



# The Bow Times

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## DUNBARTON NEWS ON PAGES 16-17



## BOW TURNS 300 IN 15 MONTHS: TIME TO SELL THE BOW BOG MEETING HOUSE?

by Chuck Douglas | Photo by Eric Anderson

Bow will celebrate its 300th Anniversary as a town in 2027, and one of its major historical sites may be sold by then.

Members of the Heritage Commission and longtime residents have heard that some Selectmen may want to sell the Bow Bog Meeting House located on Bow Bog Road at the intersection with Allen Road.

About 20 years ago, a town meeting voted to accept the property which has a storied past.

It was built in 1835, as the center of Bow's civic, religious and cultural life. But after more than a half century of restoration efforts and periodic use, the Bow Bog Meeting House was finally refurbished in 2015.

**HISTORY** It was originally the First Methodist Church Episcopal Church and Society of Bow. But like many of its brethren throughout New England, the building has undergone many changes.

**ARTICLE CONTINUES | Page 3**



## BOW COAL POWER PLANT FINALLY CLOSED

After 65 years of operation, the coal fired plant known as Merrimack Station is no longer burning coal. Owner Granite Shore made the announcement on September 12, that it was closing New England's last coal plant. Granite Shore says it is still considering the location for a solar array.

However, two smaller power units at Merrimack Station, 17-megawatt turbines that burn kerosene, will continue to operate as what is known as a “peaker plant.” They can turn on and off very quickly and serve to buffer emergency shortfalls of electricity during times of peak demand.

At one time the plant paid almost half of all the property taxes in Bow, but the drop in the value will be coming in future year's tax bills.

## HOPKINTON-CONTOOCCOOK NEWS ON PAGES 14-15

## BOW UNDERAGE DRINKING PARTY OF 14 BUSTED BY POLICE

At a residence on Branch Londonderry Turnpike East in Bow on September 14 at 1 in the morning, Bow Officers responded to a noise complaint at a private residence. Upon arrival, officers found several minors gathered around a fire pit with alcoholic beverages present. While no individuals were in physical possession of the alcohol, officers utilized a portable breath test on the 14 minors present.

Of the 14 individuals, 6 tested positive for the presence of alcohol on their breath and were charged with possession of alcohol. The remaining 8 were released to their parents under protective custody. All 14 individuals were released to the custody of their parents or guardians at the scene. No charges were filed for driving under the influence, and all keys to vehicles at the residence were seized for later pickup.



The Bow Police remind parents of their responsibility under NH law, RSA 644:18. That law is entitled facilitating an Underage Alcohol House Party and means the indulgent parents can be charged with a misdemeanor. Chief Ken Miller wants parents to know the other laws as well.

“Our department is committed to taking a proactive and educational approach to this issue, and we ask for your partnership in these efforts. In New Hampshire, the law is clear: it is illegal for anyone under the age of 21 to possess or be intoxicated by an alcoholic beverage. This is codified under NH RSA 179:10, titled “Unlawful Possession and Intoxication.” This law does not only apply to minors found with a drink in their hand; it also includes what is often referred to as ‘internal possession’ meaning a person can be in violation if there is alcohol in their system.”

In August a Bedford homeowner, Heather Keegan, age 55, was arrested and charged with facilitating an underage drinking party that resulted in the death of Bedford High School Junior Tyson Bolduc in June. Bolduc died in a car accident after leaving Ms. Keegan's home.

Photo | Eric Anderson

## THEY'RE A GRAVEYARD SMASH!



Eric Anderson took this shot of these traffic-stopping Halloween skeletons at the entry to a home at 55 White Rock Hill Road.

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EDITORIALS

COMMENTS CONCERNING CHARLIE KIRK’S DEATH SHOULD NOT LEAD TO FIRING OF EMPLOYEES

The recently murdered Charlie Kirk was a fierce proponent of the First Amendment. For years he had gone to hundreds of college campuses to spread the conservative message and debate all comers. Whether you agreed with him or not, you had to respect his tenacity and desire to turn the discourse at most universities from very liberal to a more balanced discussion of policy and values.

It seems the height of irony that people across this nation are now losing jobs and careers because they exercised the same First Amendment right to express their opinions critical of Charlie Kirk or their happiness at his death. Most of those fired did so as a result of a keyboard that they used to post their political opinions at home and outside of work.

In New Hampshire Ed Tinney, an English and history teacher of some 35 years, was fired by Timberlane Regional High School for posting on his personal social media account “I’m glad he’s dead.” However cruel and insensitive as those words are, they should not be the basis for ending his career. Mean, tough and hateful words are the price we pay for robust speech and debate.

In Manchester, a city teacher of social studies was placed on leave after saying he thought Charlie Kirk was a “fake,” “a liar,” and “not who he proclaimed to be.” Is he not entitled to that opinion?

The Manchester schools are also investigating him for saying he thought it was “silly” that flags were ordered to half-staff after Kirk’s September 10 murder.

For public employees in New Hampshire RSA 98-E allows them to publicly give their opinions “on all matters concerning any government entity and its policies.” Thus speaking out about flag lowering for a political operative would be protected speech.

The reality is that Charlie Kirk was not a public official but a political organizer. Some can surely wonder if political operatives like Karl Rove or James Carville would get the same flag lowering from Donald Trump? “Silly” or not, there are many who see a double standard in the making.

New Hampshire is just a small piece of a national problem. The New York Times on September 26 had amassed at least 145 instances of firings for Kirk death comments ranging from nurses to a police officer to a reading program employee to restaurant employees. These folks were fired for speaking where the message was not appreciated, but most were after work and off duty. Obviously, the Thought Police are everywhere now to monitor our expression of opinion. (Sorry...just my opinion.)

The heavy hand of government was bluntly stated by Vice President J. D. Vance who urged people to call the bosses of those who are glad Kirk is gone: “Call them out, and hell, call their employer.” We have seen how our government has sometimes chafed under criticism, especially by the press. In 1798 Congress enacted a law against “sedition.”

“If any person shall write, print, utter or publish... any false, scandalous and malicious writing... against the government or the President ‘he shall be imprisoned for up to two years’.”

Its genesis was a very thin-skinned President named John Adams who was a Federalist and wanted to shut down the Democratic-Republican newspapers who saw him as autocratic and monarchical (sound familiar?). Of the ten people convicted most were newspaper editors, including the grandson of founder Benjamin Franklin, whose newspaper The Aurora said Adams was “of monarchical ambition.” The absurd law died in 1801 with the election of Adams’ opponent, free speech advocate Thomas Jefferson.

We should never turn the clock back to thinking we need a new version of the Sedition Act. We should honor Charlie Kirk’s memory not by firing people who don’t agree with us, but by accepting a robust press and free speech.

And, if we could disagree without being so disagreeable and nasty we will be better off as a nation. Can’t we at least agree on that?

Chuck Douglas  
For a free press, je suis Charlie

GUEST EDITORIAL

TRUMP & HEGSETH LECTURE TO 800 MILITARY CHIEFS IS AN EMBARRASSMENT

by Retired General Donald Bolduc

*Editor’s Note: New Hampshire’s retired Brigadier General Donald Bolduc is a former Deputy U.S. Special Operations Commander for Africa. His remarks are edited for length from the N.H. Sunday News, September 4, 2025.*

First and foremost, the gathering exemplified a misuse of resources. The convening of high-ranking military personnel for discussions that veered into the realm of personal agendas reflects poor judgment and leadership.

In times of complex challenges, active leadership necessitates genuine engagement rather than self-serving exhibitions.

**Dangerous pejorative remarks:**

The comments made by the president regarding identifying an “enemy within” were not only pejorative but deeply troubling.

Invoking the National Guard and other military assets against perceived internal threats not only violates the principle of the Posse Comitatus Act but undermines the sovereignty of the states.

