

DUNBARTON NEWS ON PAGES 13

BOW GIRLS WIN 2024 CAPITAL AREA CLASSIC CHAMPIONSHIP!

On December 30, 2024, several local teams declared themselves champions in the final rounds of the holiday competitions. The Bow Falcons Girls' Basketball team defeated the Merrimack Valley team 43-41 to win the Capital Classic!

It was a hard-won success, as Merrimack Valley played a tough and physical game. But Bow's ability to create shots and take fouls helped the Falcons narrowly pull ahead with less than a minute to go!



CHIP GRIFFIN | Photo

The Bow Falcons Girls' basketball team celebrates with the championship plaque after winning the 2024 Capital Area Classic Girls Basketball Championship.

THE ROTARY CLUB OF BOW PRESENTS SCHOLARSHIPS TO GRADUATES

Ten students received scholarships from the Bow Rotary at the meeting on Friday, January 3rd.

The 10 students are Maya Clough, Aiden Ciminesi, Juliette Tarsa, Julie Vose, Isabella Cannon, Alden Betterly, Sydney Ferland, Rorie Cochrane, Joseph McDowell and Liam Wells.

Six of the recipients attended the meeting in person, two attended on Zoom. All the recipients provided updates to the club, talking about life at college. Many of them are active in sports, clubs and volunteering.



Overall, Bow Rotary awarded \$20,000 in scholarships. Two recipients, Ferland and Wells, have previously received scholarships from the Club.

The Bow Rotary provides scholarships for college, trade school, and for nontraditional learning to deserving high school graduates from Bow High School as well as to Bow and Dunbarton residents who attend private high schools.



Pictured from left are Scholarship Committee Chair Mike Griffin, Julie Vose, Maya Clough, Aiden Ciminesi, Alden Betterly, Rorie Cochrane, Isabella Cannon and Bow Rotary President Gerry Carrier. Photo | Eric Anderson

HOPKINTON-CONTOOCOOK NEWS ON PAGES 16

BOW ZONING CHANGES TO BE VOTED UPON IN MARCH, 2025

Following hearings, the Bow Planning Board has proposed a number of changes to Bow's zoning ordinances. The proposal will be up for voting on Tuesday, March 11, 2025.

Proposed Amendments to the Zoning Ordinance on the Town Warrant:

- A. To amend Section 5.11(G)(1) to permit motor vehicle sales and rentals in the Limited Industrial (I-1) and General Industrial (I-2) Districts, where a Special Exception is currently required.
- B. To amend Section 10.01(E) to allow maintenance of approved stormwater facilities without requiring a Conditional Use Permit (CUP)
- C. To remove local amendments to the building code from Section 14.01(A) (1)(a).
- D. To replace Article 16 Impact Fee Ordinance and Methodology Reports in its entirety. This amendment would implement a new School Impact Fee assessed on new residential development.
- E. To amend Section 3.02, to update several definitions, improving consistency with the State Building Code and other regulations.
- F. To amend Section 7.08 to update the definition of home based day care to be consistent with RSA 672:1 V-a.
- G. To amend Section 11.04(F) to increase the maximum length of time that a temporary manufactured home may be in place after a disaster from 12 to 18 months.
- H. To amend various sections to correct formatting and clarify language for consistency.



Bow Planning Board members: Seated L to R: Sandra Crystall (Vice Chair), Don Berube, Jr. (Chair), Adam Sandahl (Secretary) Standing L to R: Karri Makinen (CD Director), Michael Lawton, Jonathan Pietrangelo, Kip McDaniel (Selectmen Representative), Jessica Duke (Alt.), Ben Davis (Alt.) Photo by Eric Anderson

ELECTIONS & CANDIDATE SIGN UPS ANNOUNCED BY TOWN CLERK

Town Clerk, Mridula Naik announced the following details for upcoming local elections:

**2025 Town / School Election – Tuesday, March 11, 2025
7:00 AM - 7:00 PM, Bow Community Center, 3 Bow Center Road.**

The deadline for registering to vote prior to the elections is Friday, February 28, 2025. You can always register on election day at the polling place.

Candidate sign up dates are Wednesday, January 22, 2025 – Friday, January 31, 2025, 6:00 PM at the Clerk's Office.

Tuesday, February 4, 2025, is the last day to petition selectmen to insert a warrant article for the March Town meeting.

For more information, please check out the Town of Bow elections page at www.bownh.gov.

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EDITORIALS



PTSD AND OUR VETS' STRUGGLE TO COPE

On New Year's Eve in New Orleans, an army veteran drove a truck through a crowd on Bourbon Street killing 14 people. Shamsud Din Jabbar served in the army from 2007 until 2015. The Texas native was deployed to Afghanistan in 2009 and 2010. Neighbors described him as quiet, calm and normal. Yet he became a follower of ISIS.

On New Year's Day a Tesla turned into a bomb, killing its driver, Matthew Livelsberger, and injuring seven people. Livelsberger was an active-duty Green Beret who also served in Afghanistan.

What had they seen and done to create the demons in their head? We will probably never know.

What we do know from the National Center for PTSD run by the VA is that veterans deployed to combat are 3 times more likely to get PTSD. Of the 5,800,000 vets using VA care in fiscal 2024, 14% of the men and 24% of the women were diagnosed with PTSD. Sexual assault added to the complications for female veterans.

The suicide rate for our veterans is 57% higher than comparable non-veterans according to the VA. Traumatic brain injuries and chronic pain as well as difficulty returning to civilian life are obviously not being handled well by the armed services or the VA.

Both of the men who died on New Year's Day in rage at the world brought tragedy to others because the system failed them. And all of us.

CAN THE DOGE BROTHERS CUT FEDERAL SPENDING BY \$2 TRILLION?

Elon Musk and Vivek Ramaswamy have set a laudable goal of cutting the federal budget by \$2 trillion dollars. With the national debt at \$36 trillion and last year's deficit spending at \$1.8 trillion, getting there will be a challenge for the Department of Government Efficiency or DOGE.

The mantra has been to save money by cutting the federal workforce. There are 2,300,000 civilians working for the federal government. The bulk of them work in defense and homeland security jobs. Air Force, Army, Navy, and DOD make up a total of 762,882 jobs, the VA 468,552 and Homeland Security 222,539. Those three areas alone total about 65% of the government workforce. All other areas of the government make up the other 846,000 jobs.

The big target is always the Department of Education. If you abolish all of it root and branch, you only shed 4,425 jobs, or a tiny drop in a big bucket. You also have to figure out what to do with half of its budget— \$274 billion in loans and grants to college students.

Abolish all federal jobs outside of the uniformed armed services and you can save \$213 billion as of March 2024. That still leaves you with about 90% to find towards the \$2 trillion savings mark. So where is the bulk of the money in the federal government going? It goes to us dear Reader. Transfer payments. The Treasury collects taxes, borrows \$1.8 trillion and then cuts checks for Social Security, Medicare, Medicaid, military pensions, veterans benefits, etc. Also \$880 billion goes to pay interest to those buying bonds from the Treasury to keep this sinking ship afloat.

Those money-in and money-out transfer payments to us are in the amount of \$4.1 trillion of the total spending of \$6.75 trillion. The \$4.1 trillion in spending is on auto pilot known as "mandatory spending," that supposedly can't be cut.

Want to save \$2 trillion? The quickest way is to abolish Social Security and Medicare. Of course 65,000,000 people will rise up in arms.

Add in the 88,000,000 people on Medicaid and the Children's Health Insurance Plan (or CHIP) and you can see why President-elect Trump has taken all of these programs away from DOGE.

This does not mean Musk and Ramaswamy can do nothing. Fresh eyes on this massive thing called the federal government are long overdue. But quick simple answers are not there for the picking as the above numbers reflect.

We should all wish them well, but they should prepare for a marathon and not a sprint.

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

BOW SCHOOL BOARD CONSIDERS POLICY ON ATTENDANCE OF STAFF MEMBERS CHILDREN

For a discussion later in the year, the Bow School Board is looking at what other districts do to accommodate attendance by children of staff who live out of district.

Area districts have various policies such as:

Kearsarge: Allows staff members to tuition into KRSD at 25% of the student tuition rate. No cap on number.

Sunapee: Professionals utilizing this benefit will pay 1/4th the District tuition for the level which they are attending (policy included).

Hillsboro-Deering: The Hillsboro-Deering School Board has a long standing practice of allowing this at no charge for the kindergarten year, when there is room and when there are no additional expenses for the district. Transportation is the responsibility of the family. There have been instances where exceptions have been made for older students.

Gilford: Enrollment for children of professional staff shall be at 50% of that school's per pupil cost.

No decision has been made yet on a policy for Bow schools.



