



The Bow Times

“Of the People, By the People, For the People”

ECRWSS
PSRST STD
U.S. POSTAGE
PAID
PERMIT #130
Portsmouth, NH
POSTAL CUSTOMER

VOL 31, NO. 10 | OCTOBER 2024

www.thebowtimes.com | FREE

DUNBARTON NEWS ON PAGES 15-16

DOW ROAD AND ROUTE 3-A TIF DISTRICT PROJECT PLANNED

The Granite State Industrial Center of Dow Road can be expanded if the intersection with Route 3-A is modified. That is a proposal made to the Business Corridor TIF Board by Amber Bow Associates for Phase 2 of the Center. Amber Bow told the Board on October 2 its site engineer, Tim Bernier, had designed a simple plan which adds a turning lane from Dow Road going south onto Route 3-A, and a second turning lane proceeding from Route 3-A in a southerly direction turning onto Dow Road.

The proposed intersection upgrade will be a significant traffic flow and safety improvement. Approximately 2,000 SF of right-of-way will be needed from the northwest and southwest property owners to complete the upgrade. The property owners have indicated their willingness.

Also, Dow Road, beneath Interstate 93 overpass needs to be re-feathered and Liberty Utilities is requiring an upgrade of the gas line.

When all Phases of the GSIC Project are completed the estimated per annum real estate taxes should be in excess of \$200,000 per year.

COLBY LAND DONATION TO BOW OPEN SPACES

On September 23, 2024, Bow Open Spaces completed the donation of a property from Kathy Houghton.

Located on Woodhill-Hooksett Road, this property will be known as Colby Houghton Family Memorial Forest.

This is the second property conserved by Bow Open Spaces this year, with the donation ensuring the permanent protection of land that the Houghton family has farmed and enjoyed for decades.



STONE SLED ANTIQUE SLED BOASTS SHOU SUGI BAN REBUILD

David Morrison, Joe Serratore, and Gary Cole, have successfully rebuilt from scratch the antique stone sled that graces the entryway to the Stone Sled Condominium neighborhood.



The three amigos (L-R) David Morrison, Joe Serratore, and Gary Cole

Only the metal rails were used from the original sled. The wood was treated using the ancient Japanese method called Shou Sugi Ban, which involves charring the wood, then brushing with a wire brush before applying a Tung Oil finish. The technique makes the wood water, insect, and rot resistant and should last for decades. On September 5, the sled was assembled and installed with real stone from a quarry! Subsequently, the pumpkin fairy, June Connor, arranged pumpkins all around to help celebrate this newly refinished beauty!

HOPKINTON-CONTOOCOOK NEWS ON PAGES 17-18

TWO VILLAGES ART SOCIETY CELEBRATES ITS FIFTH YEAR!



Five years ago, a group of Hopkinton residents got together and put up an art exhibit in a temporarily empty town building. Today, the Bates Building on the main street of Contoocook is the home of a thriving art gallery which has displayed the work of more than 300 artists and become the go-to spot for local art lovers. On October 19, the Two Villages Art Society is celebrating its fifth birthday, along with the opening of its 47th exhibit.

GIRLS' SOCCER GAME LEADS TO ARMBAND DEBATE AND A LAWSUIT OVER EXCLUSION OF PARENTS



On Tuesday, September 17, 2024, despite a new state law saying that athletes in grades 5 through 12 have to play on the team that matches their gender at birth, two transgender girls from Plymouth and Pembroke were playing girls' soccer after Judge Landya McCafferty put a temporary hold as the law might violate Title IX of the Civil Rights Act. Outraged parents decided to go to the Bow game to peacefully protest by wearing pink armbands with two XXs on them to symbolize the female chromosome structure.

Bow residents Andy Foote, Kyle Fellers, and others believe that biological males should not play sports on women's teams. The New Hampshire legislature and Governor Sununu agree and just recently enacted a law to that effect.

Several parents showed up to watch the soccer game between Bow and Plymouth wearing pink armbands as symbols of support for girls-only sports. This upset some parents of a different view who complained about the armbands. Sports officials stopped the game, demanded the pink armbands be removed, and issued police enforced "no trespassing" orders against at least two parents.

Anthony Foote of Bow said:

"My daughter's playing in the homecoming game this weekend, and I'm banned until the 23rd. I can't watch her play in homecoming – which is ridiculous."

Bow resident and father, Kyle Fellers said a Bow police officer insisted that Fellers immediately leave all school property. Because Fellers still had to pick up his children and sister – who had attended the game – he refused to leave without them.

ARTICLE CONTINUES | Page 5

WINNER OF 25 NH PRESS ASSOCIATION AWARDS

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

LOW TAXES ARE THE RESULT OF LOW SPENDING

The Bow Times

Publisher: The Bow Times, LLC
 Editor: Chuck Douglas 224-1988
 Co-Editor: Debra Douglas
 Sales and Prepress Design:
 Nadeane Mannion 715-8106
nmannion1@comcast.net
 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
 Dunbarton News - Nora LeDuc
 Hopkinton News - Kathy Butcher
 Photographer - Eric Anderson
 Printer - Gannett Pub. Services

**Mailing address for news
 or notices:** 14 South Street,
 Concord, NH 03301
Email: info@thebowtimes.com

DEADLINES: 1st of each month;
 classifieds must be prepaid - cash or
 a check payable to The Bow Times.

ADVERTISEMENT ERRORS:
 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.

POLICY: for Letters to the Editor
 Letters are printed on a space
 available basis, should be no more
 than 200 words, and include author's
 name and town. It is the sole
 prerogative of the Editor to determine
 whether a submission satisfies our
 requirements and decency standards.

PHOTO SUBMISSIONS:
 Submit event and article photos
 to Nadeane Mannion
nmannion1@comcast.net

CORRECTIONS POLICY:
 We strive to present accurate news
 reports. We will correct factual
 inaccuracies in our coverage.
 We encourage readers to tell us
 if we have made a mistake.

Postal Information: Bulk rate
 postage paid at Portsmouth, N.H.
 Postmaster. Send address changes to
 the Bow Times Permit #130.

**A proud member of the New
 Hampshire Press Association**

EDITORIALS

TRUMP'S OWN WORDS ARE THE REASON I CAN'T SUPPORT HIM

As the oldest candidate for president in history, at age 78, either his family history of dementia is kicking in or Trump is willfully uninformed. Latest samples:

UKRAINE: "What deal can we make? It's demolished. The people are dead." Really? Tens of millions of Ukrainians are alive and their army has even seized part of Russia. Trump is ready to turn his back on their brave fight.

OBAMACARE: For years Trump has said he will replace Obamacare, the Affordable Care Act. In the 8 years since 2016 what has he come up with? In the September 10 debate he said he only has "concepts of a plan." Wow!

DEBATE: Speaking of the debate, Trump claims he won "every poll, in one case 92-8." Really? Every poll I read said Vice President Harris won. The 92% win must have been his staff.

THE GREAT DEPORTATION: Trump claims he will deport every one of the 11,000,000 illegal immigrants. But when he had a chance as President he deported only 2 million people according to the US Department of Homeland Security. Who deported more? From fiscal year 2009 to 2012 Barack Obama deported 3,200,000 people.

THE CHINESE TRUMP BIBLE: In March Donald Trump announced the sale of the Trump Bible for \$59.99. What he didn't tell his faithful is that the Bibles were printed in Hangzhou, China for three dollars each. "They are stealing our jobs" Trump has told his rally crowd. So why not made in America for the "God bless the USA" bibles? Profit over Principle should be Trump's new motto.

And granddaddy of them all, relying on an erroneous Facebook post from some woman in Ohio, he said immigrants in the town of Springfield "are eating the dogs. They are eating the cats."

If that reflects his staff at work we are in trouble.

So the bottom line is you should vote for Republicans below the circle for president if you want to control spending and taxes. Bow has four House candidates who will keep taxes and spending down, so those Republicans deserve support: Matthew Poulin, John Martin, Dave Germain, and Darleen Gildersleeve. (Pictured on right, standing left to right, respectively.)

If you can't vote for Kamala Harris, you can still vote Republican for President by writing in two words: Liz Cheney.



BANNED IN BOW

On Tuesday, September 17, 2024, the Bow school system clearly violated the First Amendment when it told a resident he could not come on school property "until further notice." His offense? Wearing a pink armband with two XXs on it.

It is ridiculous, but schools apparently need to be reminded about the First Amendment. Obviously decades without teaching civics has taken a toll on our understanding of First Amendment peaceful dissent.

Back in 1995 at the Londonderry annual school meeting, Patrick Sheridan attended wearing a sweatshirt that said, "It Shouldn't Hurt to be a Londonderry Homeowner." Of course, the content of the message offended the pro-tax school moderator, so Mr. Sheridan was not allowed to attend if he wore the shirt. \$22,000 in taxpayer money was paid to Mr. Sheridan after he filed suit in federal court.

Federal Magistrate Judge James Muirhead said:

"The school district erred by calling Mr. Sheridan's shirt a "sign" and by banning it because it might have offended others seated near Mr. Sheridan. Other voters with writing on their clothing were not excluded."

In the Vietnam War era, student John Tinker wore a black armband at his high school in Iowa to silently protest the controversial war. The school suspended him, but his federal lawsuit made it to the United States Supreme Court. In its 1969 opinion, the court said:

"The First Amendment right of free speech includes not only the affirmative right to speak, but also the right to be free from retaliation by a public official for the exercise of that right."

The Supreme Court reminded us all in the 2011 case of Snyder v. Phelps that "in public debate we must tolerate insulting, and even outrageous speech." That is why even Title X protecting women's sports cannot supersede the First Amendment to the Constitution.

In a violation of a parent's right to attend a public event like a soccer game, Superintendent Marcy Kelley told Bow parent Kyle Fellers:

"I am writing to inform you that you are hereby prohibited from entering the buildings, grounds, and property of the Bow School District, including but not limited to all school administrative office buildings, parking lots, and athletic fields, until further notice. You are also prohibited from attending any Bow School District athletic or extra-curricular event, on or off school grounds."

Bow School District owes the parents an apology as soon as humanly possible for retaliating against a message that it thinks is not politically correct.

Being offended by a MAGA hat or a rainbow tee-shirt is part of life at a game, and those offended have to suck it up. Once governments start censoring a message, they are way over the line.

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

VOTE PAM EAN

for State Senate

District 15 – Concord, Hopkinton and Bow



LEGISLATIVE PRIORITIES:

- ★ Hold both the State and Federal governments to their constitutional authority.
- ★ Protect the rights of New Hampshire citizens to make their own financial, educational and medical choices without government interference.
- ★ Control government spending to promote economic growth:
lower taxes, and fees, eliminate policies which raise electric rates, and end burdensome regulations.

Empowering Individuals – Not Big Government!

VOTE NOVEMBER 5TH!

ABOUT PAM...

I am a single parent who knows how hard it is to make ends meet. Government which aims to take your hard earned money does not help working families. The money you earn belongs to you; not to the government. I promise to vote against any tax increase, any and all broad based taxes, and to protect election integrity.

I am a retired public school teacher, with a Master's Degree in the Foundations of American Government. I am a former police officer and emergency medical technician.

If you want a candidate who has the courage and determination to stand up for your rights, and will work to stop the continued encroachment of government into our lives, please support me in my efforts to curb irresponsible government spending, and to enact sound legislation that supports the growth of small businesses and New Hampshire's economy.