**Undue influence of Secretary of War:**

Similarly, the Secretary of War’s comments during the meeting can be characterized as undue influence and inappropriate for addressing his audience. Given his lack of operational, strategic, and policy experience, lecturing senior military officials on the warrior ethos is fundamentally misguided.

**Partisan and unprofessional conduct:**

The partisan nature of Secretary Hegseth’s commentary detracts from his role as a nonpartisan leader. Finger-pointing at predecessors for current issues is not the hallmark of leadership but rather a sign of immaturity and lack of accountability.

Furthermore, the secretary’s remarks about service members appearances, including comments on body weight and grooming standards, were unprofessional and inappropriate for a leader of his stature.

**A disgrace to leadership standards:**

Ultimately, the conduct of both the President and Secretary of War at this meeting reflected poorly on the institution of American leadership as a whole. The President exhibited behavior that strayed far from the expectations of a commander in chief, while the Secretary of Defense engaged in juvenile antics that belied the gravitas required of his position.





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**QUOTE OF THE MONTH**

Conservative Peggy Noonan, former Special Assistant to President Ronald Reagan, wrote about former major in the National Guard, Pete Hegseth:

*“You know why people say something’s wrong with this guy? Because it appears something is wrong with this guy.”*

”

**BOW BOG MEETING HOUSE** | Continued from page 1

At one time there were as many as 500 New England meeting houses which held town meetings and Sunday services. As of ten years ago, that number was down to just 20 according to Edward Sinnott, author of the book Meetinghouse and Church in New England.

The Bow Bog Meeting House endured a split within the Methodist Church in 1892, a population shift, and consolidation until 1951, when it was abandoned. The Bow Bog Meeting House Society formed and, by 1970, had restored the building to its earlier period.

The Bow Heritage Commission led by Gary Nylen, Mark Leven, Faye Johnson, Eric Anderson, and many others held a meet-and-greet in June 2015 to show off their successful efforts at restoration, including the renovated Prescott Organ made in Concord.

**THE LAW** While RSA 41:14-a permits the Selectmen to sell town land and buildings any proposal must come before the Heritage Commission, and then two public hearings must be held.

After speaking to chairman Eric Anderson and Secretary Sue Wheeler, this paper has been told that their meeting to be held the day after publication of this edition will take the issue up.

A likely decision will be to draft a petition signed by at least 50 voters to be given to the Selectman prior to their vote to sell the building. If that occurs, the town will get to vote on the issue next March.

One well known resident said: “This town can’t be all new 4 bedroom 3 garage houses on two acres lots with kids in the schools. After the kids graduate, the parents sell the house and move on. The core of the old town must survive and, at a median household income of \$161,000, we can afford preserving that which made Bow Bow for the next 300 years.”

**LOCAL NEWSPAPERS HELP BUILD STRONG COMMUNITIES**

In today's fractured media environment, trust is the rarest commodity. Confidence in “the media” is low. Only 18% of Americans say they trust news on social platforms, and fewer than 1 in 4 trusts cable networks. But nearly two-thirds say they trust their local newspaper— more than double the confidence placed in most other outlets.

In an era when anyone can post anything online, that clarity makes newspapers stand apart.

Research shows consumers act on newspaper ads more than on ads delivered by TV, radio or digital platforms. People see local business advertising as part of the same reliable package as the news. For a small business competing with national chains and online platforms, no other channel delivers the same impact. When residents trust the paper they trust the businesses that support it.

The absence of a local paper leaves a mark. Voter turnout declines. Fewer residents attend public meetings. Government oversight weakens, and borrowing costs rise. Small businesses lose their most effective way to reach local customers. And without a trusted source tying things together, misinformation and partisan spin spread faster; fueling confusion and division.

Supporting your local paper is one of the most direct ways residents and businesses can invest in their own future.

Dean Ridings for National Newspaper Week



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I am writing to share some exciting news about our new business neighbor, Hyperbaric Fitness, located just south of Bow on Hooksett Road (you may have noticed their dolphins and diver statue).

Hyperbaric Fitness is a health and wellness company that utilizes diving science to promote better circulation, stem cell mobilization, pain relief, brain support, and overall health and well-being. This is a non-medical, science-based approach supported by numerous research studies.

Hyperbaric Fitness uses an atmosphere chamber to simulate a dive to 2 atmospheres—33 feet of underwater pressure (<15psi)—by slowly pressurizing and allowing the body to physiologically experience a scuba dive. Trained staff members are both inside and outside the chamber to assist during the process.

In 2008, after exhausting medical approaches, Joseph Mabe started Hyperbaric Fitness in Swansey, NH, in an attempt to help his mother suffering from late-stage Parkinson's Disease. Drawing on his own diving experiences and the engineering genius of Jacques Cousteau's undersea habitat, CONSHSELF II, he utilized a hyperbaric chamber with results that greatly exceeded expectations, restoring and extending his mother's quality of life.

Free tours are available Tuesday through Saturday.

Visit [hyperbaricfitness.com](https://hyperbaricfitness.com)  
to hear our client success stories.







# Bow Rotary Club



## Christmas Trees & Wreaths for SALE by the Town Pond

In the Community Center Parking Lot

**Sale Starts Nov 29th**  
**Mon-Fri 4:00 to 7:00**  
**Sat-Sun 10:00 AM - 7:00 PM**

### Fraser & Balsam Trees \$60

### Decorated Wreaths \$35

Limited number of trees!  
Usually sold out within two weeks.  
Details at [bowrotary.org](http://bowrotary.org)

Money raised from tree sales goes to the Bow Rotary Foundation, which supports the local community.





## Snowman Fair

An Invitation for you!

**Enjoy the fun of Christmas shopping!**

❖ Bakery Shoppe

❖ Holiday Crafts

❖ Themed Gift Baskets

❖ Gifts for Pet Owners

❖ Silent Auction Items

❖ Jewelry Table

❖ Christmas café with breakfast and lunch items

**Parents, take you child's picture with Santa!**  
**Enjoy the day with us!**  
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**October Cybersecurity Awareness Month:  
Top 7 Ways to Avoid Fraud**

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

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

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

Source: Federal Deposit Insurance Corporation

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by Christian Troy

If you find out your Medicare Advantage plan is leaving New Hampshire through a letter from your insurance company, it can feel stressful—but there's no need to panic. You have a 60-day window to choose a new plan and keep your coverage active.

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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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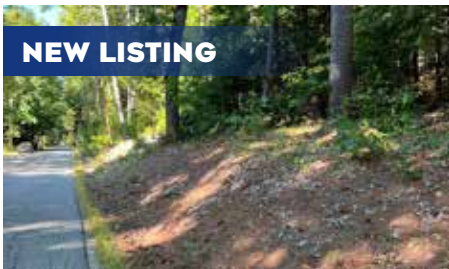
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UNLOCKING A HEALTHIER YOU

by Jim Olson

UNLOCKING A HEALTHIER YOU:  
HOW TO SWAP HABITS FOR A MORE ACTIVE LIFE

Making a change toward a healthier lifestyle can feel like a big challenge, but it often starts with small, simple steps. It's not about a complete overhaul overnight. Instead, it's about looking at our daily routines, identifying what's holding us back, and making smart swaps that add up over time. If you're looking to feel more energetic and in shape, understanding your habits is the first step on a rewarding journey.

SPOTTING THE HABITS THAT HOLD YOU BACK

Many daily actions are automatic. We don't even think about them. This is where unhealthy habits can hide. Do you find yourself reaching for a sugary snack when you're stressed? Do you spend evenings on the couch instead of moving? These are common habits, not personal failings. Start by paying attention to daily patterns. Keep a simple journal for a few days. Note what you eat and when you move. Ask yourself why you're doing it. Are you eating because you're truly hungry, or just because you're bored or watching TV? Recognizing these triggers is a powerful first step. Once you see the pattern, you gain the power to change it.

