.7%, according to data that Agent Advice used from real estate site Zillow.

A separate report showed New Hampshire experienced the second-highest spike in median home prices (76.4%) in the nation over the last five years, trailing only Maine, according to research by Pro Tools Reviews.

The median home price statewide was \$540,000 in June.



L-R, Madelynn Winch & Bella Cannon

#### **LOCAL DANCERS** TO COMPETE FOR TEAM USA

Bella Cannon, a Bow 2024 graduate, and Madelynn Winch, a current senior at Bow High School, will represent the United States at the International Tap Dance Championships in Prague, Czech Republic this October.

They auditioned a tap dance duo and were chosen as part of Team USA, comprised of dancers from all over the country.

This is the dancers second time competing for Team USA. Last year they trained with the Massachusetts

based American Tap Company, and traveled to Reisa, Germany where they won a gold medal as part of a group formation. They also advanced to the semi finals with their tap duo.

Bella and Madelynn have been dancing and choreographing together for many years and are looking forward to once again dancing on the world stage.

#### **LEDYARD FINANCIAL ADVISORS WELCOMES** MARY MATTSON AS SENIOR VICE PRESIDENT **Bow Community Mens Club**

Ledyard National Bank is pleased to announce that Mary Mattson has joined the organization as a Senior Vice President, Commercial Relationship Manager. Mary brings with her over 35 years of commercial banking experience working with businesses of all sizes among a broad spectrum of industries. She deeply values being a trusted business partner and the way community banks take a holistic approach to fulfilling the needs of today's business clients.



For the past decade, Mary has served in leadership roles and as a commercial lender responsible for growing commercial relationships in the Concord, Manchester and southern NH markets. Prior to joining the Ledyard team, she most recently was SVP Team Leader and Commercial Lender for the past three years at Bangor Savings Bank. Mary's experience also includes the previous seven years as a Commercial Banking Team Leader and Senior Market Manager at Bank of New Hampshire and Northway Bank.

# **ANNUAL LOBSTER FEST**

Saturday October 5, 2024, 5:00 - 8:00 **Bow Community Building** This year there will be dine-in and grab-and-go options\*

**MENU INCLUDES:** 

Lobster Plate, \$30.00 Extra Lobster, \$13.00 "Fresh Off The Boat" 11/2 lb. Lobster **Bowl of Fresh Clams** Clam Chowdah

> Chicken Plate, \$16.00 1/2 Barbecue Chicken **Potato Salad**

**Both Meals Include:** Fresh New Hampshire Corn on the Cob & Beverage

Kid's Plate, \$2.00 Hot Dog, **Chips & Corn on the Cob & Beverage** 

Tickets can be pre-ordered on our website: bowmensclub.org **Contact: Dik Dagavarian 856-7268** or Charlie Griswold 228-9621

# Rotary Club of Bow



#### **BOW ROTARY AUCTION SEEKS DONATIONS** TO SUPPORT COMMUNITY SCHOLARSHIPS AND CAMPERSHIPS.

Bow Rotary is looking for local business to support its upcoming scholarship auction. This year's theme is "Reaching for the Stars."

Businesses may support the auction through sponsorship or by donating items or services.

Money raised through the auction goes toward scholarships for college, trade school and nontraditional learning to deserving high school graduates from Bow High School as well as to Bow and Dunbarton residents who attend private high schools. Funds also provide financial support for children attending camp and support community projects (Old Town Hall renovations, Wildcat Habitat at Bow Middle School, Baker Free Library Lower Level Meeting Room). This spring the Bow Rotary Club completed construction of a pavilion to provide shelter and an opportunity to gather near the sports fields located on Albin Road in Bow.

As of 2024, the Rotary Club of Bow has awarded more than \$400,000 in scholarships and over \$20,000 in camperships to local children and their families.

The online auction will take place November 6-9. The website to bid goes live on November 6.

The Bow Rotary Club is asking that auction items be submitted by October 14. Anyone who would like to donate an item or who would like to sponsor the auction can contact the Rotary Club through its website at https://portal.clubrunner.ca/1612/singleemail/contactus.

# **HELP WANTED**

We are seeking a driver for my elderly family member on a part-time basis — Mondays & Fridays only.

# **WEEKLY PAY \$400**

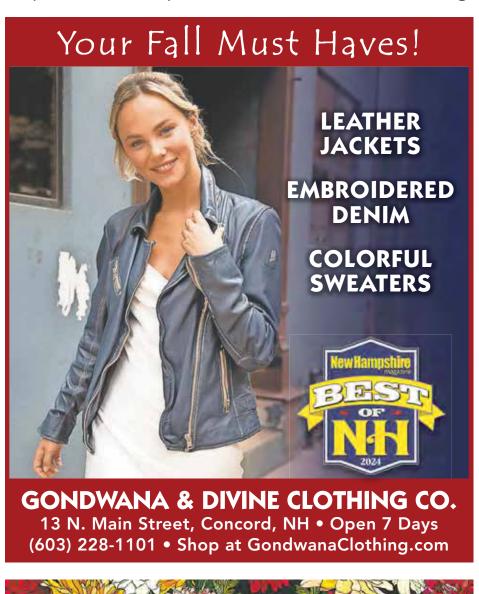
Must have a valid state-issued driver's license.

Must be professional, safe and patient.

Email us at: jsoffer113@gmail.com



To purchase tickets, please visit www.concordhomeless.org



"For anyone who lives in the oak-and-maple area

of New England, there is a perennial temptation to plunge into a purple sea of adjectives about fall."

Hal Borland





#### SHOES – A CONTROVERSAL HEALTH ISSUE?

This month I will raise a potentially controversial issue. No, not truth to power or politicly divisive, simply controversial. By looking at both sides of the issue, hopefully we will be better able to decide and better able to understand why people do what they do. The controversial issue is this: do you wear the same shoes inside your home that you have been wearing in the outside world? I grew up in a farming community and learned at an early age that you do NOT walk into the house with the shoes or boots that you wore in the barn or chicken house or simply the wonderful word that was our playground. Secondly, I have had the good fortune to travel to many different cultures and lived for two years in Turkey. The cultural practice of removing shoes before going into your home is very common in eastern countries. The practice also exists in some western countries, as well as in the US: Alaska, Hawaii, the northwest and the northeast. Finally, many religions have the practice of removing footwear when one enters the sacred space of worship.

A CBS poll (1) found that 2/3 Americans take their shoes off when they enter their home, while 1/3 keep their shoes on. Younger Americans (18-29) will be more likely (44%) to ask guests to remove their shoes, whereas only 13% aged 45-64 will ask their guests to remove shoes. Some people would say that asking a guest to remove their shoes means you care more about your house than their comfort.

A 2023 study found, among other things, that Cr, Cu, Mn, Pb, and Zn were higher in indoor dust than in adjoining garden soils. (2)

Shoes can pick up allergens, lawn chemicals, and asphalt toxins.

Clostridium difficile has been found on 26% of shoes. This organism can cause inflammation of the intestine, diarrhea, and stomach pain. These infections can result in as many as 29,000 deaths in America per year.

E. Coli is another frequent rider on the soles of shoes. This bacterium is common and comes from feces (poop).

Some would say that we don't want to have a "sterile" home. We need to be exposed to all kinds of potentially harmful things, so we can develop our immune system. Well, let's go outside, enjoy those toxins and develop our immune system. You do not need to bring them into your home, especially if you live with an immunocompromised person or have small children crawling on the floors.