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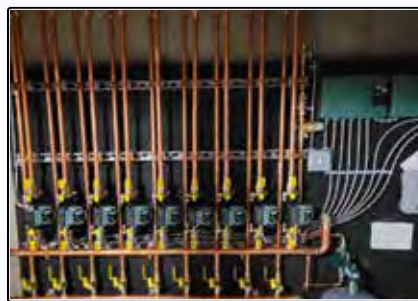
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CREATING A FAMILY PASSCODE TO PROTECT AGAINST FRAUD

In today's digital age, fraud and scams are becoming more frequent. Over \$9 billion is lost annually to fraud and phone scams. One of the simplest yet most effective measures to protect against these scams is to establish a family code word. A family code word is a pre-agreed word or phrase that can be used among family members to verify identity when in question of who you are talking to.

The primary purpose of a family code word is to act as a security measure during unexpected or unusual situations. For example, fraudsters may attempt to impersonate family members over the phone, claiming they need immediate help or money. A code word can be a reliable way to verify if the person on the other end of the line is truly who they say they are. If the caller fails to provide the correct code word, it should immediately put up a red flag that they might be dealing with a scam.

The use of a family code word not only adds a level of security but also creates awareness within the household. It ensures that each member knows what to do in case of emergencies, providing peace of mind in a world where scams are becoming more complicated. The code word can be shared with family and trusted friends.

Moreover, establishing such protocols encourages families to discuss potential security risks and keep each other informed. This proactive approach to safety can make a significant difference in reducing the chances of falling victim to fraud and can ultimately protect both personal and financial well-being.

"It's alarming how sophisticated financial scams are becoming, especially with the use of A/I. Smart people are falling victim. We all need to be vigilant. We all need to establish a family code word to protect ourselves and our loved ones," said Larry Barker, chair of the Maine Bankers Association's board of directors and president/CEO of Machias Savings Bank.

Please be proactive and set up a family pass code with your family today.

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THE BULK OF H-1B VISAS SOURCED IN ASIA, NOT EUROPE

The MAGA movement has split over whether gifted immigrants are to continue to have 65,000 slots for entry each year. Steve Bannon and others say "shut it down" but first buddy Elon Musk says he will "go to war on this issue." President-elect Trump has sided with Musk.

Elon Musk entered the United States on an H-1B visa and Tesla last year had 1,025 positions filled by those visas. The techies and engineers generally come from China, Korea, India, etc.

Last year Amazon had 3,871 positions granted for visas while IBM, Microsoft and Google each had over a thousand.

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As part of **Dry January**, the NH Liquor Commission (NHLC) is teaming up with Brown-Forman and its brands, Jack Daniel's, Herradura, Korbel & Chambord, as well as dozens of local restaurants, to introduce **NH Mocktail Month**. This program, launched to help establish a safer and more inclusive drinking culture in New Hampshire.

To further emphasize the importance of responsible consumption, NHLC and Brown-Forman have partnered with the SAFE Bar Network to provide free training to local establishments on preventing overconsumption.

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35 Bow Center Road	3 Bedrooms 1 Baths	1160 Square Feet	.86 Acre	\$370,000
43 Knox Road	3 Bedrooms 1 Baths	1834 Square Feet	1 Acre	\$379,900
616 Page Road	3 Bedrooms 3 Baths	2340 Square Feet	1.10 Acres	\$540,000
72 Stone Sled Lane	2 Bedrooms 3 Baths	2800 Square Feet	CONDO	\$600,000
3 Windsor Road	3 Bedrooms 3 Baths	2898 Square Feet	2.98 Acres	\$650,000
42 Putney Road	4 Bedrooms 3 Baths	2714 Square Feet	3.16 Acres	\$690,000
11 Whittier Drive	4 Bedrooms 3 Baths	3776 Square Feet	2.10 acres	\$886,000

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

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
47 Ray Road	3 Bedrooms 2 Baths	1596 Square feet	6.66 Acres	580,000
186 Grapevine Road	4 Bedrooms 3 Baths	2072 Square feet	5.75 Acres	\$660,000
96 Grapevine Road	1 Bedrooms 2 Baths	1008 Square feet	26.28 Acres	\$700,000
167 Mansion Road	4 Bedrooms 3 Baths	2680 Square feet	3.54 Acres	\$880,000

Sales Data for DECEMBER 2024 is provided by the NHMLS.



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Where You Belong

**FAST STATS...
SINGLE FAMILY
RESIDENCE
SALES
IN BOW
DECEMBER 2024**



**PROFESSIONAL
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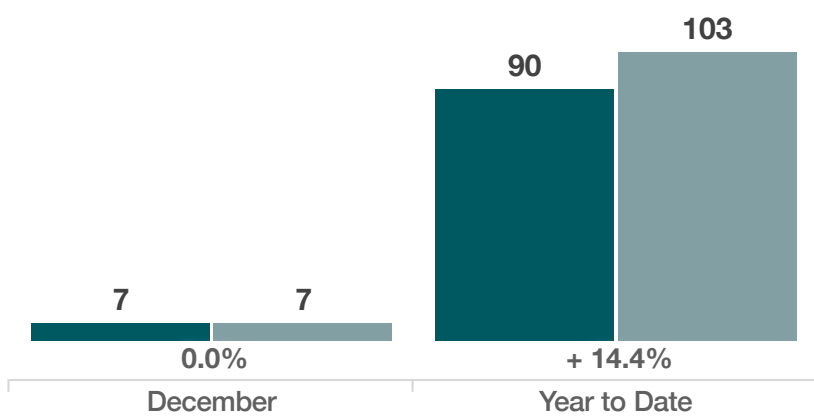
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Single Family Residence Key Metrics	December			Year to Date		
	2023	2024	% Change	Thru 12-2023	Thru 12-2024	% Change
Closed Sales	7	7	0.0%	90	103	+ 14.4%
Median Sales Price*	\$536,900	\$540,000	+ 0.6%	\$553,000	\$640,000	+ 15.7%
Median List Price	\$834,950	\$475,000	- 43.1%	\$569,900	\$634,700	+ 11.4%
Volume of Closed Sales	\$4,021,800	\$3,840,900	- 4.5%	\$51,698,632	\$69,797,693	+ 35.0%
Days on Market Until Sale	34	19	- 44.1%	16	19	+ 18.8%
Pending Sales	2	6	+ 200.0%	89	113	+ 27.0%
Months Supply of Inventory	2.0	0.6	- 70.0%	—	—	—
New Listings	2	1	- 50.0%	104	124	+ 19.2%
Inventory of Homes for Sale	15	6	- 60.0%	—	—	—
Percent of Original List Price Received*	100.9%	100.2%	- 0.7%	104.2%	101.0%	- 3.1%

* Does not account for sale concessions and/or downpayment assistance. | Percent changes are calculated using rounded figures and can sometimes look extreme due to small sample size.

