

The Bow Times

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DUNBARTON NEWS ON PAGES 18

DUNBARTON FIRE DEPARTMENT RECEIVES \$10,000 GRANT FROM STATE FARM®



he Dunbarton Fire Department is excited to announce that it is one of 150 volunteer fire departments across the nation to receive a \$10,000 grant through the State Farm® Good Neighbor Firefighter Safety Program. In collaboration with the National Volunteer Fire Council (NVFC), State Farm has awarded \$1.5 million in grants to help local fire departments obtain needed equipment

to increase their responders' safety, effectiveness and ability to serve their community.

With this grant, The Dunbarton Fire Department will be able to purchase MSA Gas meters, vehicle chargers, calibration gas, and portable radios. The gas meters provide real time detection of hazardous gases including carbon monoxide and explosive atmospheres, while additional portable radios allow responders the ability to communicate effectively and provide interoperability state-wide.

Volunteer fire departments are essential to public safety, especially in rural and small-town communities. However, many operate with limited budgets and struggle to secure the funding for critical equipment. These grants are a lifeline for local departments to obtain equipment that will increase safety, efficiency and effectiveness.

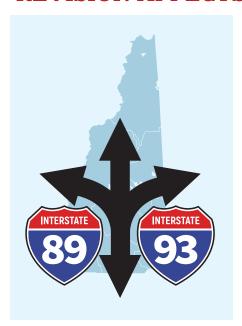
SELECTMEN DECIDE TO SPEND \$500,000 AND NOT THE VOTERS

Before the August 12 Board of Selectmen meeting the five selectmen had a "work session" where they decided by a four to one vote to put put a Request for Proposal for a half million-dollar addition to the Recreation Center. The source of funds is a revolving fund created by a vote of the town in 2013 at the March town meeting.

In 2013 Warrant Article #21 said the separate fund "may be expended only for recreation purposes." At the March 2025 town meeting a petitioned warrant article would have limited the discretion of the Town Manager to just \$25,000 out of the fund. At that meeting Selectman Eleana Colby commented "as if we would spend \$500,000 without town approval."

Only Selectman Chris Nicolopoulos voted against the August 12 pre-meeting decision to allocate half a million dollars for a storage shed addition, stating, "This is not what we told the residents."

CONSTRUCTION DELAY ON EXIT 1 REVISION AFFECTS BOW MILLS PLANS



At the September 3, meeting of the Bow Business Corridor lax Increment Financing Advisory Board the delay by the State to reconstruct the I-89, Exit 1 area was discussed.

A grant application by Bow to the Northern Border Regional Commission for \$31,000 is to help provide some direction for the town as to whether it is worth continuing to pursue a water line extension to Bow Mills.

The study would focus on how to develop the area with just water and no traffic improvements.

The TIF Board voted to recommend

matching funds from the Bow Business Corridor TIF District Fund for the catalyst program grant.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 11



THE DAM BUILDERS ARE BACK...

Less than a mile from the beaver built impoundment that was drained in 2022, beavers have built another pond tucked near the trails at the end of Rollins Road.

The Bow Pioneers Club, which maintains many of the town's trails, notified the public works department that it would be clearing debris and sticks from culverts near the pond – routine maintenance intended to manage water levels.

Mark Dube, the trail master for the club, said water from the pond had been flowing over the trails for about three months, eroding nearly a foot and a half of soil because of the clogged culverts. "It was done just to maintain the water level, not to drain the entire pond," said Dube. "It was out of control."

Dube had received permission from the town's public works department to clear debris around "beaver deceiver" equipment and culverts to help control water levels. But that permission did not extend to the use of machinery.

Dube said machinery was brought in to clear the third culvert because the beavers had plugged it so thoroughly that it couldn't be cleared by hand.

The Selectmen have put a temporary hold on draining ponds in August except when performed by Department Public Works personnel.

"I think it would be helpful to formalize it," said Angela Brennan, select board vice chair. "I think there are a lot of people who have been involved in dealing with the fallout, the consequences of actions that have been taken, that would really like to see this board take some kind of action." Selectman Chris Nicolopolous voted against the moratorium.



YOU ARE WANTED! – The Bow Planning Board is seeking volunteers to serve on a subcommittee to update the 2017 Master Plan for Bow's future.

The goal is to form a nine-person subcommittee comprised of Planning Board members, other Town board members and members of the public. Staff are presently working on mapping and data collection for the transportation chapter and will be requesting updated parcel information from the Town. Meeting dates and times for the subcommittee need to be determined. A survey should be sent out by the end of September, or early October with a completion date before Thanksgiving, so the subcommittee should meet a few times mid-September. The goal for the survey is to collect at least 800 responses.

Conservation Commission member Tom O'Donovan stressed two points at the August 21 meeting:

"The first is a commitment of the Planning Board to use the result. If we are going to put all this work into producing a product, then at a minimum the Planning Board should commit to reading the 2017 Master Plan." Secondly, Mr. O'Donovan said "There are some concerns that our Master Plan today is actually a vision document lacking the implementation chapter, which would take this vision in the goals in the Master Plan and say what we're going to do about it."

Questionnaires should be out to Bow residents soon.

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Must include the author's name, address, and a daytime phone number for purposes of verification in order to be considered for publication. Only the author's name and the town in which they reside, will be published. It is the sole prerogative of the Editor to determine whether a submission satisfies our requirements and decency standards, and letters should be less than 200 words.

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EDITORIALS

BOW VOTERS SHOULD DECIDE HOW TO SPEND HALF A MILLION DOLLARS

The recreation revolving fund was created by a vote of the town meeting in Bow in 2013. At that time very little money was being generated by the Recreation Department. By provision of State law such funds are to "promote leisure-time activities" and "leisure-time programs." RSA 35-B:1.

Most such activities occur in the Community Center building at 2 Knox Road, but the big bucks are generated up the hill at the Bow Youth Center at 21 Bow Center Road. That building offers "before and after school programs" and is in effect a daycare center.

To spend half a million dollars there and not for the adult and youth programs improving the Community Building is a decision voters should make.

Bow voters would have had that chance last spring when a petitioned warrant article was kept away from them by unspecified "legal" reasons. That article would have put a cap of \$25,000 on the ability of the Town Manager to spend from the fund. Amounts above that would be up to the taxpayers.

By running a daycare center many voters feel that is not the same as the "leisure-time activities" contemplated by State law. Nonetheless it spins off about \$47,000 a month in profit to the Recreation Revolving Fund. Last year as of June 30 the profit came to \$559,617 alone.

The free spending liberals running the Board of Selectmen should support and not oppose a warrant article capping what the Town Manager can spend out of the fund.

Eleana Colby, Board Vice Chairman, pooh-poohed the limitation by saying in March "as if we would spend \$500,000 without town approval."

Board Chairman Kip McDaniel should not try to end run the official meetings with so-called work sessions where half a million dollars can be spent.

Praise goes to Chris Nicolopoulos who had the guts to remind the board that "this is not what we told the residents." He has been a strong and consistent friend of Bow taxpayers against the liberal cabal on the Board.

Former Selectman and longtime Budget Committee member Ben Kiniry is working on an article for next year's town meeting to let the voters decide whether they or the Town Manager should decide how to spend hundreds of thousands of Bow dollars. Town Counsel should be directed by Chairman McDaniel to work with him not against him in that effort.

WHAT WINNING LOOKS LIKE

Donald Trump has promised a New Golden Age for America and that, "we're going to win like you've never seen!" he said in early September.

So how is that working out?

The September 5th Jobs Report showed a loss of 22,000 jobs in August. Manufacturers cut 78,000 jobs over the last year and builders cut 8,000, so unemployment rose to 4.3%.

As for the cost of electricity, Trump said "we intend to cut prices by half within 12 months, maximum of 18 months." For New Hampshire our largest utility, Eversource, got permission to jump it's flat fee from \$13.81 to \$19.81 cents for a better than 50% increase. And we aren't alone because residential electricity prices went up 26% in Maine, 25% in New Jersey, and 15% in oil rich Wyoming, etc.

As for inflation, Mr. Trump promised to "end inflation on day one." Consumer prices have climbed from a 2.3% annual increase to 2.9%, a 25% increase.

So if this is the New Golden Age of Prosperity where are we winning?

At least one family is doing well because on September 7 Bloomberg reported that in a few weeks, Trump's three sons, Donald Jr., Eric and young Baron made \$1,300,000,000 from two crypto ventures: World Liberty Financial and American Bitcoin Corp., thus bringing the family fortune to 7.7 billion dollars.



FOR ONLY \$15 HELP TRUMP GET — INTO HEAVEN!

Yes, folks the least we can do for our favorite convicted felon is to get him into heaven. Some would say the sooner the better.

Believe it or not in the tackiest appeal to his true MAGAs, Trump's PAC Never Surrender sent out an email blast saying:

Friend,

I want to try and get to Heaven.

Last year I came millimeters from death when that bullet pierced through my skin.

My triumphant return to the White House was never supposed to happen!

But I believe that God saved me for one reason: TO MAKE AMERICA GREAT AGAIN! So if you're with me all the way to the end, join with MILLIONS of your fellow PATRIOTS

by chipping \$15 to keep the wins rolling in! Sincerely, Donald John Trump

This is so bizarre you just can't make this up.

Chuck Douglas For a free press, je suis Charlie





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WHEN TO CLEAN PERSONAL PAPER FILES: A PRACTICAL GUIDE

In the digital age, paper files might seem outdated, but many people still rely on them for important documents. Whether you're dealing with financial records, medical files, or personal correspondence, knowing when and how to clean out your personal paper files can save you time and stress. Here's a practical guide to help you navigate this task efficiently.

- **1. ESTABLISH A ROUTINE:** Annual Review: At least once a year, set aside time to review your paper files. This could be at the start of the year or during a designated month, like "Spring Cleaning" in April. Regular reviews prevent clutter from accumulating and ensure that you only keep necessary documents.
- **2. SORT AND CATEGORIZE:** Create Categories: Organize your files into categories such as Financial, Medical, Legal, and Personal. This makes it easier to identify which documents you need to keep and which can be discarded. Sub-Categorize: Within each category, create sub-categories if needed. For example, under Financial, you might have Bank Statements, Tax Returns, and Receipts.
- **3. UNDERSTAND RETENTION PERIODS:** Different types of documents have different retention periods. Here's a general guide:

Tax Documents: Keep for at least seven years. This includes tax returns and supporting documentation in case of an audit.