MAKING SIMPLE SWAPS FOR BIG WINS

Once you've identified a habit you want to change, the key is to replace it, not just remove it. This makes the change feel less like a loss and more like an upgrade.

SWAP MINDLESS SNACKING FOR MINDFUL CHOICES:

Instead of a bag of chips while watching a movie, try a bowl of air-popped popcorn or some crunchy carrots. If you crave something sweet, a piece of fruit or a small square of dark chocolate can satisfy you.

SWAP SEDENTARY TIME FOR ACTIVE MOMENTS:

You don't need to run a marathon. Start by adding small bursts of movement to your day. If you work at a desk, stand up and stretch every hour. During commercial breaks, do a few squats or jumping jacks. Instead of meeting a friend for coffee, suggest a walk in the park.



Jim Olson

better, and gain a sense of confidence. You're not just losing weight; you're gaining a vibrant, active life. You have the power to journey to a healthier you, starting with that first simple swap.

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Soda, juice, and sweetened coffees can add hundreds of empty calories to your day. Try swapping them for water. If you find water boring, infuse it with lemon, cucumber, or mint for a refreshing twist.

EMBRACE THE JOURNEY, NOT JUST THE DESTINATION

Building a healthier, more active lifestyle is a process. There will be good days and days that are more challenging. The goal is progress, not perfection. Celebrate your small victories, like choosing the stairs over the elevator or trying a new healthy recipe.

Each positive change you make builds momentum. Soon, these new, healthier actions will become your new habits. You'll start to feel more energetic, sleep



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## MY TABLE TO YOUR TABLE

### A Swiss Chard and Parmesan Omelet to Savor the Season

by Debra Barnes

As the crisp coolness of fall settles into your garden, it's time to embrace the season's most underrated breakfast hero: Swiss chard. With its rainbow-stemmed beauty and earthy sweetness, chard thrives in the cooler days of autumn. Walking out to my garden, coffee in hand, and harvesting a bundle of chard still kissed with dew brings me such joy.

Wilted gently in a skillet with garlic and a touch of olive oil and tucked into a warm omelet, Swiss chard brings a comforting richness to your breakfast table. You can also pair it with soft poached eggs, toasted sourdough, and maybe a crumble of goat cheese, and suddenly, any day of the week feels like a special occasion.

Fall gardening offers a second chance at abundance—cool-weather crops like chard are hardy, forgiving, and oh-so generous. And when those early morning chills settle into your bones, what better remedy than a plate of something homegrown, hearty, and warm?

A two-egg omelet made with Swiss chard, fresh garlic, and a sprinkle of Parmesan cheese is a powerhouse of nutrition wrapped in a savory package. Eggs provide high-quality protein while also delivering brain-boosting nutrients like choline and B vitamins. Swiss chard adds a burst of fiber,

potassium, vitamin K, and antioxidants, supporting bone health and reducing inflammation. Garlic offers immune-boosting compounds like allicin, and Parmesan brings a touch of calcium and umami flavor without overwhelming the dish. Together, this simple omelet fuels you with balanced energy, flavor, and a garden-fresh dose of wellness. Be sure to harvest extra chard, cook and freeze for winter soups and quiches.

This season, let your breakfast, lunch or dinner bloom with the flavors of fall—rooted in the garden, waiting to be a part of any delicious meal.

**Kitchen Tip** –Are you wanting to make stocks for the freezer? Using an electric turkey roaster to make stock is a wonderfully easy and hands-off method for creating rich, flavorful broths in large batches. Simply add your bones—chicken, turkey, beef, or even vegetable scraps—along with aromatics like onions, garlic, carrots, celery, herbs, and a splash of apple cider vinegar. Fill with water, cover, and set the roaster to a gentle simmer (around 200–225°F). The roaster maintains a steady, low heat, allowing the stock to slowly extract deep flavor and nutrients over 8–12 hours without constant attention. It's perfect for making large quantities of stock to freeze and use all season long.

Debra Barnes is a chef and organic gardener who lives in Bow with her husband Randy.

### FARM FRESH SWISS CHARD & PARMESAN OMELET

Serves 1

Warm, earthy, and full of garden goodness

INGREDIENTS:

- 2 farm-fresh eggs
- 1 cup cooked Swiss chard
- 2 cloves of garlic, minced and rested for 10 minutes
- 2 tbsp freshly grated Parmesan cheese (divided)
- 1 heaping tbsp fresh parsley, chopped
- Pinch of freshly ground black pepper
- Butter or olive oil, for the pan

INSTRUCTIONS:

1. **Prep the Garlic:** Mince the garlic and let it rest for 10 minutes to activate its health-boosting compounds.
2. **Beat the Eggs:** In a small bowl, whisk the eggs with a pinch of black pepper until light and frothy.
3. **Cook the Aromatics:** In a nonstick skillet over medium heat, add a small pat of butter or drizzle of olive oil. Add the rested garlic and sauté gently for 30 seconds, just until fragrant.
4. **Add the Chard:** Stir in the cooked Swiss chard and warm it through, letting it soak up the garlicky goodness. Remove and chop.

I added a slice of beautiful organic bread and a quarter cup of cottage cheese for extra protein and calcium. You can certainly double this recipe and make two omelets or one large one and cut in half.

Swiss chard and Parmesan complement each other perfectly:

- Chard brings **volume, fiber, and plant-based nutrients:**  
Vitamin K – 716 mcg, Vitamin A – 109 DV, Magnesium – 150 mg,  
Potassium – 960 mg, Calcium – 100 mg
- Parmesan adds **flavor, protein, and bone-supporting minerals.**



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# Rotary Club of Bow



Annual  
**AUCTION**  
**ONLINE**  
Rotary Club of Bow

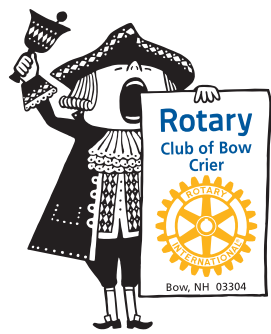


**BOW ROTARY AUCTION BIDDING  
TO GO LIVE NOVEMBER 5!**

**This year’s theme is “A 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. Funds also provide financial support for children attending camp. The online auction will run from noon Wednesday, November 5, to 6 p.m. Saturday, November 8. On Friday, November 7, a viewing party with items up for bid will be held at the Bow Old Town Hall.

People wishing to bid can preview the items on the auction website ahead of time. There are currently dozens of items listed on the website to bid on.



**BOW ROTARY WELCOMES  
NEW MEMBER!**

**Brad Abel, Bow resident, joined the  
Bow Rotary Friday, September 19.**

Abel’s children, who were members of Interact while attending Bow High School, inspired him to become a member of Bow Rotary so he can give back to the community.

The Rotary Club of Bow welcomes new members throughout the year. The club has 45 active members, plus three honorary members.

Bow Rotary meets Friday mornings from 7:30-8:30 AM, at Old Town Hall in Bow. If you are committed to community service and are interested in learning more, reach out through its website at BowRotary.org.



Brad Abel addresses Bow Rotary after becoming a member on September 19, as Dick Swett, Bow Rotary president, listens. Photo | Matt Gatzke.

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**SEPTEMBER 2025 CALL STATISTICS  
ACTIVITY LOG**

- Basic Life Support Transports: 23
- Advanced Life Support Transports: 29
- Non-Transports Lift Assists 15
- Fires /Hazardous Conditions/Alarms 16
- Service Calls: 5
- Total Activity: 88
- Overlapping Incidents: 2

**COMMUNITY OUTREACH**



Firefighters Aznive, Baldassare & Paulsen participated in the Baker Free Library **Touch-A-Truck** event on September 20th. Visitors got to explore vehicles inside and out from Bow’s Police, Fire and Public Works department.