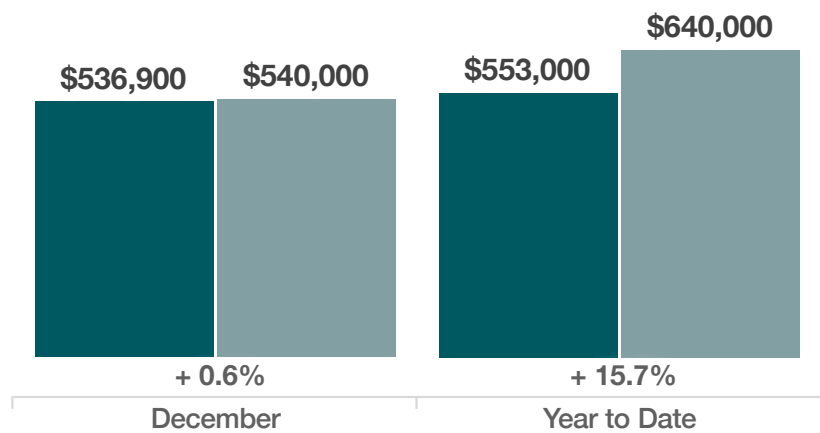
Closed Sales

■ 2023 ■ 2024

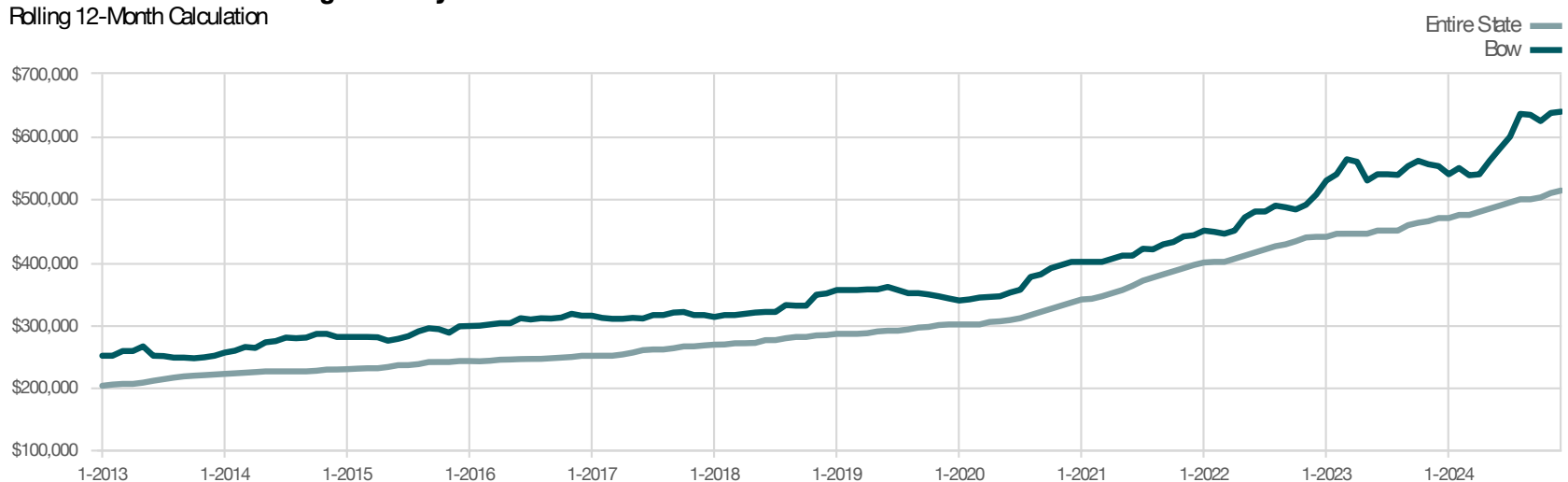


Median Sales Price

■ 2023 ■ 2024



Median Sales Price - Single Family Residence
Rolling 12-Month Calculation



A rolling 12-month calculation represents the current month and the 11 months prior in a single data point. If no activity occurred during a month, the line extends to the next available data point.

START YOUR JOURNEY TO HEALTH AND FITNESS

by Jim Olson

As we enter 2025, it's safe to bet that a lot of you reading this have recently told yourself, it's time to start exercising and eating healthier again. It's also safe to bet that a lot of you reading this still have not started.

Why do so many of us struggle to get started on a journey toward better health and fitness? It's because we focus too much on the body. If you want to get healthier but continually struggle to get started or stick to a healthy routine, then you don't need another diet - you need a mindset shift.

So how can you shift your mindset about health and fitness and finally see the results that you want? Here are a few tips for you:

1. LOOK FEAR IN THE FACE. We often don't start something because we are afraid to fail. In this new year, I want to challenge you to look fear in the face and smack it aside. Success is self-realized. If you look back on your life, it's safe to bet that the things you've succeeded at are those things you've committed to achieving and pursued in the face of fear.

2. BE THE MASTER OF YOUR TIME. There's a saying that we're all born, pay taxes and die. I like to think we also live in between. What that time between birth, taxes and death looks like, is up to you alone. It's easy to make excuses and place blame on our circumstances, but at the end of the day, no one values your time as much as you do.

3. KNOW WHAT YOU VALUE. The secret to sticking to a healthier routine is knowing what your true motivation is. Do you want to improve your stamina to play with your kids or grandchildren? Do you want to live to 100 and spend your retirement traveling the world? It's these deeper wants that will get you to the gym, not how your pants fit.

4. DON'T BE AFRAID TO ASK FOR HELP. There's something so vulnerable about asking for help, but it's the most powerful thing you



Jim Olson

can do. Your brain is designed to protect you from stress and perceived danger. Getting help from a professional can take the emotion and fear out of the equation and push you past your own limiting beliefs.

5. RECOGNIZE YOUR UNIQUENESS. You are an individual. You have unique health needs, routines and body. This is why one-size-fits-all health and fitness programs so often fail. It's also why I created Individual Fitness. I recognized that having a partner who meets with you individually, understands your unique needs and can help you overcome your personal mindset challenges is an invaluable resource on your health journey.

If you're ready to start improving your health in 2025, the only thing you have to do is to start thinking differently about your health and fitness. If you're ready to work on your mindset and your health, reach out to us at Individual Fitness to help you get started The I.F. Way.

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ELITE COLLEGES HAVE STAFF OVERLOAD

With the cost of college approaching \$100,000 a year there will be pressure to reduce costs. The problem is that while more than three million people work for four-year colleges, the staff is beginning to outnumber the faculty. A December 26, 2024, article in the Wall Street Journal reported that Duke and Caltech have even crossed that threshold with more non-faculty employees than they have students.

To reduce costs and tuition, reducing staff is a message not getting through to the best and brightest.

EUROPE NEEDS TO GET ITS ACT TOGETHER

While America's economy continues to grow, our friends across the pond are stagnating. Our culture and economy set the tone for the rest of the world.

Mario Draghi of Italy, a former President of the European Central Bank, recently pointed out the grim news that Europe's output per capita is lower than ours by 30%. Not a single European Union company with a market value above \$100 billion has been founded in the last 50 years. Only 4 of the world's top 50 tech companies are European.

Europe remains attractive to visit – one wag described its appeal as a large outdoor museum with cafe life at its core.



Bow Young at Heart Club

UPCOMING EVENTS

JANUARY 22, 2025. 11:30 AM - 2:30 PM

Kourtney Soucy from Concord Hospital, will present information about patient and family services at the hospital.

FEBRUARY 12, 2025. 11:30 AM - 2:30 PM

Pizza Party. You don't have to be a member to join us for a slice or two of pizza, interesting conversation, and games

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

OCCUPATIONS STILL VARY BY GENDER

Overall in America, 53% of those employed are men and 47% women. Jobs in sales are closely divided with 51% men and 49% women while the legal field is now 52% women and 48% men. Now for divergences:

WOMEN

Healthcare support 84% • Personal care 75%

MEN

Engineering and Architecture 83% • Construction and extraction 96%

Why? Part of it is expectations of roles: The assumption that men are supposed to be better at building stuff, for example, helps explain why they make up 96% of construction jobs and 84% of architects. Women are assumed to be better at caring for people. So, 87% of registered nurses are women.

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WHO'S WHO NEW YEAR CHALLENGE

Happy New Year. Once again, I want to give you a brief medical case history, and you will try to figure out who the person is. All 5 are famous people who have contributed much to make our world a better place. As I have before, I acknowledge and give credit to the work of Thomas Meissner, MD whose work and writing is the source of these cases. This is the fourth year that we have done this together, and I trust you enjoy the challenge.

1. Although he was a successful author, it is felt that he suffered from alcoholism and borderline personality disorder and in later life developed delusions. His father and two siblings committed suicide. In 1961 he attempted suicide three times, was unsuccessfully treated at the Mayo Clinic, and in June 1961 shot himself with a rifle a few weeks before his 62nd birthday.
2. This author (1819-1891) wrote what has become one of the most important works of world literature. As a young author he would write in a state of ecstasy lasting for hours. Some think he had a bipolar disorder. There are some indications that he had ankylosing spondylitis. His home in Pittsfield, MA is known as Arrowhead.
3. This surgeon was the first to successfully transplant a human heart in December 1967. In his mid-thirties he was diagnosed with rheumatoid arthritis. He suffered from severe flares with painful swelling in his fingers, eventually making surgery impossible. He stopped surgical practice in 1983 and died after an asthma attack in 2001. He established a foundation to help underprivileged children throughout the world.
4. This German theologian (1483-1546) suffered from ringing in his ears, dizziness, and head and stomach pains. He posted his "*Ninety-five Theses*" on a church door in 1517. A branch of protestant Christianity bears his name.
5. A child of Queen Victoria and Prince Albert, this king of England developed appendicitis two days before his planned coronation. Sir Frederick Treves (surgeon) and Lord Joseph Lister (father of antiseptic surgery) performed surgery. He was crowned two weeks later, on 9 August 1902.

ANSWERS:

1. Ernest Hemingway 2. Herman Melville. 3. Christiaan Barnard
4. Martin Luther 5. King Edward VII



*Don't wait for extraordinary opportunities.
Seize common occasions and make them great.
Weak men wait for opportunities; strong men
make them.*

Orison Swett Marden, American author
and founder Success magazine in 1897.