Following the principle that prevention is usually better than treatment my recommendation would be to keep outside shoes outside (whoever does the sweeping and vacuuming will thank you!). Encourage your guests to respect your house and show them respect by alerting them ahead of time so they can bring their own 'house shoe' or you can provide slippers for them. If you need to wear footwear for stability or comfort, purchase a pair of slippers or stable sneakers dedicated to wear only in your house.

- 1. www.cbsnews.com/news/most-americans-are-shoes-off-at-home/
- 2. www.sciencedirect.com/science/article/abs/pii/S0013935122025002?via%3Dihub



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# THE FALL MUMS ARE IN!

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# OPEN 7 DAYS A WEEK 10AM-6PM

1 Grandview Road, down the driveway to the greenhouses. Happy Fall!



Fall mums are in! 8-inch mums, small and large hanging mum baskets, patio pots, and bushel baskets! Fall asters, cornstalks, and pumpkins also available.

Gift certificates are available. We take cash, check and credit. Follow us on Facebook at Green Thumb Gardens, LLC.



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### THE BOW REPUBLICAN TOWN **COMMITTEE SPECIAL EVENT**

If you're concerned about the direction our town, state and the United States are headed, then please join the Bow Republican Town Committee at the Chen Yang Li Restaurant in Bow, 520 South Street on October 17th at 6:00 PM.

We have special guest speakers, snacks, and raffles.

Please RSVP via email prior to the event to receive a free raffle ticket! (events@letsgobow.org).

#### **VOLUNTEERS NEEDED!**

We are looking for volunteers to assist us in connecting with our fellow voters here in Bow. If you would like to join our team and help get out the vote, please email us at events@letsgobow.org to let us know.

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

#### Door Prizes Exhibitors Workshops

See Website for Workshop Schedule and details!

NH



EXPO

FREE to Attend!

Bow, Dunbarton, Weare, Pembroke, & Concord Energy Committees

dunbarton-energy.org

Oct 26 9am-2pm

**Bow Memorial School** 

#### Thank you to our 2024 Sponsors!

**Bow Plumbing & Heating** Lyme Green Heat Sentry Roofing & Solar Master Roofers

**SRsolarNH** 603 Solar Capital Well Mill City Energy

# NH Energy Expo Workshops

Session 1: Home Energy Audit Informational Session

Session 2: Discover Solar

10:30 AM

Session 1: Tax Rebates for Solar Skylights

Session 2: Energy & Climate Policy in NH & Beyond

11:30 AM

Session 1: Heating with Wood and Pellets

Session 2: Heat Pumps & Mini-Spilts for Your Home

12:30 PM

Session 1: NH Button Up: Energy Efficiency & NHSaves

Session 2: Solar and Storage 101

#### Talk to Exhibitors About:

solar panels... skylights... wood heat... heat pumps... geothermal... energy audits, rebate programs... composting... energy policy... wells... roofing... electric vehicles



#### You Could Win!

Programmable Thermostat Energy Efficiency Starter Kit Home Energy Monitor Energy Audit Gift Certificate Free Year of Compost

See Website for full list of door prizes!





Made to Order Hot and Cold Sandwiches



Salads

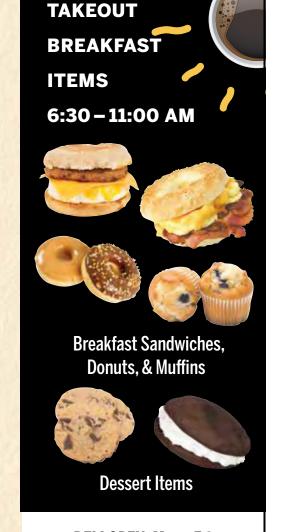


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**Closed Sunday** 

# HOWS TO EXERCISE WITHOUT FEELING LIKE YOU'RE EXERCISING

by Jim Olson

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

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

#### **FIND AN ACTIVITY YOU ENJOY**

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



Jim Olson

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

#### **GO FOR A WALK AFTER DINNER**

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

#### **DO YARD WORK OR HOUSEWORK**

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

#### **MAKE IT SOCIAL**

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

#### TAKE THE STAIRS INSTEAD OF THE ELEVATOR

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

#### PARK YOUR CAR AT THE BACK OF THE PARKING LOT

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

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

#### **THE IF WAY**

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

#### **DISCOVER YOUR NEXT STEP**

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



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

# Boost your energy and strength with a 30-day jumpstart

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# Join us for 30 days towards a healthier you!

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- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

**Apply Today** 

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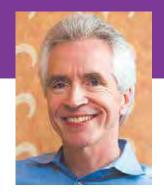




## Real Estate Sales in Hopkinton – AUGUST 2024

ADDRESS	BEDROOMS / BATHS	SQUAR	E FOOTAGE	ACRE	AGE	PRICE
56 Maple Street	1 Bedroom   2 Baths	887	Square Feet	.53	Acres	\$285,000
860 South Road	3 Bedrooms   2 Baths	1530	Square Feet	4.44	Acres	\$510,000
2398 Hopkinton Road	3 Bedrooms   2 Baths	1975	Square Feet	2.77	Acres	\$530,000
687 Hopkinton Road	2 Bedrooms   3 Baths	2046	Square Feet	7.2	Acres	\$575,000
2370 Hopkinton Road	4 Bedrooms   5 Baths	3749	Square Feet	6.7	Acres	\$1,050,000

#### LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!













**Calvin Herst** 

Rolf Gesen

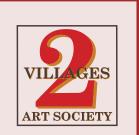
Sandy Heino

John Langill

Steven Lundahl

## "Real Estate the Way It Should Be"





**BEDFORD ARTIST MARCIE ROBERTS TO EXHIBIT** 

"Colorful Contemplations, Abstract Realities."

**September 14 through October 12** 



Marcie Roberts' acrylic paintings are bright and colorful, and whimsical. She is inspired by master artists as well as students she has taught. She feels a special connection with the Spanish masters, including Dali, El Greco and Goya, and the fantasy artist James Christensen.





Opening Reception September 14 from 12:00 – 2:00 P.M.

Light Refreshments & Live Music by Cellist Gary Hodges. Free and open to the public.

846 Main Street in the Village of Contoocook For information visit https://www.twovillagesart.org/

# OPKINTO own Cuer

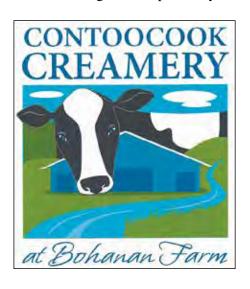
two villages \ one heart

by Kathleen Butcher kathb123@comcast.net 603-724-3452





**THE GARDENER'S BARN** at Beech Hill Farm and Ice Cream Barn is abloom with locally grown mums, asters, kale, cabbage, sedum and ornamentals. There are 75 flavors of delicious ice cream, adorable farm animals, corn mazes, and a sandy play area complete with trucks and diggers. Every year we create two mazes with fun scavenger hunt activities! This year's themes are Rainforest Jumble and Amazing US Jeopardy. Maze-goers search for signs with scavenger clues and complete the puzzles to help navigate through the maze. The farm's 8 acre cornfield is split into two separate mazes with plenty of space for people to enjoy this fun fall tradition. The corn mazes are open daily noon to 7:00 (or dusk) through October 31. The cost is \$7/person and includes both mazes. Children 3 years and under are free. When the season is done, the corn is cut and used to feed our cattle all winter long! Farm open daily Noon-8:00.



#### CONTOOCOOK

**CREAMERY** at Bohanan Farm strives to produce milk of the highest quality to provide the community with a fresh, wholesome, and local product by utilizing the most efficient and environmentally sound practices available. Contoocook Creamery products are available in markets across New Hampshire. You also can visit our farm store for dairy products, including milk in returnable glass bottles, fresh eggs, vegetables in

season, and a selection of meats. The farm store at 945 Penacook Road is open seven days a week during daylight hours. Take the dirt road in and drive all the way to the back.