When Liberty Prevails, Everyone Benefits!

Paid for by Pamela Ean. Garret Ean fiscal agent.

Making our community a better place.

That's MERRIMACK Style.



Merrimack County Savings Bank will be collecting socks at all our locations this October as part of #NHBanksGiveBack. Let's come together to help our neighbors in need.

Bring your new socks of all sizes and make a difference!

Scan for branch locations and lobby hours.



* Scanning this QR code may result in additional charges from your carrier or phone service provider.



THE PUMPKIN PATCH IS OPEN!

**Pumpkins of all shapes and sizes ... for all your needs!
Bring your family, neighbors and friends ... take pictures!**

Proceeds from the pumpkin sales will go to support: the NH Food Bank, Family Promise of Greater Concord, Friends of Forgotten Children, Scouts BSA Troop 75, and the United Methodist World Missions.



Monday - Friday from 4:00 to 6:00 PM

Saturday from 10:00 AM to 6:00 PM

Sunday from 12:00 to 6:00 PM

<https://shirtmasters.printavo.com/merch/townofbow>



**Online Store
Town of Bow
Swag!**

ALL PROCEEDS TO BENEFIT THE BOW HS CLASS OF 2025 SENIOR GIFT

THANK YOU!



LETTER TO THE EDITOR

A MAN WITH A MODERATOR BADGE IS ACTUALLY BAIASED

Community forums are essential for fostering open dialogue in today's polarized climate. However, the Bow "Community" Facebook page has become a disturbing example of censorship masquerading as moderation. Specifically, moderator Dave Farr's extreme bias undermines the very essence of a community forum.

Moderation should promote diverse perspectives and ensure every voice can be heard, yet Farr's actions suggest a different agenda. His unilateral decisions to delete content that challenges his views or makes him uncomfortable are not just a failure of moderation; they're an affront to the principles of free speech enshrined in our First Amendment rights.

By labeling those who raise legitimate concerns about fluid gender identities or objections to graphic content in school libraries as "bigots" or "book banners," Farr stifles healthy debate and alienates a significant portion of our community. Such tactics are reminiscent of a monarchy rather than a democracy, where dissenting voices are silenced and ridiculed.

True community forums should embrace a spectrum of opinions, allowing all members to engage respectfully. Regardless of their political leanings, no individual should wield the power to silence others. We must demand accountability from Facebook moderators who, like Farr, can only fulfill their role with bias.

Our community deserves a forum that values discourse, encourages diverse opinions, and upholds the ideals of free speech for all. It's time to re-evaluate who we trust to moderate our conversations. Dave Farr has lost the community's trust and must be removed as a moderator of this Facebook page immediately. – Christopher Lins, Bow

NOVEMBER 5 ELECTION BALLOTS READY

Bow Town Clerk Mridula Naik announced that sample ballots are ready to view and absentee ballots are now available at her office.

The absentee request forms and the sample ballots are posted on the town website at www.bownh.gov. If you are in the armed forces or overseas please go to www.fvap.gov for your voter registration and absentee request which can be emailed to the Town Clerk. The Town clerk's office will be open till 5 PM on Monday, November 4th to pick up or drop off absentee ballots. The ballots have to reach them by 5:00 PM on election day November 5th, to be counted. Please make sure the affidavit envelope is signed before mailing back the absentee ballot. Ballots will be rejected without a signed affidavit envelope.

The deadline for registering to vote before the General Election is Friday, October 25th, until 4:00 PM, in person at the Town Clerk's office or with the Supervisors of the Checklist on Sunday, October 27th between 10-10:30 AM.



PART TIME ADMINISTRATIVE ASSISTANT 20 HOURS PER WEEK

New Hampshire Automobile Dealers Association Workers' Compensation Trust is looking for a part time Administrative Assistant. The Administrative Assistant duties and responsibilities include providing support to managers and staff to ensure efficient operation of the office.

We offer flexible hours and competitive pay.

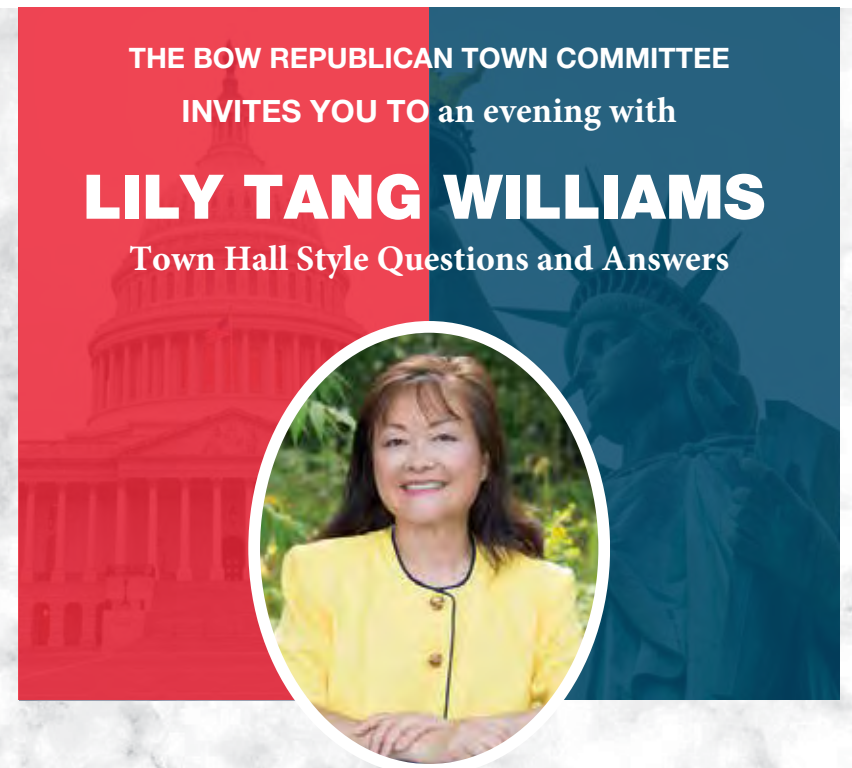
RESPONSIBILITIES:

- Receive, sort and distribute mail
- Process form letters and reports on behalf of other office staff
- Handle sensitive information in a confidential manner
- Carry out administrative duties such as filing, word processing, proofing & editing, copying, scanning etc.
- Cover the reception desk when needed
- Professionally handle phone calls and route callers or answers questions in a timely and courteous manner
- Ability to work efficiently and meet deadlines

SKILLS AND QUALIFICATIONS:

- Telephone skills, verbal communication, Microsoft Office Skills
- Word processing 65 wpm or greater, detail oriented
- The ideal candidate consistently displays a positive attitude

Please email your resume to claims@nhada.com
or mail to HR, WCT, 507 South St, Bow, NH 03304
An EQUAL OPPORTUNITY EMPLOYER



THE BOW REPUBLICAN TOWN COMMITTEE
INVITES YOU TO an evening with

LILY TANG WILLIAMS
Town Hall Style Questions and Answers



Candidate for U. S. House Seat in
NH's Second Congressional District.

Lily will discuss the challenges we face
in New Hampshire and nationally.

We welcome you to come join us in asking
Lily the questions that are on your mind.

SATURDAY
OCTOBER 26
AT 6:00 PM

The Bow Old Town Hall
91 Bow Center Road, Bow NH
Space is limited, please
RSVP: Events@letsgobow.org

The BRTC wants to encourage you to vote on November 5th, *as elections have consequences*. Those who cast their vote take part in the world's greatest democracy. Those who fail to vote are foregoing their right to influence the direction of our Country! Please vote.

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 \$4,000 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

Paid political advertisement:



Sugar River Bank
Est. 1895

ELLEN LESSARD
Mortgage Loan Officer
NMLS #1597160
603.227.6011
elessard@sugarriverbank.com
198 Loudon Rd., Concord

Mortgages Made Easy!
Local Decisions, Local Lending!

APPLY ONLINE!
elessard-sugarriverbank-mtg.mortgagewebcenter.com

CONSTRUCTION LOANS | HOME EQUITY LOANS
LAND LOANS | HOME MORTGAGES

Member FDIC | Equal Housing Lender

OCTOBER CYBERSECURITY AWARENESS MONTH: TOP 7 WAYS TO AVOID FRAUD

Computer-related crimes affecting consumers and businesses are frequently in the news. Federally insured financial institutions are required to have vigorous information security programs, but their customers also need to know how to protect and maintain their own computer systems from fraud.

Important tips to consider, developed by the Federal Deposit Insurance Corporation (FDIC):

- 1. Protect Your Computer.** Install software that protects against malware, use a firewall, and make sure the setting allows for automatic updates.
- 2. Use Strong Log-Ins.** Use passwords that are difficult to guess and keep them secret. Use combinations of letters-upper and lower case, numbers and symbols. Change them regularly and make sure to use different ones for each account.
- 3. Understand Internet Safety.** Websites that start with "https://" scramble your information during transmission and are more secure. Be sure to log out of financial transactions when you are finished.
- 4. Be Suspicious of Unsolicited Emails.** It's easy for cyber criminals to duplicate a company's logo and create a phishing email from it. Don't click on or download any attachments because it could install malware. Ignore these requests!
- 5. Be Careful Where You Connect to the Internet.** Avoid connecting to the internet in a public place when banking or exchanging personal information. Free Wi-Fi networks are not always secure.
- 6. Be Careful on Social Media.** Criminals are more likely to figure out your passwords from personal information, like birthdates, etc. Don't share your page access with anyone you don't know or trust.
- 7. Take Precautions with Tablets and Smartphones.** Make sure your apps are updated, never leave your device unattended and make sure the "auto-lock" feature is on.

Source: Federal Deposit Insurance Corporation

www.sugarriverbank.com
Member FDIC




O'KEEFE & FLANAGAN
ELECTRIC
CONCORD, NH

RESIDENTIAL COMMERCIAL
603-665-0021

Generators ■ Mini-Splits ■ EV Chargers

okeefeandflanagan.com
315 S Main Street, Concord, NH 03301

ARMBAND DEBATE | continued from page 1

Following the incident, Fellers and Foote were issued "no trespass orders" by Bow school officials banning them from school grounds and events. Foote was banned until September 23, while Fellers was banned for the entire fall term.

The orders prevent them from attending their children's games and school events, as well as activities like picking up their children from after-school practice.

One neutral press observer was Mike Graham of the *New Hampshire Journal* who viewed videos of the parents peacefully standing in the viewing section. He saw:

"No disruptive actions such as shouting, chanting, marching, sign-waving, etc. Parents and fans are sitting in chairs or standing along the sidelines. The only activity was some parents complaining about the pink armbands. Those complaining parents, and not the girls' sports supported, caused whatever disruption that occurred."

ON TO COURT

The next event in the lifecycle of protests is often a trip to a courthouse and that occurred here when on September 30, when four protestors filed suit in the same federal courthouse that has the transgender ban before it. The suit says that head referee Steve Rossetti stopped play for 15 minutes because the players heard arguing "about the First Amendment thing." In very unportsmanlike play, Rossetti threatened to make Bow forfeit and called Mr. Fellers "a f**ing asshole."

The suit claims that a peaceful protest in a public place is protected activity under the First Amendment which protects messages we might disagree with.