Bank Statements: Retain for one year unless needed for tax purposes or major transactions.

Medical Records: Keep indefinitely or as long as required by your healthcare provider or insurance company.

Legal Documents: Retain important legal documents such as wills, property deeds, and contracts indefinitely.

- **4. SHRED SENSITIVE INFORMATION:** Privacy Matters: Any documents containing personal information, such as Social Security numbers, bank account details, or medical records, should be shredded rather than simply discarded. This helps prevent identity theft and ensures your privacy is protected.
- **5. DIGITIZE WHEN POSSIBLE:** Convert to Digital: If you haven't already, consider scanning important documents and storing them electronically. This reduces physical clutter and makes it easier to access documents when needed. Ensure your digital files are backed up and securely stored.
- **6. EVALUATE STORAGE SOLUTIONS:** File Storage: Invest in a good filing system if you haven't already. Consider using labeled folders or an organized filing cabinet. Make sure your storage solution protects your documents from damage, such as water or fire.
- **7. DISCARD UNNECESSARY DOCUMENTS:** Be Selective: As you review your files, discard any documents that are no longer needed. For example, old utility bills, expired warranties, or obsolete manuals can usually be thrown away.
- **8. REGULAR MAINTENANCE:** Set Reminders: To keep your files in order, set reminders for periodic reviews. Regular maintenance helps you stay on top of what you have and what needs to be updated or removed.
- **9. CONSIDER PROFESSIONAL HELP:** Consult an Expert: If you have a large volume of paperwork or complex documents, consider consulting with a professional organizer or financial advisor. They can provide guidance on what to keep, how to organize, and how to handle sensitive information.
- **10. REFLECT ON CHANGES:** Adapt as Needed: Your needs and circumstances change over time. Reassess your filing system periodically to ensure it still meets your requirements and adapt as necessary.

By establishing a routine, understanding document retention periods, and staying organized, you can effectively manage your personal paper files. This will not only help keep your space clutter-free but also ensure that you can easily access important documents when needed.

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INTERNATIONAL TRAVEL IS UP IN 183 COUNTRIES BUT GUESS WHICH COUNTRY IS DOWN?

The World Travel and Tourism Council projected that the U.S. would be the only country among the 184 it studied where foreign visitor spending would fall in 2025. The finding was "a clear indicator that the global appeal of the U.S. is slipping," the industry association said.

"The world's biggest travel and tourism economy is heading in the wrong direction," Julia Simpson, the council's president and CEO, said. "While other nations are rolling out the welcome mat, the U.S. government is putting up the *closed* sign."

Travel research firm Tourism Economics, meanwhile, predicted this month that the U.S. would see 8.2% fewer international arrivals in 2025.

New Hampshire business officials say tourism from Canada is down roughly 30% amid rising tension between the Trump administration and the Canadian government.

"Absolutely the Canadian numbers are lower," Taylor Caswell, commissioner of the state's Department of Business and Economic Affairs, told the Governor and Executive Council during a meeting in the border town of Pittsburg last month. "I mean, they're running at about 30% underneath what we've seen in prior years."

Customs and Border Protection data reflects this, too. The number of passenger vehicles traveling into New Hampshire, Vermont, or Maine from Canada was about 228,000 in July. That's down about 105,000 vehicles over last year, a 32% drop.

Canadians have been offended by high tariffs and preposterous threats to make Canada a state.

So many of us like to read. But with so many books and so little time to read - what to do? How about...

ALTERNATIVE COMBINED BOOK

by Bow Resident Paul Pomeroy

For your consideration:

- "Jane Eyre Jordan" Plucky English orphan girl survives hardships to lead the Chicago Bulls to the NBA championship.
- **"The Scarlet Pimpernel Letter"** An 18th century English nobleman leads a double life, freeing comely young adulteresses from the prisons of post-Revolution France.
- **The Remains of the Day of the Jackal**" A formal English butler puts his loyalty to his employer above all else, until he is persuaded to join a plot to assassinate Charles deGaulle.
- "Singing in the Black Rain" A gang of vicious Japanese drug lords beat the crap out of Gene Kelly.
- "Planet of the Grapes of Wrath" Astronaut lands on a mysterious planet, only to discover that it is his very own home planet Earth, which has been taken over by the Joads, a race of dirt poor corn farmers who miraculously developed rudimentary technology and evolved the ability to speak with gorillas after exposure to radiation.
- **"Of Three Blind Mice and Men"** Two drifting brothers have their limbs hacked off by a psychopathic farmer's wife. Did you ever see such a sight in your life?
- "Green Eggs and Hamlet" Would you kill him in his bed? Thrust a dagger through his head? I would not, could not kill the king. I could not do that evil thing. I would not wed this girl, you see. Now get her to a nunnery.
- "The Empire Strikes Back to the Future" Storm Troopers chase Jedi knight who has escaped to the 1950's in a flux capacitor powered Delorean.
- "50 Shades of Grey's Anatomy" Doctors and nurses at a Seattle hospital engage in well-documented promiscuous behavior.
- "Portrait of a Lady and the Tramp" Attractive young American heiress passes up marriage to English bulldog type only to fall in love with a vagabond over a plate of spaghetti.
- "1984-A Space Odyssey" A madcap rush of space and time as Big Brother and The Thought Police battle with HAL the super computer for control of mankind from 1984 to 2001.
- "How The Grinch Stole a Christmas Carol" Dickens and Seuss combine to create heart-warming story of a green monster from Whoville who finds the true meaning of Christmas after being visited by three Elizabethan ghosts and little Cindy Loo Who on Christmas Eve!

Looking forward to reading them all!



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THOMAS POULIN, PLCS, ACSRC

Thomas is a lifelong Bow resident who graduated from Bow High School in 2016 and went on to graduate from Plymouth State University in 2020. Shortly after, he enlisted in the New Hampshire Army National Guard.

Thomas joined the team at Reliable Insurance Solutions in October 2022 and has been dedicated to continuing his education in the industry. Having earned the designations of personal lines coverage specialist and qualified customer service representative, he is committed to provide exceptional



customer service and suggesting coverage that suits each client's unique requirements. His attention to detail and unmatched work ethic set him apart as an outstanding personal risk advisor.

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HARVEST & TRANSITION WINES

It's hard to believe that the kids are back in school and everyone is getting back into the routine and swing of things. As the dog days of summer are nearing an end, tourist season has slowed down a bit, and people are traveling to their favorite destinations in New England to enjoy the best that we have to offer.

Late summer and early fall are the busiest times of the year for harvest in the Northern Hemisphere for wineries. While wineries are busy bringing in the 2025 vintage, local farms are bustling with the harvest of fresh local produce at the farmers markets and beyond. There are festivals and fairs to check out, featuring the best of local harvest and a chance to meet the farmers. The Farmer's Market in Concord on Saturdays from 8:30-noon is a fantastic way to buy local. It is also wonderful time of the year for those last BBQs of summer, with roses and lighter reds like Grenache and Pinot Noir. Early fall evenings and cooler temperatures make me want to transition into other whites like Chenin Blanc and Unoaked Chardonnay.

This is the perfect time to gather with friends and put together a simple charcuterie board and to taste wines, while taking in the last few sunsets that fall brings us. Some top charcuterie items to complement a tasting board are 3 types of cheese: soft cheese like a triple crème or brie, hard cheese like aged gouda, sharp aged cheddar, or aged parmesan, and then a tangy blue cheese like Bayley Hazen, 2 types of meats: prosciutto, salami, or speck (smoked ham), baguette, crackers, various nuts, dried fruits, sliced apples, figs or fig jam, and local honey. You can buy these items locally along with the wines below:

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UNOAKED CHARDONNAY

Diatom Chardonnay or Toad Hollow Chardonnay from California

Both no oak or used oak barrels that do not impart the toasted flavors or oak, citrus, and apple flavors.

ROSE

Ultimate Rose or Hampton Water Rose both from France

Dry rose with hints of strawberry and rose petals that insist on another glass to match the sunset.

PINOT NOIR

Siduri, Willamette Valley, Oregon or Black Stallion, Los Carneros, CA Soft and elegant light reds, hints of cherries and baking spices, toasty notes.

GRENACHE

St. Comse "Micro Cosme," Rhone Valley France or Alto Moncayo Veraton, Calatayud, Spain

Earthy, spicy notes, lovely pairings with the meats and hard cheeses.

Get creative and have fu! I look forward to presenting our next articles for Fall and the Holiday Season. ~ Cheers ~ Annie



Annie Kenney is a General Sales Manager for MS Walker Wines & Spirits in Bow, NH where she has been passionate about her career for the last 23 years.

Wine and Spirits Education Trust Level 2 Certified and a proud Board Member of the New Hampshire Lodging & Restaurant Association. Annie is a lover of fine wines and spirits and resides in Bow, with her daughter Lexi and her fiancé Brock.

WHY ARE WOMEN LEAVING THE WORKFORCE?

Since January 44,000 men over age 20 have entered the workforce, but five times as many women (212,000) have left the workforce. The labor force participation rate for women in the 25-44 age range with a child under age 5 fell 3% from 70% to 67%.

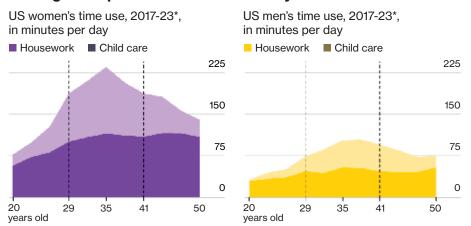
This is a dramatic change from 2022 when Covid led to remote work and flexible schedules bringing women into the workforce.

This year, President Trump ordered federal employees back to their offices as did AT&T, Amazon, JP Morgan and scores of other large employers. At the same time federal dollars for childcare have been cut so childcare centers had to raise prices, driving many women back home to care for kids.

Corinne Low, a professor of business economies and public policy at the Wharton School of Business, calls this familiar phenomenon "the squeeze." It shows up clearly in time use data the US government collects from households. Low says: "You see just this mountain in child care and housework time at the same time as women are trying to invest in their careers." For men, the time use impact of those converging demands looks more like just "a little anthill," she says.

In her forthcoming book, Having It All: What Data Tells Us About Women's Lives and Getting the Most Out of Yours, Low presents a powerful case that the "squeeze" reverberates through families' lives long after kids are out of diapers. For the typical US woman, time expenditure at home peaks before income does. This means women can't afford to outsource tasks such as housecleaning or food preparation so they can carve out more hours to focus on getting ahead at work. Their careers therefore suffer.