**THE CONTOOKULELES** is a ukulele meetup group, includes both experienced players and beginners. The group is all about learning, making music, and most of all, having fun! New members are always welcome. Meetings are typically the first and third Tuesdays of the month from 6:00-8:00 in the Community Room at the Hopkinton Town Library.

**WEEKLY BOOK GROUP** Beginning Thursday, September 26, the First Congregational Church of Hopkinton will host a weekly book group will meet Thursday mornings from 9:30-11:00. The book group is not limited to First Church members; anyone in our community who is interested is welcome to join us. This fall the book is All About Love: New Visions by bell hooks (intentional lower case). In her visionary and accessible book, bell hooks offers radical new ways to think about love and sees its interconnectedness in our private and public lives. The meeting will initially be via Zoom. To be added to the book group email list, please contact the office at office@firstchurchhopkinton.org.

A FLOCK OF NEW HAMPSHIRE POETS RETURNS. Save the date for September 19th, October 30th and November 20th. Made possible with support of the Hopkinton Library Foundation. Information available at: www.hopkintontownlibrary.org.

**LIBRARY BOOK CLUB** The Hopkinton Town Library Book Club's selection for September is Circe by Madeline Miller. Author Ann Patchett describes the novel as "An epic spanning thousands of years that's also a keep-you-up-all-night-page-turner." Copies of the book are available at the library and on Libby as an audiobook (get on the Libby waitlist ASAP). 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 at the Library on Wednesday September 18 at 1:00 and again at 4:30.

**CLEAN OUT YOUR CLOSETS** for Changing Lives Equine Center! They are collecting clothing and accessories (scarves, hats, socks, handbags, wallets, ties, belts) and household textiles (bedding, towels, tablecloths, curtains, pillows). All items must be clean and in sellable condition. Please use large bags for donations. Funds raised will support older rescue horses who are used for therapeutic riders, veterans, Special Olympians and 4-H members. For questions or to arrange for pick up, text Kath Butcher (603) 724-3452 or email kathb123@comcast.net. To arrange to drop off donations contact Marcia Evans (603) 746-3884/home (603) 545-5213/cell or email marciadawnmar@tds.net. Donations will be accepted until October 11th. Thank you to those who donated to the spring drive, we raised over \$400 for the Equine Center.

**SECOND HAND ART SALE** The Hopkinton Historical Society of 300 Main St, Hopkinton is holding its Second Hand Art Sale on Saturday, September 28 from 9-1 pm that will be filled with a variety of paintings, prints, sculpture, photography, woodworking, and pottery, etc. If you have items you would like to donate to the sale, please contact the Society at 603-746-3825 or administrator@hopkintonhistory.org with any questions or to schedule pick-up or drop-off of your items.



**ALL ARTISTS FROM AGE 10 TO 110!** 

FOURTH ANNUAL CALL FOR ARTWORK at the Hopkinton Town Library. The theme is smalls (10x10 or smaller). The Hopkinton Town Library Gallery Committee is seeking two and three-dimensional artwork using the prompt: smalls. All media welcome. New work or old. The new show will be installed on the walls of the gallery and throughout the library November 2024 through December 2024. Please submit photos of your work, with your name and a note regarding dimensions and medium by October 1st to info@hopkintontownlibrary.org.



#### **AUGUST 2024 ARREST LOG** 11 Arrests • 1 Accident • 374 Traffic Stops

08/01 Lauren Grano, 36, of 1890 Hopkinton Road, Hopkinton was arrested for DUI.

08/02 Cynthia Milne, 47, of 82 Walker Street, Manchester, NH was charged with Animals in Motor

Vehicles.

08/09 Nathan Windhurst, 18, of 260 Kearsarge Ave, Hopkinton, NH was charged with Reckless Operation.

08/14 Caden Swyers, 20, of 203 Queen Street, Boscawen, NH was charged with Reckless Operation.

08/20 Michaela Mann, 29, of 216 North Road, Warner, NH was arrested for DUI.

**08/23** Maleigha Johnson, 31, of 82 Fisherviller Road, Apt 111, Concord, NH was charged with Drive After Revocation/Suspension and Suspension of Vehicle Registration.

**08/27** Kyle D'Amico, 33, of 32 Tom's Pond Lane, Warner, NH was charged with Willful Concealment and Theft by Unauthorized Taking \$0-\$1000; Nathan Dostie, 36, of 67 Carter Hill Road, Hillsboro, NH was charged with Suspension of Vehicle Registration.

08/28 Luis Vazquez, 30, of 1204 Timber Valley, Nashville, TN was charged with License Required; Op without Valid License.

08/30 Nicholas Bourgoin, 33, of 10 Linwood Drive, Salem, NH was arrested on Warrants and Drive After Rev/Sus.; Lucas Maclean, 32, of 1490 Elm Street #344, Manchester, NH was charged with Drive After Rev/Sus; DUI.



## THE POWER OF REINVESTING IN OUR COMMUNITY

Reinvesting in your community sounds great, but how does one really put that into action?

If you've ever wondered if it matters where you deposit your hard-earned money, let me assure you it does. Not only does banking locally support small businesses (community banks fund more than 60% of small business loans and more than 80% of ag loans), but as locally owned and operated businesses themselves, they are part of the economic engines that create 62 percent of new jobs annually. That's powerful.

Community banks like Sugar River Bank take in deposits and distribute loans that feed into a self-sustaining micro-economy that keeps funds in the local communities. It is all part of a symbiotic relationship that community banks have with their communities. And the proceeds from those businesses employ residents, fund municipalities, and continue the cycle of locally based econom-

If you need more proof just consider the community bank impact on local communities:

- Community banks outpace large banks in the average number of banks operating in both rural and urban markets by a 3:1 ratio.
- Community banks are preferred small business lenders, with an 81 percent net satisfaction score compared to 68 percent for large banks and just 43 percent for online lenders.
- Community banks operate in areas abandoned by others-serving as the only physical banking presence in nearly one in three U.S. counties.

But it is not just about stats. When customers contact Sugar River Bank, they are greeted by a talented team member who is attuned to their needs and empowered to act on their behalf.

And when our employees log volunteer hours in support of local organizations or when Sugar River Bank contributes to community events, we are working toward our goal of ensuring economic prosperity for the community we call home.

At Sugar River Bank we pledge to never lose sight of the all-important "relationship" and the personalized service our customers expect.

Remember, we are all in this together. Community banks like Sugar River



Bank are only successful if our customers and communities are, too. That's why community banks and our relationship business model have thrived for more than 150 years. We know what it takes to create successful local economies. Join us in helping to build a more sustainable, vibrant economy

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# Bow Young at Heart Club Upcoming Events

SEPTEMBER 25, 2004. 11:30 AM - 2:30 PM

The New Hampshire Fish and Game Department will present a program about moose in the state.

OCTOBER 9, 2024. 11:30 AM - 2:30 PM

The club will host Rebecca Rule, NH's own writer, humorist, storyteller and host of the Hometown series on NHPBP. Guests are welcome.

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



#### Trevor Paul Abel to represent New Hampshire at the American Legion Boys Nation

Trevor Paul Abel and 99 other incoming high school seniors represented 49 states and the District of Columbia, attended the 78th session of **American Legion Boys Nation.** 100 "senators" learned a hands-on approach how the U.S. Senate and the federal government function.





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# Travel Time by Chase BINDER | ROBOTS FOR MILKING!