**WALDRON PASSES  
AEMT NATIONAL  
REGISTRY**

Congratulations to Chaplain Derek Waldron who passed the **AEMT National Registry** test. We are so proud of him!

**AEMT** (Advanced Emergency Medical Technician), is a certified prehospital medical professional who bridges the gap between basic EMTs and paramedics by providing limited advanced life support. AEMT’s can provide limited advanced life support services. AEMTs can perform more interventions than basic EMTs, including establishing intravenous (IV) access, administering certain medications, and using advanced airway devices.

For certification, one must first be a certified EMT, complete an AEMT-specific training, and then pass both the National Registry of EMTs (NREMT)'s cognitive and psychomotor examinations.







# Talking Trash

by Danielle Ruane

**HAZARDOUS WASTE and ELECTRONICS COLLECTION SATURDAY, NOVEMBER 15th**

The Towns of Bow and Dunbarton are holding their annual Household Hazardous Waste and Electronics Collection for residents on Saturday, November 15, 2025 from 8:30 a.m. to 1:00 p.m. The event will be at the Bow Department of Public Works at 12 Robinson Road, Bow.

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

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

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

A list of acceptable and unacceptable hazardous materials, as well as the rates for recycling electronic materials, can be found at: <https://www.bownh.gov/340/>

Annual-Household-Hazardous-Waste-Collect. Please note payment to dispose of the electronics items that have a fee must be made by cash or check only to “Good Point Recycling.”

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

**1 Motor Oil Collection:** Oils such as motor oil, transmission fluid, diesel fuel, kerosene, tiki-torch fuel, brake fluid, power steering fluid, gear oil, bar and chain oil, two-cycle engine oil. \*Note – Do not include gasoline, fuel with water, anti-freeze and grease, as those items will be collected by the event’s hazardous waste vendor. Please note that motor oil can be dropped off throughout the year at a number of automotive parts stores and service stations, as well as the Concord Transfer Station. The Concord Transfer Station requires oil to be dropped off in a 1 gallon size (or smaller) container.

**2 Local Collection:** All fluorescent light bulbs, batteries, mercury thermometers and thermostats, propane tanks, sneakers and smoke detectors. The town of Dunbarton works with local companies that will recycle or properly dispose of these items, and the sneakers are given to an organization that grinds and uses them in running surfaces (tracks, courts and playing fields).

**3 Household Hazardous Waste:** All fluids, solvents and chemicals that are considered hazardous waste. These items are collected by EPI, the event’s hazardous waste vendor, which will properly dispose of the items.

**4 Electronics Collection:** These items are collected by the electronics vendor.

Thank you for your support of this annual event. Last year’s event was a success thanks to the efforts of volunteers, workers, and residents who were able to quickly drop off their items. 451 households participated, collecting over 14,500 pounds of hazardous fluids and other materials, 210 pounds of batteries, 144 propane tanks, 657 light bulbs (compact fluorescent, LED, incandescent, and fluorescent bulbs), 5,225 pounds of electronics and hundreds of gallons of used motor oil.

As always, if you have a question about whether an item is recyclable or how to properly dispose an item, please visit:

<https://bownh.gov/289/Trash-Recycling-Services>



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**SAVE THE DATE!**  
White Rock Senior Living Community's Annual

**Fall CRAFT SALE**

**Saturday, November 15 from 9AM to 2PM**  
**at 6 Bow Center Road, (Cliff House)**

• NO Entrance fee • Vendor spaces still available at no cost.  
**For information please contact: Barbara Hays 603.582.3361**



*Bow Young at Heart Club*  
**UPCOMING EVENTS**

**OCTOBER 22, 2025 11:30 AM - 2:30 PM**  
NHA representative from the New Hampshire Telephone Museum will discuss the history of the telephone and the artefacts found in the museum.

**NOVEMBER 12, 2025 11:30 AM - 2:30 PM**  
Eric Thum will present an overview of his canoe trip in the Northwest Territories of Canada.

Meetings are at Old Town Hall, 91 Bow Center Road. Bring your own lunch at 11:30, desert is provided. The public is welcome! 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.



The Town of Bow Parks & Rec Department is hosting a TRUNK OR TREAT event for Bow community residents on

**SUNDAY, OCTOBER 26, 2025**  
**2:00 to 3:00 PM**  
Bow Elementary School, 22 Bow Center Road

Event time for those with decorated trunks starts at 12:30pm and ends at 3:35pm. Participants are responsible for decorating their trunks and purchasing treats for attending trick-or-treaters (estimated 700). **Prizes will be awarded** to the best decorated trunk in 2 categories: family and business/organization.

Email [bowreccenter@bownh.gov](mailto:bowreccenter@bownh.gov) or call Shannon Camara at 603-223-3984 for registration information.



**DOCTOR'S CORNER**  
by Dr. Richard Johnson  
Dunbarton



**STIFF PERSON SYNDROME (SPS)**

This rare condition was first described at the Mayo Clinic in 1956. You and I probably became aware of it when in 2022 Canadian singer Céline Dion announced that she had been diagnosed with Stiff Person Syndrome putting her career on hold. When famous people are diagnosed with a disease, public awareness jumps and organizations develop to raise both support and awareness. In June of 2024 the Céline Dion Foundation donated \$2 million to the University of Colorado Medical School to fund research in SPS and established an endowed chair in autoimmune neurology which is held by Amanda Piquet, MD.

SPS is thought to be an autoimmune condition. Basically, that means your immune system attacks your body's healthy cells by mistake. The symptoms may include stiff muscles in the torso, arms, and legs. One might have hypersensitivity to noise, touch, and emotional distress, which can set off muscle spasms. SPS affects twice as many women as men, most often in their thirties and forties. It is rare to see a pediatric case of SPS.

There are several reasons that the diagnosis of SPS is not readily made. It is rare, affecting only 4 people out of a million. At present there is no specific test that can make the diagnosis, although most people with SPS have higher levels of glutamic acid decarboxylase (GAD) antibodies and anti-amphiphysin antibodies. Some patients will ignore symptoms for a few years before seeing medical attention. On average, it can take 4 to 5 years before the diagnosis is established. In some cases, patients are initially diagnosed as having Parkinson's disease, multiple sclerosis, fibromyalgia, or some sort of psychosomatic illness.

Currently there is no *cure* however, phase II trials are underway evaluating the efficacy of Chimeric antigen T-cell therapy (CAR-T). An explanation of CAR-T will have to be in a future article!

Material for this article came from:

- 1. CU Medicine Today. Fall 2024 Vol 37 Issue 2
- 2. National Institute of Neurological Disorders & Stroke  
[www.ninds.nih.gov/health-information/disorders/stiff-person-syndrome](http://www.ninds.nih.gov/health-information/disorders/stiff-person-syndrome)
- 3. Online videos of Céline Dion explaining her struggle with SPS.



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## THE MERRIMACK HELPS CONCORD COALITION TO END HOMELESSNESS WELCOME HOME RESIDENTS

Merrimack County Savings Bank (The Merrimack) is proud to partner with Concord Coalition to End Homelessness to help welcome home individuals transitioning out of homelessness. Once the temporary home of the Coalition’s Resource Center, the building on South State Street was converted into eight apartment units — all of which were “adopted” by local organizations to get ready for future tenants.

“Turning an empty apartment into a home was a rewarding experience for our entire team,” said Linda Lorden, President of The Merrimack. “Our employees rose to the occasion — from donating and buying everyday necessities to volunteering their time to make it all possible.”