Feeling the Squeeze of Time and Money







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by Christian Troy

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It's important to understand all your Medicare options, not just get placed into a new plan without asking questions or knowing how it will work for you. You might choose a new Medicare Advantage plan, which combines hospital, doctor, and drug coverage, or a Medigap (Supplement) plan







paired with Part D for prescriptions. Either way, we guide you through your options, explain what matters, and make sure your care continues without interruption.

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A POSITIVE START TO YOUR FALL FITNESS ROUTINE

by Jim Olson

As summer fades and the crisp autumn air arrives, it's a perfect time to reset your fitness goals. The change in season offers a natural opportunity to get back into a routine. Instead of feeling pressure, you can find positive and simple ways to re-engage with your health and feel your best.

RESET YOUR MINDSET FOR SUC-CESS

Getting started can often be the hardest part. It is common to feel fear, uncertainty, or doubt, especially if you've taken a break from exercise.

You might worry that you can't do it or that you'll fail. The key is to acknowledge these feelings without letting them take over.

Instead of aiming for perfection, focus on progress.

Every step you take, no matter how small, is a victory. Reframe your thinking from what you haven't done to what you can do right now. Ask yourself, "What is my next right step?" This simple question can shift your focus to immediate, achievable actions. Remember, making a mistake doesn't define you; it's the perseverance to get back on track that builds strength.

FIND JOY IN MOVEMENT

Exercise doesn't have to feel like a chore. One of the best ways to stick with a fitness plan is to find activities you genuinely enjoy. If you don't like what you're doing, you won't do it for long. Fortunately, there are countless ways to get active.

Consider activities that fit your personality. If you love the outdoors, try hiking through colorful fall trails or cycling on a quiet path. If you prefer to be indoors, a dance or yoga class could be a great fit. You can also make fitness a social activity by working out with friends or family. Sharing your goals makes the journey more enjoyable and helps keep you accountable.



Jim Olson

WEAVE FITNESS INTO YOUR DAILY LIFE



You don't need to block out an hour at the gym every day to make a difference. Small, consistent efforts add up significantly over time. Look for opportunities to move more throughout your day.

Simple changes can have a big impact. Take the stairs instead of the elevator to get your heart rate up. Park your car at the far end of the lot to get in extra steps. A short walk after dinner can aid digestion and help you unwind. Even housework and yard work, like raking leaves, are great ways to burn calories and build strength without feeling like you're "exercising."

By combining a positive mindset with enjoyable activities and daily habits, you can build a sustainable fall fitness routine that leaves you feeling energized and confident.

If you need help with your positive start, let us help you take your next step by scheduling your complimentary consultation with no obligation with us at Individual Finess today.

Committed to your success by helping you take your next step — Jim



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IndividualFitnessllc.com/30

SUMMER IS OVER— WHAT TO EXPECT AT A SKIN CANCER SCREENING

Your skin is your largest organ, but it doesn't get the attention it deserves— especially when it comes to skin checks for cancer.

That should change, says Dr. Susan Massick, associate professor of dermatology at The Ohio State University Wexner Medical Center, because a skin cancer screening exam is one of the easiest screenings you'll ever have. "There is nothing to fear, dread, or be anxious about. There is no preparation needed beforehand, no bloodwork or imaging studies required during it, and no downtime afterward," she says. A skin check is straightforward and painless, and it can also give you peace of mind while being proactive about your skin health, she adds.

"Those at higher risk-such as individuals with a personal or family history of skin cancer, numerous moles or atypical nevi, or a history of significant sun exposure should have annual professional screenings," says Dr. Shoshana Marmon, assistant professor in the department of dermatology at New York Medical College.

ARE YOU HIGH RISK?

Having any of the following qualities puts you at higher risk for skin cancer, meaning you should be checked yearly by a dermatologist Dr. Massick says:

- · Personal or family history of skin cancer
- · High density of moles or atypical moles
- Prior history of chronic sun exposure, high-intensity sun exposure, sunburns (particularly blistering childhood sunburns), or tanning bed use (for any duration)
- · Changing skin lesions (in terms of color, size, shape, or texture) or symptomatic skin lesions (those that are painful, itchy, scabbing, ulcerated, prone to bleeding, or non-healing)
- Fair skin, light eyes or hair, skin that freckles or burns easily in the sun

WHAT DOES A CHECKUP INVOLVE?

Your dermatologist will do a thorough check of your skin, including the obvious areas on your face, body, and extremities, but also areas you may not think about, like on your scalp, behind your ears, on your hands and feet, your fingernails and toenails, and between your fingers and toes. You may be standing for part of the exam or lying on an exam table. It is painless.

It's reassuring to know that most skin cancers are localized and highly treatable. Even melanoma, when detected early, can be effectively treated with a straightforward in office excision most of the time.



The end of the year is more than a finish line - it's your launchpad for what's next. As the calendar winds down, it's the time to push forward with purpose, taking stock of where you're at and what you're moving toward.

Strategizing your investments, prepping a year-end tax plan, formalizing your retirement goals with a plan, or simply preparing for whatever life could throw your way - these are steps you can take now to set the tone for next year and the years to come.

PLAN FOR WHAT'S NEXT.



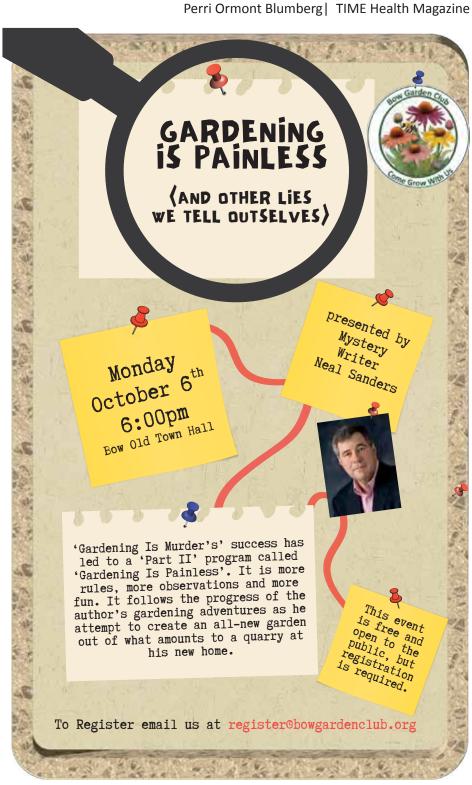
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DPW DIRECTOR SWEENEY NAMED OUTSTANDING EMPLOYEE OF THE MONTH FOR SEPTEMBER

Tim Sweeny's commitment to fostering a positive work environment, his innovative resourcefulness, and his proactive approach to resident concerns highlight his invaluable contributions.



Town Manager David Stack (L) presents award to DPW Director, Tim Sweeny.

Tim consistently maintains a teamoriented environment within his department, ensuring projects are completed in a timely manner and making sure his team has what they need to accomplish the job.

Tim has demonstrated exceptional dedication and leadership with his department's consistent delivery of high-quality work. He uses in-house resources consistently to maximize efficiency and provide savings for the Town of Bow.

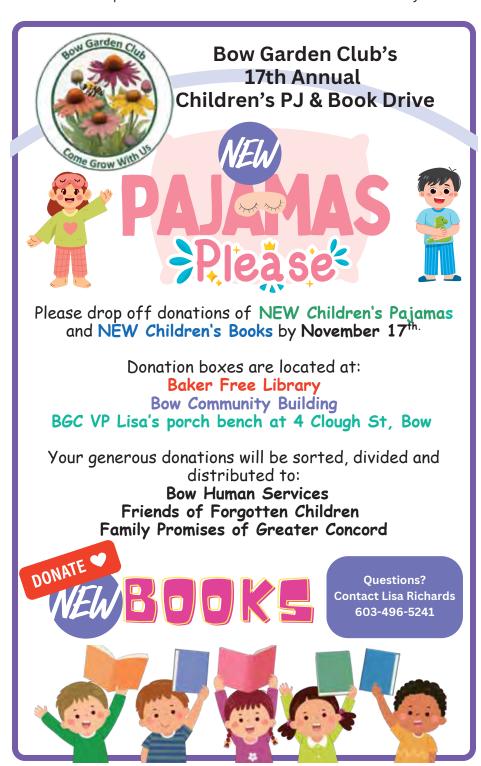
HOUSING SQUEEZE HITS MIDDLECLASS

American families are moving to new homes and cities at the lowest rate ever recorded according to an analysis by the Wall Street Journal. Only 1.1 million first time homebuyers were able to close a deal, which is half the historical norm, according to data from the National Association of Realtors.

With high prices and high interest rates buyers today would need \$127,000 in income to afford the mortgage on a median-priced home up from \$79,000 a year in just four years. Due to student college loan delinquencies being reported again to credit agencies 2,400,000 young people are no longer loan eligible.

The effect on mobility has been dramatic. In the 1950s 20% of Americans would move each year. By 2019 that had been cut to 7.8% of Americans making a move. That means many young couples have three kids in a two bedroom house and can't move up to a three or four bedroom house. Seniors want to sell and downsize, but there are few buyers.

Add to this job insecurity in tariff impacted times and you have a nation treading water and staying put. Split careers where both spouses work create couples with even lower levels of interstate mobility.



Bow Community Mens Club ANNUAL LOBSTER FEST

Saturday September 27, 2024, 5:00 - 8:00 Bow Community Building

This year there will be dine-in and grab-and-go options

MENU INCLUDES:

Lobster Plate, \$34.00 Extra Lobster, \$14.00 "Fresh Off The Boat" 11/2 lb. Lobster **Bowl of Fresh Clams** Clam Chowdah

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

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

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

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

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MLS# 5056730 *Agent Interest



26 Fortune Road, Bradford 4 beds | 2 baths | 43 acres | \$795,000 Rachel de Thomas c. 603.748.1800 MLS# 5058011



329 Kearsarge Mnt Rd, Warner 3 beds | 3 baths | 4.3 acres | \$595,000 Rachel de Thomas c. 603.748.1800 MLS# 5055352



186 Main Street, Hopkinton 2 beds | 1.5 baths | 1.86 acres | \$449,000 Sally Lobdell c. 603.731.7513 MLS# 5055371



00 Brookside Road, Newbury 2 acres | \$185,000 Rachel de Thomas c. 603.748.1800

MLS# 5053991



194 #61 Buckley Road, Weare Condo | 1 bed | 1 bath | \$50,000 Hugh Durack c. 603.305.0310 MLS# 5057637



151 Woodland Heights Rd, Springfield 71 acres | \$329,000





00 Brookside Road, Newbury 2 acres | \$185,000 Rachel de Thomas c. 603.748.1800 MLS# 5053991



175 Sawmill Road, Hillsborough 3 beds | 2 baths | 1.4 acres | \$475,000 Hugh Durack c. 603.305.0310 MLS# 5050359



George Road, Hopkinton Only 12 days on market! | \$199,900 Rolf Gesen c. 603.856.4117 MLS# 5056739



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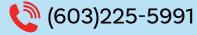
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JOPKINTON Gwn Cier

two villages ♥ one heart

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



THE FARMERS' MARKET is outside at Riverway Park on Saturdays from 9am-12pm. Ongoing updates are available at Contoocook Farmers' Market on Facebook.