Bud and I often stumble upon something unexpectedly interesting when we're abroad — a perfume maker on the Cote d'Azur, a truffle farm in Croatia, an elephant hospital in Burma.

So, imagine our delight learning that robots were milking cows right up the road at Boscawen's Highway View Farm, a dairy farm owned and operated by the Crete family! Now that's interesting! We couldn't visualize them – modified R2-D2's, kinder versions of the Terminator? We had to find out!



The Lely Astronaut looks a bit like a massive refrigerator.

Full disclosure: we had an inside connection. Our son Eric just married Sarah Crete. Sarah does marketing, her mother Martha does administration, and her brother Adam is the chief operator. The farm was started in 1958 by Adam's and Sara's grandfather, Edgar.

But back to robots. Looking towards the future, the Cretes decided to explore dairy robotics. They found a Dutch company, Lely Industries, which makes agriculture machinery and, yes, milking robots. Lely Center of New England operates out of Vermont and owner Paul Godin explained the Lely philosophy: an innovative robotic design commitment to "free cow traffic" supporting the natural behavior of cows.

Huh? It seems that dairy cows are kind of like people. Godin says they like to be comfortable, have a consistent schedule, hang out with friends when they feel social, or retreat for solitude. They like to be



The robot collects milk and vital data.

milked when their udders are full and eat when they're hungry. Calm cows are happy cows and happy cows produce more milk, better quality milk and stay healthier. Result: the dairy farm is more sustainable and profitable. And cows get to be cows!



Brushes clean and laser-guided tubes do the milking.

Martha and Sarah began our tour with the robot room. They are big red machines, somewhat like a massive refrigerator. They sport the name "Lely Astronaut" and there's a display screen for technical data. Four black tube shapes on the screen represent the cow's four teats. As the robot milks the teats, the display tubes turn white and "fill up." Next to each Astronaut are cut-outs in the wall where we could see the bottom half of the cows as they were being milked (and their faces when they peeked out at us).

The Astronaut works like so: each cow wears a sensor around its neck (a bovine smart watch?). The Astronaut senses the individual cow and records/analyzes health and lactation data for that cow.

Before actual milking, brushes on a robotic arm clean and sterilize the teats and the underside of the udder. Then the milking arm comes out of the robot. It has four tubes and uses laser technology to attach each tube to a teat. Milking begins. Each milking tube connects to clear tubing leading to a collector inside the robot.

But wait! As the milk is collected, it's analyzed to assess the quality, the health of that individual cow and much more. If the milk passes muster, it goes into a larger collector. If not, it's kept separate from the usable milk and disposed of. The data for each cow helps Adam understand the status and needs of individuals as well as the overall herd.

Back to robots milking cows! The robotic system is designed around the cow's need to eat and be milked—basically self-service. When cows feel the urge, they line up by a ramp in the large open barn. They decide themselves and jockey for position on their own. The ramp guides them onto a platform with a gate that stops the cow in the milking position. A feeding bin opens in front of the cow, dispensing the Highway View custom grain blend. Milking begins while the cow is eating. When the milking and feeding is done the gate opens and the cow saunters back to the open barn—full tummy and empty udder. She can now hang out with her pals.



This girl watches us watching her.

It can take two weeks or so for the cows to adjust to a new lifestyle. The system marries state-of-the-art technology with the natural rhythm of cows, hence "free cow traffic"—matching the Crete family's philosophy to stay as close to nature as possible.

Highway View Farm does more than produce milk. They are known known throughout New England, for their own fresh sweet corn, farmgrown meats and local goodies sold at their farmstand. Please visit their Facebook page and their website for more information.



Sarah's twins, Zoey and Liv, are the 4th generation of cow-loving Cretes.

The Lely Astronaut robotic milking system was designed in 1995 and now milks 2.5 million cows in 50 countries around the world.

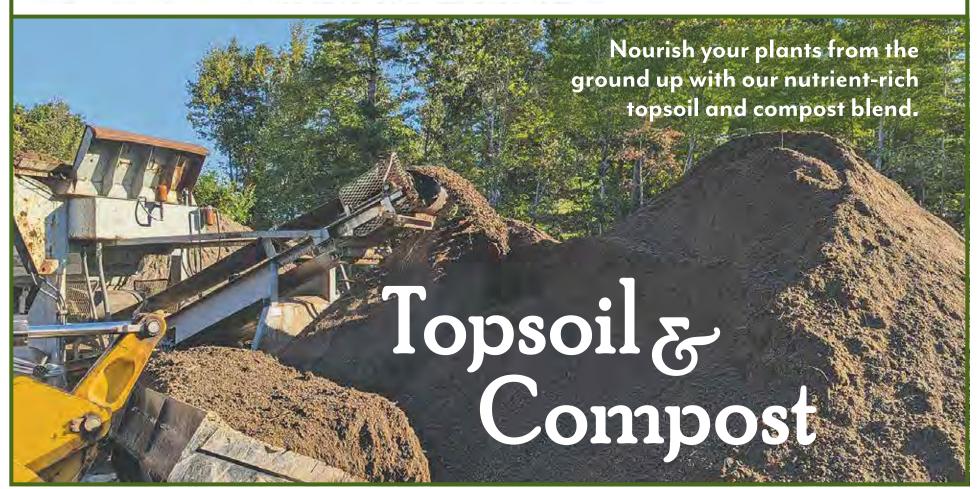
There are 15 Lely Astronauts on 6 farms right here in NH. The Cretes have 2 Astronauts for their 130-strong milking herd and the Astronauts have helped to increase their cows from 2 to 2.7 milkings (about 80 pounds) per cow per day.

www.grumpsnh.com Streamline the order process online! No need to wait in line – just arrive, load up, and you're on your way!



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& Sunday, September 22nd from 8:00 AM to 12:00 PM

We invite you to come out and support the Bow Pioneers! All proceeds go directly toward maintaining our trail system and equipment. It's not just about snowmobiles — we also take pride in supporting the finest mountain biking, hiking, skiing and snowshoe trails for outdoor enthusiasts in Bow and in neighbouring towns. Your support makes a difference!

Locally grown MUMS from Murray Farms in Penacook, will be ready for pick up soon, so place your order NOW!

Choose from Individual 9" plants, Patio Plants and Custom Baskets Plants are available in five colors, Burgundy, White, Gold, Pink and Bronze Individual plants are \$13 each | Patio plants \$27 each

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

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



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**Baker Free Library SEPTEMBER News**  Baker Free Libary | 509 South Street Bow, New Hampshire 03304 Visit our online Calendar to sign up for upcoming programs and events

at bowbakerfreelibrary.org







#### YOUTH PROGRAMMING

#### Nature Explorers | Wednesday, September 18th | 4pm

Become a nature explorer with this after-school club, meeting on the third Wednesday of each month! This group will learn about animals, weather and the natural world, and explore the great outdoors with hands-on art projects and activities.

Recommended for Grades 2 and Up. Please register each month to reserve your spot.

#### **Fall Storytimes**

#### Every Thursday September 19 – October 24th | 10:30am & 1pm

Thursday mornings in September and October, 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, or encourage school readiness with an afternoon 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.

Recommended ages for Thursday *Morning* Storytime is ages 18 Months - 3 Years. Recommended ages for Thursday Afternoon Storytime is ages 3 - 5 Years.

#### Saturday, September 21st | 10:30am

A special, Saturday morning storytime for children and families, offered once per month. Enjoy stories, songs, movement activities and instrument play, followed by open play time with the library's collection of toys and manipulatives. Registration is not required for Saturday Storytimes. All ages welcome.