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BOW HIGH SCHOOL SPORTS SPOT

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



Ryan McKerley (right) goes up against a Pelham player in a wrestling match

BOYS WRESTLING

The Bow boys wrestling team is heading into its 2024 season with high expectations after winning the Division III wrestling championship and receiving several awards. The Falcons lost their season opener this year to Pelham by a score of 47-27, but still have many tournaments to go.

GIRLS ICE HOCKEY

The **Brinity Falcons**, Bow's co-op girls hockey team with Bishop Brady and Trinity High School has performed quite well in their first few games. Four students from Bow play for the team – three sophomores and one junior. The team won at Keene-Monadnock-Fall Mountain 7-4, and at Berlin-Gorham-Kennett 6-0. Sophomore Kaylee Jaques scored 4 goals, junior Audrey Starr scored 1 goal and 3 assists, and sophomore Lyra Lydon made 22 saves as goalie. “Both games were hard fought wins,” said coach Dan Earley of Bishop Brady High School. He applauded the teamwork by the members thus far, saying that “the team has meshed extremely well.”



Brendan O'Keeffe attempts a layup shot at Bishop Brady

BOYS BASKETBALL

The boys basketball team has rolled along through the beginning of its season, going 2-1. Its only loss was the team's first game, where the Falcons dropped their season opener in a very close 43-42 loss against Souhegan High School, a team that is currently undefeated as of this writing. The Falcons had come back from a 10-point deficit at halftime to go up by 8 points. Unfortunately, Souhegan managed to get back in the game and win it through a steal and layup at the game's end. Following the game against Souhegan, the team's two wins came against Coe-Brown Northwood and Bishop Brady on back-to-back days. The game against Coe-Brown was a 50-42 win, while the Bishop Brady game ended up as a lopsided 73-47 win for Bow.



Freshman Peyton Vaughn

GIRLS BASKETBALL

The girls basketball team has started out 3-0 after consistently scoring in the upper 40s in all three games. The first win was at home against Bishop Brady High School, where the team won 45-28. The second win came vs Souhegan 48-26, and the third win came at Coe-Brown Northwood 48-31. Freshman **Peyton Vaughn** has averaged 13.3 points per game and has scored above 10 points in each of the three games. Seniors **Bryana Szepan** and **Gabriella Tarsa** have averaged 9.0 and 6.3 points per game, respectively.



Senior Bryana Szepan



Senior Gabriella Tarsa

SWIMMING

Beginning its season with meets at Kearsarge and Goffstown, the Bow swimming team has shown promise so far. At Goffstown, in the 200-yard freestyle, freshman Ava Popielarz placed 2nd out of 7 with a time of 2:13.50, a personal best for her. The 1st place finisher had a time of 2:00.30 to put the time in perspective. Senior Lena Thompson nabbed 2nd place in the 50-yard freestyle race with a time of 26.39 seconds. The 1st place for that race was just 0.03 seconds faster, at 26.36 seconds, and was a record time.

Junior David Owen received 2nd place in the mens' 50-yard freestyle with a time of 31.05. First place in the 50-yard freestyle was just a second faster, at 30.10. Owen also received 3rd place out of 6 in the mens' 100-yard freestyle with a time of 1:09.04.



Owen places 2nd in men's 50-yard freestyle. Photo | Courtesy G. Forester

FALCONS FLY FOREVER!

Rotary Club of Bow

GIVING BACK DURING THE HOLIDAY SEASON

The Bow Rotary participated in three different charitable events in late December with the goal of giving back to the community.

During the December 13 and December 20 meetings, Bow Rotary President Gerry Carrier passed the hat to raise money for Bow Welfare. Members donated a total of \$530, and the club's board voted to match the member donations for a total donation of \$1,060.

In a separate event, Carrier held his annual challenge to club members to wear an ugly Christmas sweater on December 20. Carrier donated \$5 to the Rotary Foundation for each ugly sweater worn. This year's tally came to \$100. Club member David Gazaway won the award for best ugly sweater this year.



Bow Rotary members clockwise from back left David Farr, David Gazaway, Chris Parkinson, Peter Imse, Bob Couch, Gerry Carrier, Matt Gatzke, Carol Niegisch, Tamar Roberts, Melissa Howard, Judy Goodnow and David Scanlan wore ugly Christmas sweaters to raise money for the Rotary International Foundation. Gazaway won the award for the ugliest sweater. Photo | Eric Anderson

Also in December, members turned out for the annual tradition of ringing the Salvation Army bell for a day at the Market Basket on Storrs Street.



Carol Niegisch & Katie Minihan



Tamar Roberts & David Gazaway

LAFON HONORED BY GIRL SCOUT COUNCIL



Alexandra "Allie" Lafon has been recognized for her contributions as a Girl Scout troop leader and other activities with the council's Thanks Badge. She was pinned at a on December 11, in Concord.

Lafond, has led Girl Scout Troop 60258 for five years. It currently has 21 girl members in different age groups. She has completed Basic Outdoor Living Skills training, attended an alum gathering called Farnsworth

Weekend, is a member of the council's Alumnae Advisory Board, was a National Council delegate to Girl Scouts of the USA, and was on a task force to update the council's human resource policies and procedures. She also took part in a 2019 Juliette Low Seminar in Peru as part of the World Association of Girl Guides and Girl Scouts, which she followed up by creating a program to connect with 100 girls ages 12 and up about leadership.

Lafond is "a bright light in our council who works tirelessly with her troop," said Kelli Brown, director of fund development for Girl Scouts of the Green and White Mountains. the council serving New Hampshire and Vermont.

PICTURED ABOVE: Alexandra Lafond, left, displays the certificate she received from Patricia K. Mellor, CEO of Girl Scouts of the Green and White Mountains, along with the Thanks Badge pin for her contributions to Girl Scouts. Girl Scouts of the Green & White Mountains | Photo

girl scouts
of the green and
white mountains

Remember
GIRL SCOUT
COOKIE SEASON
runs through March 16!



Learn to
LINE DANCE
with
Michele Vecchione!

BEGINNER LINE DANCING

Mondays, 9:45 to 11:10 AM
January 15, 22, 29, February 5, 12, 19, 26, March 5, 19
Make-up March 26

Whether you are an experienced or first-time line dancer, join us and you'll soon be doing jazz boxes, mambos, shuffles, and more as this class will include dances for everyone from novice to experienced beginners. You will learn a section of a dance and then practice that several times. After that, we will add the next section and practice it and combine it with the first section.

IMPROVER LINE DANCING

Mondays, 9:45 to 11:10 AM
January 15, 22, 29, February 5, 12, 19, 26, March 5, 19
Make-up March 26

Do you have some prior experience as a beginner line dancer? Have you considered attempting some somewhat more difficult dances? If so, this class will provide you with advanced beginner/improver level dances. Similar to the beginner class, we'll teach you the individual parts of a dance, practice them on the four walls, and then put them together. Come join us for a bit more.

Bring a water bottle and snacks if you wish
Bring your dancing shoes - no street shoes inside please
Call for recommendations regarding sneakers

COST: \$80 Bow Residents • \$85 Non-Bow Residents

LOCATION: Bow Community Building, 3 Bow Center Road

TO REGISTER: Stop by the Bow Community Building or on-line at Bownh.myrec.com.

QUESTIONS: Call Bow Recreation at 603-223-3920 or you may call instructor, Vecchione at 603-774-6160.



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**JANUARY News
2025!**

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



2025 Visions of Bow Calendars Still Available! Baker Free Library is so excited to announce our second annual calendar fundraiser! At \$15 a calendar, this is a great opportunity to support the library. All photos in this year's calendar are, once again, exclusively from Eric Anderson!

100 Acres More or Less by David Bundy is still available! Relive some of the greatest stories from Bow's past for only \$20 a book. Funds from the purchase of this book will directly benefit the Bow Heritage Commission and support them in their mission to preserve Bow's history.

Holiday Closures – Baker Free Library will be closed Monday, January 20th for Civil Rights Day.

YOUTH PROGRAMMING

Registration is required for all of BFL's children's programs this winter.