ARTIST CATHERINE TUTTLE An art exhibit featuring oil landscapes by Catherine H. Tuttle will be presented by Two Villages Art Society on Saturday, September 13 from 12-2 pm, with an opening reception featuring live music and refreshments. 846 Main Street, Contoocook. Free and open to the public!"

LINEC, THE LEARNING INSTITUTE of New England College, is happy to announce the fall in-person classes scheduled to meet at the Hopkinton Congregational Church, beginning October 6. These include "Underappreciated Women Scientists;" "Shakespeare's Hamlet;" "The Symphony, Part I;" and a one-time program, "What is 5G?" These peer-led classes are informal, but instructors bring a wealth of subject knowledge to their presentations. For those who prefer learning from home, LINEC offers "Epic Poetry: The Aeneid;" "Human Biology," "Storied Suitcases: Opened State Hospital Histories;" and "Philosophy Talks: Philosophy in the 20th Century." See linec.org for course details, times, and costs. There is no membership fee, and courses are open to everyone at a modest price. Registration closes September 22.

HOPKINTON TOWN LIBRARY is now open Sundays 1-5pm.

SECOND HAND ART SALE Are you looking for new art to spruce up your home? Or do you have art you are ready to part with? Either way, Hopkinton Historical Society can help you out! The Society is currently accepting donations for its Second Hand Art Sale to be held on Saturday, September 27. The sale will be filled with paintings, prints, sculpture, photography, woodworking, and pottery. To schedule a pick up please contact the Society at 603-746-3825 or email administrator@ hopkintonhistory.org. You can also drop-off of your items on Thursdays and Fridays 9:00-4:00 and Saturdays 9:00-1:00 Thank you for your support!

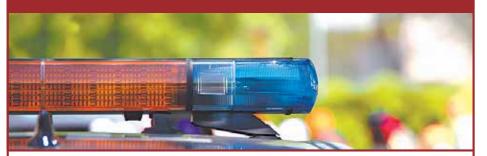


CLEAN OUT YOUR CLOSETS We are collecting clothing and accessories (scarves, handbags, wallets, ties, belts) and household textiles (bedding, towels, tablecloths, curtains, pillows). All items must be clean and in sellable condition. Please use large bags for donations. The funds raised will support older rescue horses who are used for therapeutic riders, veterans, Special Olympians and 4-H members. For information about dropping off donations, contact Marcia Evans 603-545-5213 (phone) and marciadawnmar@tds.net. To arrange for pick up, text Kath Butcher (603) 724-3452 (text or phone) or email kathb123@comcast.net. **Donations will be** accepted until October 24th at Dawn-Mar Ranch 64 Stumpfield Road.

SAVE THE DATES for 2025 Starry Starry Weekend December 5-7th!



HOPKINTON POLICE DEPARTMENT



AUGUST 2025 ARREST LOG 8 Arrests • 7 Accidents • 268 Traffic Stops

08/06 Sherry Hill, 58, of 42 High Street, Hillsboro, charged with Suspension of Vehicle Registration and Drive After Revocation Suspension-Admin License Suspension.

08/08 Braden Dion, 18, of 2 Young Street Apt E5, Allenstown, arrested for Disobeying An Officer, Reckless Operation and Endangering Welfare of Child.

08/14 Daniel McCarthy, 39, of 129 Hunt Hill Road, Rindge, arrested for Disobeying An Officer, Drive After Revocation/Suspension and arrest on Warrant.

08/21 Bryan Beebe, 49, of 105 Brock Hill Road, Grafton, arrested on Warrant.

08/26 Krista Houston, 37, of 50 Blackberry Lane, Webster, charged with Conduct After Accident.

08/29 Alex Loftus, 17, of 155 Bennet Bridge Road, Northwood, arrested for Disobeying an Officer and Reckless Operation; Joseph Demers, 19, of 712 Middle Rte, Gilmanton, charged with Unlawful Possession/Intoxication.

08/29 Ethan Rodrigue, 18, of 136 Durrell Mountain Road, Gilmanton, charged with Unlawful Possession/Intoxication.

YOU CAN TEXT 911 IN NH!

PROCESSED RED MEAT LINKED TO A HIGHER RISK OF DEMENTIA



Processed red meat—like bacon, deli meats and hot dogs— are linked to a host of health ills. A 2025 study finds that eating too much red meat may even harm the brain.

In the study, published in Neurology, Dr. Daniel Wang, an assistant professor of medicine at the Brigham and Women's Hospital and Harvard Medical School, and his team report that people who eat more processed red meat had a 14% higher risk of developing dementia over more than four decades that those who consumed minimal amounts.

The study analyzed data from more than 130,000 health professionals enrolled in two major studies.

"Based on this data, we see that if people have higher processed red meat intake, they have a higher risk of dementia, a higher risk of subjective cognitive decline, and worse cognitive function," says Wang.

It didn't take much meat to reach that upper limit. The 14% higher risk of dementia was linked to people who ate at least a quarter of a single 3-oz. serving of processed red meat daily—equivalent to two slices of bacon, one and a half slices of bologna, or a hotdog—compared to those who ate less than a tenth of a serving (less than a slice of bacon) a day.

Substituting one serving a day of processed red meat with nuts or legumes contributed to a 19% lower risk of dementia over the study period; similarly, replacing red meat with fish was linked to a 28% lower risk of dementia. Eating chicken instead of red meat for one serving daily contributed to a 16% lower dementia risk.

By Alice Park: TIME Health Magazine.

PERPETUAL STUDENT -A TEACHER'S PERSPECTIVE

by Bonnie Allen, Bow resident



Hallways abuzz with chatter- my life in high school education. Always a new day each day, satisfying, challenging, fun and rewarding. Enjoying adolescent personalities, interests, reactions to learning and each other. In a clutch of friends, cramming for a quiz, complaining or opining about rules, Checking out that cute boy or girl!

My own high school years are long past, but the fond friendships I cherished then still a wonderful part of my life today! I hope the same for them in the years ahead.

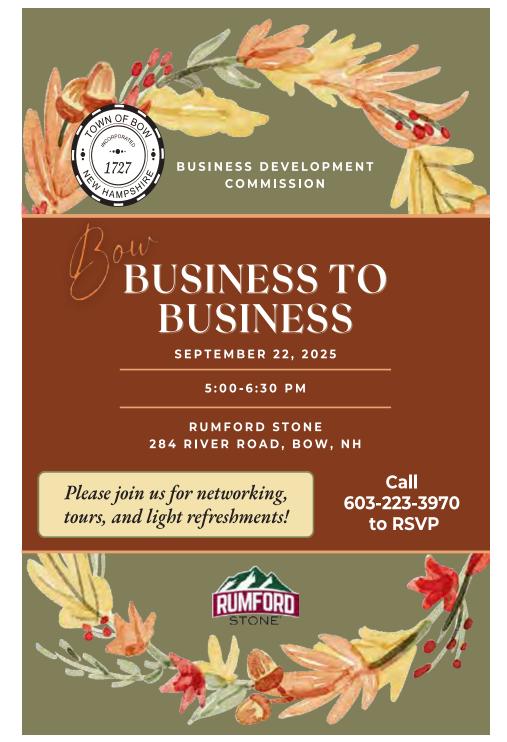
From the other side of high school life, in the role of teacher, I was more focused on guiding, discussing, encouraging and enjoying the students I had in class

It is as if I have changed places with Miss Rideout, Miss Dionne or Miss Dunlap, And yet I have been where these students in front of me are today.

Sometimes as I clip clop down the hall in my heels,

I see students and picture them as adults. Perhaps as future educators themselves. But most of the time I see them as fascinating, funny, smart, engaging, evolving beings with promise!

I hope I influenced them to be happy, productive, open, kind people By my small example, only for a brief instant in their lives.



"I like a teacher who gives you something to take home to think about besides homework."

Lily Tomlin







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REAL ESTATE SALES IN BOW — AUGUST 2025

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4 Bow Center Road
50 Clement Road
13 Evergreen Drive
55 Logging Hill Road
19 Dean Ave
1 Woodland Circle
2 Golden View Drive
2 Parsons Way
56 Knox Road
13 Kelso Drive
11 Erin Drive
5 Heidi Lane
8 Essex Drive
105 Brown Hill Road

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SQUARE FOOTAGE 1063 Square Feet 1715 **Square Feet** 1889 Square Feet 2304 Square Feet 1512 **Square Feet Square Feet** 2612 Square Feet 2899 2786 **Square Feet** 2368 Square Feet 2388 Square Feet 2286 **Square Feet Square Feet** 2626 Square Feet 2908 3850 **Square Feet** 2793 **Square Feet** Square Feet 3812 2431 **Square Feet**

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REAL ESTATE SALES IN DUNBARTON — AUGUST 2025

ADDRESS

23 Sawmill Road

10 Gorham Drive 24 Old Hopkinton Road Robert Rogers Road

BEDROOMS / BATHS

1 Bedrooms | 1 Baths 4 Bedrooms | 3 Baths 3 Bedrooms | 2 Baths

2 Bedrooms | 2 Baths

3 Bedrooms | 2 Baths

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Sales Data for July 2025 is provided by the NHMLS.





GRIEF SUPPORT GROUP

HEALING HEARTS – BOW

Tuesday, September 23 | 5:30 to 7:00 PM **Bow Mills United Methodist Church, 505 South Street**

This monthly 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.

Registration & a brief screening is required. All community members are welcome to attend. This program is offered at no charge. Masks optional. For information please call 603-224-4093, ext 82828.