SCHOOL BOARD SHOWDOWN

Another front in the pink XX war was played out at the Bow School Board meeting on October 2.

Steve Herbert, a Bow resident, said what concerns him most is school officials violating First Amendment rights of the protesters.

"I'm disappointed in every one of you," Herbert said. "There was nothing wrong. There was no voices, there were no mean words. It wasn't directed at anybody. And when elections come up, I'd like you all to know and put you on notice that I don't think you deserve to be up there. I think that you are putting your personal views in front of everyone here."


On the other side of the debate was Alex Zerba who is a parent of a girl on the Bow High girls soccer team.

"I am so upset with how this has been handled by many people I see in this room - I don't even know who you are," Zerba said.

State Representative J.R. Hoell (R-Dunbarton) presented the School Board with a petition, with 1,250 signatures, demanding that Superintendent Kelley rescind the no trespassing order and issue a public apology to the parents, or the Board should have her "removed from her position."

"I know that's strongly worded, but it is that important," Hoell said. "At some point, some girl potentially is going to get hurt on a soccer field. If we want co-ed sports, have co-ed sports. That's fine, everybody can participate, but when we start segregating sports by sex, we need to then go ahead and segregate it by sex."

CHUCK DOUGLAS



KATRINA EMMEL

TUESDAY, OCTOBER 29, 2024, 6:30 PM
GIBSON'S BOOKSTORE

Katrina (Vaitkunas) Emmel grew up in Bow and was a member of Bow High School's first graduating class. Now a resident of Southern California, she's returning to New Hampshire for the East Coast launch of her debut novel, *Near Misses & Cowboy Kisses*.

Exhibitors Workshops Door Prizes

See Website for Workshop Schedule and details!

NH ENERGY EXPO

Save Energy Save \$\$\$



FREE to Attend!

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

dunbarton-energy.org



Oct 26 Bow Memorial School
9am-2pm

NH Energy Expo Workshops

9:30 AM 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 Pellets Session 2: Heat Pumps & Mini-Splits for Your Home
12:30 PM Session 1: NHSaves Button Up: Energy Efficiency 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
Or...

See Website for full list of door prizes!

Thank you to our 2024 Sponsors!

Bow Plumbing & Heating	SRsolarNH	Free light refreshments! donated by League of Conservative Voters
Sentry Roofing & Solar	603 Solar	
Lyme Green Heat	Capital Well	Community Power Coalition of NH
Master Roofers	Grappone Auto	
Mill City Energy	Skillings & Sons	

THE FALL MUMS ARE IN!



Green Thumb Gardens LLC

Lawn Maintenance * Nursery Stock * Landscaping

1 Grandview Road | Bow, NH 03304 | 603-224-1545

OPEN 7 DAYS A WEEK 10AM-6PM

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



HERE WE GROW AGAIN!

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.

FALL FORWARD AND START FRESH

by Jim Olson

It's that time of year again! The leaves are changing color, the air is getting cooler, and pumpkin spice everything is back in stores. As we say goodbye to summer and hello to fall, it's also a perfect time to hit the reset button on our health and fitness goals. Whether you didn't reach your summertime fitness goals or you're just looking for a fresh start, now is the time to get moving forward—not backward. Here's why starting over (aka falling forward) can be good for your health!

SIMPLY PUT, FALLING FORWARD MEANS MAKING PROGRESS IN SPITE OF SETBACKS.

It's about moving forward, even when we fall back. Let's say you've been working hard to eat healthily and exercise regularly, but you have a slip-up and eat a bag of chips or skip a workout. Instead of beating yourself up or giving up altogether, you dust yourself off and get back on track. You don't dwell on the setback; you use it as motivation to keep going.

FALLING FORWARD IS ALL ABOUT MINDSET. It's about seeing setbacks as temporary roadblocks instead of permanent failures. It's about knowing that we can always pick ourselves up and start again. Starting over can be tough. It requires facing up to the fact that we didn't do as well as we wanted to and admitting that we need to try again. But just because it's tough doesn't mean it isn't worth it. In fact, starting over can be one of the best things you do for your health—physical and mental.

FALLING FORWARD GIVES YOU A CLEAN SLATE. When you start over, you get a clean slate. You can forget about all the times you didn't work out or ate unhealthy foods. No more beating yourself up for not reaching your goals—it's time to start fresh! This clean slate will help give you the motivation you need to stick with your new health and fitness goals. And who knows? Maybe this time you'll finally reach your goals! (We think you can.)



Jim Olson

STARTING OVER CAN HELP BOOST YOUR CONFIDENCE. Every time we set a goal and achieve it, our confidence grows a little bit more. So even if you didn't reach your fitness goals last season, think about all of the other times in your life when you have set a goal and achieved it. Remember how good it felt? That's how good it will feel when you finally reach your health and fitness goals—and starting over is one step closer to making that happen.

ONWARD AND UPWARD! Fall may be a time for reflection, but it's also a time for moving forward—falling forward. As we move into the new season, let's remember that it's never too late to start fresh. And if we do fall back, we can always get up and try again. If you find yourself veering off course, don't beat yourself up; simply dust yourself off and start again. Progress is never linear; there will always be bumps in the road. The important thing is to keep moving forward toward your goals. And if you need some help getting started or staying on track, we're here for you! Schedule a free consultation today and let's chat about how we can help you reach your health and fitness goals.



Remember to set back Sunday November 3!

Fall Back
SET YOUR CLOCKS BACK ONE HOUR

Boost your energy and strength with a 30-day jumpstart

Want to get a jumpstart in losing those first 10lbs or a metabolism boost towards dropping those last 10lbs?

Are you ready to find more energy by burning those stubborn fat cells that are weighing you down?



Individual Results Are Guaranteed™

Concord 603-224-8096 // Manchester 603-836-5745 // info@individualfitnessllc.com

Join us for 30 days towards a healthier you!

Your 30-day jumpstart program includes (but is not limited to):

- 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

IndividualFitnessllc.com/30

HOMETOWN PROPERTY GROUP

Where You Belong

OUR TEAM OF PROFESSIONAL, EXPERIENCED, AND LOCAL MARKET EXPERTS ARE HERE TO MEET ALL YOUR REAL ESTATE NEEDS!



ANN DIPPOLD
PRINCIPAL BROKER
Cell: 603-491-7753
ann@hometown603.com



LOGAN SANBORN
REALTOR
Cell: 603-219-6192
logan@hometown603.com



HEATHER MANN
REALTOR
Cell: 603-344-1401
heather@hometown603.com



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 – SEPTEMBER 2024 *Serving the areas in and around Merrimack County.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
5 Hollow Road	2 Bedrooms 2 Baths	1053 Square Feet	2.40 Acres	\$260,000
57 Albin Road	4 Bedrooms 3 Baths	2016 Square Feet	1.85 Acres	\$452,000
271 River Road	5 Bedrooms 3 Baths	2200 Square Feet	1 Acres	\$474,900
52 White Rock Hill Road	3 Bedrooms 2 Baths	1490 Square Feet	1 Acres	\$490,000
2 Pepin Drive	3 Bedrooms 2 Baths	1632 Square Feet	1.01 Acres	\$520,000
10 Cob Road	3 Bedrooms 3 Baths	2511 Square Feet	1 Acres	\$571,000
50 Ridgewood Drive	4 Bedrooms 3 Baths	2528 Square Feet	1.17 Acres	\$650,000
31 Poor Richards Drive	3 Bedrooms 3 Baths	4144 Square Feet	1 Acres	\$680,000
105 Allen Road	4 Bedrooms 3 Baths	2458 Square Feet	2.68 Acres	\$710,000
11 Currier Drive	5 Bedrooms 3 Baths	3951 Square Feet	2.42 Acres	\$720,000
173 Bow Bog Road	4 Bedrooms 3 Baths	3211 Square Feet	23.57 Acres	\$725,000
13 Bela View Drive	4 Bedrooms 3 Baths	3185 Square Feet	1.04 Acres	\$725,000
Lot 82-A Sawmill Road	3 Bedrooms 2 Baths	2094 Square Feet	1 Acres	\$910,700
21 Summer Lane	4 Bedrooms 5 Baths	4741 Square Feet	1.10 Acres	\$989,900
6 Mountain Farm Road	4 Bedrooms 4 Baths	4504 Square Feet	2.51 Acres	\$1,045,000

REAL ESTATE SALES IN DUNBARTON – SEPTEMBER 2024 *We are ready to help you on your next journey.*

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
23 Twist Hill Road	4 Bedrooms 4 Baths	3138 Square Feet	1.81 Acres	\$550,000
53 Hilltop Lane	4 Bedrooms 4 Baths	2992 Square Feet	5.0 Acres	\$1,227,000
36 Hilltop Lane	4 Bedrooms 6 Baths	5721 Square Feet	13.53 Acres	\$1,500,000

Sales Data for SEPTEMBER 2024 is provided by the NHMLS.



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

SAVE THE DATE
for White Rock Senior Living Community's

Fall CRAFT SALE

Saturday, November 23 from 9AM to 2PM
6 Bow Center Road, Cliff House Community Room (Bld.1)

- FREE Admission
- 15+ tables of crafts for sale
- Outside vendors are welcome to participate

For information contact: Lucille Arsenault 603.724.6269
Barbara Hays 603.582.3361 or Pamela Warren 603.724.6797

Bow Business to Business

Attention Business Owners!

You are cordially invited to attend the Bow Business Development Commission's

BUSINESS TO BUSINESS EVENT
Tuesday, October 22, 2024
5:00 - 6:30 PM at the Baker Free Library

- Bow small businesses together in one location
- Connect & network with local entrepreneurs
- Casual & inviting atmosphere
- Light refreshments

RSVP
giverson@bownh.gov



THE BOW TIMES TaleSpinner

LET'S PLAY FIND THE POLITICAL ZEALOT!

by Bow Resident Paul Pomeroy

Do this year's election cycle blues drag you down? Are you tired of those political commercials that jump out at you from the TV screen? Do you find offensive the countless signs, posters and stickers that engulf the nation every fourth year? Do the endless streams of nasty, unsolicited rhetoric on Facebook make you angry? Well, cheer up: I have come up with a new game to help relieve election-year malaise. It is called "zealot baiting." It is great fun. The rules are really very simple. First you must find a political zealot.

A Democratic zealot is a person who believes that all Republicans hate poor people and women. A Democratic zealot believes that all Republicans are rich, stuffy and boring; and that they are Bible-toting, intolerant, gun wielding fanatics. Democratic zealots believe that all Republicans are racists. Democratic zealots believe that all Republicans are deplorable. Democratic zealots don't need to watch the debates or the conventions because they will vote for the entire Democratic contingent – even if the Ayatollah himself were heading it.

A Republican zealot is equally easy to spot. He or she believes that all Democrats are directly connected to the Communist party. A Republican zealot believes that all Democrats have no idea what the real world is all about. That they drive around in their electric cars on their way to yet another protest march when they should be out working hard like their Republican counterparts. They believe that Democrats truly care for the underprivileged as long as somebody else pays the bill. And that they probably have a member of their family or a close friend who is on some form of entitlement program. Republican zealots believe that all Democrats are racists. Republican Zealots don't need to watch the conventions or the debates. They will vote for the entire Republican contingent – even if Vladimir Putin himself were heading it.