Preschool Storytime

Tuesday Mornings at 10:30am January 14th - February 18th

Encourage school readiness with a storytime for active bodies and minds! Explore interactive stories, songs, and activities that help to promote early literacy learning while addressing attention, coordination and motor development. Each storytime includes stories, songs and movement activities and ends with open play time, allowing children and their families to socialize. **Recommended for Ages 3 - 5.**

Family Storytime

Wednesday Mornings at 10:30am January 15th - February 19th

This multi-age storytime is perfect for families & siblings. Explore stories, songs, and activities that help to promote early literacy learning while addressing attention and motor development for both toddler and preschool aged children. Each storytime ends with open play time, allowing children and their families to socialize. **Recommended for Ages 2 - 5.**

Toddler Storytime

Thursday Mornings at 10:30am January 16th - February 20th

Explore a new topic each week with stories, songs and rhymes designed to spark your child's imagination and create the foundations for early literacy. Each storytime ends with open play time, allowing families to meet, play and socialize. Select sessions will include craft and/or sensory activities. **Recommended for Ages 18 Months - 3 Years; siblings welcome.**

Art • Lab

Every Other Wednesday Afternoon at 3:30PM starting January 8th

A bi-weekly art program for artists and creators in Grades 3-6. Take part in sensory, process art, and engineering activities designed to inspire our creativity and expand our knowledge of celebrated artists and their techniques. Activities may include mixed media projects and painting, so come prepared to get messy. **Recommended for students in Grades 3-6.**

Ready Readers

Every Other Monday Afternoon at 3:00PM starting January 13th

This bi-monthly program is a "Big Kid" storytime, designed for storytime graduates and emerging or independent readers in Grades K-2. Explore new books with a specially chosen read-aloud at each meeting, followed by crafts and activities designed to spark creativity and build early literacy skills.

Little Makers

Every Other Thursday Afternoon at 3:00PM starting January 16th

A bi-weekly program for our youngest messy makers! Take part in sensory and process art activities designed to inspire your little one's creativity and curiosity. Activities may include mixed media projects and painting, so come prepared to get messy. **Recommended for children in Pre-K through Grade 2, in the company of a parent or caregiver.**

Glow-in-the-Dark Mini Golf

Monday, February 24 from 11am-2pm

Challenge your friends and family to a round of miniature golf, right in the library's Lower Level. Play through all 9 holes at your own pace. And the best part: each hole is lit with LED's! Tee times will be available between 11AM and 2PM, and registration is not required. All ages welcome.

ADULT PROGRAMMING

Registration is required for all of BFL's adult programs this winter.

Movie Matinee | Monday, January 13th | 1:00pm

Baker Free Library is excited to offer an afternoon showing of *The Wizard of Oz*. We'll have popcorn for all who attend. Can't make the afternoon showing? Stop by the library Thursday the 23rd for an evening showing. Please register via our online calendar if you're planning to attend.

Board Game Night | Wednesday, January 15th | 5:30pm

Join us in celebrating the library's new assortment of board games! Drop by for some snacks and socializing while exploring the library's new collection. Feel free to bring your own favorites or check out one of ours!

Movie Night | Thursday, January 23rd | 5:30pm

Movie Night at BFL! Popcorn will be served in the MCSB room as we show *The Wizard of Oz*. Please register via our online calendar if you plan to attend.

Craft Club | Tuesday, February 18th | 6pm

Craft Club is back! Meetings will be the third Tuesday of the month, downstairs in the Merrimack County Savings Bank Room. **You must register ahead of time to attend, as space and supplies are limited.** Registration for this session will open on Wednesday, January 22nd at 10am. For February's craft, we will be painting with watercolors!

Winter Concert | Date and time to be announced!

Join us in the library's 1914 Room for a night of classical music performed by Concord Community Music School faculty. Musicians will perform various pieces on cello and violin. Please register if you plan to attend. Light refreshments will be served. Keep an eye on our online calendar for the finalized date.

BOOK CLUBS

Whodunits | Tuesday, February 4th | 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. February Book Discussion: *Murder at Mallowan Hall* by Colleen Cambridge.

Book Talk at BFL | Tuesday, February 11th | 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! February Book Discussion: *Murder at Mallowan Hall* by Colleen Cambridge

White Rock Book Group | Tuesday, February 18th | 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! February Book Discussion: *Dark Tide: The Great Boston Molasses Flood of 1919* by Stephen Puleo.



Photo | ERIC ANDERSON

IN THE GALLERY

January Exhibit – Greater Concord Photo Club

We are a group of photography enthusiasts who meet monthly (except in July) to share information, ideas, knowledge and most importantly our photos. New galleries of member's photos are added to our website monthly to coincide with our meetings.

We share our work with the intention of receiving constructive criticism, so that we all can become better photographers. We maintain a friendly environment, and ask that all feedback be delivered and received with this spirit in mind. Some meetings include short lectures or discussions on various aspects of making or editing photographs. We also plan photo outings to various locations around New Hampshire.

Where do we meet? Baker Free Library (Bow Library) in the Merrimack County Savings Bank Room.

When do we meet? The first Wednesday of the month, 6:00pm.

HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

THE LIBRARY'S STORYWALK is now featuring Keith Baker's book, *No Two Alike*. Bundle up and go for a stroll and the story today! The Story-Walk is located at Huston Fields, on the path from the Children's playground to the Dog Park.

THE FARMERS MARKET is inside Maple Street School on Saturdays from 9am-12pm. Ongoing updates and information available at Contoocook Farmers' Market on Facebook.

THE DIAL-A-RIDE PROGRAM, founded in 1979 by Anne Longley Slusser, is housed at the Slusser Center. It is available for all senior residents of Hopkinton and Contoocook. The Hopkinton Woman's Club is a sponsor of this program. Transportation (by private car) is available 5 days a week – Monday through Friday – for the Contoocook, Hopkinton, and Concord areas for food shopping, hospital, medical, dental and other appointments. You must call the Dial-A-Ride office 48 hours advance notice. Drop in at the Dial-A-Ride office, or call the office at 746-HELP or 746-4357. Dial-A-Ride office is open on Mondays, Wednesdays and Fridays from 10:00 a.m. to 12:00 noon. Dial-A-Ride operates on a non-fee, non-funded basis by a network of dedicated volunteer townspeople from all areas of the Town of Contoocook, and Hopkinton. They donate their time, talents, vehicles and gasoline in order to meet the needs of senior residents. Volunteer drivers are needed and donations are gratefully accepted, check should be made out to Dial-A-Ride and mailed to Dial-A-Ride, PO Box 83, Hopkinton, NH 03229-0083. For information visit <https://www.hopkinton-nh.gov/slusser-center/pages/dial-ride>. Contact: Kay Carr at kekarr@comcast.net or Nancy Calder at nancald@comcast.net.

WEDNESDAY MEALS Senior are invited to come to the Slusser Center every Wednesday at 12:00pm for a home-cooked meal. The Center is fortunate to have volunteer groups from all over who donate their time and efforts to cooking a wonderful meal. So come, eat, laugh, and make new friends! Suggested donation per person is \$5.00. Call (603) 746-8265 for more information.

BRING YOUR KNITTING & CROCHETING projects to the Slusser Center on Tuesday and Thursday at 1pm and enjoy knitting in a group setting. A volunteer is always happy to help someone just learning to knit or crochet. This is a free program and drop-ins are welcome.

WINTER ADVENTURE SNOWSHOES will be held Mondays, February 3, 10, 17 from 9:00 am-10:30 am for Ages 18+ at Marjorie Swope Park. \$40 per person for all 3, or \$15 per hike. Join fellow winter hikers for winter adventures on the trails in and around Marjorie Swope Park. Get some morning exercise, meet new friends and learn about winter animal tracks and behavior along the way. Wear waterproof footwear, and bring ice spikes or snowshoes depending on the snow cover. Two loaner pairs of snowshoes available. 6 participants minimum. Attend all 3 for a reduced rate, or sign up for one or two. Weather make-up day included on Monday, Feb. 24. This program is held jointly with Concord Parks and Recreation. Register at <https://hopkintonnh.myrec.com>.

FEBRUARY VACATION: Orienteering for Families will be held Tuesday, February 25, 3:00-4:30pm at Hawthorne Town Forest. For all ages, recommended 8+. Free! Get familiar with a compass and navigation on a special orienteering course in the Hawthorne Town Forest. Bring your own compass or use a loaner. See if you can complete the course and find the prize! Come prepared for active movement on rocky, uneven and off-trail terrain. 16 participants maximum, designed for ages 8+. Register at <https://hopkintonnh.myrec.com>.

HOPKINTON POLICE DEPARTMENT

DECEMBER 2024 ARREST LOG

4 Arrests • 6 Accident • 261 Traffic Stops

12/12 Michael Limongiello, 23, of 14 McNeil Road, Hillsboro, NH was charged with Drive After Revocation/Suspension and Drive After Revocation/Suspension – subsqt.

12/18 Nathan Sweeney, 43, of 236 Walker Hill Road, Weare, NH was arrested for Domestic Violence; Simple Assault; BI or PC.

12/23 Dean Renzello, 31, of 40 Cheshire County Road, Newport, NH was charged with Drive After Revocation/Suspension.

70 N Main St. Concord
902 Main St. Contoocook
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2-Person Show of Bead & Fiber Works
“Stitched Together”
Friendship, Feminism and Craft
January 11 – February 8

Concord artists Laura Morrison and Maureen Redmond-Scura present a two-person show of bead and fiber works. Both are well-known for their involvement in New Hampshire art and community organizations, not only as creatives but also as curators, supporters, and leaders.