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Baker Free Library September/Octoboler News

509 South Street Bow, NH 03304 See our online Calendar at

bowbakerfreelibrary.org

to sign up for upcoming programs and events.

Baker Free Library will be closed Monday, October 13th for Columbus Day/Staff Training.



Granite State Library Card Challenge September is Library Card Sign-Up Month!

This year, Baker Free Library is excited to be participating in the state-wide competition for Library Card Sign-Up Month. The goal: sign as many people up for new library cards as possible throughout the month of September, so make sure to stop by BFL (509 South Street, Bow, NH 03304) to get a library card if you don't have one! There is a trophy for the NH Library that gets the most sign-ups.

Seasons of Reading,

a year-long reading challenge for teens and adults!

Seasons of Reading is a Year-Long Reading Challenge for Teens and Adults, hosted by Baker Free Library. Sign up at the library to receive your list, and work your way through a new set of reading prompts each season.

Your task is simple: over the course of one calendar year, complete as many individual reading prompts as you can. There are 40 prompts in total, each designed to help you explore new titles, authors and genres. You'll have three months to complete each season's challenge, based on the following schedule:

Winter: January 1 - March 31 Summer: July 1 - September 30

Spring: April 1 - June 30 Fall: October 1 - December 31

At the end of each season, check in with a library staff member. Every reader who completes 8 or more prompts in that season's challenge will receive a small prize. Any reading completed in 2025 can be applied toward any prompt, but only one prize can be earned per season. (This means you can read ahead if you'd like, but won't be able to claim prizes ahead of time!) Readers who complete all four seasonal challenges by the end of 2025 will win an additional prize.

YOUTH PROGRAMMING

World Explorers | Monday, September 15th | 4pm

Adventure awaits! Travel the world and explore new countries, all from the comfort of Baker Free Library. World Explorers is a monthly, travel-inspired club for kids aged 8-12. Every month, we'll explore a new destination through stories, language, food and crafts. Explorers will add to their travel passport with each new adventure, and discover the world one story at a time.

Registration is required every month. Recommended for Ages 8-12.



Preschool Storytime

Every Tuesday beginning September 16th | 10:30am

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

*One-time registration is required to reserve your child's space. The fall session will run from September 16 - December 16, 2025 (no meetings on November 11 or 25 due to holidays).

Toddler Storytime

Every Thursday beginning September 18th | 10:30am

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



Touch-A-Truck! | Saturday, **September 20th | 10am – 12pm**

Meet with members of the Bow PD Fire Dept., and the Public Works department, and explore a police cruiser, a dump truck, a backhoe, and the Bow Fire Department's newest engine! Breakfast treats and

activities will be available inside the library. Registration is not required. All ages welcome!

Ruff Readers | Wednesday, September 24th & October 8th | 3pm

Children can gain confidence and improve their literacy skills by reading aloud to a one-of-a-kind audience! Reserve a 20 minute time slot to visit with (and read to) our canine volunteer, Harry the mini poodle, certified through Alliance of Therapy Dogs. Readers of all abilities are welcome. Children 8 years and under should be accompanied by an adult for the duration of their visit. Registration is required to reserve your 20 minute time slot. Please call the library at (603) 224-7113 to sign up! Online registration is not available for this program.

Little Makers | Thursday, October 9th | 3pm

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 ages 4-7, in the company of a parent or caregiver.

Registration is required to reserve your child's place. Please register for every session you wish to attend.

*One-time registration is required to reserve your child's space. The fall session will run from September 18 - December 18, 2025 (no meeting on November 27 due to Thanksgiving).



Community Costume Swap | Saturday, October 11th | 10am

Upcycle your Halloween costume! Stop by our Community Costume Swap to browse donated items and accessories on Saturday, October 11 from 10AM-12PM. Bow residents are also welcome to browse Concord Public Library's Costume Swap on the following Saturday, October 18.

Costume Drop-offs: Donated costumes and accessories will be accepted at the Baker Free Library between September 29 and October 10, anytime the building is open. Please bring your items to the Main Desk – do not leave items in the Book Drop. All donated items should be clean and undamaged. Any items still unclaimed at the end of the event will be donated.

ADULT PROGRAMMING

Tech Time with Liesl! | Every Monday from 4-6pm

Tech Time with Liesl! Get help with: Libby/Overdrive, Hoopla, Kanopy, EBSCOhost, HeritageQuest, Ancestry.com, Kindle, email, Google Drive, Microsoft Office, using our library catalog, and more! Walk-ins are welcome but appointments are strongly encouraged! To make an appointment please email liesl@bakerfreelib.org or give us a call!

FREE | www.thebowtimes.com

Outdoor Concert with the Pipes and Drums of NHSCOT Monday, September 15th | 6pm



Join us in our outdoor space by enjoying a performance by Pipes & Drums of NHSCOT! After listening to some incredible Highland Pipe tunes, the audience will have a chance to try their hands at the instruments! Light refreshments will be served - stop by to try some of Scotland's own IRN BRU! Complimentary earplugs will be provided.

PLEASE bring your own folding chairs or blankets to sit on! The library will provide seating as necessary. Music starts at 6:30pm. Registration is encouraged - registrants will automatically be entered in to win a raffle! Prizes include Gibson's Bookstore gift card, \$40 value Texas Road House gift basket, autographed books, and more!

Calling all young bagpipers and drummers! Whether you're a seasoned musician or never picked up an instrument before, NHSCOT wants you to join their band! To learn more about the band and NHSCOT's mission, visit nhscot.org/band.

NH Driving Toward Zero Wednesday, September 17th 6:00 PM

Learn about the importance of road safety from the NH Department of Transportation - and get some cool free NH DOT swag!

Eliminating deaths on New Hampshire's roadways is an important vision and the driving force behind the work of the NH "Driving Toward Zero" (NHDTZD) campaign, it is also an important vision for all who travel New Hampshire's roadways – by motor vehicle, truck, bicycle or even by foot day and night under all types of weather conditions. The NHDTZ's mission is to create a safety culture where even one roadway fatality is one too many. Zero fatalities are the only acceptable number and of course, the only number we can all live with.

Seasons of Reading

Fall Meetup | Wednesday, September 24th | 6pm

Connect with other readers in the Seasons of Reading Year-Long Reading Challenge, and share recommendations at in-person gatherings hosted by the library. At least once per season, we'll gather to swap suggestions and discuss which books we've read. Light refreshments will be served. Please register to reserve your space.

Piano Concert with Concord Community Music School Monday, September 29th | 6:30pm

Melissa Elsman and Kathryn Lundahl will be performing piano duets, followed by a presentation to dive into the history of the music. This program is graciously made possible by the Concord Community Music School and the New Hampshire Charitable Foundation's Ellen Downing Waite and Edward Osgood Waite Fund.

Pop-Up Craft | Wednesday, October 1st | 10am

This month's pop-up craft will be Origami Book Page Leaves! Stop by any time the library is open. Craft available while supplies last.

Board Game Night | Wednesday, October 1st | 5:30pm

Join us in celebrating the library's 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!

Chair Yoga with Sara! | Thursday, October 2nd | 8:30am

Chair yoga will be held the first Thursday of every month, at 8:30 AM! You must be registered to attend, as space is limited. Please dress comfortably and bring water with you to class! This gentle and welcoming Chair Yoga class will allow you to receive the benefits of practicing yoga while sitting in a chair or standing using the chair for balance. Through guided yoga postures and breath-work, this class will help to increase strength and range of motion, improve circulation, and deepen mental and physical relaxation.

No experience needed! Sara Withers has practiced yoga on and off for almost twenty years. She became a 200 RYT through Sharing Yoga in Concord, NH in the spring of 2024, and is also trained in Yin and Restorative Yoga/Yoga Nidra. Registration is required.



Genealogy Workshop | Saturday, October 18th | 1pm

The Buntin-Rumford-Webster Daughters of the American Revolution Chapter presents a genealogy workshop in partnership with the Baker Free Library! Get one-on-one help using HeritageQuest and Ancestry.com, or stop by to learn more about genealogy in general.

Please bring laptops, tablets, or other personal devices to get hands on assistance using genealogy research sites. You must be registered to attend! Space and volunteers are limited.

Craft Club | Tuesday, October 21st | 6pm

Craft Club meetings will be held every third Tuesday of the month, downstairs in the Merrimack County Savings Bank Room. You must be registered ahead of time to attend, as space and supplies are limited. Registration for this session will open on Wednesday, September 17th at 10am.

BOOK CLUBS

Whodunits | Tuesday, October 7th | 1:00 PM

Love mysteries? This mystery-exclusive book club meets at White Rock Senior Center on the first Tuesday of every month.

October Book Discussion: Just Watch Me by Jeff Lindsay

Book Talk at BFL | Tuesday, | October 14th | 12:30pm & 6:30pm Love to read, willing to try books outside your comfort zone, enjoy talking about books with others? Then our monthly Book Group is for you!

October Book Discussion: Looking for Alaska by John Green

White Rock Book Group | Tuesday | October 21st | 1:00 PM

Enjoy a good read, good company and great discussions at our monthly meeting at White Rock Senior Center!!

October Book Discussion: Looking for Alaska by John Green



The Bow Athletic Club 5th Annual BACtober Fest

SATURDAY, OCTOBER 4, 2024

AT 4:00 PM 35 Albin Road (Hanson Park)

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

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

ADULT \$40 5K YOUTH \$30 KIDS GOSLING GALLOP \$10 POST RACE CELEBRATION Are you wondering what to do with your kids? Don't worry, we've got lots of fun activities planned for them!

TOWN OF BOW POLICE DEPARTMENT



AUGUST 2025 ARREST LOG MISDEMEANOR AND FELONY

08/01: Abner Llanes Duran, Concord, Operate Without a Valid License

08/09: Mary LeBlanc, Bow, Breach of Bail; Devon Schulman, Manchester, Driving After Revocation/ Suspension

08/10: Joseph Lambert, Bow, Electronic Bench Warrant for Disobeying an Officer

08/14: Edwin Escobedo Jr, Galena Park, TX, Driving After Suspension - Subsequent; Stephen Tolmie,

Driving After Suspension – Subsequent (summoned)

08/22: Miguel Philippe, Burlington, VT, Reckless Conduct

08/23: Brandon Chellis, Hopkinton, Theft by Unauthorized Taking \$1501+

08/28: Paul Kartsub, Concord, Possession of a Controlled Drug

08/29: Nathan Craigue, Concord, Drive After Suspension – Subsequent (summoned)

08/31: Katherine Wolcott, Tyngsboro, MA, Suspension of Vehicle Registrations

In addition there were: 2 Violation Level Arrests made and 1 Marijuana Citation was issued.