You can't always spot a zealot simply by sight. A standard question usually is enough to determine if you have a likely candidate.

"Whom do you hope to support in the up coming election?"

If the person says something like..."I'm not quite sure yet. I think I'll wait until I am reasonably certain as to where each candidate stands on the issues and then decide"...you have found an intelligent voter. They are no fun at all. Excuse yourself quickly and continue your search elsewhere. But if the person gets red in the face, begins to blink quickly and starts to sweat, you have found a live one. And here is where the fun begins. Determine which party the zealot supports. This is very easily done. This person will verbally subject you to all the wonders of his or her party and all the evils of the opposing party. It is your task to keep the zealot raving. High scores are awarded to those who can keep the zealot excited for the longest time and to those who can get the zealot to change the greatest range of color.

Everyone, of course, has his own technique. Personally, I can keep a conversation going with a well-placed question or statement. If I am talking to a Republican zealot I usually start them off with something like... "Aren't Rachel Maddow and Chuck Schumer just so lovable and kind?" I follow that with... "Wow! Kamala Harris! Isn't it great to have such intelligence and experience at the top of the ticket?" And if I really want to shake things up I only need three letters... "AOC."

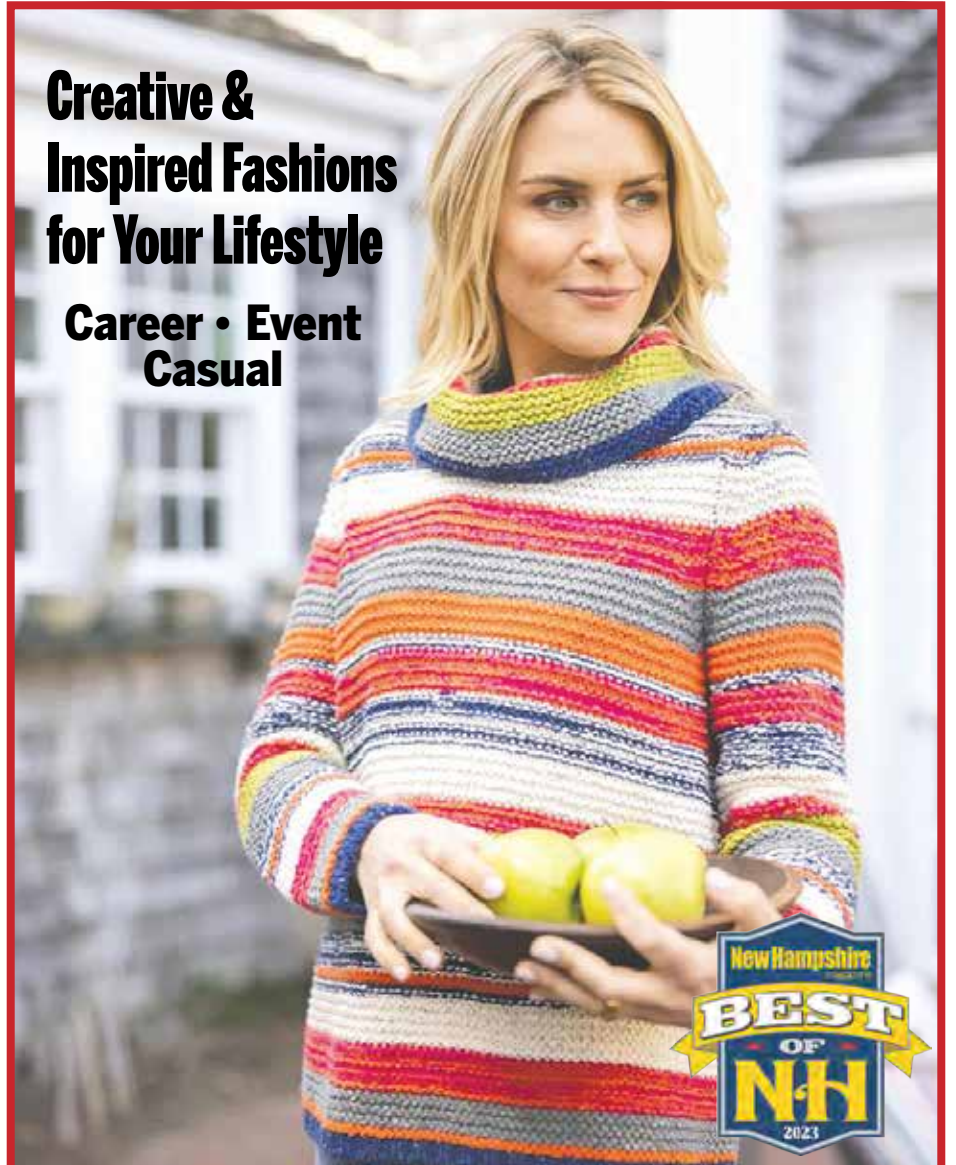
If I am talking to a Democratic zealot I might start with... "Can't wait until we get back to finishing that wall. I can follow with... "Whom do you like better as secretary of state: Rudy Guiliani or Sean Hannity?" And if I am in a particularly nasty mood I have only to utter two words to assure myself victory... "Donald Trump."

So if you were feeling rather discouraged by this upcoming campaign, if all the mudslinging and name calling depresses you, try my version of "zealot baiting." It is fun, stimulating, and best of all we get to do it again every four years. By the way, who do you like in 2024?

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

Creative & Inspired Fashions for Your Lifestyle

Career • Event
Casual



GONDWANA & Divine Clothing Co

13 N Main St, Concord, NH • 603-228-1101
GondwanaClothing.com • Open 7 Days



Allied Insurance Agency Inc.

Your protection is our profession.

HOME - AUTO - MOTORCYCLE - BOAT - RV - LIFE - BUSINESS



Whether you're new to Bow or a long-time resident, having the **appropriate** home value on your insurance policy is critical.

Contact Allied Insurance for a complete review of your homeowner's policy.



Visit us on
Facebook

500 South St Bow, NH
603-224-5394
alliedia.com



It's likely that you experienced a change this year, either to your plans, your finances or even something more. Though you can't always predict your current situation, a comprehensive financial plan can help in times of uncertainty, allowing you to adapt and find your financial footing when circumstances change.

Let's craft a custom financial strategy that will get you on the path towards your financial goals, no matter what changes life throws your way.



Dominic M. Lucente, CFP®, RFC®
 CERTIFIED FINANCIAL PLANNER™
 NORTHEAST PLANNING ASSOCIATES, INC.
 425 Hooksett Road · Manchester, NH 03104
 (603) 645-8131 · dominic.lucente@lplcom · www.dlucente.com



20-447 Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or their affiliates, which are separate entities from, and not affiliates of the credit union, are:

Not Insured by NCUA or Other Government Agency | Not Credit Union Guaranteed | Not Credit Union Deposits or Obligations | May Lose Value

SAVE the DATE
 NOW THROUGH OCTOBER 30TH
 AT RED RIVER THEATRE GALLERY

SEE THE
Laura Aldridge
 "BLUE RIDGE MOUNTAIN DELIGHTS"
 ART EXHIBIT

Laura Aldridge describes herself as 'a nature inspired abstract' artist. Her paintings of the beautiful Blue Ridge Mountains in Virginia are noted for their unique composition and the calming colors from her palette. Although Laura presently lives in Virginia, she was a Bow resident until attending college. Since her graduation from the University of Virginia she has made her home in Virginia.

Instagram: www.instagram.com/lauraaldridge.art

Scouting for Food Annual Food Drive

**SATURDAY NOV. 9th
 8AM - NOON**

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

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

Your help resulted in over 10,000 items for local pantries last year!

PICKUP	DROP OFF	CONTACTLESS
Put your food donation in a bag by your mailbox before 8 AM on the day listed above. Scouts will collect it by noon.	If you prefer or if we miss your mailbox, you can drop off the food at the Bow Town Gazebo where the scouts will be camping that weekend.	Option available until Thursday before the date listed above. We are also accepting contributions online. Scan the QR Code or visit the site below and we will purchase food to be donated for you!

Cub Scout Pack 75 (Grades K-5)
www.troopwebhostcs.org/Pack75Bow

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

Scouting America Troop 75 (Ages 11-17)
www.troopwebhost.org/Troop75Bow

Troop 75 include both boys and girls units. We are youth-led troops that promote community service, leadership, character development, adventure, and most of all – fun! Our scouts participate in outdoor activities 12 months of the year including camping, hiking, fishing, shooting-sports, canoeing, kayaking summer camp, snowshoeing, and TONS of other fun.

Bow Young at Heart Club

Upcoming Events

OCTOBER 23, 2024. 11:30 AM - 2:30 PM
 Kay Herrick will provide a slide show with commentary about the covered bridges of New Hampshire.

NOVEMBER 13, 2024. 11:30 AM - 2:30 PM
 AARP will give a presentation on emergency preparedness.

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

RELIABLE INSURANCE Solutions, LLC

**CALL US
 TODAY
 FOR A FREE
 NO-HASSLE
 QUOTE!**

6 Garvin Falls Road, Concord, New Hampshire 03301
www.ReliableInsSolutions.com

HOME • AUTO • REC VEHICLES • BUSINESS • LIFE INSURANCE

Phone: 603-715-2975 Fax: 888-212-6399
info@ReliableInsSolutions.com



603-568-3399
TEAMPHINNEY.COM

Andrew
Phinney

Kayla
Phinney

Aaron
Phinney

Christina
Grover

BREW SUCCESS WITH US!

Call the Phinney Team today to schedule a coffee consultation and discuss your real estate goals!

With over 20 years of combined experience we are a dedicated team of real estate professionals. We offer unparalleled expertise, personalized service, and an unwavering integrity to guide our clients through property transactions with confidence. We've proudly grown up in this community (go Falcons!) and love to serve our friends and neighbors.

Greater Concord's PREMIERE REAL ESTATE TEAM!





PRESCOTT

— OIL & PROPANE —

Looking for Dependable Heating Fuel Delivery & Service?




Combining fuel delivery and service creates convenience and saves time and money while providing peace of mind. We are thankful to all the Bow Times readers that trust us to provide them **propane, home heating oil, and service**. We appreciate every opportunity to earn your business.





Visit our website or call today!



Ask us about:

- Heating Oil
- Propane
- Service
- Installations



Close to home ❤️

122 Airport Road
Concord, NH

prescottoil.com

(603)225-5991



ADAMS LOCK & SAFE

603-224-1652

RESIDENTIAL, COMMERCIAL & ACCESSORIES



130 Hall Street, Concord NH

www.adamslock.com

ROCK SOLID ON SECURITY

Backed by more than 50 years of experience, Adams Lock & Safe is a trusted source for all home & business security needs.

- Duplication of most electronic keys
- Replacement of broken or worn locks
- Key cutting and door lock service



LIQUID BIOPSY

When I was a young surgeon, the only way to find out what kind of presumed cancer a patient had was to secure some actual tissue to give to the pathologist. That was usually done by excising some of the tumor or getting a small core of tissue using a needle placed into the unknown growth. The bigger the biopsy sample the more likely the pathologist would be able to make a diagnosis.

It was as early as the 1860's that tumor cells were known to be present in a patient's blood. Today researchers are identifying the genetic changes in these cells, and this mutational profiling of circulating tumor cells can give clues as to the outcome of therapeutic responses. Tumor cells can also be found in other body fluids such as saliva and urine.