Mixed-media fiber artist Morrison and bead artist Redmond-Scura are longtime friends who have worked alongside one another discussing life, work, and the state of women in the world. Their work complements each other's form, color, and aesthetic, as well as perspective and point of view. Both artists' work has organic reflections of nature as well as commentary on women's roles.

Two Villages Art Society's gallery is open to the public free of charge Thursday through Sunday from 12-4 pm.

**846 Main Street in the village of Contoocook
Parking is available in front of and behind the gallery.**



ABILITY TO BUY A HOME DROPS

Condo prices in New Hampshire paused briefly in November but rose in December to an all-time high of \$447,500 for a median condo price.

While housing prices have only climbed by 65% since 2019, that price has increased by 80%. The bad news for buyers is that the median household income in NH was 30% higher than what was required to purchase a home five years ago. However, it now only pays 60% of the cost.

The median salary needed to purchase a condo in 2019 was 177% of the price, but is currently 73%, according to NH realtor Dave Cummings. According to Cummings, "average families are priced out of condos."

When it comes to homes, the median price of \$514,000 is 9.4% higher than in 2023.

It is little wonder that a Realtor survey in the state found that affording a house was a very big problem for 56% of the folks, with another 21% describing it as a fairly big problem.

When costs are significantly higher than what a family can afford to pay on a home or condo, demand becomes unmet as the gap widens and prospective purchasers give up on their dream.



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- Did the SAU67 violate the 1st Amendment? **TBD**
- Do you think Boys should play on Girls sports? **NO**
- What is our school budget really paying for? **Good question**
- Property taxes up 12%... SAU ranks down, 20th? **Why?**



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- Demand transparency & accountability
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THE *Music* LADY FOR THE LOVE OF MUSIC

Ode to the BUSKING BUSKERS!

This month's article begins with a list of seemingly unrelated, world-famous musicians who all got their starts in a similar, unique way. They all spent hours early in their musical careers BUSKING. They BUSKED. They were BUSKERS.

BB King, Louis Armstrong, Jewel, Rod Stewart, Janis Joplin, Sheryl Crow, Ed Sheeran, Paul McCartney, Steven Tyler and Bruce Springsteen all spent many hours at the onset of their rise to stardom as street musicians, performing in public places for gratuities. These gratuities came in the form of money, food, drinks and gifts. Busking is musical panhandling, not to be confused with "barking." A barker is a person who stands in front of a theater or side show and calls out to passersby to attract customers.

Busking dates back to the beginning of recorded history. It has been around as long as there have been streets to busk. Busking is popular in many big cities in the US, Switzerland, Italy, the UK and most other countries where your travel takes you. In today's modern world, there is even cyber busking, with sites set up with PayPal for sending in gratuities.

For the above mentioned, now-famous musician buskers, the countless hours they spent street performing gave each of them time to work on their craft. Busking allows one to be totally free, to be yourself as the transient audience stops to enjoy the music and hopefully leave a generous gratuity in your collection cup or hat. Buskers need about an hour of memorized music to get started, and as they repeat the music over and over for 5 hours/day, they can improvise, take musical chances and be creative with their arrangements.

There are some busking hot-spots in the US. Los Angeles, Santa Monica, Beverly Hills and Venice Beach in CA are sought-after locations, where musicians can compete for the limited spaces by setting up very early in the morning. Buskers need to arrive before the crowds and find electrical outlets to set up any sound system and test the sound levels. When the crowds arrive, they perform their hearts out for about 5 hours/day, as they hone their musical abilities and just get better and better. Vocalist perform as if they were singing in the shower, with reckless abandon. Busking may earn \$100/hour or more. Performers invite their family and friends to add to the crowd. Some busker keep their full-time day-jobs and busk in the evenings or weekends for extra income.

Another famous hotbed for busking is Asheville, NC. Buskers come from all over the country to set up in Asheville because it attracts thousands of artsy tourists who reward street performers with big tips. There, you will find street vocalists, instrumentalists, one-man bands, Christmas carolers, along with jugglers, mono cyclists, magicians, dancers and acrobats. Much of the artistic spirit of Asheville is due to buskers.

In case you are considering busking on Main Street, USA there are some rules you need to follow. Find out if your chosen spot requires a permit. Remember not to block the entrance to any businesses. Your sound level can't be so loud that is disturbs local shops and restaurants. And, of course, have a well-guarded collection pot. Many buskers have a metal pot with a lock and key lid that has a narrow slit to insert all the dollar bills.

Some "Bow Times" readers may remember one of the greatest comedians, singers/actors of the 20th century, George Burns. His decades-long career began with busking, which was his springboard to Vaudeville. While busking on the streets of New York in the early 1900's, George put out a top hat to collect gratuities. He said, "sometimes the customers threw something in the hat, sometimes they took something out of the hat, and sometimes they took the hat!"

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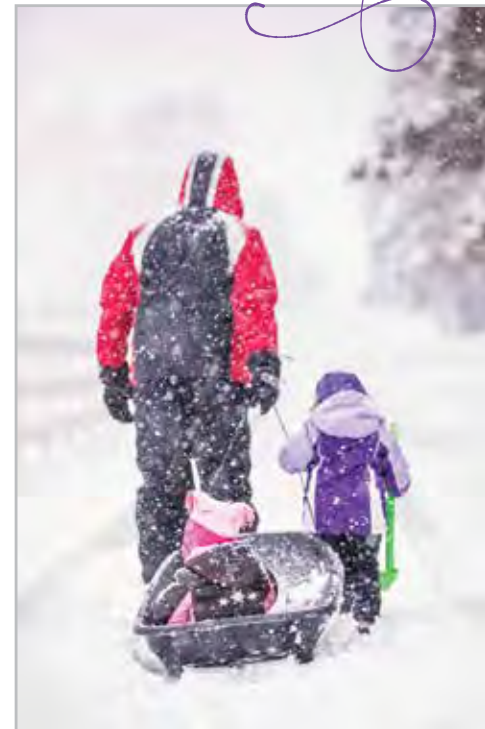


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BOW POLICE DEPARTMENT

BOW POLICE DEPARTMENT DECEMBER 2024 ARREST LOG

12/4 Vanessa Stafford, 50, Bow, was arrested for driving under the influence

12/9 Timothy Burnett, 39, Concord, was arrested on an electronic bench warrant for non-appearance in court

12/12 Christopher Rodriguez, 33, Manchester, was arrested for domestic violence-related simple assault, simple assault, and criminal mischief; Kayden Eames, 18, Franklin, was summoned for driving after suspension

12/13 Jason White, 42, Concord, was arrested for driving under the influence, possession of a controlled drug, and transporting drugs in a motor vehicle

12/14 Ezra Burnette, 23, Concord, was summonsed for driving after suspension

12/18 Gregory Zieroff, 39, Manchester was arrested for forgery of a government instrument, check, etc.

12/19 Braden Dion, 18, Allenstown, was arrested for criminal trespass; Gregory Barnes, 47, Concord, was arrested for aggravated driving under the influence; Joseph Bolieiro, 23, Manchester, was arrested for simple assault, obstruction of government administration, resisting arrest, and criminal mischief; Austin Cassell, 26, Manchester, was arrested for simple assault.

One person was placed in protective custody, one Involuntary Emergency Admission, and one violation arrest.



BOW POLICE DEPT MONTHLY TRAINING

During winter break, Sgt. Jonathan Behning, the Bow Police Department's firearm instructor, conducted a 4-hour refresher training on police response to an active threat at a school.

As part of this training session, School Resource Officer (SRO) Serena Shuter also gave a tour to familiarize patrol officers with the interior of Bow High School.

Our thanks to Sgt. Behning and SRO Shuter for conducting a safe and informative block of instruction.



THIS COULD BE YOU – WE'RE HIRING!

If you want to attend the 200th Academy Class at the **New Hampshire Police Academy**, Bow is currently hiring for a patrol officer position.

Come join a great team of officers with a mission to keep the town of Bow a safe community. Start your career with the Bow Police Department.

If you're interested please send Lt. Phil Lamy a cover letter and resume to start the hiring process today! PLamy@bownhpd.gov

A Message from CHIEF KEN MILLER



As we begin the New Year, I would like to take a moment to extend my heartfelt wishes to each of you for a happy, healthy, and safe 2025. With the start of this new year, we have an opportunity to reflect on our goals and aspirations, and to recommit to the safety and well-being of our community.