A Message from CHIEF MILLER



Over the past few weeks, we have seen a slight increase in unlocked motor vehicle break-ins. I want to remind everyone of a few simple steps you can take to protect your property and help us keep our community safe. These incidents are often crimes of opportunity. By taking a few extra seconds to secure your vehicle, you can make a huge difference.

Here are some important tips:

LOCK YOUR DOORS: This is the most effective deterrent. Get into the habit of double-checking

that all doors are locked every time you leave your car, even if it's just for a moment.

REMOVE VALUABLES: Never leave anything of value, such as wallets, purses, laptops, firearms, or even loose change in plain sight.

DON'T LEAVE KEYS OR FOBS INSIDE: This is especially critical. Leaving your keys in the car or a key fob within range makes your vehicle an easy target for theft.

PARK IN WELL-LIT AREAS: If possible, park your vehicle in a garage or in a well-lit area at night.

If you see something suspicious, please call the Bow Police Department immediately at 603-228-0511. Even if it seems minor, your call allows our officers to respond quickly to investigate, identify potential suspects, and potentially recover stolen items before they leave the area.

On Tuesday, August 19, 2025, we held our Annual Awards, Promotion, and Swearing-in Ceremony, a testament to the dedication and professionalism of our team.

Publicly recognizing the hard work and dedication of our staff is crucial for boosting morale and ensuring they know their efforts don't go unnoticed. It also provides an important opportunity for transparency, showing the community firsthand the professionalism and outstanding service of the men and women who protect them every day.

Together, let's make our town a safer community for all.

ANNUAL AWARDS, PROMOTIONS & SWEARING-IN CEREMONY



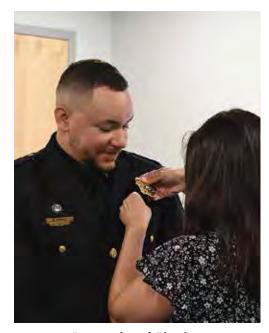
Officer Maria Bibaud Swearing-In



Life Saving Award with members of the Bow Fire Department



Sgt. Handy and Sgt. Welch **Chief's Letter of Commendation**



Promotional Pinning of Sergeant Harry Handy



Officer Sean Guilmette, Officer of the Year Award



AUGUST 2025 CALL STATISTICS ACTIVITY LOG

Basic Life Support Transports: 16 Advanced Life Support Transports: 30 Non-Transports Lift Assists 32 Fires /Hazardous Conditions/Alarms 21 Service Calls: 5 **Good Intent Call: 1 Total Activity: 105 Overlapping Incidents: 9**



STANDARDIZED SAFETY TESTS

Equipment failure is not an option when battling fires and protecting lives. We conduct rigorous inspections every year to make sure there are no problems. This important testing was conducted in August by the FireCatt Hose and Ladder to protect our department's operations against the failure of vital equipment.

Exhibitors

Workshops

Raffles

See Website for Workshop Schedule and Details!





ENERGY

Attend!

Bow, Boscawen, Concord, Dunbarton & Weare Energy Committees

WWW.NHENERGYEXPO.ORG



Oct 18 9am-2pm

Bow Memorial School

Thank you to our 2025 Sponsors!

Bow Plumbing & Heating EarthTech Systems **Grappone Auto**

Sunup Solar 603 Solar

Free Lunch provided by Constantly Pizza



Bow Young at Heart Club

UPCOMING EVENTS

SEPTEMBER 24, 2025 11:30 AM - 2:30 PM WHITE ROCK SENIOR LIVING 6 BOW CENTER ROAD, BOW

The White Rock Senior Living community will provide a special presentation of *Votes for Women*, a play about the suffragette movement that eventually led to women voting.

OCTOBER 8, 2025 11:30 AM - 2:30 PM 91 BOW CENTER ROAD, OLD TOWN HALL, BOW.

Elizabeth Slomba, the UNH Special Collections Librarian, will discuss the Betty and Barney Hill UFO Abduction, which took place in Portsmouth NH.

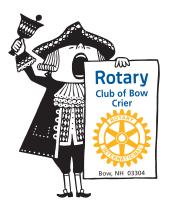
All meetings are held at Old Town Hall, 91 Bow Center Road.

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

Rotary Club of Bow



BOW ROTARY SEEKS SUPPORT from businesses for SCHOLAR SHIP **AUCTION**

Bow Rotary is looking for sponsors and item donations for its annual auction.

Four teirs of Sponsorship opportunities are available: Giant Sequoia for \$1,500, Stairway to Heaven for \$1,000, Yellowbrick **Road** for \$500 and **Acorn** for \$250. This year's theme is **Pathway to Growth**. Each year, Bow Rotary Club awards scholarships for college, trade school and nontraditional learning to deserving high school graduates from Bow High School as well as to Bow and Dunbarton residents who attend private high schools.

Financial support for children attending camp, as well as community projects (Old Town Hall renovations, Wildcat Habitat at BMS, Baker Free Library Lower-Level Meeting Room) are also beneficiaries of Auction proceeds.

As of 2025, Bow Rotary has awarded more than \$469,000 in scholarships and over \$60,175 in camperships to local children and their families.

All sponsors will be recognized with a full-page ad in the December edition of the Bow Times with company logos and support levels. More information about sponsorships and item donations can be found at BowRotary.org under the auction tab.

THE AUCTION WILL BE HELD NOVEMBER 5-8.

Please call 603-496-2305 or email carolnieg@gmail.com with any questions about the auction.

DUNBARTON POLICE DEPARTMENT

JUNE 2025 ARREST/CHARGE LOG

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

08/03: Lauren Porter, 25, Merrimack, was charged with driving after revocation/suspension, suspended registrations, speeding, unregistered vehicle, and non-inspection.

08/09: Loucille Abbott, 33, Manchester, was charged with suspended registrations, unregistered vehicle, stop sign/yield sign, and change of address.

08/15: Matthew Champagne, 34, Concord, taken into custody for driving or operating under the influence of drugs or liquor and stop sign/yield sign.

08/19: Daniel Burnor, 60, Manchester, was charged with open container of alcohol or marijuana and highway markings.

08/25: Anthony Pepin, 33, Goffstown, was taken into custody on a Nashua PD warrant for stalking; domestic violence; order and was also charged with following too closely.

08/26: Anthony Locke, 33, Concord, was charged with counterfeit, unauthorized or forged registration decals, counterfeit, unauthorized or forged inspection sticker, and unregistered vehicle.

08/27: An individual was taken into custody for an Involuntary Emergency Admission Exam.

08/29: John Garrant, 20, Essex Jct, VT, was taken into custody for driving or operating under the influence of drugs or liquor, transporting alcoholic beverages by a minor, transporting marijuana by a minor, unlawful possession of alcohol, open container of alcohol or marijuana (2), and unregistered vehicle.

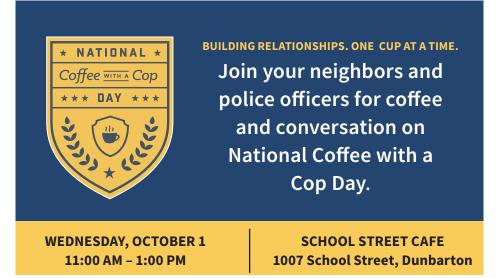
08/29: Kallie Fairbanks, 19, Bethel, VT, was taken into custody for unlawful possession of alcohol.

Some of our activity as reported during the month of August includes, but is not limited to:

Animal Complaint: 9 Assist Dunbarton Fire/EMS: 12 Assist Other Agency: 13 Burglar Alarm: 6 Court: 3 Criminal Trespassing: 1 Fingerprint Service: 1 Firearms Related Complaint: 2 Found/Lost Property: 3 Mental Health: 2 Motorist Assist/Disabled: 4 Motor Vehicle Collision: 3 Motor Vehicle Complaint: 8

Motor Vehicle Stop: 136 Noise Complaint: 2 Paperwork Service: 7 Police Courtesy/Assist Citizen: 3 School Zone/Patrol: 6 Sex Offense: 2 Suspicious Activity/Person/Vehicle: 9 Theft/Fraud/Scam: 5 Unattended/Untimely Death: 1 Vacant Property Check: 14 VIN Verification: 5 Welfare Check: 4

Police also issued 24 traffic citations (some may have been issued in conjunction with an arrest) for various offenses including speeding, stop sign/yield sign, non-inspection, unregistered vehicle, and following too close. Police also issued one (1) vicious dog summons.



The mission of Coffee with a Cop is to break down the barriers between police officers and the citizens they serve by removing agendas and allowing opportunities to ask questions, voice concerns, and get to know the officers in your neighborhood.

coffeewithacop.com

Nora's DUNBARTON NEWS



CHAIR YOGA WITH SHERRI on the second floor of the town hall will be on Thursdays at 11 am on September 25, October 9, 16 and 23. Please dress comfortable and bring water. Check the library's website or FB page for any changes in dates or times.

ADULT PROGRAMS AT THE LIBRARY Cybersecurity Awareness for NH Residents presented by the NH Municipal Cyber Defense Program/ the Atom Group, Tuesday, September 23, 6:30 PM, upper Town Hall. This training session is tailored for the public to educate individuals about cybercrimes and frauds targeting New Hampshire. Participants will gain knowledge on recognizing, avoiding, and responding to cyber threats, ensuring a safer and more confident digital experience.



NH HUMANITIES presents Marek Bennett's Rally Round the Flag: American Civil War through Folksong, scheduled for Tuesday, October 14 in the upper Town Hall. This is an overview of the American Civil War through the lens of period music. Audience members participate and sing along as the presenters explore lyrics, documents, and visual images from sources such as the Library of Congress.

CONNECTED LIVING MADE SIMPLE: Internet & Smart Home Workshop with Dana Lavoie will be Tuesday, October 21 at 6:30pm in the upper Town Hall. Contact the library FMI. Always check the library's website or FB page for any changes in dates or times.

BEYOND THE BOOK Dunbarton Congregational Church's Beyond the Book members will meet online at 7:15 to discuss Cassandra Speaks: When Women Are the Storytellers, the Human Story Changes by Elizabeth Lesser. For the link or questions, contact barbbennett51@gmail.com.