For a patient who is being treated for cancer, the ability to have real time information of a response to a drug is very useful, especially if that information can be obtained from a sample of blood. Such a patient may not need repeated CAT or MRI scans; instead, they could have a blood sample taken as often as needed. What are the downsides of liquid biopsy? It is possible to find what looks like evidence of circulating tumor cells before there is evidence of a cancer that can be identified by standard screening tests. Is this then a false positive or is it truly a very early find and if followed, a cancer will become detectable? Maybe treatment could be started earlier.

Over the last decade the science in this field has been advancing at a rapid pace with many research labs making progress in a myriad of areas (1). Without a PhD in cellular genetics such a rapidly changing field is very difficult to follow. Should you unfortunately develop cancer, your oncologist and other consultants will probably lay out for your options of research trials and the interface of information obtained by liquid biopsy.

If this information interests you, I recommend reading *Liquid Biopsy*: a step closer to transform diagnosis, prognosis and future of cancer treatments. This article can be found at (<https://molecular-cancer.biomedcentral.com/articles/10.1186/s12943-022-01543-7>)

(1)https://www.medscape.com/s/viewarticle/blood-test-colorectal-cancer-gets-green-light-2024a1000dwm?ecd=WNL_clinicdgs_240821_MSCPPER-SO_6766069_pos1&uac=342333FZ&impID=6766069

Bow Mills
UNITED METHODIST CHURCH

Snowman Fair

An Invitation for you!

Enjoy the fun of Christmas shopping!

- ❖ Bakery Shoppe
- ❖ Holiday Crafts
- ❖ Themed Gift Baskets
- ❖ Gifts for Pet Owners
- ❖ Silent Auction Items
- ❖ Jewelry Table
- ❖ Christmas café with breakfast and lunch items
- ❖ Christmas Elf Craft Room for the kids!

Enjoy the day with us!
Saturday, November 16, 2024
9:00 AM to 2:00 PM

Bow Mills United Methodist Church
505 South Street, Bow
Visit the Fair and get a Free Holiday Gift!

E. COOKE
Plumbing & Heating LLC.

603.801.5720

FULLY LICENSED AND INSURED

ERIC COOKE
ericcooke137@gmail.com

54 Woodhill Road
Bow NH 03304

www.facebook.com/E.CookePlumbingandheating.com

HUCKLEBERRY

Propane Heating Oil

"Local, honest and committed to keeping you warm."

796-2007
License #MBE1000505

We Deliver: PROPANE • OIL • KEROSENE DIESEL
Proudly Serving Bow for 20 Years!

Banks

CHEVROLET GMC

CONCORD, NH | BanksAutos.com

#1 CERTIFIED PRE-OWNED GM STORE IN THE COUNTRY
137 MANCHESTER ST CONCORD, NH · 603-229-4176 · BANKSAUTOS.COM



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

GRUMPS

LANDSCAPE CENTER

Premium Landscaping
Materials in Bow

98 Dow Rd, Bow
Phone 603-290-1463



Nourish your plants from the ground up with our nutrient-rich topsoil and compost blend.

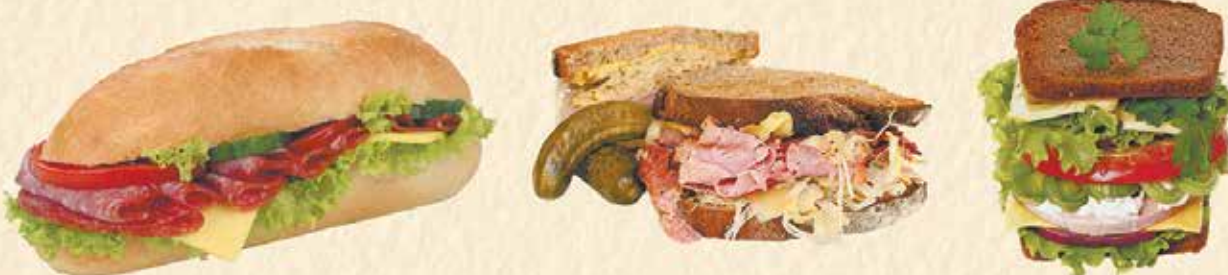
Topsoil & Compost

== FLANAGAN'S ==

SOUTH ENDER

DELI MARKET

Always Hand-Crafted & Delicious



Made to Order Hot and Cold Sandwiches



Salads



Homemade Soups



Grab & Go Dinners

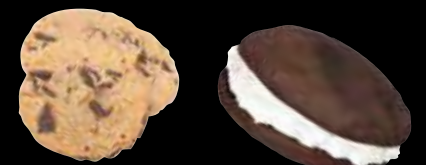
250 South Street, Concord **603.856.8020**

**TAKEOUT
BREAKFAST
ITEMS**

6:30 – 11:00 AM



Breakfast Sandwiches,
Donuts, & Muffins



Dessert Items

**DELI OPEN Mon - Fri
6:30 AM – 3:00 PM
Saturday 8:00 AM – 3:00 PM**

**STORE OPEN Mon - Fri
6:30 AM – 6:00 PM
Saturday
8:00 AM – 3:00 PM
Closed Sunday**



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



BRONZE LIONS GRACE THE FRONT STEPS!

Longtime Bow residents Tom and Suzanne Ives generously donated two magnificent bronze lions to replace the two concrete lions at the Baker Free Library. The original concrete lions were at least 60 years old and had deteriorated over time.

The Baker Free Library is asking the community to name the new lions. Through October 25, submit your name choices using our Google Form. In November, three finalists will be chosen, and Bow residents will vote for their favorite! Please submit your name choice by visiting our website at bowbakerfreelibrary.org. One submission per person.

YOUTH PROGRAMMING

Fall Storytimes

Every Thursday October 3 – October 24th | 10:30am & 1pm

Thursday mornings in 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 age for Thursday *Morning* Storytime is 18 Months - 3 years.
Recommended age for Thursday *Afternoon* Storytime is ages 3 – 5 Years.

Saturday Storytime | Saturday, October 19th | 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.

Nature Explorers

Wednesdays, October 16th and November 20th | 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.



Miss Julieann: Children's Concert + Costume Party!

Thursday, October 24th | 4pm

Enjoy a live concert from children's musician and music therapist, Miss Julieann! This interactive, kid-friendly show focuses on engaging the creativity of children. We'll explore all things autumn, sing, dance, and share some classic Halloween songs! Guests are invited to wear a costume. All ages welcome!

Art Lab | Wednesday, November 6th | 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.

Tailwinds Raptor Education & Conservation Saturday, November 9th | 10:30am

Adventure is in the air! Join us as we welcome an educator from Tailwinds Raptor Education & Conservation to the library, with a visiting crew of raptors! (Raptors are birds of prey, and may include eagles, falcons, hawks and owls). Get the chance to see these incredible birds up close, and learn how they survive in their natural habitats. Recommended for Ages 7+. Registration is not required.

Whodunits | Tuesday, November 5th | 1:00pm

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

November Book Discussion: *The Eighth Sister* by Robert Dugoni

Book Talk at BFL | Tuesday, November 12th | 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!

November Book Discussion: *Edgar Allen Poe Short Stories*

White Rock Book Group | Tuesday, November 19th | 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!

November Book Discussion: *Edgar Allen Poe Short Stories*

ADULT PROGRAMMING

Drew Groves & Dan Calder: Artist Meet and Greet Thursday, October 17th | 6pm

Join us for a delightful evening with birders and wildlife photographers Drew Groves and Dan Calder as they share stories about various birds and animals they have captured in their photography and artwork over the years. Wooden birds and photographs from the artists will be featured in the BFL Art Gallery throughout the month of October. Registration is required for this event.



IN THE GALLERY

October Exhibit – Drew Groves & Dan Calder October 4th – November 1st

Wooden birds and photographs of various birds and landscapes will be on display at BFL throughout the month of October.



Merrimack County Savings Bank generously donated a patio table as part of our landscaping project. Select Board member Ian Flanagan and Trustee Bob Arnold (pictured above) assembled it.

NORA'S DUNBARTON NEWS



CHAIR YOGA with Sherry Gamble will meet upstairs at the Town Hall on Thursdays, October 10 and 24, and Thursdays, November 14 and 21. Sponsored by the Library.

READ TO CHARLIE THE DOG Sign up to read to Charlie at the Dunbarton Library on Thursday, October 10. Children in grades K to 4 will have a 20-minute session from 2:30pm to 4:00pm. You must register with the library.

SOCCER GAME PLAY OFFS McKean Cup at Sargent Park, in Bow, Friday, October 25, Fridays November 1, and November 8. Please be sure to check the schedule for times and to confirm dates at <https://www.league-lineup.com/schedules.asp?url=dunbartonrec>.



HALLOWEEN NEWS: Town Clerk's office closing at 3 pm on Thursday, October 31. Halloween Parties/Parade at the elementary school, scheduled for Thursday, October 31, 1:30pm to 2:15pm. Trick or Treat 5:00 pm to 7:00 pm in town. AND the PTO sponsors Trunk or Treat on Halloween from 5pm to 7pm, 20 Robert Rogers Road. Open to all. To register your vehicle, sign up at bit.ly/DES_TrunkorTreat Register by October 24.

BEYOND THE BOOK at the Congregational Church. Beyond the Book group is reading Soul Boom Why We Need A Spiritual Revolution by Rainn Wilson. "In this New York Times and Los Angeles Times best-seller, comedic actor, producer, and writer Rainn Wilson explores the problem-solving benefits that spirituality gives us to create solutions for an increasingly challenging world." Discussion-Thursday, November 7 on Zoom or in the Vestry at 7pm. Contact Barbara for location or Zoom link. Barb bennett98@comcast.net.



THE DUNBARTON AMERICAN LEGION POST #116 Invites the public to attend the 2024 Veterans Day Ceremony on Monday, November 11, at 10:45am at Dunbarton Town Hall. Veterans to assemble at 11:00 AM to start the public ceremony. Point of Contact: Charles Frost (603) 774-3634 Post Commander.

DUNBARTON GARDEN CLUB invites you *Birdscaping: Landscaping for the Birds* with Master Gardener Ruth Droscher on Monday, November 11, 6:30pm at the Dunbarton Town Library (upstairs), 1004 School Street, Dunbarton NH. Many people enjoy feeding wild birds. Putting up tubes full of sunflower seeds or trays of mealworms is not the only way to attract birds. Planting native perennials, shrubs, and trees can provide long-lasting habitat improvements for the birds while enhancing your landscape too. See examples and learn how to get started gardening for the birds. Ruth's presentation will be approximately one hour from 6:30-7:30 with Q&A. Upon concluding, they will resume with their regular November Garden Club Meeting. This presentation is open to the public. Attendees may stay for our club meeting if interested. Check their Facebook page for updates, Dunbarton Garden Club.



MINDFULNESS WITH TERRARIUMS presented by Kelly Dwyer is scheduled for Saturday, November 16 at 10:30am in the Upper Town Hall. Are you looking for simple, yet highly effective techniques to de-stress, improve your focus, increase your immunity and overall sense of well-being? Join Kelly Dwyer from Nature Education Opportunities for this interactive workshop as we explore quick and easy strategies to connect with nature daily-even inside your home or workspace.