As winter settles in, I want to remind everyone that this season brings unique challenges, particularly when it comes to driving. Winter weather can create hazardous road conditions, so it's essential

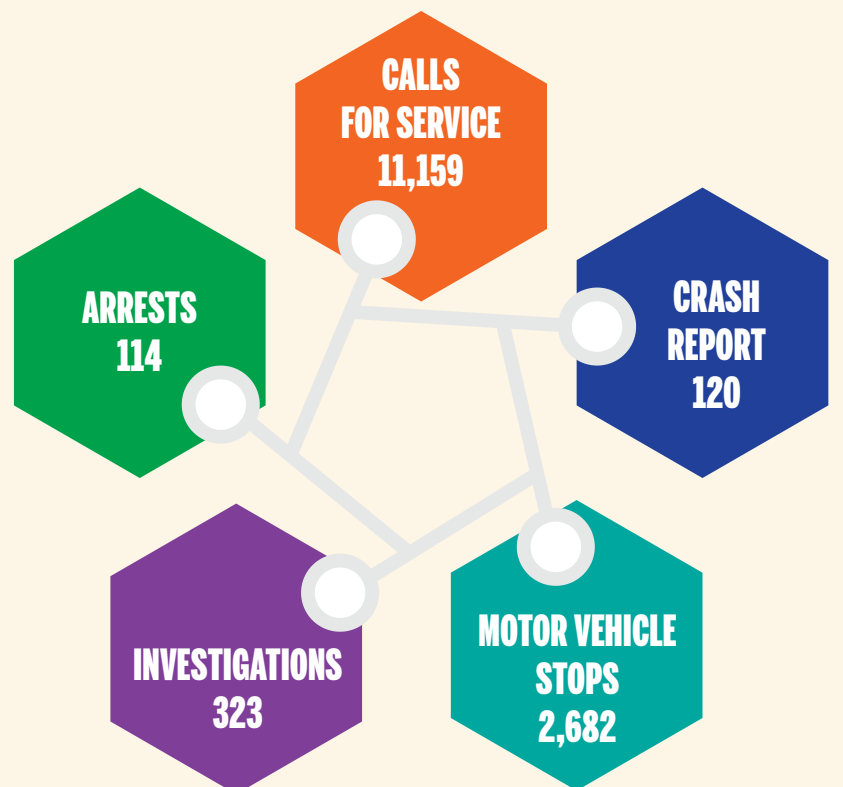
to stay vigilant. Here are a few safety tips to keep in mind while driving during this snowy season:

- **Slow Down:** Reduced speeds can greatly improve your reaction time on slippery roads.
- **Increase Following Distance:** Allow for extra space between your vehicle and the car ahead of you to give yourself ample time to stop.
- **Use Headlights Wisely:** Visibility can be significantly reduced during inclement weather, so ensure your headlights are on.
- **Clear Your Vehicle's Roof:** Always remove snow and ice from your vehicle's roof, hood, and all windows. This not only improves your visibility but also prevents snow from blowing off your car and obstructing other drivers' views.

I would also like remind everyone about "*Jessica's Law*," named after Jessica Smith, who was killed in 1999 when ice from a truck hit her car. The law was passed in 2001 and went into effect in 2002 to prevent deaths caused by ice or snow falling from vehicles. This law mandates that drivers must clear their vehicles of snow and ice before getting on the road. Failure to do so can result in fines and makes roads more dangerous for everyone. We all share the responsibility to ensure a safe environment, and following this law helps protect not only yourselves but also others on the road.

Together, let's make this winter season a safe one.

2024 – THE YEAR IN REVIEW



NORA'S DUNBARTON NEWS



MEN'S COFFEE Every Friday at 9am at the Congregational Church Vestry across the street from the library. Bring your own coffee. Women's Coffee Chat is every Tuesday at 10am at the library. Please bring your own coffee or beverage. Contact the library for more info and check their website or FB page to confirm dates, place, and time.

MAHJONGG! You can return to play on Thursday, January 23 at 11am in the library. In the meantime, please check out the videos that were suggested. If you need more info, or to confirm dates, times, and place, please call the library.

CORAL RESTORATION Presentation is scheduled for January 23, 6:30 pm in the Upper Town Hall. Join Dunbarton native Christopher Koerber as he gives a talk about his work in coral gardening and restoration. From the shores of Florida to the islands of Japan, from the Midway atoll to southern Australia, an unheralded ecological regeneration might just be underway. Reef-building coral, which has become ever more threatened in the super-heated waters of the tropics, is making a bid for survival by migrating to subtropical climes that meet its temperature requirements. Contact the library for more info and check their website or FB page to confirm dates and time.

READ TO CHARLIE! The library has a happy, new, tail-wagging dog! Why read to a dog? Because Charlie is friendly and comfy, judgement-free (no pressure!), and he loves the attention of being read to. Kids will gain more confidence in their reading aloud skills and enjoy the company of a new friend. Read aloud to Charlie, is for children in Grade K to 4 who register will have a 20-minute session. Sessions run 2:30pm to 4:00pm on scheduled Thursdays. Sessions will begin in February 2025. Contact the library for more info and check their website or FB page for dates.

PTO MONTHLY MEETING of the elementary will be Monday, February 3, 6:30 pm to 7:30pm in the school's teacher's lounge. A Zoom link will also be provided for those that prefer to attend virtually. Hope you can come. Contact Dunbartonpto@gmail.com for a link or if you have questions.

BEYOND THE BOOK GROUP will meet online at 7pm Thursday, February 6, to discuss the *Universal Christ* by Richard Rohr, a New York Times Bestseller. "From one of the world's most influential spiritual thinkers, a long-awaited book exploring what it means that Jesus was called 'Christ,' and how this forgotten truth can restore hope and meaning to our lives." For information contact Barbara at bbennett@dunbartonucc.org. Sponsored by the Dunbarton Congregational Church.

COVERED BRIDGES of NH, Past and Present will be presented by Kim Varney Chandler on Tuesday, February 11, at 6:30pm, Upper Town Hall. NH was once home to over 300 covered bridges. Today, there are over sixty authentic covered bridges in NH, forty-six of which are over a century old. These bridges exist solely because of the efforts of a small but powerful community that both recognized their significance and honored their tradition. Join author and photographer Kim Varney Chandler as she shares an overview of covered bridges in the Granite State, along with interesting facts she uncovered while researching her 2022 book, *Covered Bridges of New Hampshire*. Learn more about both existing and lost covered bridges in your area. Contact the library for more info and check their website or FB page to confirm date and time.

OPEN MIC NIGHT will be held at 5pm, on Saturday, February 15. Come to the SpireSide Coffeehouse Open Mic in the Congregational Church in the Dunbarton Center. Donation is \$5. Snacks are available and a donation are accepted. Doors open at 4:30 pm for signups. Show starts at 5pm. FMI contact Lizz: Lizz@dunbartonucc.org.

CLOSINGS Town offices and schools will be closed on Monday, February 17 for Presidents' Day.

THE LIBRARY'S BOOK DISCUSSION GROUP will read *Education of a Yankee: An American Memoir* by Judson Hale and discuss it on Wednesday, February 19 at noon in the library. "The Education of a Yankee, at once funny and touching, is full of marvelous anecdotes about life on this unusual farm. We watch anxiously as he finally meets his brother, Drake, and see him wrestle with the challenges of joining the family-owned Yankee magazine, which, under his editorial direction, has become the third-largest regional magazine in the country." For more info or to get a book, contact the library or check their website or FB page.

ELEMENTARY SPORTS SCHEDULE For the latest on the elementary school sports schedule visit: <https://www.leaguelineup.com/welcome.asp?url=dunbartonrec>

DUNBARTON POLICE DEPARTMENT

DECEMBER 2024 ARREST/CHARGE LOG

Please note: "All defendants are presumed innocent unless and until proven guilty in a court of law."

112/1: Rahmudin Akbari, 26, Manchester, was taken into custody on a Dublin PD arrest warrant for disobeying a police officer. He was also charged with speeding; Daniel Gingras, 32, Nashua, was charged with operating with suspended registrations.

12/30 Paul Brunney, 46, Weare, was charged with driving after revocation/suspension.

12/31: Lucas Demers, 25, Manchester, was charged with driving after revocation/suspension, driving without giving proof, and non-inspection.

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

GRACIE SURVIVAL TACTICS TRAINING



In December we completed our semi-annual Gracie Survival Tactics (GST) training at Agoge Wrestling Club in Goffstown. Department members learned Gracie Jiu-Jitsu from **Sergeant Brian Tyler**, a Level One teacher. Gracie Jiu-Jitsu uses simple, tried-and-true methods to help officers defeat bigger, more powerful opponents in a compassionate manner. Maintaining the safety and readiness of our personnel requires this kind of training.