As part of the Coalition’s Adopt-A-Home Program, The Merrimack was responsible for furnishing a one-bedroom apartment with all the essentials needed to create a welcoming home and a fresh start. This marks the bank’s second time supporting the program, having also participated in the Adopt-A-Home Program for the Coalition’s first development project of the Green Street Residences back in 2020.

“Housing is the foundation on which everything is built: health, hope and opportunity,” said Karen Jantzen, Executive Director at the Concord Coalition to End Homelessness. “The South State Street Project reflects what can happen when we all come together with a shared belief that everyone deserves a home.”

## BOW OPEN SPACES TEAM CARRIES NATIONAL COLORS TO MOUNT MOOSILAUKE SUMMIT

Three members of the Board of Directors of Bow Open Spaces led one team for this year’s “*Flags on the 48*” atop Mount Moosilauke to commemorate 9/11. “*Flags on the 48*” is teams of hundreds of hikers carrying the National Colors to the top of all 48 of New Hampshire’s 4,000-foot mountains, where they fly them simultaneously from 12:00 until 2:00 PM on the first Saturday after 9/11. The event has run every year since 9/11.



The entire “Flags on the 48” Mt Moosilauke 2025 team from across New Hampshire.

## U.S. HAS LOWER LIFE EXPECTANCY DUE TO CHRONIC DISEASES

by Brianna Abbott

While the life expectancy in other countries is 83, ours is 78. Why? Much of the gap in life expectancy is due to deaths among working-age adults, says Dr. Steven Woolf, a life-expectancy researcher at the Virginia Commonwealth University.

"Americans die earlier and are sicker than people in other high-income countries," he said. "This has been true for a long time, and the trend is getting worse."

The U.S. obesity rate is nearly double the average of peer nations. Around a third of U.S. adults have had multiple chronic conditions, the highest rate among our peers, according to the Commonwealth Fund.

48% of Americans have hypertension, 40% are obese and 15% have diabetes. Some have all three conditions.

In the U.S., people get less exercise, moving less than some European counterparts, studies have shown. The nation's Western-style diet is heavy in sugars, processed meat and unhealthy fats. Americans also consume more ultra-processed foods, surveys suggest, and such diets have been linked to increased risks of obesity, Type 2 diabetes and some cancers.

Ms. Abbott writes for the Wall Street Journal

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|--------------------|----------------------|------------------|------------|-------------|
| 35 Grandview Road  | 3 Bedrooms   2 Baths | 1650 Square Feet | .53 Acres  | \$350,000   |
| 32 Stone Sled Lane | 2 Bedrooms   3 Baths | 2132 Square Feet | CONDO      | \$569,500   |
| 2 Wheeler Road     | 4 Bedrooms   3 Baths | 2268 Square Feet | 2.01 Acres | \$630,000   |
| 10 South Bow Road  | 3 Bedrooms   3 Baths | 2756 Square Feet | 96 Acres   | \$686,000   |
| 11 Bela View Drive | 3 Bedrooms   3 Baths | 3196 Square Feet | 1.04 Acre  | \$760,000   |
| 5 Asa Drive        | 4 Bedrooms   3 Baths | 3331 Square Feet | 2.13 Acres | \$760,000   |
| 21 Timmins Road    | 3 Bedrooms   3 Baths | 3856 Square Feet | 2.2 Acres  | \$830,000   |
| 9 Longview Drive   | 4 Bedrooms   3 Baths | 4040 Square Feet | 2.3 Acres  | \$849,900   |
| 82 F Sawmill Road  | 4 Bedrooms   4 Baths | 3434 Square Feet | 1.77 Acres | \$1,379,900 |
| 16A Rand Road      | 5 Bedrooms   3 Baths | 4534 Square Feet | 16 Acres   | \$1,400,000 |

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| ADDRESS                | BEDROOMS / BATHS      | SQUARE FOOTAGE   | ACREAGE    | PRICE     |
|------------------------|-----------------------|------------------|------------|-----------|
| 17 Gary Road           | 1 Bedrooms   1 Baths  | 776 Square Feet  | .17 Acres  | \$309,300 |
| 175 Mansion Road       | 3 Bedrooms   2 Baths  | 2928 Square Feet | 4.05 Acres | \$401,000 |
| 11 Gorham Drive        | 2 Bedrooms   2 Baths  | 1484 Square Feet | .17 Acres  | \$500,000 |
| 140 Robert Rogers Road | 3 Bedrooms   2 Baths  | 2528 Square Feet | 5.10 Acres | \$540,000 |
| 84 Barnard Hill Road   | 3 Bedrooms   3 Baths  | 1764 Square Feet | 3.43 Acres | \$589,500 |
| 257 Robert Rogers Road | 3 Bedrooms   03 Baths | 3128 Square Feet | 5.90 Acres | \$850,000 |

Sales Data for July 2025 is provided by the NHMLS.

# THE BOW TIMES TaleSpinner

## YOUNG AGAIN?

by Bow Resident Paul Pomeroy

My grandchildren have never lived in a row house, never gone without air conditioning and never had to walk to school. They are in constant communication with their peers and their parents. If they ever need any kind of information, it's available at their fingertips. Their LEGOs and their baseball gloves and bats cost hundreds of dollars. Their "Play Stations" are fascinating. And their comfort level with all electronic devises is remarkable.

The other week I had the grand kids together for vacation. I am proud of them and I love them dearly. As I watched them interact, I asked myself: "Would you want to change places with any of them"? Be young again? The answer actually surprised me. No, I don't think I would.

Sure, I would love to have some of that energy, some of their overall faith in the future.

But with them everything is *instantaneous*.

Need to part ways with your friend or your love? No problem. Instant separation thanks to e-mail and texting. Want to contact all your known acquaintances at once? Piece of cake – Zoom and Facebook, and Face-time. Is there still Instagram? Take a picture, and see it immediately. No good? Delete and redo until acceptable. Don't have to wait to get those new sneakers – Amazon. Or a hot meal – GrubHub. Or any facts or figures, or a medical diagnosis for that matter – gotta love Google. No need to go to the library or the book store – Wikipedia will do just fine.

But they are missing so much, So many *emotions*. Like.....

**Hope** - how many of us never passed a pay phone without checking the coin return slot. "Maybe, just maybe, I'll find a dime in there."

**Apprehension** - "Just wait till your father gets home!"

**Anticipation and Patience** - Waiting and waiting and waiting for that special thing or moment that you have wanted, and for which you have worked.

**Bravado** - "OK, after school, you and me behind the gym."

**Creative Thinking** - "We needed a stick ball bat, so I cut the bottom off my mom's broom. Let's play before she gets home!"

**Sadness** - Too dark, this summer evening, to get in another inning. Mom's calling us.

**Generosity** - Sharing your bottle of Coke with your four best friends. Or five or six or however many saw you buy it.

**Courage** - "Yes ma'am. I broke the window."

**Longing** - "I think I love Annette!"

**Uncertainty** - "I wonder what's in this letter that Sister Marie told me to give to my parents."

**Jealousy** - "I guess I'll never get a pair of those sneakers."

**Surprise** - Those vacation pictures just came in the mail. And the crazy ones were actually the best.

**Joy** - Finding an empty soda bottle and getting two pieces of penny candy for it.

**Annoyance** - "Take your brother with you!!" Uggghhhh

**Awe** - With that little circular wire attached to our TV we can actually get *six* stations.

**Agony** - Having to "go" but inline with the rest of the family waiting to use the only bathroom in the house.

**Faith** - In my God, in my dad, and in my mom

So, no thanks. I'll just shuffle along in my dotage and watch them being young.