COLUMBUS DAY CLOSURES Friday, October 10, No School-Teachers' Workshop. October 13, Town Offices and schools closed for Columbus Day.

LIBRARY BOOK GROUP On Wednesday October 15, the library's book group will meet at noon in the library to discuss: The Personal Librarian by Marie Benedict and Victoria Christopher Murray. This is the remarkable story of J. P. Morgan's personal librarian, Belle da Costa Greene, a Black American woman who was forced to hide her true identity and pass as white to leave a lasting legacy that enriched our nation.



OPEN MIC – AT THE SPIRESIDE

COFFEE HOUSE is scheduled for Saturday, October 18th, at the Congregational Church in the center of Town. Doors open at 4:30 for musicians, poets, and storytellers to sign up. Program starts at 5pm. Snacks available, and a donation for them is accepted. Fore more information contact: Lizz@dunbartonucc.



I HEAR THE CRICKETS CALLING

by Bob Lux

I hear the soft requiem of late summer crickets, singing of the dying year.

Their bound helices speak this change. In their music is stillness, hesitation, as if to stop... a pause before the inevitable falling out of the year.

In time's wake, I hear the boastful intensity of spring peepers singing their anthem of optimism, of reincarnation. They, too, have their message... new blossoms, skunk cabbage, vernal pools, of all beginnings.

> Both ancient voices speak of change, one of pessimism, the other of optimism.

But it is the crickets' song that pulls at my heart strings as years wane.

Far back, I can barely hear the peepers' promising notes... distance isn't a friend of kinship.

> The crickets get my attention, they haunt me. They sing the nearby song.



SAVE THE DATE

for White Rock Senior Living Community's



Saturday, November 17 from 9AM to 2PM

6 Bow Center Road, Cliff House Community Room (Bld.1)

 FREE Admission
 Vendor spaces available at no cost For information contact: Lucille Arsenault 603.724.6269 Barbara Hays 603.582.3361 or Pamela Warren 603.724.6797



TRIVIA FACT: **FOR YOUR INFO!**



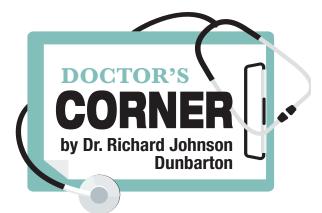
The unicorn is the national animal of Scotland.

Chosen because of its connection with dominance and chivalry, as well as purity and innocence in Celtic mythology.



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SEPSIS

The word 'sepsis' comes from the Greek [σηψις], pronounced 'sepo', which is the original word for "rotting" or "decaying." It was first noted in Homer's poems some 2500 years ago. It appears in the medical writings of two influential physicians, Hippocrates (460-377 BC) and Galen (129-216AD). Sepsis is the body's "out of control" inflammatory response to an infection.

Let me begin with the clinical history of my experience with sepsis. It was September of 2008. I was 63 years old and was spending a couple of weeks on an island off the coast of Maine. Walking with thong sandals, sustaining minor foot injuries from stones, bushes, shells, and wounds from getting in and out of a rowboat all led to what I thought was a minor foot infection. The day came when I could not generate the energy to walk up a slight grade on a gravel path. On getting to my cottage I took my temperature, it was 104 deg. F. I was tachycardic and felt very weak. A friend kindly took me in his boat to the mainland and a local hospital. While lying on the stretcher in the ER I was aware that most attention was being focused on my left foot where there really was not too much to see. The last thing I remember hearing was "He has no blood pressure!" When I regained consciousness, I was in a hospital bed with an IV running in each arm. Antibiotics and anticoagulants were administered, and a consult with a medical doctor and an orthopedist. In a couple of days, I was allowed to return to the NH hospital where I worked to finish recovery. The diagnosis; sepsis and septic shock. When I asked my infectious disease colleague how this could have happened, he simply said: "bad luck!"

Bacterial infections are the most common cause of sepsis. Fungal and viral infections are also potential causes of sepsis. These infections can occur in any part of your body. The treatment of bacterial sepsis is antibiotics, supportive care, and anticoagulants to prevent clots forming in blood vessels, and if needed respiratory support. Septic shock, the most severe stage of sepsis, is a medical emergency and has mortality of 30%-40%.

What did I learn from this?

- The site of 'infection' may not be obvious
- It is vitally important to make a diagnosis of sepsis or septic shock quickly
- · Do not ignore what may seem to be minor injuries. Treat them quickly and appropriately
- · Do not ignore clinical signs of fever, tachycardia, or hypotension: Seek medical care!

Research for this article was from:

- a. Critical Care Medicine, May 1989
- b. https://my.clevelandclinic.org/health/diseases/12361-sepsis
- c. https://pmc.ncbi.nlm.nih.gov/articles/PMC9686931/

SIGNS OF SEPSIS



FEVER / SHIVERING





PHYSICAL DISCOMFORT



MOTTLED SKIN



DIFFICULT TO WAKE



Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing







BOW HIGH SCHOOL SPORTS SPOT

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



FIELD HOCKEY

Three years ago, Bow's field hockey team was a team that typically only made the No. 10-13 seeds in the playoffs, exiting early on each year in the first round.

That changed in 2023, when the Falcons made it all the way to the semifinals, losing to No. 2 Kennett as the No. 6 seed. 2024 saw them nab the 4th overall seed and make it, again, to the semifinals, where they lost to No. 1 ranked Hollis-Brookline High School. To put these seed numbers in perspective, in the most recent playoff competition, 11 field hockey teams total made the playoffs. This year, Division II is looking at around 17 teams total competing. Division II is the sports division that Bow's field hockey team competes in.

This year's team is moderately young, with only one senior, Josie Johnson, to lead the team. In addition, there are 6 juniors, 5 sophomores, and 3 freshmen on the team. "We graduated 5 starting seniors, but the future is bright with strong leadership from the upperclassmen this year along with some exciting newcomers to add some depth to our program," said team coach Sarah Vaughn.

Coach Vaughn also added that the team's goal was to make it to its third semifinal appearance in a row. "Every team is a team to beat."



Bow's Peyton Vaughn in the semifinals against Hollis-Brookline.



Jack Wheeler (#9, left) in last year's season opener against Pelham.

FOOTBALL

Last year, the boys football team made the playoffs as the No. 6 seed, where it lost in the guarter-final round to No. 3 seeded Trinity. This year, the team is coached by Rob Clauss, who takes over the program from coach Paul Cohen, who had coached the team for 24 years before deciding to step down this season.

The team scrimmaged against Concord early on, and has also scrimmaged against Keene High School before the season opens. Just like last year, the team will open against Pelham; however, this year, the Falcons will visit Pelham High School instead of hosting the Pelham Pythons on their home turf.



Cara Van Dyke against Hollis-Brookline in last year's Division II championship.

GIRLS SOCCER

The girls season kicked off its bid for a championship rematch with a 1-0 win at Kingswood Regional High School! Last year, the team made it to the championship as the No. 2 seed, where they lost to No. 1 seeded Hollis-Brookline under coach Jay Vogt, who has coached the team for the last 21 years.



Rowan Schlosser (foreground, in white, #2) and Clayton Nadzan (background, in white, #16) against Campbell.

BOYS SOCCER

The boys soccer team started out strong with a 2-1 win at Kingswood Regional High School, just as the girls soccer team also defeated Kingswood. This year, the team hopes to bounce back from a year when it took the No. 8 seed in the playoffs and lost in the quarterfinals to Campbell, the No. 1 seed. Campbell had been the team's first loss last season, and it ended up also being the last loss of the season. Both losses were by a score of 2-3. Opening the season with a win is a good sign for things to come!



COED GOLF

The golf team is determined to have a stronger finish this season, after a disappointing 5th place finish out of 8 teams in its state championship tournament, although it had been ranking among the top 3 throughout the season. This year, the hope is to improve and place higher than the other competitive teams, namely, Souhegan, Winnacunnet, Portsmouth, and St. Thomas Aquinas High School.





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500 South Street Bow, NH 03304 **Business Hours:** M-F 8 AM to 4:30 PM



COLLEGE DAYS BRING A NEW PERSPECTIVE

by Bow Resident Paul Pomeroy

Last week Trish and I drove to Wilmington to say goodbye to our granddaughter Julia as she headed off to Lehigh University. As I watched my son interact with his daughter I couldn't help remembering my own feelings as he went off to college over thirty years ago. It seems like yesterday.

Trish and I drove him to Georgetown University that August. We helped him find his dorm; we waited while he unpacked his bags. We took a little tour of the campus and we went to a couple of orientation meetings. Then we kissed him goodbye and drove home.

It was during that two-hour ride back to Wilmington that I realized he was gone for good. Christmas vacations, summer visits, spring breaks are just what they imply – short respites from his new life as an independent young adult. I had been preparing myself for this for more than a year. The summer before, we started with the college visitations, applications, essays, fees, interviews, SAT's. Every conversation seemed to be centered around deadlines, letters of recommendation, grade-point indexes. Hovering over all of this like some fickle, dispassionate, god was the dreaded FAF form.

So being prepared, I determined not to be emotionally overwhelmed by his leaving. The Thursday before he was to leave, I went up to his room. I sat on his bed while he sat on the floor packing last minute necessities like his Elvis Costello tapes and his Clint Eastwood poster. I wanted to give him one last fatherly lecture. I wanted to talk to him about responsibility and opportunity. I wanted to warn him about the perils of wasted time and late hours and wild women. He looked up at me patiently and lovingly. I could say nothing. I tried. I honestly tried. Finally I just hugged him and left.

I handled myself pretty well that Friday. I don't think I embarrassed him much in front of his roommate and I didn't create a scene when it came time to say goodbye. I thought I made the transition quite smoothly. But I made a big mistake the next day. I went into his room. And even though it looked normal – bed unmade, clothes and towels all over the floor – it seemed so barren, so quiet. I noticed some pictures still hanging on his wall. His Little League pictures were there. So was the picture of him and me standing side by side in front of Holy Rosary on his very first day of school. His grammar-school wrestling medals were still draped over his bookcase. Lying in the corner was one of my T-shirts. How often I went into my drawer for a shirt only to find none there because my son had "borrowed" them. We used to fight all the time about my shirts and my sweats and my socks. As I stood in this empty room, I wanted to tell him that I really didn't mind him wearing my shirts. I wished that I had told him before he left.