#### Art Lab | Wednesday, October 2<sup>nd</sup> | 3:30pm

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



#### COSTUME SWAP - DONATIONS ACCEPTED!

#### Community Costume Swap Saturday, October 5th | 10am-12pm **Donations accepted September 21st – October 4th**

Donated costumes and accessories will be accepted at the library between September 21 and October 4, anytime the building is open. Please bring items to the Main Desk. Do not leave items in the Book Drop. All donated items should be clean and undamaged. Any items still unclaimed at the end of the event will be donated.

The following Saturday, October 5th, stop by our Community Costume Swap to browse donated items and accessories. This year, patrons can also browse Concord Public Library's Costume Swap on Saturday, October 12!



#### ADULT PROGRAMMING

#### Free Community Chair Yoga Wednesday Mornings in September & October | 9am

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, el-

derly 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 sessions.



#### Whodunits | Tuesday, October 1st | 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.

October Book Discussion: The Murder Rule by Dervla McTiernan

#### **Book Talk at BFL**

#### Tuesday, October 8th | 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!

October Book Discussion: Bridge to Terabithia by Katherine Paterson

#### White Rock Book Group | Tuesday, October 15th | 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!

October Book Discussion: Bridge to Terabithia by Katherine Paterson

#### IN THE GALLERY

September Exhibit – Drew Groves | August 31st – September 27th The exhibit is centered on two predominant themes:

The Vulnerable - Those creatures I was blessed to have experienced, and that are recognized as having a precarious existence on Earth. They are listed as Vulnerable, Nearly Threatened, Threatened, Protected, Endangered, or even Critically Endangered. I present them so as to highlight their incredible uniqueness and critical importance to the preservation of the balance of our natural world.

Here and Afar: A collection of wildlife (fauna), flora, and landscapes from different parts of the world, as well as from our very local conservation lands in and around Bow and Dunbarton, and other parts of NH.



With the exception of the imperiled representatives from the Belize Zoo (Wildlife Rescue and Rehabilitation Facility), all wildlife photography is of free roaming species in their natural habitats or open ecosystems.



#### THANK YOU, MARTIN!

In his final days at Baker Free Libary, Martin Walters, former library director, oversaw the completion of the new landscaping design. Among many other successful projects during his time here at Baker Free Library, Martin spearheaded this one and saw it through to the very end. Visit the library to take a stroll through this phenomenal new outdoor space!

# **NORA'S DUNBARTON NEWS**



#### DAFFODIL BULBS AVAILABLE UNTIL SEPT'S END

You have until the end of September to purchase bulbs. Remember, the Dunbarton Garden Club is back to offer our community signature daffodil bulbs to commemorate our 20th anniversary of Daffodils for Dunbarton. We're excited to offer five specially selected daffodil bulb packages available for purchase while supplies last. You may recall that from 2005 to 2015, Dunbarton planted 100k!!! daffodil bulbs for our town's 250th anniversary. This year you can join in and be part of our history! Submit your order at our website https://www.dunbartongardenclub.org/daffodils. Please note, bulbs will not be shipped but may be picked up locally in Dunbarton this fall in time for planting. Follow our Facebook page for regular updates. Thank you for your continued support of our club!



11:00a.m. Find them on the stage in the Upper Town Hall for a performance and a beginner lesson! They will bring ukes. No excuses. "Uke" can do it. Fun for the entire family. Check the library's website and their Facebook page for any cancellation notices.

THE SPIRESIDE COFFEE HOUSE will hold an Open Mic at the Congregational Church, 6 Stark Highway North on Saturdays, September 21 and October 19. Performances begin at 5:00pm. Doors will open at 4:30pm for signups. \$5 suggested donation at the door. Coffee, tea, soup and snacks are available, and donations are accepted for the snacks. For more information, contact Lizz@dunbartonucc.org.

**CHAIR YOGA WITH SHERRY** is back and scheduled for Thursdays, September 26 and October 10 at 11:00 am. Meet upstairs. Please be prepared to carry up a chair from the library. Check the library's website and their Facebook page for any changes or cancellation notices.

**DCC BOOK GROUP** This month the Dunbarton Congregational Church Book Group: Beyond the Book is reading Call It Grace: Finding Meaning in a Fractured World by Serene Jones. "Call It Grace reveals Serene Jones as a towering voice of a new, and urgently necessary, public theology for this century." Discussion is scheduled for Thursday October 3, at the vestry or on Zoom. Check the DCC Facebook page for meeting info or contact Barb at Bennett@dunbartonucc.org to confirm date and place.

**DUNBARTON SCHOOL DATES TO REMEMBER** Teacher professional day and students have early release Friday, October 11. No School will be held on Columbus/Indigenous Day on Monday, October 14.

THE LIBRARY BOOK GROUP will read All That She Carried: The Journey of Ashley's Sack, a Black Family Keepsake by Tiya Alicia Miles. A renowned historian traces the life of a single object handed down through three generations of black women crafting a "deeply layered and insightful" (The Washington Post) testament to people who are left out of the archives.

This moving story is winner of the National Book Award, New York Times Bestseller, Frederick Douglass Book Prize, Harriet Tubman Prize, PEN/ John Kenneth Galbraith Award, Anisfield-Wolf Book Award, Ralph Waldo Emerson Prize, Lawrence W. Levine Award, Darlene Clark Hine Award, Cundill History Prize, Joan Kelly Memorial Prize, and the Massachusetts Book Award.

A discussion will be held on Wednesday, October 16, at noon at the library. Check the library's website and their Facebook page for any changes or cancellation notices.



LET'S GO FISHING PROGRAM Beginning Fly Tying with Scott Biron of NH Fish & Game "Let's Go Fishing Program" will be held on Saturday, December 7 at 9a.m. to 11:30a.m. in the Upper Town Hall. Ages 14 and up are welcome. You must register with NHFG ASAP. If you are interested, keep checking for the registration post. Seats fill up quickly.



**TINY ART SHOW** is on display right now at the library. Drop by to see the beautiful artwork through the month of September. The library will return the art after the show ends. Thanks to all who participated.



**HELP CURIOS ON THE COMMON!** Help is desperately needed with Curios on the Common!! Our Curios Thrift shop in the center of town needs your help now. The store has cancelled several openings due to a lack of volunteers. For more information or to volunteer, please call Jackie at 603-568-6488. Thanks.

# **DUNBARTON POLICE DEPARTMENT**

#### **AUGUST 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.

8/3 Victor Lema, 19, Claremont, was charged with driving after revocation/ suspension - subsequent offense, operating without a valid license - subsequent offense, unregistered vehicle, speed, and non-inspection.

8/6 An individual was taken into protective custody for a mental health evaluation.

8/8 Alaina Ferguson, 52, Dunbarton, was processed on three (3) electronic bench warrants for non-appearance in court on the original charges of possession of a controlled/narcotic drug, bail jumping, controlled drug act, and possession of a controlled/narcotic drug - subsequent offense.

8/9 David Trnka, 49, Goffstown, was charged with driving after revocation/ suspension, operating without a valid license, and suspended registrations.

8/16 Guy Kabate, 21, Manchester, was taken into custody on an electronic bench warrant for non-appearance in court on the original charge of driving after revocation/suspension. He was also charged with driving after revocation/suspension, unregistered vehicle, and non-inspection.

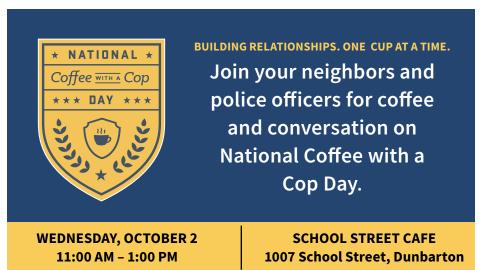
8/17 Justin Fouts, 29, Belmont, was taken into custody for reckless operation, unregistered vehicle, non-inspection, and stop sign.