During the workshop, you will:

- Create an individual terrarium made from local natural materials such as moss, lichens and ferns.
- Learn nature-themed deep breathing techniques and stretches for instant energy or calm.
- Explore easy 5 minute "Nature Break" ideas to engage with the natural world-right outside your door!

Please call the library to reserve your spot! Materials and bowls will be provided.



SPIRESIDE COFFEEHOUSE

Open Mic night is scheduled Saturday, November 16, in the Congregational Church in the town center. Doors open at 4:30pm. Performers, please register on your way in. Performances start at 5pm. Donation of \$5.00. Snacks are provided, and donations are appreciated. For more info, contact: lizz@dunbartonucc.org

THE LIBRARY BOOK GROUP is reading Lessons in Chemistry by Bonnie Garmus. Nominee for Best Historical Fiction (2022), Winner for Best Debut Novel (2022). Discussion is Wednesday, November 20 at noon in the Library.

WELCOME BABY BAGS have Arrived! Thanks to a generous grant, the United Way has packed and provided many communities in NH, including Dunbarton, with "Welcome Baby Bags." If you are a Dunbarton resident who in 2024 (or 2025, etc. while supplies last) either:

- had a baby
- adopted a child who is not yet in school
- fosters children in this age group and are interested in obtaining a bag,

Contact the Town Clerk's office to make arrangements. Please be prepared to show your ID and provide a copy of your child's birth certificate or other appropriate documentation.

Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing

(603) 496-2893

Matthew Cleveland



DUNBARTON POLICE DEPARTMENT

SEPTEMBER 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.

9/1/2024: John Flood, 21, Hampton, was taken into custody on an electronic bench warrant for non-appearance in court on the original charge of criminal mischief. He was also charged with disobeying a police officer, operating an OHRV on a public way, and operating an OHRV to endanger persons or property.

9/3/2024: Richard Wright, 56, Bradenton, FL, was charged with driving after revocation/suspension and operating without a valid license.

9/8/2024: Joseph Henriksen, 40, Warner, was taken into custody for violation of a criminal bail protection order, stalking, driving without giving proof, driving after revocation/suspension, and a NHSP arrest warrant.

9/9/2024: Mariah Charette, 32, Dunbarton, was charged with driving after revocation/suspension; Austin Winslow, 20, Weare, was taken into custody for disobeying a police officer, driving after revocation/suspension - DUI conviction, driving without giving proof, reckless operation, misuse of plates, non-inspection, and unregistered vehicle; and Christian Sanders, 23, Loudon, was taken into custody for driving after revocation/suspension - subsequent offense, driving without giving proof, speed, and non-inspection.

9/10/2024: Shanguo Zhang, 42, Flushing, NY, was charged with disobeying a police officer, driving after revocation/suspension, operating without a valid license, suspended registrations, and stop sign.

9/11/2024: A juvenile was charged with operating in violation of a restricted license and failure to yield right-of-way at a stop or yield sign.

9/15/2024: An individual was taken into protective custody for a mental health evaluation.

9/19/2024: Andy Flores Portillo, 22, Manchester, was charged with operating without a valid license and speed.

9/27/2024: Raymond Fellows, 35, Hopkinton, was taken into custody for driving or operating under the influence of alcohol or drugs, two (2) counts of possession of a controlled/narcotic drug, transporting drugs in a motor vehicle, carrying or selling weapons, and non-inspection; Nathan Sweeney, 43, Deering, was taken into custody for driving or operating under the influence of alcohol or drugs, resisting arrest or detention, and yellow line.

In addition, during the month of September, 48 traffic citations were issued for offenses which included stop sign, speed, non-inspection, unregistered, equipment violation, expired license, failure to yield, yellow line, misuse/failure to display plates, following too close, and motorcycle endorsement. Some citations may have been issued in conjunction with an arrest.

Visit our Facebook page at [Facebook.com/DunbartonPolice](https://www.facebook.com/DunbartonPolice) or website at dunbartonnh.org/police-department/pages/monthly-reports



Saturday, October 26
10 AM - 2 PM
Dunbarton Police Department
18 Robert Rogers Road

Turn in unused, unwanted, or expired medications, no questions asked. We are unable to accept needles or liquids. Proper disposal of medication helps reduce unauthorized access, theft, abuse and damage to the environment. Questions may be directed to Chief Remillard at chrisremillard@gsinet.net or (603) 774-5500 or by visiting www.dea.gov/takebackday.

genasys ALERT NOTIFICATION SYSTEM

In an effort to enhance emergency preparedness and communication, the Town of Dunbarton has gone live with the Genasys Alert Notification System. Individuals can opt-in to receive emergency alerts for incidents such as missing children, vulnerable adults, threats to public safety, and severe weather events that may lead to widespread power outages, and road flooding, etc.

Go to dunbartonnhalerts.genasys.com/portal for information and to register for emergency alerts. To learn more about the Genasys Alert Notification System please visit <https://genasys.com/genasys-alert/>.



Bow Parks and Recreation
 Invites Bow Residents to participate in this community event!

TRICK OR TREAT Going Trunk to Trunk



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

Saturday, October 26th 2:00-3:30 PM
Bow High School parking lot | 55 Falcons Way

Email bowreccenter@bownh.gov or call 223-3984 to reserve your parking space today. Participants are responsible for decorating their trunks and purchasing store-bought **individually-wrapped** treats to hand out to the Trick-or-Treaters.

We encourage you to wear a costume!
Donations of Halloween treats will be greatly appreciated.



(603)
227-PAVE

RESIDENTIAL & COMMERCIAL ASPHALT PAVING

A+ Member of the BBB. Top ranked on Angie's list.
Check out our 5 star reviews on Google.

Asphalt Driveways

If you're looking for perfect paving services for your new driveway, get in touch with Bow Paving.

Our team goes above and beyond for every customer and every job.

And we're backed by over 30 years of experience!

Asphalt Parking Lots

Bow Paving has earned a reputation for quality parking lots — we're the company you need.

We offer discounts for senior citizens and veterans.

Contact us today for your fast, free estimate. We return all calls the same day.

Family owned and operated.

98 Dow Road Bow, NH 03304 **bowpaving.com**



COWAN & ZELLERS

REAL ESTATE PROFESSIONALS, LLC.

30 South Main Street
Concord, NH 03301
603-225-3333
info@cowanandzellers.com

Serving Hopkinton and Surrounding Communities.



Real Estate Sales in Hopkinton – SEPTEMBER 2024

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
698 Jewett Road	1 Bedrooms 1 Bath	1419 Square Feet	3.75 Acres	\$318,000
976 Pine Street	3 Bedrooms 2 Baths	1946 Square Feet	2.00 Acres	\$380,000
43 Ridgewood Road	3 Bedrooms 1 Bath	1560 Square Feet	.35 Acre	\$450,000
388 Amesbury Road	2 Bedrooms 2 Baths	1704 Square Feet	.37 Acre	\$463,000
355 Broad Cove Road	3 Bedrooms 2 Baths	1309 Square Feet	4.4 Acres	\$515,000
1261 Pine Street	3 Bedrooms 3 Baths	1560 Square Feet	1.87 Acres	\$650,000

LET US BE YOUR SOURCE FOR ALL THINGS REAL ESTATE!



Calvin Herst



Rolf Gesen



Suzanne Zellers-Beck



Sandy Heino



John Langill



Steven Lundahl

“Real Estate the Way It Should Be”



“LEGACY” Works EXHIBIT

October 19 through November 16

Opening Reception
Saturday, October 19th – 12-2:00 PM

“My Artistic Legacy” is a one-of-a-kind exhibit that showcases the work of 19 artists who have each selected two works that represent how they would like to be remembered.

Each artist considered the idea of “legacy” in his or her own way. Some artists chose existing work, while others created new pieces.

Each piece of work is accompanied by a short statement explaining why it was chosen to represent the artist’s legacy.



Exhibitors include: Rick Amon, Tracy Brunner, Colin Callahan, David M. Carroll, Laurette Carroll, Ruth Chevion, Marilyn Dunn, Kathleen Dustin, Dan Dustin, Lisa Eberhart, Linda Graham, Martha Johnson, Sher Kamman, Liz MacBride, Larry Morgan, Susan Rock, Ann Saunderson, Gail Smuda, and Pam Tarbell.

The reception is free and open to the public
Refreshments and live music.

This event celebrates TVAS’ fifth year as a gallery.

846 Main Street in the Village of Contoocook

For information visit <https://www.twovillagesart.org/>



70 N Main St. Concord
902 Main St. Contoocook
www.indigobluesandco.com

HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson



TRICK-OR-TREATING in Hopkinton and Contoocook will take place on Saturday, October 31 from 5–8 PM.

REGISTRATION FOR HYSA'S 2024–25 BASKETBALL season is now open! Please register at <https://registration.teamsnap.com/form/13974> before October 21. Evaluations for 3rd–6th grade will take place the week of October 21. Practices will begin in early November. HYSA's 7th–8th grade teams will begin practicing after middle school tryouts. HYSA's Biddy Ball program (for Pre K–2nd grade) will begin on Saturday, December 7.

THE HOPKINTON HISTORICAL SOCIETY is presenting its ninth Living History Tour at the Davisville Cemetery on Saturday and Sunday, October 19 and 20, at 1:00 pm. Visitors will hear from 22 former residents of Warner, portrayed by local actors in period costumes, who will share something of their lives and times. The Davisville Cemetery is located on Rt. 103 between the Davisville Flea Market and Cyr Lumber in Warner. Visitors are encouraged to bring a folding chair and to wear comfortable shoes. Tickets are \$10.00 for members of the Hopkinton and Warner historical societies and \$15.00 for non-members. Tickets may be purchased at the event or in advance at the Hopkinton Historical Society during regular business hours. The event will be held rain or shine.



EXPLORE BEECH HILL FARM CORN MAZES! Every year at Beech Hill Farm 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. Our 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. Fun fact: when the season is done, the corn is cut and used to feed our cattle all winter long!

FINDING HOPE IN OUR HISTORY The First Congregational Church in Hopkinton is offering Finding Hope in Our History, a series of events to support the restoration work on the 152 year old organ. The next event is Sunday, November 3, at 4pm. Celebrate the saints in our church community and in our town! The event concludes with a dessert reception. And be sure to save the date for the Christmas Concert: "Light and Darkness" on Sunday, December 15, at 4pm.



CONTOOCOOK FARMERS MARKET is at Riverway Park gazebo every Saturday 9:00-12:00 (rain or shine).

DAVISVILLE CEMETERY 9TH LIVING HISTORY TOUR



The Hopkinton Historical Society is presenting its ninth Living History Tour at the Davisville Cemetery on Saturday and Sunday, October 19 and 20, at 1:00 PM. Visitors will hear from twenty-two former Warner residents, portrayed by local actors in period costumes, who will share something about their lives and times.

The Davisville Cemetery is located on Rt. 103 between the Davisville Flea Market and Cyr Lumber in Warner. Visitors are encouraged to bring folding chairs and to wear comfortable shoes. Tickets are \$10 for members of the Hopkinton and Warner historical societies and \$15 for non-members. Tickets may be purchased at the event or in advance at the Hopkinton Historical Society during regular business hours. The event will be held rain or shine.