Later that day, as I cut the grass, I noticed a Wiffle Ball wedged in the shrubbery. How many times I'd had to get up on a ladder to dig out a Wiffle Ball clogging the drain spout. I could never understand why he had to play Wiffle Ball on our front lawn. "It's tradition, Dad," I was told. "Shawn and I have played Wiffle Ball here for five years." Shawn went on to the University of Richmond; there hadn't been a game out front for weeks. As I picked up the ball, I wished so much that they were still on the front lawn, swinging and arguing and chasing line drives through my garden. I put the ball back in the shrub. Maybe he'd want to play a game when he came home.

Ah the memories are still fresh.

And as I watched my son try to prepare his daughter for her departure, I wanted to tell him that it is he who needs to prepare. But I didn't. That's something a father must do on his own. But I had a tear in my eye. So did he.

The Bow Times Tale Spinner, 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.



OBITUARIES

GERARD P. CHAMPAGNE

Gerard P. Champagne, 97, of Bow passed away on Friday, August 8, 2025, at Concord Hospital in Laconia. Born in Pembroke on June 23, 1928, the son of Lucien and Yvonne (Biron) Champagne. Known for his hard work, quick wit, caring nature, creativity, and relentless pursuit of knowledge, Gerard was a beacon of love and wisdom to all who knew him. Gerry was employed at the Odd Fellows as a Maintenance Supervisor. Beyond his professional life, Gerard was a talented musician whose melodies were as warm and inviting as his personality. He loved his family deeply and treasured the moments he spent with them.

Besides his parents, Gerard was predeceased by his first wife of 68 years, Alice (Hammond) Champagne; son, Gary S. Champagne; sister, Lucienne N. Raymond and brother, Alphonse A. Champagne.

Gerard is survived by his wife of two years, Agnes Dow; sons, Steven G. Champagne and wife, Sharon and Raymond L. Champagne and wife, Lydia; daughter, Linda Carson and husband, Robert; step-daughter, Sandy Lincoln and brother, Leopold Champagne.

MICHAEL FORTIER

Michael Rene Fortier, 71, of Contoocook, died on August 30, 2025, following a courageous and inspiring battle against an unexpected brief illness.

He was born the son of Kenneth S. and Eleanor (Faretra) Fortier in Concord on November 23, 1953. He grew up working alongside his dad in his pharmacy and graduated from Concord High School and Franklin Pierce University in Rindge.

Starting with a single small job, he and his wife, Donna built Team Fortier Construction, a very successful general contracting business, from scratch with his peerless reliability, quality workmanship, and honor. Donna and Mike's son, Tony, will continue to run the company together to carry on Mike's legacy.

He is survived by the love of his life and wife, Donna; sons Tony Fortier (wife Liz), Brian Rice (wife Christie), and Jason Rice (fiancé Nicole): Brother Kenneth J. Fortier of Chapel Hill, NC: and Sister, Sally Hayslip of Canterbury.

He was predeceased by his parents; his sister Marjorie Sullivan of Northford, CT; brother-in-law's Skip Hayslip of Canterbury and David Sullivan of Northford, CT.

NANCY CALDWELL FROST

Nancy Frost of Dunbarton was born in Concord on February 21, 1934. Nancy passed away peacefully on August 9, 2025, after a period of declining health. She was the daughter of John Edgar Bunten and Mary Barnard Bunten (both deceased).

Nancy grew up on the Bunten family dairy farm (Maplewood Farm) on Stickney Hill Road, in Concord. This farm produced milk and dairy products for the Concord area for many years. She helped take care of the dairy cows as a child. She graduated from Concord High School in 1952. After graduating from high school, she performed clerical work at Concord Electric company.

She married Charles E. Frost, Sr., a pharmacist (deceased). Together, they purchased an 1800 era farmhouse and land in Dunbarton where they raised three boys, and she lived for the remainder of her life.

She enjoyed family gatherings and annually hosted and cooked delicious holiday meals. She was proud of her family's heritage, being a member of the Daughters of the American Revolution (DAR).

She is predeceased by her husband, Charles Sr. She leaves her three sons, Charles E. Frost, Jr., and wife Annette, James B. Frost and wife Diane, and William H. Frost and partner Laura.

JAMES MICHAEL NORRIS

James Michael Norris, age 70, of Hopkinton, passed away peacefully in his home with his family by his side on Friday, August 29, 2025.

Born in Denver, CO, the son of the late James F. Norris and Eileen H. Norris (95), Mike was the beloved husband and best friend of his wife of 48 years, Deborah (Hagen) Norris of Hopkinton.

He leaves two sons, Anthony Norris and his fiance, Rachel, of Manchester, Joseph Norris and his wife, Zoe, of Concord; sister, Kaeleen Buckingham and her husband, David, of Colorado; mother-in-law, Esther Hagen; brother- in- law, John W. Hagen and wife Jenny of Virginia, along with many nieces and nephews. (continued on right column)

In addition to his father, he was predeceased by his brother, Jay Norris, and father-in-law, Albert R. Hagen.

Mike earned his Bachelors degree in Hydrology from Colorado State University in 1978 and his Masters degree in Civil Engineering, also from Colorado State University, in 1984. Mike was a dedicated public servant and greatly enjoyed his time working for the United States Geological Survey for 44 years.

He was a very talented photographer and woodworker. Many of his woodworking projects are on display in the family gardens and home. He valued and enjoyed his time being outside tending to his 12 acres of land.

In lieu of flowers, donations may be made in his memory to the National Parks Conservation Association at Support.NPCA.org. Or to Amedisys Hospice Care at 8 Commerce Drive, Suite 101, Bedford, NH 03110.

JULIANNE RAIN

Julianne Lundin Rain of Bow passed peacefully surrounded by family on July 30, 2025. Julianne was born November 12, 1943, in South Berwick, ME. She was born to Dr. Arvid R. Lundin and Sheila F. Lundin.

Julianne was married to her true love, Richard Rain on June 29, 1968. Julianne worked at Southern New Hampshire University for over 25 years in the Hospitality Department. A perfect role for someone as hospitable as Julianne. She adored her family, group pictures, sending greeting cards, feeding her birds, her dogs and life. Julianne was a believer in giving more than you get and leaving everyone better than she found them. She lived her life by these principles.

She was the proud Grandmother (Nami/Memi) of Griffin Rain, Riley Rain, Connor Rain and Logan Rain. She is survived by her husband Richard Rain, her two sons, Arvid(Betsy) of Dunbarton, Jeffrey (Jennifer) of Bow. Her Grandchildren Griffin (Paige), Riley, Connor and Logan and many nieces and nephews.

In lieu of flowers, Julianne asked that donation be made in her memory to Pope Memorial SPCA at www.pmspca.org.

ALEXANDER HAMILTON WALSH

Alexander Hamilton Walsh, III "Sandy," of Hopkinton passed away peacefully on August 1, 2025. He was born in Montclair, NJ on June 2, 1931, to Elizabeth Hunter Walsh and Alexander Walsh, Jr. He graduated from Cornell University College of Veterinary Medicine in 1957.

On a trip home from vet school, he met Suzanne Auer, a lifetime resident of Hopkinton, and they married in 1957. He lost Suzi in October 2023 after 66 years of marriage. His ultimate career was as a veterinary pathologist at Pfizer, overseeing animal studies in drug development.

He is survived by daughter Jeanna Walsh and her daughter Evelyn Rosso of Concord, and daughter Lissa Walsh (Amy Rosenfeld) of Carlisle MA, cousin Jane Hoover and her son Giles of Macon, Georgia; and sister-in-law Sally Auer of Henniker and her children. He was predeceased by his parents and wife Suzi.

In lieu of flowers, please consider making a charitable gift to the Woods Hole Oceanographic Institution (https://www.whoi.edu/).

OBITUARY SUBMISSIONS:

- Funeral homes and cremation service providers should handle submission and payment for obituaries.
- If a family is not using a funeral home or cremation service provider, they can email the obituary text and photo to info@thebowtimes.com.
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DEADLINES: The obituary deadline for monthy editions is indicated on The Bow Times Media Calendar available upon request.

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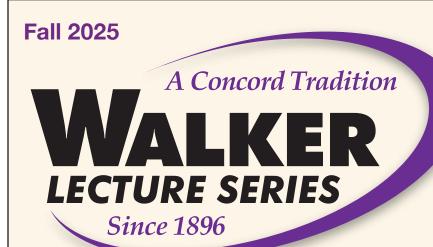
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United States flag icons are available at no cost for obituaries of veterans.

The Bow Times reserves the right to edit for accuracy and adherence to newspaper standards.



ALL SHOWS ARE FREE. WEDNESDAYS | 7:30 PM

Concord City Auditorium | 2 Prince St. Concord, NH



September 17

Halfway to St. Paddy's with the Jordan Tirrell Wysocki Trio

September 24

"Of Musik and Astronomy" The Life and Times of Sir William and Caroline Herschel with R.P. Hale



October 1

Grand Ole Opry Through the Years with Rob Azevedo and friends



October 8

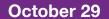
7400 Miles on Foot: **Tackling the Triple Crown of** American Hiking with Carey Kish





October 22

New England Legends with Jeff Belanger



Piano Concert with Mark Valenti





November 5

Ringing in the **Holidays** with the Granite **State Ringers**

HANDEL'S MESSIAH

Open rehearsal at St. Paul's Church Saturday, November 29 · 10:00 AM





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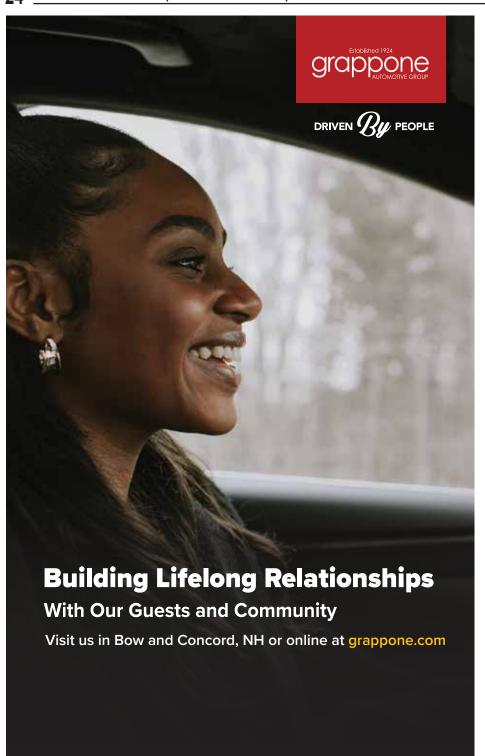
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