8/23 Jose Cela Castro, 31, Milford, MA, was charged with driving after revocation/suspension, operating without a valid license, and speed.

8/30 Judith Romein, 78, Goffstown, was taken into custody for driving or operating under the influence of drugs or liquor.

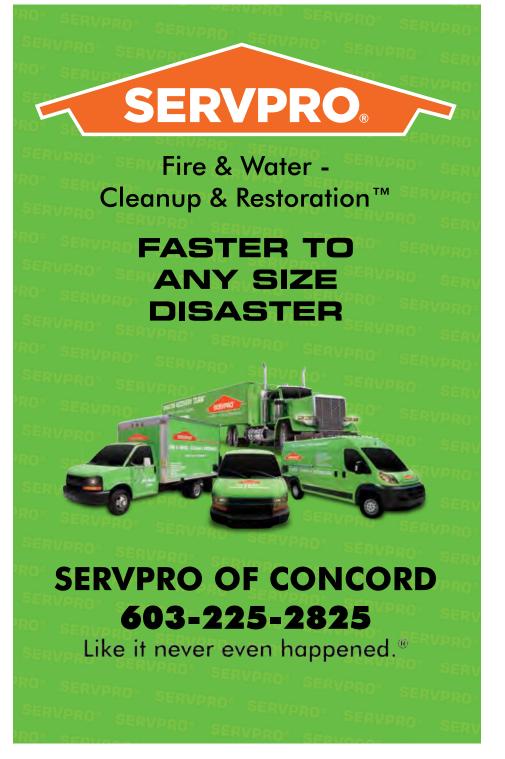
In addition, during the month of August, 24 traffic citations were issued for offenses that included speed, stop sign, non-inspection, unregistered vehicle, equipment violation, following too close, expired license, and failure to obtain a NH license. Some citations may have been issued in conjunction with an arrest. Police also issued one (1) OHRV citation for operating on a public way.

For our complete August, 2024 Monthly Report please visit our Facebook page at Facebook.com/DunbartonPolice or website at dunbartonnh.org/police-department/pages/monthly-reports



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**BIANCA CONTRERAS REALTOR** Cell: 603-491-8849 bianca@hometown603.com



SABRINA O'KEEFE REALTOR Cell: 603-724-7138 sabrina@hometown603.com

#### REAL ESTATE SALES IN BOW — AUGUST 2024

#### Serving the areas in and around Merrimack County.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
13 Evergreen Drive	2 Bedrooms   2 Baths	512 Square Feet	1 Acres	\$475,000
6 Chandler Circle	3 Bedrooms   2 Baths	1472 Square Feet	2.10 Acres	\$485,000
74 Woodhill Hooksett Road	3 Bedrooms   2 Baths	2090 Square Feet	3.3 Acres	\$560,000
22 Red Pine Drive	5 Bedrooms   3 Baths	2662 Square Feet	1 Acre	\$575,000
10 Briarwood Drive	3 Bedrooms   3 Baths	2172 Square Feet	3.16 Acres	\$603,000
186 Woodhill Hooksett Road	4 Bedrooms   2 Baths	2426 Square Feet	3.52 Acres	\$629,500
9 Hampshire Hills Drive	4 Bedrooms   3 Baths	3332 Square Feet	2.5 Acres	\$635,000
22 Cedar Lane	3 Bedrooms   3 Baths	2396 Square Feet	2.06 Acres	\$640,000
19 Hampshire Hills Drive	4 Bedrooms   3 Baths	2434 Square Feet	3.2 Acres	\$685,000
13 Stoney Brook Road	3 Bedrooms   3 Baths	2745 Square Feet	2.02 Acres	\$783,813
21 Rocky Point Drive	4 Bedrooms   3 Baths	3695 Square Feet	1 Acre	\$776,000
6 Chelsea Drive	5 Bedrooms   3 Baths	3380 Square Feet	3.75 Acres	\$896,000
20 Astor Lane	4 Bedrooms   3 Baths	2738 Square Feet	2.85 Acres	\$905,000
17 Heidi Lane	4 Bedrooms   3 Baths	4247 Square Feet	2.24 Acres	\$929,000
27 Heidi Lane	4 Bedrooms   5 Baths	5068 Square Feet	3.20 Acres	\$930,000
32 Hamilton Court	4 Bedrooms   4 Baths	3876 Square Feet	2.18 Acres	\$979,000
9 Crescent Drive	5 Bedrooms   6 Baths	5544 Square Feet	2.38 Acres	\$1,275,000
7 Smokey Road	4 Bedrooms   4 Baths	4926 Square Feet	2.10 Acres	\$1,485,000

#### REAL ESTATE SALES IN DUNBARTON — AUGUST 2024

#### We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1102 Montana Road	2 Bedrooms   2 Baths	1352 Square Feet	13.3 Acres	\$300,000
36 Long Pond Road	3 Bedrooms   2 Baths	1633 Square Feet	1.41 Acres	\$406,000
192 Grapevine Road	4 Bedrooms   3 Baths	2072 Sauare Feet	7.02 Acres	\$719.000

Sales Data for AUGUST 2024 is provided by the NHMLS.



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



The Bow Athletic Club 4th Annual BACtober Fest

**SATURDAY, SEPTEMBER 28, 2024** 

4:00 TO 8:00 PM 35 Albin Road (Hanson Park)

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

After the race meet us at Gergler Field for the best block party in town which features: BBQ, Cornhole, music, and a beer tent... and Fireworks!

**ADULT \$40 5K YOUTH \$30 KIDS GOSLING GALLOP \$10** POST RACE CELEBRATION \$7 Grab your friends or coworkers and create a team. Fundraise \$100 and get a super snazzy BACtober Fest hoodie.



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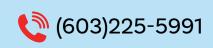


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#### LIVING WITH **GRIEF SUPPORT GROUP**

**Tuesday, September 24** 3:00 to 4:30 PM **Wesley United Methodist Church** 79 Clinton St., Concord

This eight weekly group session offering for adults is a safe, caring space to share and learn alongside others whose lives and hearts have been broken open by loss. Together we discuss ways of coping with our grief and the challenges of making our way in a changed world. We welcome people who have suffered the loss of any beloved - in a partnership, family of origin, family of choice, or friendship.

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

#### Registration is required.

This program is offered at no charge. Masks optional.

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# **BOW FIRE DEPARTMENT**



#### **JULY 2024 RESPONSE**

**ACTIVITY LOG** 



- **22** Basic Life Support Transports
- 29 Advanced Life Support Transports
- **18** Fires/Hazardous Conditions/Alarms
- **Motor Vehicle Accidents**
- 15 False Alarms/Good Intent
- **12** Service Call Incidents
- **Overlapping Incidents**
- **Total Calls for the Month**

#### **NEW TO THE CREW**



# **TIM BALDASSARE**

Tim joined us in late July. He's a 16 year veteran of the fire service; a Paramedic who came to us from the Loudon Fire Department.

Tim's married and has a 10 year old son. He is avid about mountain biking!



#### **MEET PAUL KELLY**

Paul Kelly came to us via the Windham Fire Department.

He's a United States Navy veteran, married with 2 kids.

Paul is a Firefighter and AEMT, and is a professional photographer.

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**BOW EMERGENCY SERVICES** 



# Have with The Bow Times



Casi, Zoey, and Aaron Jewett with the Bow Times in front of the Louvre in Paris, France.

Send your travel photo to nmannion1@comcast.net and The Bow Times will share it with all of our readers!