# HOPKINTON Town Crier

two villages ♥ one heart

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



Photo Eric Anderson



**CHANGING LIVES EQUINE CENTER** Yard Sale and Flea Market on Sunday October 19th from 9am-1pm. Donations for the sale are being accepted at Dawn-Mar Ranch, 64 Stumpfield Road, starting on Tuesday October 14th. Small household goods, books and media donations are accepted. We are *not* accepting large furniture, upholstered furniture, encyclopedias or text books. Rent a space for \$10 without a table and \$15 with a table. Nonprofit groups can have a space at no charge. We are also accepting clothes and textiles for a Savers FUNDdrive. We will be collecting clothing, accessories and household textiles. Items must be clean and in sellable condition. Funds raised will support older rescue horses used for therapeutic riders, veterans, Special Olympians and 4-H members. To arrange to drop-off donations, contact Marcia Evans (603) 545-5231 or email [marciadawnmar@tds.net](mailto:marciadawnmar@tds.net). To arrange pick up or to reserve a spot at the flea market, call Kath Butcher (text preferred) (603) 724-3452 or email [kathb123@comcast.net](mailto:kathb123@comcast.net).

**CELL PHONE PHOTOGRAPHY 101** workshop at Two Village Art Society. Learn how to unlock the power of your cell phone images by becoming fluent with the easy-to-use photo editing app Snapseed. TVAS member artist Sher Kamman presents “Cell Phone Photography 101” Tuesday October 21 from 10:00 am -12:00 pm. \$50 for members, \$55 for non-members. All skill levels welcome. Email [Kathidustin@gmail.com](mailto:Kathidustin@gmail.com) for details and to sign up for the workshop.

**HAZARDOUS WASTE DAY** is November 22, from 9:00 am to -1:00 pm, at the Henniker Highway Garage. Proof of residency is required. Reach out to the transfer station for a complete list of what will be accepted.

**HOPKINTON RUNNERS SOCIETY** is excited to announce that we will be hosting numerous races at the Hopkinton Fair Grounds over the next few weeks. We extend a sincere thank you to the Hopkinton Fair for generously allowing us to use their land for these community events. Traffic - Residents may notice an increase in local traffic during the races. We are working diligently to provide a safe environment for all participants, volunteers, and community members. Parking - We are coordinating with other local organizations to manage parking and to help support them in the process. Learn More - For more information about the Hopkinton Runners Society and our upcoming events, please visit our page - <https://linktr.ee/HopkintonRunners> . For all their hard work, a special thanks to dedicated board members Zack Emerson, Colton Ham, Matt Lane, and Ally Davis. We encourage everyone in our community to stop by and see these incredible young adults run!

**JUNIOR EXPLORERS** starts October 20th! Come explore the woodlands this fall with naturalist Linden Rayton. Meeting Mondays Oct 20th – Nov 10th from 345-5pm. For ages 8-12 years. Space is still available- register online today! [www.HopkintonRec.com](http://www.HopkintonRec.com)

**HOPKINTON HISTORICAL SOCIETY’S 2025 EXHIBIT** Thank You Hopkinton! includes more than 100 stories of what makes this such an incredibly special community. In a town of just over 6,000 people, it’s not only remarkable how many ways there are to give and receive, but also how many people are involved, and the wide range of programs, services, and everyday efforts that reach across every corner of the community. Thank Your Hopkinton! will run through December 2025 and is free and open to the public. The Society is open Thursdays and Fridays 9:00-4:00 and Saturdays 9:00-1:00. For more information, visit our website, [www.HopkintonHistory.org](http://www.HopkintonHistory.org)



Pamela R. Tarbell Showases  
**“COLOR VIBRATIONS”**  
October 18 – November 15, 2025

The work of well-known Concord, artist Pamela R. Tarbell, will be on display from October 18 through November 15, with an opening reception from 12:00 -2:00 PM, Saturday October 18.

*Pamela Tarbell strives to create art that feeds the soul, tells a story, and always leaves you with something new to enjoy or discover. She goes beyond basic ideas, layering motifs and vivid kaleidoscopic compositions, using rich, intense colors in unexpected ways.*

*She says, unapologetically, that she likes to “hit people over the head with color.” That’s why you’ll see orange tree trunks, blue lily pads, purple ferns, and rippling yellow clouds bursting from her canvases. Prepare to be hit on the head!*



TVAS gallery is open to the public free of charge,  
Thursday– Sunday from 12:00 – 4:00 PM.

846 Main Street, in Hopkinton’s Contoocook Village

## HOPKINTON POLICE DEPARTMENT



### SEPTEMBER 2025 ARREST LOG

**2 Arrests • 3 Accidents • 154 Traffic Stops**

**09/17** Preston Hall, 22, of 50 PineHurst Street, Penacook, was arrested for Drive After Revocation/Suspension; DUI.

**09/28** Laurie Morrill, 54, of 148 Drew Road, Hopkinton, was arrested for Violation of Protective Order and Stalking – Notice of Order.



Contoocook American Legion Post #81 proudly hosted the Hopkinton **First Responders Appreciation BBQ!** The HPD, HFD and DPW were nicely represented.

Our thankseveryone that made this event a success.





  
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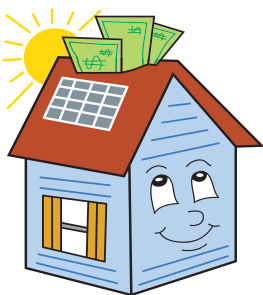
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# NORA'S OCTOBER DUNBARTON NEWS



**THE NH ENERGY EXPO** The Dunbarton, Bow, Weare, Concord, and Boscawen Energy Committees proudly invite you to the 2025 NH Energy Expo on **October 18th** at Bow, NH Memorial School from 9am to 2pm. They are pleased to offer this all-in-one-place opportunity to learn ways to save energy and lower energy costs. This year's NH Expo will bring familiar faces along with many new exhibitors. If you have been wishing you had solar, seize this chance to speak with local installers and dig deeper with a solar workshop. Maybe you are curious about heating and cooling your home with heat pumps or geo-thermal? Thinking about an electric vehicle or e-bike? Wondering what rebates are available? You will find all this, plus information on projects our local energy committees are supporting, NH's energy policies, and lots of ways to save energy and money. Our growing list of exhibitors includes businesses - such as 2025 sponsors Bow Plumbing and Heating, the Grappone Automotive Group, Sunup Solar, and 603 Solar-as well as nonprofits-such as Window Dressers, providing low-cost window inserts There's something for everyone at the Expo, and it is free to attend! Check out <https://nhenergyexpo.org> for event details, including the vendor list and workshops schedule.



**HENRY DEARBORN** The Dunbarton Historical Society presents, *Henry Dearborn, 1751 to 1829, from Captain to Cabinet Secretary*. Wednesday, October 22, 7:00 PM at the St. John Episcopal Church Parish Hall, 270 Stark Highway North/RT. 13, Dunbarton. From Bunker Hill to Yorktown, Henry Dearborn would serve eight years and a month, often at 'the sharp end' of things, as well as on Washington's staff. Post-war, he

served two terms in Congress, later as a cabinet secretary, and was, before he retired, President Monroe's Minister to Portugal. But in 1818 he found himself the center of a controversy that would extend to1843. \*FREE and OPEN TO THE PUBLIC\* For info, contact Alison Vallieres, DHS President, at (603) 774-3681 or fancyiris@gsinet.net.

**CHAIR YOGA** with Sherry Gamble will meet on the Upper Floor/ Town Hall on the following Thursdays: **October 23** and November 6, 13, and 20, at 11:00am. Please dress comfortably and bring water. Check the Library's Facebook and webpage to confirm the date and time.

**READ TO A DOG** Read to a Dog reading sessions will be held on the following Thursdays from 2:30pm to 4:00pm: October 23, November 6, and November 20. To learn more, or to sign up for a 15-minute reading session, please call the library, 774-3546.