As a proud partner of Project ChildSafe, the Dunbarton Police department distributes free gun locks to the community. Safe storage can prevent your gun from being stolen, misused by a criminal – or picked up by a child!

Gun locks are available in our lobby during regular business hours or by calling (603) 224-1232. Visit ProjectChildSafe.org to learn more about firearms safety



JOIN DUNBARTON POLICE DEPT. CERTIFIED OR NON-CERTIFIED FULL-TIME POLICE OFFICER!

The Dunbarton Police Department is seeking a dedicated individual with a passion for community service. Embrace a rewarding career that challenges you, offers growth, and allows you to make a real difference in the lives of our residents.

Offering competitive wages, benefits, wellness programs, top-tier equipment, career development opportunities, and more!

Email cover letter and resume to Sgt. Tyler at bt Tyler@gsinet.net by January 24th!



OBITUARIES

JOAN H. JOOS

Joan (Hodge) Joos of Hopkinton passed away peacefully on Christmas Eve day, 2024, with her husband and two daughters nearby. She was 87. Joan was born on March 26, 1937, in New Haven, CT to Hubert C. and Grace (Tinker) Hodge.

Joan grew up in West Haven, CT and attended West Haven High School. She met her future husband Richard Clifford (Dick) Joos at that high school. She loved to tell the story about how they met. Back in those days (1951) students sat alphabetically. Hodge was next to Joos.

Joan earned her associate degree in secretarial at Colby Junior College (now Colby Sawyer College) in New London, NH. Dick would take the train and/or hitchhike to visit Joan. They fell in love with NH and after getting married in 1958 and after Dick's graduation in 1959 they would settle in NH. In 1960 they bought their home in Hopkinton, where they have lived ever since. After raising their three children Susan, Barbara and Richard Charles, Joan worked as a secretary most notably at Pats Peak Ski Area and New England College. She was administrative assistant to the vice president at NEC.

MICHAEL O. SERARD

Michael O. Serard of Bow, passed away after a brief illness at Concord Hospital on December 3rd, 2024, at the age of 68.

Mike was born in Plymouth, the son of Oscar J (predeceased) and Anita (O'Keefe) Serard. He graduated from Concord High School in 1974 and then went to the University of Maine Orono to receive a Civil Engineering degree. He was an Eagle Scout.

Mike worked for State of NH, TSI, Eastern Analytical Incorporated, and Aquarian Analytical. He spent his career working for many years as a Chemist, Analyst and Customer Service Manager. He enjoyed working on the various projects around the house and lived for playing with his granddaughters.

Mike is survived by his wife of 42 years, Lisa Stewartson Serard of Bow, his children Benjamin Carl and Joshua Nicholas (Sammy Day) and his grandchildren Ryleigh Rose and Elizabeth.

Donations may be made in his memory to the American Cancer Society.



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THE BOW TIMES TaleSpinner

WORKING FROM HOME

by Bow Resident Paul Pomeroy

I first heard the term about 12 years ago when my nephew called me from an auto dealership to ask my opinion about a vehicle he was considering purchasing.

“No work today?” I asked

“I’m working from home today.” he replied

“Obviously not.”

“Not what?” he asked.

“Working OR at home?”

“Oh I’m just taking a break.” said he.

Now if are at work, a break amounts to a quick stop in the restroom. Maybe grab a quick cup of coffee or a snack bag of chips before heading back to the office or workstation. If you are “working from home,” a break can be almost anything. Buy a car; workout at the gym; meet friends for lunch or a round of golf; binge on old episodes of Downton Abbey; play video games. Hell, take sky-diving lessons if you wish. Who’s going to know?

A few Thanksgivings ago a family member and I were watching a football game on TV. He was “On Call” and receiving a substantial bonus for “working from home” on a holiday. His phone never rang. He just sat there dozing while I tried to put a dent in the 104 Physics lab reports I had to have graded before returning to classes on Monday. He even had the chutzpa to mention how unfair it was that he had to work and I was “off.” Same thing during the summer months. Friends sitting on the beach gazing at the ocean with their cell phones in hand in case it might ring and they would have to spend maybe 10 minutes with the caller. They were – you got it – “working from home.” The lesson plans I worked on and the football playbook I was rewriting for school didn’t count. I was “off.”

Did you ever hear the tale of “The Emperor’s New Clothes?”

Let’s be honest here. It doesn’t count as work unless all or at least most of the following conditions are met:

- Set an alarm clock for early the following morning
- Get out of bed even if you were up all night sneezing, coughing, and/or partying
- Shower
- Shave something—your face, your legs, your head
- Find something relatively clean and acceptable to wear to the workplace
- Grab a quick bowl of Cap’n Crunch
- Root around in the fridge to try and find something to take for lunch that day
- Fill the travel mug with something—coffee, tea, hot chocolate, vodka
- Scrape the damn ice off of you car’s windshield
- Fight the traffic through that godawful commute to the workplace. And that’s assuming you have a car. It’s a whole new circle of hell if you have to wait outside in the blistering heat, pouring rain, or freezing cold for the bus!
- Find a parking space
- Show up on time
- Smile at your boss
- Make nice with your co-workers

If these conditions *aren’t* met then don’t call it “work.” How about “Alternately Located” or “Alternatively Situated instead?”

“Working from home”...

My heavens! The emperor is naked!!!

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.



A NEW RETREAT FOR LASTING CHANGE

Away Recovery is a small, coed, 11-bed retreat nestled on 2,000 breathtaking acres in the serene White Mountains of New Hampshire. This private-pay, 12-Step holistic program provides a unique opportunity for individuals to reconnect with both their recovery and the healing power of nature.

The program is run by Christopher Leston, who has been continuously sober since 2006. His vast background in addiction therapy serves as the program's cornerstone. After starting his career in dual diagnosis community outreach, Christopher has worked in residential treatment for the past 13 years, including programs that are insurance-based and private pay.

The program is ideal for individuals who have struggled to achieve sobriety at home and need to step away from their surroundings to gain new traction. Set against a backdrop of pristine wilderness, Away Recovery combines structured recovery work with nature-focused activities, mindfulness, and fostering a deep sense of connection and grounding.

With its intimate setting, compassionate staff, and strong emphasis on personal growth, guests leave not just sober but with a solid foundation for lasting change, ready to transform recovery assignments into sustainable ways of living.



FOR MORE INFORMATION ABOUT
AWAY RECOVERY PLEASE VISIT
AWAYRECOVERY.COM
OR CALL US AT
(603) 481-1974

2025 MEMBERSHIP

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WHY? Do We Say...

“Fly off the handle”

Meaning: we say a person "flies off the handle" when he gives vent to his anger.

Origin: The expression refers to the head of an ax. A wood-chopper giving vent to his anger will chop so violently that the head of the ax will "fly off the handle."

“Free Lance”

Meaning: an independent writer, photographer, or like professional is called a "free lance."

Origin: A medieval mercenary soldier who was free of any continuing loyalties was known as a "free companion." Sir Walter Scott in his novel, "Ivanhoe," coined a more descriptive term for such a soldier – "free lance."

“Devil’s Advocate”

Meaning: a person who questions every statement in a discussion is playing the "devil's advocate."

Origin: When a name is proposed for canonization in the Roman Catholic Church two advocates are appointed. One of these is called "God's Advocate" and says all he can in support of the proposal; the other, "the Devil's Advocate," says all he can against it.

“Take a rain check”

Meaning: to take advantage of a canceled invitation at a later date

Origin: The phrase is an Americanism that may have originated with professional baseball. If you purchased a ticket for a game that was later rained out (something you as a ticket holder had no control over), you were given a rain check, allowing you to come back to see a game on another day. Other possible origins are open-air markets where rain required vendors to leave or the issuance of tickets to claim property like coats and hats when one went to a restaurant or other venue.

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BOW FIRE DEPARTMENT
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Basic Life Support Transports: 17
Advanced Life Support Transports: 26
Non-Transports/Care Refusal 19
Motor Vehicle Accidents: 6
Fires /Hazardous Conditions/Alarms: 15
Service Call Incidents: 8
Total Activity: 91
Overlapping Incidents: 18
Total for 2024: 1044



For C Shift, December 15, 2024, was a hectic day! They were dispatched to Boscawen and subsequently Bradford for mutual aid and multi-alarm fires, in addition to responding to local medical emergencies.

Photos courtesy of Sara Lewis



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 |

Heating Safety

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

BE WARM AND SAFE THIS WINTER!

- Keep anything that can burn at least three-feet (one metre) away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot (one metre) "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms at least once a month.



Heating Equipment Smarts

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you **smell** gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.

FACT

Half of home heating fires are reported during the months of **December, January, and February.**



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