# **WHY? Do We Say...** "Butter someone up"

Meaning: to flatter in order to gain favor

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# BOW HIGH SCHOOL SPORTS SPOT

by Matthew Mampuzha, Bow Times Sports Editor Photos | Chip Griffin



#### FIELD HOCKEY BEGINS WITH WINS



Midfielder Sophia Coombs (#13) defends against a ConVal player.

Kayla Croscut and junior captain Josephine "Josie" Johnson, began their season on Friday, August 30th with a win at home over the ConVal Cougars' field hockey program. The Falcons are coached by Coach Sarah Vaughn, in her second year as Bow's field hockey coach.

Goals were scored by a diverse mix of players. Three goals were scored by Gray, but Johnson, sophomores Kaylee Jacques and Shire Kelley, and freshman Peyton Vaughn all scored as well. On top of this, Gray, Jaques, Kelley, and Vaughn all assisted goals.

After this strong showing, however, the team has not cowered down, defeating the Laconia Sachems 10-0 on the Sachems' own home turf and winning against Hanover at home 4-1.

#### FOOTBALL SEASON KICKS OFF



Quarterback Brady Lover (#12) celebrates after scoring a touchdown.

The 2024 Bow Falcons football squad started their season with a tough 13-34 loss against a Pelham Pythons team that hadn't lost in 41 games, which, according to the Concord Monitor, is the fourth-longest ongoing high school football win streak in the nation.

Although the scoring began with a long touchdown run by a Pelham running back, Bow replied right back with a drive that ended with a rushing touchdown by senior quarterback Brady Lover. From there, however, Pelham put up 28 points unanswered save for another rushing touchdown by Lover.

This year's Falcons team is led by senior captains Lover (quarterback and defensive back), Jackson Hall (guard and defensive end), Harrison Denise (tight end and defensive back), Jonathan Gancarz (running back and defensive back), and Adam Auclair (tight end and linebacker).

"I am pleased at the number of athletes desirous to represent Bow on the gridiron," said coach Paul Cohen, entering his 24th season as head coach. "We do return a lot of experience from last year's team, and there have been some rookies showing considerable skill," he added.

#### **BOYS SOCCER TIES IN SEASON OPENER**



Senior captain Ethan Anderson #13

In a disappointing game, the Bow Falcons boys soccer team tied the Kingswood Knights at home despite the Falcons being the defending champions of Division II. The Falcons were down 0-1. Thankfully, a goal scored by sophomore Milo Cocola towards the end of the game saved the team from starting out their season with a loss.

The following game against Lebanon ended with a 0-2 loss against a Lebanon team they had beaten in the championship game the previous season.

The Falcons' third game, at home against the Campbell Cougars, was a sour 2-3 loss. At the end of the first half, the Falcons were leading 2-0 due to goals scored by Cocola and senior captain Ethan Anderson, but three unanswered goals by Campbell caused Bow to lose. This game was special as Brian O'Connell was in attendance. Mr. O'Connell is Bow High School's former principal and is currently the superintendent of Campbell High School's school district.

Anderson and fellow seniors Keenan Hubbard and Luke Hartshorn are captains this year. Coach Josh Smith is entering his second year as head coach.

#### GIRLS SOCCER WINS FIRST 3 GAMES



Foreground left to right: Seniors Lexi Insana, Vivian Madden, Abby Foote, and Maeve Nadzan.

The Bow Falcons girls soccer team, led by senior captains Abby Foote and Lexi Insana, won their season opener against Kingswood 5-1. Insana scored two goals, and senior Lexana Farr, sophomore Brylie Gelinas, and freshman Marissa Reyes all scored one goal each.

The Falcons continued their streak with a 1-0 win at home against Lebanon, where the lone goal was scored by junior Ashley Wallen, assisted by sophomore Cara Van Dyke.

The team then tied a strong Keene team 3-3, in which Wallen scored another goal in the 4th minute, followed by two Lexana Farr goals.



# **OBITUARIES**

# **ALLAN E. BARRINGTON**

Allan E. "Big Al" Barrington, 81, formerly of Bow, passed away July 18, 2024, in Spring Hill, Florida. Born in Orange, NJ to Frank and Ruth (Barone) Barrington, he played football and graduated from West Orange High School. He then served proudly in the United States Marine Corps from 1962 - 1966.

The family settled in Bow, in 1974, where Allan met and married Maureen. They were married for over 30 years. He worked in the insurance industry, including several years alongside his sons. He coached football in Bow, Concord and Hooksett, and is still known as "Coach" to many.

Allan was a member of Bow Men's club and also a volunteer firefighter, a Loss Control Engineer, Deputy Sheriff, and Safety Coordinator for NH Department of Transportation.

Allan leaves behind four sons, Mark (wife Jennifer), Michael, Matthew (wife Tonya), and Andrew (wife Shelly) Barrington, a sister Marilyn, and many nieces, nephews, six grandchildren and three great grandchildren.

# MICHELLE M. COTNOIR

Michelle M. Cotnoir, 71, long time teacher in Hopkinton, died July 25, 2024, at Elliot Hospital following a lengthy illness. She was born in Putnam, CT., on October 1, 1952, the daughter of Gerard and Leona (Lavigne) Cotnoir. She earned her bachelor's degree from Assumption College and her master's degree from SUNY Buffalo.

She taught French at Hopkinton High/ Middle School. Over the course of her career at Hopkinton, in addition to her teaching, Michelle served at various times as assistant principal, department chair, class advisor, and as a representative of the Hopkinton Education Association. Most importantly, she was admired and loved by her colleagues and her students for her excellent teaching over her forty-year career at Hopkinton.

Family members include her loving husband, Gary Samson of Concord; one son, Gerard J. Samson and his wife, Taylor Young of Boston; two brothers, Marc Cotnoir and his wife, Laura of Woodstock, CT., Ernest Cotnoir and his wife, Madeline of Putnam, CT.

Donations in her memory may be made to Hopkinton High/ Middle School for the French Exchange program that Michelle was instrumental in creating.

# THOMAS JOHNSON JR.

Thomas Harvey "Tom, Bampa" Johnson, Jr., of Contoocook passed peacefully with family by his side on August 7, 2024. Born on July 24, 1934, in Concord, the son of the late Thomas H. Johnson, Sr. and Isabelle M. Downs Johnson, Tom was a lifelong resident of the town of Hopkinton.

Tom attended elementary and high school in Hopkinton, graduating from Hopkinton High School in 1952. He went on to attend the University of New Hampshire in Durham, graduating in 1956. On June 19, 1954, while still in college, Tom married the love of his life and high school sweetheart, Beverly Ann Martin.

Tom's work ethic was evident from a young age. He began working with his father on the Sand Bank Farm truck route, helping with milk deliveries.

A committed public servant, Tom served as a Selectman for the Town of Hopkinton from 1966 to 1980 and was elected Town Clerk in 1981, holding the position for 18 years. He was known for his dedication. Tom also served as a Justice of the Peace, performing countless marriage ceremonies in a variety of settings for family and friends.

Tom loved sports and coaching kids. He was part of the UNH track and field team, played in the Sunset Baseball League in Concord, the Contoocook Men's Softball League, and the Henniker Men's Basketball League.

Tom was an active member of the Hopkinton Community Center for decades, Contoocook Grange #216, a 25+ year member of the Horace Chase Lodge #72, and an Honorary Kentucky Colonel.

#### IRVING PRESCOTT PEVEAR

Irving Prescott Pevear, 79, passed away on Saturday, August 10, 2024, surrounded by his loving family in Dunbarton.