**KNITTING FOR KIDS** Come to the Library right after school on **Fridays** for Knitting for KIDS, a little relaxing and fun. All materials are provided, but feel free to bring your own things and projects you are working on. Any questions, call Mary at the library, 774-3546.

**POETRY OF EDGAR ALLAN POE** presented by Jeff Zygmunt, will be on Tuesday, **October 28, 6:30pm, Upper Town Hall**. Edgar Allan Poe was an American writer, poet, editor, and literary critic who is best known for his poetry and short stories, especially his tales involving mystery and the macabre. Jeffrey Zygmunt is a New Hampshire writer and poet who has published numerous fiction and non-fiction books, poetry books, children's books, and short stories. As a journalist, he has published articles in a long list of magazines and newspapers. He speaks regularly about poetry and art – especially to promote the works of poets Edgar Allan Poe and Robert Frost – at venues around New England. Jeff studied engineering and the physical sciences at the United States Military Academy at West Point. He earned a bachelor's degree in English from Cornell University, Ithaca, New York, and a master's degree in English from Wayne State University, Detroit, Michigan.

**HALLOWEEN ON THE COMMON** on Friday, **October 31**, 5pm to 7pm. Come view the festively, decorated Common while getting treats and visiting with friends. Fun for Dunbarton families. Sponsored by the Dunbarton Garden Club, Dunbarton PD, Dunbarton Congregational Church, School Street Café.

**BEYOND THE BOOK** The Dunbarton Congregational Church's Beyond the Book members are reading *The First Ladies* by Marie Benedict & Victoria Christopher Murray. Discussion is scheduled for Thursday, **November 6** at 7:15 pm on Zoom. For place, link, or questions, contact barbbennett51@gmail.com.

**NATURE JOURNALING** presented by Kelly Dwyer of Nature Education Opportunities will be **November 15**, 10:30am to Noon, Upper Town Hall. Are you looking for new ways to enjoy nature and find calm and focus on your daily routine? Nature journaling invites us to slow down and pay attention, helping reduce stress and overwhelm. And NO artist training is needed!! In this experiential workshop, we will explore the cognitive benefits nature journaling provides. Easy strategies to begin and maintain a fun routine. Prompts and tools to help bring those blank journal pages to life. Please check the library's Facebook or Webpage for any changes.



**OPEN MIC NIGHT** The SpireSide Coffee House Open Mic will be Saturday, **November 15**, at the Congregational Church, 6 Stark Highway North, Dunbarton Center, NH. Doors open at 4:30pm, and donations of \$5 is suggested. Music begins at 5pm. Enjoy various performances: musical, storytelling, and poetry. Enjoy complimentary coffee, tea, soup, and snacks. Donations for these snacks are accepted. Questions: Email [SpireSide@community-dunbarton.org](mailto:SpireSide@community-dunbarton.org)

**NOVEMBER BOOK DISCUSSION** at the library: *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray will be noon on Wednesday, **November 19**. "A remarkable novel about J. P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation." Please check the library's Facebook page and website to confirm date and time.

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DUNBARTON  
AMERICAN LEGION  
POST #116  
INVITES THE PUBLIC TO OUR  
VETERANS DAY  
CEREMONY

DATE: Tuesday, November 11, 2025

TIME: 10:45 AM - Veterans assemble prior to start of ceremony  
11:00 AM - Start of Public Ceremony

WHERE: Dunbarton Town Hall

Point of Contact: Charles Frost, Post Commander

603-774-3634



DUNBARTON POLICE DEPARTMENT

SEPTEMBER 2025 ARREST/CHARGE LOG

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

**09/13/2025:** Eric Todd, 37, Dover, was taken into custody for driving or operating under the influence of drugs or liquor and yellow line.

**09/23/2025:** Jonathan Crockett, 45, Beverly, MA, was charged with suspended registrations.

**09/23/2025:** Roderick Delude, 83, Dunbarton, was taken into custody for domestic violence - assault and simple assault.

**09/26/2025:** Alexander Cross, 22, Dunbarton, was taken into custody on a Dunbarton PD arrest warrant for 7 counts of possession of child sex abuse images, 7 counts of distribution of child sex abuse images, 2 counts of certain uses of computer services prohibited and 1 count of endangering the welfare of a child.

In addition, 1 individual was taken into custody for an Involuntary Emergency Admission (IEA) Exam.

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

|                               |                                       |
|-------------------------------|---------------------------------------|
| Animal Complaint: 5           | Motorist Assist/Disabled: 2           |
| Assist Dunbarton Fire/EMS: 9  | Motor Vehicle Collision: 7            |
| Assist Other Agency: 15       | Motor Vehicle Complaint: 9            |
| Burglar Alarm: 2              | Motor Vehicle Stop: 81                |
| Car Seat Check: 2             | Paperwork Service: 3                  |
| Civil Matter: 2               | Police Courtesy/Assist Citizen: 8     |
| Court: 2                      | School Zone/Patrol: 28                |
| Domestic Disturbance: 1       | Search Warrant: 2                     |
| Fingerprint Service: 3        | Suspicious Activity/Person/Vehicle: 4 |
| Firearms Related Complaint: 2 | Theft/Fraud/Scam: 2                   |
| Follow Up: 8                  | Unattended/Untimely Death: 1          |
| Found/Lost Property: 2        | Vacant Property Check: 12             |
| Illegal Dumping: 2            | VIN Verification: 3                   |
| Intoxicated Subject: 2        | Wires/Trees Down: 3                   |
| Mental Health: 3              | Welfare Check: 1                      |

Police also issued 8 traffic citations (some may have been issued in conjunction with an arrest) for various offenses including speeding and non-inspection.

NEW OFFICER PATRICK NESBIT

IS WELCOMED TO THE DEPARTMENT



We are pleased to welcome **Officer Patrick Nesbitt** to the Dunbarton Police Department! Officer Nesbitt was administered his Oath of Office by Dunbarton Town Clerk Jennifer Cormier at the Board of Selectmen meeting on Thursday, October 2, 2025.

Officer Nesbitt is a United States Marine Corps Veteran, has a Bachelor’s Degree in Criminal Justice, and comes to us with prior law enforcement experience.

He will be completing our Field Training and Evaluation Program before being released to solo patrol. Welcome board, Patrick!



Exhibitors

Workshops

Raffles

Save Energy  
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NH  
ENERGY  
EXPO

Bow, Boscawen, Concord, Dunbarton  
& Weare Energy Committees

Oct 18

Bow Memorial  
School

9am-2pm

FREE to  
Attend!

Free Refreshments!  
Coffee & Pastries AM

Lunch provided by  
Constantly Pizza!

WWW.NHENERGYEXPO.ORG

Workshop Schedule

9:30 AM – 10:15 AM

Session 1: Weatherization – Energy Auditing Best Practices

Session 2: How You Can Help (More than Recycling)

10:30 AM – 11:15 AM

Session 1: New Energy Technology for Exterior Renovations

Session 2: Debunking Solar Myths

11:30 AM – 12:15 PM

Session 1: Clean Energy Opportunities for Your Home  
Business, and Community

Session 2: DIY Solar for NH

12:30 PM – 1:15 PM

Session 1: Heat Pumps & Mini-Splits for Your  
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Thursday 8:30 to 5:00

Friday 8:30 to 5:30

Saturday & Sunday Closed

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**Baker Free Library**  
**October/November News**

509 South Street  
Bow, NH 03304

See our online Calendar at  
**[bowbakerfreelibrary.org](http://bowbakerfreelibrary.org)**  
to sign up for upcoming  
programs and events.

**Baker Free Library will be closed**  
**Tuesday, November 11<sup>th</sup> in observance of Veterans’ Day.**



Baker Free Library Staff at the **very first TRUNK-OR-TREAT.**

**YOUTH PROGRAMMING**

**World Explorers | Monday, October 20<sup>th</sup> | 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 | 10:30am**

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 | 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.