Contact the Society at 603-746-3825
or administrator@hopkintonhistory.org



HOPKINTON POLICE DEPARTMENT

AUGUST 2024 ARREST LOG

8 Arrests • 4 Accident • 343 Traffic Stops

- 09/01** Lincoln Cabascango, 18, of 147 John Street, Fall River, MA, charged with License Required; Operate without Valid License.
- 09/03** Alanna Cassen, 21, of 25A Hoodcroft Drive, Derry, charged with Drive After Revocation/Suspension; Reckless Driving.
- 09/03** Widman Nolasco Yoc, 21, of 307 Manchester Street, R1, Manchester, charged with Drive After Revocation/Suspension; Reckless Driving.
- 09/06** Glenys Calix, 44, of 34 Liberty Lane, Apt 2, Thornton, was charged with Driving. After Revocation/Suspension.
- 09/14** William Dodge, 44, of 438 Dunbar Hill Road, Grantham, was arrested on a Warrant.
- 09/18** Jordan Fitzgerald, 34, of 23 Birchwood Terrace, Henniker, was charged with Drive After Revocation/Suspension.
- 09/26** Ryan Rude, 35, of 185 Loudon Rd, A17, Concord, was charged with Drive After Revocation/Suspension.
- 09/27** Justin Dubois, 19, of 275 West Hancock St., Manchester, charged with Drive After Suspension/Revocation; Reckless Driving.

Photography From the Sky – For A New Perspective



LGS
GeoDrone



Booking now for **FALL FOLIAGE!**

FAA SUAS Remote Pilot #4013965
Email: nlegere@nicholasgeo.com nicholasgeo.com/geodrone

BOW FIRE DEPARTMENT



SEPTEMBER 2024 RESPONSE ACTIVITY LOG



- 12 Basic Life Support Transports
- 16 Advanced Life Support Transports
- 10 Non-Transport
- 5 Motor Vehicle Accidents
- 14 Fires/Hazardous Conditions/Alarms
- 3 Service Call Incidents
- 5 False Alarm/Good Intent
- 6 Overlapping Incidents
- 71 Total Calls for the Month

Escape Planning



Plan Ahead! If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

SAFETY TIPS

- » MAKE a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » KNOW at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » HAVE an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » PRACTICE your home fire drill at night and during the day with everyone in your home, twice a year.
- » PRACTICE using different ways out.
- » TEACH children how to escape on their own in case you can't help them.
- » CLOSE doors behind you as you leave.

IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, GET OUT AND STAY OUT. Never go back inside for people or pets.
- » If you have to escape through smoke, GET LOW AND GO under the smoke to your way out.
- » CALL the fire department from outside your home.

NFPA Your Source for SAFETY Information
NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ❗ According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ❗ While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ❗ **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!

Courtesy of Bow Fire Department
For more information please www.nfpa.org/education

"Safety First, Always."

Our duty is your protection. Courage, commitment, and community. Fighting flames, saving lives.

BOW EMERGENCY SERVICES



CALL IF YOU CAN

TEXT IF YOU CAN'T

BOW POLICE DEPARTMENT



BOW POLICE DEPARTMENT SEPTEMBER ARREST LOG

- 9/1 Jameson Supry, 33, Concord, was arrested on a warrant for domestic violence-related stalking and violation of a protection order
- 9/5 Roger Felton, 58, Bow, was arrested for domestic violence-related simple assault and criminal threatening.
- 9/13 Michael Habif, 44, Bow, was arrested for driving while under the Influence
- 9/15 Lola Mariana Ingalla, 19, Windham, was summoned for driving after suspension
- 9/16 Mariah Randall, 29, Manchester, was arrested on a warrant for willful concealment
- 9/18 Bradley Harris, 59, Bow, was indicted on seven counts of possession of child sexual abuse images, one count of computer use prohibited, and one count of trafficking in persons
- 9/24 Jason Roy, 40, Bristol, was arrested on two counts of theft by deception
- 9/29 Sonya Salyer, 46, Concord, was arrested for aggravated driving under the Influence
- 9/30 Marie Perry, 68, Bow, was arrested for driving under the influence. A juvenile was summonsed for operating without a valid license.



Every October, the Bow Police Department supports breast cancer awareness month by wearing pink badges. The pink badges honor breast cancer survivors, patients currently undergoing treatment, and families who have lost loved ones. These specially designed badges are meant to spark conversations about breast cancer and show support for those impacted by the disease. Officers hope that the visibility of the pink badges will encourage residents to discuss breast cancer and the importance of early detection.

WE ARE STRONGER TOGETHER!



BOW PARKS AND RECREATION DEPARTMENT'S ANNUAL TRUNK OR TREAT

SATURDAY, OCTOBER 26TH 12:30 – 3:30 PM AT BOW HS

This is a fantastic opportunity to enjoy a safe environment for Halloween fun. Please contact the Bow Recreation Center directly at 603-223-3984 if you wish to participate.

TRICK-OR-TREATING

THURSDAY, OCTOBER 31ST 5 – 8:00 PM

Please be vigilant and ensure children are accompanied by an adult, wear reflective clothing, and remain in well-lit areas while collecting treats.



BOW HIGH SCHOOL SPORTS SPOT

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



Maeve Nadzan against Plymouth.

GIRLS SOCCER SHUTS OUT MULTIPLE OPPONENTS

Bow's girls soccer team has been playing lights out for the past couple of weeks. First, the team beat Laconia 5-0 at Laconia, just like the boys soccer team had done the day before at home. The Falcons then defeated the Merrimack Valley Pride 4-2, also an away game. They also beat Plymouth 4-1, and annihilated the Oyster River Bobcats 8-0 at home. The list of players scoring goals in this victory includes seniors Gabriella Tarsa and Lexi Insana, juniors Ella Murphy and Ashley Wallen (the latter scored 2 goals), sophomores Anna Zerba and Cara Van Dyke, and freshman Jaeden Kennedy. They proceeded to outscore Milford 2-1 before falling to Coe-Brown Northwood 1-3. Despite the loss, the Bow girls soccer team aims to bounce back in its upcoming games.



Andre Contreras

GOLF WITH ONLY 1 LOSS IN 19 GAMES

The Falcons' golf team is out to a staggering 18-1 record. They have scored higher than a different team only once, against the Portsmouth Clippers, a team that they also scored lower than on a different occasion. Senior captains Owen Webber and Andre Contreras have played excellently, along with sophomores Jacob Gancarz and Aidan O'Keeffe, senior Mikey Magdziasz, and others.

Gancarz has been a medalist in 6 out of 7 matches. He has a low of 33, scored at Beaver Meadow, Bow's home course. Webber has a low of 36 and has scored in every

match so far. O'Keeffe, Contreras, and Magdziasz have all been shooting in the higher 30s and lower 40s.

BASS FISHING CLOSES SEASON OUT

The bass fishing team has done well in several tournaments throughout its season. Although the team's season is over due to a 15th place ranking out of 32 schools in the State Qualifier tournament, the team still had a fruitful season.

At Coe-Brown Northwood Academy's homecoming bass fishing tournament, Bow took all three of the top three spots. Senior Angelo Constant and freshman Colby Rae's boat finished first, sophomore Ethan Herrick's boat finished second, and sophomore Bryce Goodreau and freshman Tyler Pierpont's boat placed third.

Additionally, at a Lake Winnepesaukee tournament, Herrick and fellow sophomore Garrett Landers finished 4th, and senior Nate Kiah and freshman Devin Sprague finished 6th out of 27 boats.

"Overall, this was a very successful season with most of the team getting to fish in competitive tournaments," said coach Ben Forbes on the season. "We placed well overall, and the anglers learned a lot."

FOOTBALL GOES ON 3-GAME WIN STREAK

After the disappointing loss to Pelham at the beginning of September, the Bow football team has gone on a 3-game win streak, beating Merrimack Valley away and Kingswood and St. Thomas Aquinas at home.

Against the Merrimack Valley Pride, Bow played an excellent first half of football, shutting out Merrimack Valley 23-0. Although Merrimack Valley scored 13 points in the second half, Bow held on to their lead and won the game. Near the end of the first half, senior Kody McCranie took a 4th-and-20 punt by Merrimack Valley and turned it into a 68-yard punt return touchdown for Bow.



Senior Kody McCranie in game against Thomas Aquinas.

The Falcons kept it up at their homecoming game against Kingswood, defeating the Knights 19-7. McCranie scored on a 60-yard touchdown reception, along with junior Caleb Schumacher running 80 yards for a touchdown.

Their latest result was a 21-0 trouncing of the St. Thomas Aquinas Saints in Bow's Friday Night Lights game. In the second quarter, Schumacher scored with a 48-yard rushing touchdown, and senior captain quarterback Brady Lover ran 1 yard for a 4th-and-goal touchdown at the very end of the first half. In the second quarter, Lover ran 68 yards for another touchdown and put the game away.



BOW HIGH SCHOOL SPORTS SPOT

Matthew Mampuzha
Bow Times Sports Editor

I'm Matthew Mampuzha, a sophomore at Bow High School. I am currently the webmaster for the Falcon Vision, the school newspaper for BHS. It can be accessed at vision.bownet.org. I'm also one of two high school student representatives to the Bow School Board this year. I've been a big sports fan for a long time, at least since I was 4 years old. Although I've never been extremely talented at sports, my teammates know, I do my best! I play tennis and cross country at BHS.

This summer Ryan McCabe graduated leaving his post as The Bow Times student sports editor. I was offered the position and I've been writing about BHS athletics since!

I'm looking forward to writing some accurate sports articles for the Bow Times that highlight the performances and accomplishments of Bow High School athletes!

FALCONS FLY FOREVER!



OBITUARIES

EDWARD HIGGINS BERKE



Edward Higgins Berke passed suddenly July 4th, due to a tragic accident on Casco Bay, Maine. He was 31.

He was the beloved son of Bruce and Nancy Berke of Bow, cherished brother of Hunter Berke of Charlotte, N.C., and life partner of Maddy Pigott of Ontario, Canada.

Born in Concord, Edward attended Bow schools and played youth and high school sports graduating in 2011. He was a 2015 graduate of St. Lawrence Univ. with a BS in geology. 2022 brought an MS in economic

geology from Iowa State Univ. in Ames. He was a hydrogeologist at Fuss & O'Neill in New Haven, CT.

Eddie loved the outdoors and sports, engaging in hockey, soccer, baseball, skiing, hiking, and rock climbing. He had a passion for golf, and Eddie enjoyed rocks and minerals with his mother, leading to his study of geology.

Like WC Fields, Eddie very likely never met anyone he didn't like. Relationships were important to him and he was always there for you if you needed anything. Expressing interest in others' activities built foundations for his friendships he so valued. Eddie cherished his friends, family and the time he had to spend with them. We all love Eddie and he is sorely missed.

Besides his parents, brother, and partner, he is survived by numerous aunts, uncles, cousins, and friends in New Hampshire, New England, Canada and beyond.

Edward's family gives heartfelt thanks to the men and women of the Maine Marine Patrol, U.S. Coast Guard and other agencies that participated in the search.

In lieu of flowers, please consider donating to the Eddie Berke Memorial Fund to benefit organizations that reflect his love for golf (First Tee), hockey (Concord Youth Hockey) and geology (St. Lawrence Univ. Geology Dept). Donations can be made by check to the Eddie Berke Memorial Fund and mailed to Franklin Savings Bank, 139 King St, Boscawen, NH 03303; or through Venmo at @EBMF21.