Irving was born in Exeter, February 17, 1945, to Hollis and DeEtta (Prescott) Pevear. He graduated from Sanborn Seminary in Kingston, in 1964 and joined the United States Army in June of 1965 serving as a military police officer.

He married Stella (Zupetz) Pevear and resided in Brentwood, where they were blessed with two children, Sherri and Hollis.

Later in life he reconnected with his highschool sweetheart, Jacquline (Townsend) Mc-Carthy and moved to Dunbarton. where they enjoyed traveling the world and spending time with their grandchildren.

Irving was a proud veteran who enjoyed fishing, hunting, 4-wheeling, watching Nascar and the Boston Red Sox. He was a lifelong member of the Elks Club and will be remembered as a hardworking man with many talents.

Irving was deeply loved and will be greatly missed by many: his partner Jackie of 25 years; daughter Sherri (Jeff) Knight; son Hollis (Chando) Pevear; Karen & Moe Berube; Kathleen McCarthy; and grandchildren Samantha (Jim) Campanaro; Daniel (Maya) Mullin & Allyson (Joey) Smith.

# **JACQUELINE RUGGLES**

Jacqueline (Jackie) Ruth Ruggles of Concord and Hopkinton left this world on September 1, 2024, at the age of 80.

Born December 31, 1943, in Henniker, Jackie was the daughter of Edwin and Margaret (Moody) Mole. Jackie graduated from Hopkinton High School in 1961. That same year, she was elected Miss Hopkinton, representing Hopkinton High School in the Concord Kiwanis Club Trade Fair where she was crowned Miss Kiwanis Trade Fair Queen 1961.

Jackie, the embodiment of grace and strength, had a natural gift for making people laugh. Her sense of humor prevailed even through her final days; her beautiful smile and joyful spirit were a gift to all who knew her.

Jackie is survived by her husband of 53 years, Jon Ruggles; her sister, Maureen Gutter of Port St. Lucy, FL; her children, Cheryl Addario-Denver and husband Stony Denver of North Port, FL; Lynda (Addario) Megan and husband Jay Megan of Annapolis, MD; Toni Marie Addario and husband Dale Walter of Boston, MA; Christopher Ruggles of Concord; Jacqueline (Jackie) Sophia Ruggles of Concord; Earl Laliberte of Concord; Sharon (Ruggles) Gilmore and husband Freddy Gilmore of Whitney, TX; and Margery (Ruggles) Harner and partner Sharon Wood of Whitney, TX.

In lieu of flowers, the family requests donations be made to the SPCA, or to the Vermont Adaptive Ski Program, Warren VT.

#### **BRUCE SALSBURY**

Bruce Salsbury of Hopkinton, passed away on August 29, 2024, at the age of 85, after a period of declining health.

Bruce graduated from UNH where he joined ROTC and served in the Air Force for 7 years. While on active duty he attended Squadron Officers School in Montgomery, Alabama, the Foreign Service Institute in Arlington, Virginia, and served at Military Air Command Headquarters in Saigon, Vietnam. His final tour was at the Pentagon in Washington DC. After leaving the Air Force, Bruce then worked for IBM for 30 years

Bruce was President of the Hopkinton Rotary Club and was a board member of the Hopkinton Historical Society. Bruce could often be found running, skiing, playing tennis, climbing mountains and documenting his adventures through the photos he took.

He is survived by his loving wife Cindy, of 63 years. And also survived by his daughters Lisa Graham and Karen LaPage and husband Kenny. He is also survived by grandchildren Ryan and Lauren Graham and Kyle LaPage and his wife Becca, and Kolin and Kori LaPage.

#### SUE B. STRICKFORD

Sue B. Strickford, 79, a life-long resident of Contoocook, passed away on August 2, 2024, at her home.

Sue was born May 5, 1945, to the late Robert and Frances (Robertson) Brown. She graduated from Hopkinton High School in 1963. Sue married the late Richard Strickford, Jr. and they raised their four children in Contoocook. She is survived by her daughter, Sandi Babson (Steve) of Warner and their son Nick (Sophie) of Mittagong, NSW Australia and daughter Kate Wardell (Chris) of Warner, son Brian (Tina) of Milan and their son, Korey (Kayla) of Berlin, son Dan of Raleigh, NC, and daughter, Melissa (Todd) of Warner and their son Cy and daughter Madi, both of Warner.

Sue began her 40+ year career serving the Town of Hopkinton when she was elected to the part-time Hopkinton Tax Collector position in the 1970s where she held office hours in her home in Contoocook. She served as the Deputy Town Clerk to long-time Town Clerk Thomas Johnson, Jr. until his retirement. The Town Clerk and Tax Collector positions were then combined, and Sue held both of those roles until her retirement in 2012.

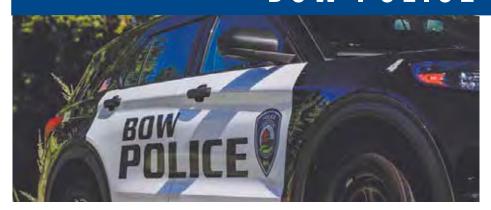
Sue exemplified the meaning of community spirit and could be found cheering on generations of Hopkinton sports teams, attending town and school events and concerts, volunteering at town and state elections, and taking part in community activities.

She will be remembered for her kindness and boundless generosity. Sue was dearly loved and will be missed by many.

In remembrance of Sue, please consider your own act of local kindness or gift. Small acts of service make a big impact.



# BOW POLICE DEPARTMENT



# **BOW POLICE DEPARTMENT AUGUST ARREST LOG**

**8/3** Mohamed, Mohamed, 29, Manchester, was summoned for operating after suspension

**8/4** Joesph, Musumeci, 40, Manchester, was arrested on a Manchester Police Department warrant for unsworn falsification.

**8/5** Brittany Grincewicz, 34, Manchester, was arrested for breach of bail

Molly Strempfer 34, Bow, was arrested for domestic violence-related simple assault

**8/28** Benjamin Haines, 28, Manchester, was summoned for operating after suspension

**8/31** Ashley Dlubac, 34, Concord, was arrested for domestic-related simple assault



## **WE'RE HIRING!**

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The Bow Police Department is hiring two Patrol Officer.

We are seeking an intelligent, motivated person who possesses good writing and communication skills, likes working with people to solve community problems, and is highly motivated to work in our police department.

#### **Compensation and Benefits:**

- Wages are based on a nine-step scale, starting at \$59,155.20 up to \$72,072.
- Eleven (11) paid holidays, Medical (w/ Buyout option)
- Dental and life insurance.
- Accrual of annual and sick leave.
- Officers typically work a 4/3 schedule and rotate everythree (3) months.
- Participation in Group II of the NH Retirement System.
- Full uniform & equipment provided by the department Email your resume & cover letter to Lt. Phil Lamy at

PLamy@bownhpd.gov

#### **COMMUNITY SERVICES**

# VACANT HOUSE 👺

The Bow Police Department offers vacant house check services. A police officer will periodically check on your house to make sure the doors are locked, no windows are broken, and will call the homeowner if anything seems out of place.

Apply for a vacant house check online or stop by the station and fill out a form in the lobby!



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.

#### **ANNUAL AWARDS CEREMONY**

Our annual awards ceremony took place on August 27th. We recognized and honoured the exemplary service of our officers and the civilian staff who go above and beyond to protect and serve our community.

Congratulations to all award recipients!

ERIC ANDERSON | Photos



The 2023 Officer of the Year Award went to Officer Harry Handy!



Chief Miller presented Officer Serena with the Certificate of Appreciation.



Officer Ricardo Saint-Marc earned the Chief's Letter of Commendation.



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#### 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

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**South Street Market** 

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