A Celebration of Life will be held from 11:00am to 2:00pm on Saturday, November 2, 2024 at McIntyre Ski Area in Manchester, with a service and remembrances beginning at 11:30am.

SAMUEL WAUKEENE COOPER



Samuel W. Cooper, passed away at home on September 19, 2024. Sam was born May 12, 1932 in North Reading, MA. He was born in a tent, and lost his father when he was only 7 years old. Raised by his mother and siblings, he earned a living making baskets and paper flowers as a youngster.

Sam moved to New Jersey in 1948 where he met and married Noelle Cooper in 1952. Noelle was the love of his life for 68 years.

In 1969 Sam and Noelle settled in Bow, where he remained until his final days. His final wish was to be at home with his family.

After three winters working in a textile factory, Sam started working with his brother-in-law, Bill Young, at Bill Young Paving. In 1952 he went out on his own and founded Sam Cooper Paving & Son. Sam retired at 82, but the company remains a family-owned and operated business in Bow.

Sam loved to be on the go! Loved life. He never complained or looked for a handout. Sam was a family man. Sam's grandchildren, nick named him, "Grandpa Cheesecake" & "Pa Pickles".

His enjoyment was drag racing, collecting cars, traveling but his favorite place was NYC and Florida, and dreamt of California. Sam enjoyed eating, site seeing, shopping and fairs of all types as well as parades with marching bands, flea markets, yard sales and his favorite was a BIG TV with old westerns running.

Sam leaves his dearly beloved wife; Noelle Cooper, daughters; Cynthia Kelso and Cheryl Cooper. Grandsons; Samuel W. Cooper III and William Kelso, great-grandson; Samuel W. Cooper 4th, Great grand-daughters; Sadie Cooper and Macey Cooper, Son in law; William Kelso. Sam held others like sons; Bobby Gullage and David Goodsell family.

A special thanks to the care givers; The Granite State VNA, Bayada Hospice and Rest Assured Home Care, Bow. Sam's gone home but remains always with us in our hearts.

A graveside service was held in September at Evans Cemetery in Bow. The Bennett Funeral Home assisted the family with arrangements.

RAYMOND W. COTE

Beloved father, husband, and community member Raymond W. Cote, age 74, of Bow passed away on September 27, 2024, at Granite VNA Hospice House with his family by his side.

He was born in Queens, NY the son of the late William and Florence Cote. Ray was proud to have served his country as a soldier in the Army in the Vietnam war. He worked as a foreman for the Public Service of NH Reprographics department for many years.

Ray was the quintessential family man. He loved nothing more than spending time with the love of his life, Lucia, and their daughters, whether making Italian dinners together, going out for pancakes, riding snowmobiles, or making maple syrup.

Raymond's desire to serve was innate. A longtime member of the Bow Pioneers Snowmobile Club, he loved walking the trails and doing trail work.

Ray Cote is survived by his wife of 51 years, Lucia (Narisi) Cote, of Bow, 3 daughters, Kelly Dumont and her husband Donny of Freeport, Maine, Sara French and her husband Zackary of Hopkinton, and Kristen Cote-Kohlhorst and her husband Christopher of Hopkinton and his sister, Linda Deboe of Ocala, Florida.

ELIZABETH CRAWFORD

Elizabeth J. (Sloat) Crawford of Contoocook passed away August 19, 2024, at Epsom Manor, after a period of failing health. Betty was the youngest daughter of the late, Perley A. Sloat and Annie S. Sloat. She was the last surviving child of the Sloat Family. Betty moved with her family from Millinocket, Maine to Hopkinton at the age of 7.

Betty married her high school sweetheart, Arnold H. Crawford on September 4, 1955. Together Arnold and Betty had three children together Dennis (Lynda), Carol, and Brenda (John) Martin. Grandsons Kendrick (Megan) Crawford and Alden Martin.

When the children were young Betty ran a small cake decorating business out of their home in Warner. Betty was a licensed Nursing Assistant for all of her professional career. Betty did some private duty care in the Hopkinton area, then she started working at the Odd Fellows Home in Concord for 20 years. Betty eventually left the Odd Fellows home after 20 years of service. Betty then started a new career as a nursing assistant at the Hospice House in Concord where she stayed until her retirement.

HELEN LUCIENNE RIVET



Bow resident, Helen Lucienne (Gamache) Rivet age 89, passed away peacefully at home surrounded by family on Saturday September 21, 2024, after a brief battle with cancer.

She was born on May 16, 1935 in Goffstown, the daughter of the late Arthur and Fabiola Gamache.

She attended school at St Jean the Baptist in Manchester, then made a career in the Food Service Industry. Many years she worked in the cafeterias run by the NH Association for the

Blind, where she was known for her homemade meals, soups and deserts.

Helen was also a Cub Scout and Brownie Girl Scout assistant leader. She enjoyed making and selling crafts with her daughter Jackie for several years. Her last job was at Scrappin Soul Sisters, where she learned another creative hobby, which she brought to the Bow Young at Heart Club. She was a member from 2015 to 2022 and made scrapbooks for a couple of years while a member.

Helen is predeceased by her loving husband Raymond G Rivet of over 50 years, where they welcomed four children into their lives.

She is survived by her son Raymond Rivet and his wife Laurie of Concord, her daughter Jacqueline Young of Loudon, her daughter Annette Rivet and her partner Peter Emanuel of Bow, her son Kenneth Rivet and his wife Shannon of Foley AL.

She was predeceased by brothers; Lucien, Robert, Arthur, George and Edward, sisters; Yvette, Bertha, and Lillian.

In lieu of flowers, Helen's family asks that you support the efforts of the United Leukodystrophy Foundation. 224 N. Second Street, Suite 2, Dekalb IL 60115 – www.ulf.org.



**Granite
VNA**

**GRIEF SUPPORT
GROUP**

HEALING HEARTS — A GRIEF SUPPORT GROUP FOR CHILD LOSS

**Tuesday, October 22 from 5:30 to 7:00 PM
Bow Mills United Methodist Church, 505 South Street**

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

Travel with **The Bow Times**



Scott and Claudia Walker traveled with The Bow Times. Here they are enjoying a recent edition in the Azores.

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

**Big Bear
EXCAVATION**

**We Repair & Replace
Septic Systems
Remove Stumps
Back Yards
Additions & Garages**

**“Celebrating 35
Years in Business.”**

FREE ESTIMATES



**Call Dick Siciak
603-228-9535**

7 Branch Londonderry Turnpike W.
Bow, New Hampshire 03304
www.BigBearExcavationNH.com



**Fire & Water -
Cleanup & Restoration™**

**FASTER TO
ANY SIZE
DISASTER**



SERVPRO OF CONCORD

603-225-2825

Like it never even happened.®



**Bow Garden Club's
16th Annual Children's PJ
& Book Drive**

**NEW PAJAMAS
FOR THE DRIVE**



Please drop off your donations of **NEW Children's Pajamas** and **NEW Children's Books** by **November 15th** in the donation boxes located in the lobbies of the Bow Library, and Bow Community Building. A drop off bin is also on the porch seat at BGC Member Lisa's house at 4 Clough St, Bow. Your generous donations will be sorted, divided and distributed at Christmas to the Bow Human Services, Friends of Forgotten Children and Family Promises of Greater Concord.



Questions: Call Lisa
at (603) 496-5241

Talking Trash

by Danielle Ruane

HAZARDOUS WASTE AND ELECTRONICS COLLECTION DAY SATURDAY, OCTOBER 19, 2024

The Towns of Bow and Dunbarton are holding their annual Household Hazardous Waste Collection Day and Electronics Collection for residents on Saturday, October 19, from 8:30 a.m. to 1:00 p.m. The collection event will be at the Bow Department of Public Works at 12 Robinson Road, Bow.

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

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

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

A list of acceptable and unacceptable hazardous materials, as well as the fee schedule for recycling electronic materials, can be found at <https://www.bownh.gov/340/Annual-Household-Hazardous-Waste-Collect>. Please note payment to dispose of the electronics items that have a fee must be made by cash or check only to “Good Point Recycling.”



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

- (1) MOTOR OIL COLLECTION:** Oils such as motor oil, transmission fluid, diesel fuel, kerosene, tiki-torch fuel, brake fluid, power steering fluid, gear oil, bar and chain oil, two-cycle engine oil. *Note – Do not include gasoline, fuel with water, anti-freeze and grease, as those items will be collected by the event’s hazardous waste vendor.
- (2) LOCAL COLLECTION:** All fluorescent light bulbs, batteries, mercury thermometers and thermostats, propane tanks, sneakers and smoke detectors. The town of Dunbarton works with local companies that will recycle or properly dispose of these items. Sneakers are given to an organization that grinds and uses them in running surfaces (tracks, courts and playing fields).
- (3) HOUSEHOLD HAZARDOUS WASTE:** All fluids, solvents and chemicals considered hazardous waste. These items are collected by EPI, the event’s hazardous waste vendor, which will properly dispose of the items.
- (4) ELECTRONICS COLLECTION:** These items are collected by the electronics vendor.

Please email bowrecycles@gmail.com if you have questions. Thank you for your support of this annual event.



Pick up a copy of
The Bow Times
at one these 28 locations!

- | | |
|------------------------------|----------------------------------|
| Baker Free Library | Hampton Inn |
| Blue Seal Feeds | Hopkinton Village Store |
| Bow Mobil | Individual Fitness |
| Bow Recreation Building | Irvings 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 |



BOW GARDEN CLUB'S ANNUAL *Poinsettia Fundraiser*

Pre-Sale Orders & Payments to be received by
Sunday, November 3rd

Poinsettia Pick Up will be at the Bow
Community Building, on Knox Road
Saturday, December 7th
between
11:00AM and 1:30PM

GIVE SUPPORT

pre-order now!!

\$ 30



Your support helps us provide the Town of Bow with Community Beautification

To place your order visit our website at www.bowgardenclub.org and click Poinsettia on the Menu for an Order Form.

\$ 40





THE ALL NEW 2025
MAZDA CX-70 3.3 TURBO S
PREMIUM AWD



STARTING AT \$56,580
MSRP includes the \$1,455 destination charge and excludes tax, title, license fees, and \$599 admin fee. Vehicle shown may be priced higher. Actual dealer price will vary. See dealer for complete details.




134 MANCHESTER STREET, CONCORD NH
GrapponeMazda.com | 603.210.4387


JoyaDennehy.com

**TRUST MATTERS.
SO DOES...
THE PERSONAL TOUCH.**




If you're searching for a **real estate agent** with a proven track record, **who truly cares**, look no further.



Please let me know how I can help!
Joya Dennehy
603-303-4288
joya@rognextlevel.com



“Joya consistently went above and beyond our expectations right from the beginning.”
Wendy Williams

MULTIPLE AWARDS \$24M VOL. #2 RANKED

ONE REALTYONEGROUP

Providing Peace of Mind, One Family at a Time.

ATTORNEY BENJAMIN JOHN KINIRY



- Estate Planning
- Elder Law
- Probate Law
- Special Needs Trusts
- Veterans Pension
- Guardianships



888-471-2903

9 Van Ger Drive | Bow, New Hampshire 03304

Email: ben@kinirylawfirm.com

www.kinirylawfirm.com