**Ruff Readers | Wednesdays, November 5<sup>th</sup> & November 19<sup>th</sup> | 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, November 13<sup>th</sup> | 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. 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](mailto:liesl@bakerfreelib.org) or give us a call!

**Genealogy Workshop | Saturday, October 18<sup>th</sup> | 2pm**

The Buntin-Rumford-Webster DAR Chapter (Daughters of the American Revolution) 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.

**1:00pm - D.A.R. Board Business Meeting (open to the public)**  
**2:00pm - Genealogy Workshop begins**



**The Beginner’s Guide to Cemetery Sleuthing**  
**Wednesday, October 22<sup>nd</sup> | 6pm**

Your local cemetery is a time capsule. Each headstone is plastered with clues about the deceased, those who once walked where you walk now. Step through hallowed gates to explore symbolism, workmanship, and local history. Join Erin E. Moulton as we learn the meaning behind cemetery iconography, abbreviations, epitaphs, and more. This program is made possible by New Hampshire Humanities. Visit [www.nhhumanities.org](http://www.nhhumanities.org) to learn more.

**Mystery Making | Tuesday, October 28<sup>th</sup> | 5pm**

In this interactive workshop, three mystery authors (Elaine Isaak, Lisa Q. Mathews, Kim Herdman Shapiro) representing different sub-genres, including cozy/traditional and thriller/suspense, will brainstorm on their feet to create a brand new mystery using suggestions provided by the audience. Fun, fast-paced, and fascinating, this improv game offers insights into mystery writer’ minds and the conventions of the genre.

**Pop-Up Craft | Monday, November 3<sup>rd</sup> | 10am**

This month’s pop-up craft will be Pumpkin Magnets!! Stop by any time the library is open. Craft available while supplies last.

**Chair Yoga with Sara! | Thursday, November 6<sup>th</sup> | 8:30am**

Chair yoga is held the first Thursday of every month, at 8:30 AM! You must be registered to attend, as space is limited. Dress comfortably and bring water with you to class! No experience needed! Instructor, Sara Withers has practiced yoga for almost twenty years. Registration is required.



**Talking With Birds | Monday, November 10<sup>th</sup> | 6pm**

Dan Gardoqui is a bird language expert; always encouraging people to get excited about nature. In Talking With Birds, we dive into the practice of nature connection, through the study and exploration of bird calls. Following Dan into the field, we learn what inspires him to get outside of our daily lives and live a “wilder” version of our existence – one that fosters a greater patience and appreciation within us for the world around us. Cosponsored by the Bow Garden Club.



Emergency Preparedness with Granite VNA  
Friday, November 14<sup>th</sup> | 11am

Do you have a disaster safety plan? What would be in your emergency kit? Learn about the steps to take should you need to leave your home in an emergency. In this session, discover how you can be more prepared to prioritize your health and safety. Refreshments provided!

Craft Club | Tuesday, November 18<sup>th</sup> | 6pm

Craft Club meetings 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, October 22<sup>nd</sup> at 10am.

BOOK CLUBS

Whodunits | Tuesday, November 4<sup>th</sup> | 1pm

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

November Book Discussion: Various Titles by Elaine Isaak, Lisa Q. Mathews, and Kim Herdman Shapiro

Book Talk at BFL | Tuesday, November 18<sup>th</sup>  
12:30pm & 6:30pm

Do you love to read? Are you willing to try books outside your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Group is for you!

November Book Discussion: *Flags on the Bayou* by James Lee Burke  
**Note:** This Book Discussion will take place the third week of the month due to the November holiday.

White Rock Book Group | Tuesday, November 18<sup>th</sup> | 3pm

Do you want to read outside of your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Talk at White Rock Senior Center is for you!

November Book Discussion: *Flags on the Bayou* by James Lee Burke  
**Note:** The time change.



presents...

# TALKING WITH BIRDS

Monday, November 10<sup>th</sup> at 6:00pm

Baker Free Library

by Author Dan Gardoqui

If you are not bird obsessed, maybe you should be.

Dan says listening to birds can help us connect with nature, be more mindful and has health benefits.

Dan brings over 30 years of experience as a top nature educators & wildlife trackers.

This event is free and open to the public, but registration is required. Please visit Baker Free Library's calendar to register.

Fall 2025

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October 22

Ghosts and Legends  
with Jeff Belanger

October 29

Piano Concert  
with Mark Valenti



November 5

Ringin in the  
Holidays  
with the Granite  
State Ringers

HANDEL'S MESSIAH

Open rehearsal at St. Paul's Church  
Saturday, November 29 • 10:00 AM  
Performance at St. Paul's Church  
Sunday, November 30 • 6:00 PM



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Matthew Cleveland







# BOW HIGH SCHOOL SPORTS SPOT

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

## FOOTBALL



Senior Chase Flagg rushes with the ball. Flagg had 3 touchdowns against Merrimack Valley.



Senior Eliot Rheaume catches a pass en route to the end zone

Despite going 1-3 through September, the Bow football team has been doing work to make statements wherever it can. All three of the team’s losses have been away. The Falcons’ only win so far has been their homecoming game, a 42-14 win over Merrimack Valley.

In the victory over the Merrimack Valley Pride, the team scored a total of 6 touchdowns. First, senior Jack Wheeler threw a 30-yard touch-down pass to senior Garrett Ryan. The next touchdown was a 39-yard pass to senior Eliot Rheaume. A flurry of rushing touchdowns followed—three from senior Chase Flagg and one from junior Shane Rabalais. Flagg scored three touchdowns in the game.

Although the results through September may not have been ideal, there is still a good amount of football still to be played, and a number of the teams played thus far have been challenging matchups. Lots of hope is still placed on the team going forward!

## BASS FISHING

The bass fishing team’s season has come to a close. The team competed at a couple events. At Coe-Brown’s homecoming bass fishing tournament, sophomore Tyler Pierpont and Jacob Hartshorn received 2nd place and junior Bryce Goodreau and sophomore Colby Rae finished 5th out of 8.

At the state qualifiers, juniors Ethan Herrick and Garrett Landers placed first out of 33 different schools! Such a first place finish meant that they received the first boat launch at the state championship at Newfound Lake up in Grafton County. Unfortunately, at the championship, they finished 7th out of 11 teams.

## GIRLS SOCCER



Senior captain Charlotte Larochelle (#9) and junior goalie Sierra Scull (#35) against Coe-Brown under the lights

The girls soccer team sports an impressive 7-1-2 record through the end of September. The Falcons’ only loss thus far was a 1-0 loss against Oyster River. In the 6-0 Keene win, sophomore Jaeden Kennedy scored 2 goals, and senior Reis Domini, sophomores Ava Popielarz and Marissa Reyes, and freshman Jolee Trudel all scored one goal apiece.

Looking ahead, the team has some tougher games to play. They have to visit a very strong Hollis-Brookline team that defeated the Falcons in the championship game last year. In addition, they will be facing off against Souhegan and John Stark, both competitive teams.

## FIELD HOCKEY



Senior Matei Botha (#9) against Milford

The field hockey team has the impressive record of 9-1-1 as September comes to a close. The team’s only tie was against John Stark, last year’s third seed. John Stark made it to the finals, where the Generals lost to defending champions Hollis-Brookline. Hollis-Brookline is the source of Bow’s only loss thus far this season, a 0-1 defeat on the Cavaliers’ home turf.

Rather than losing, the team has been piling up wins. The Falcons’ total points scored versus their total points allowed is a staggering 42-10. They have never allowed more than 2 points in a game. They have beaten very strong teams such as Hanover (one of last year’s semifinalists).

This is a team to keep a very close watch on as the postseason slowly begins to materialize on the horizon. Just like any of Bow’s fall teams, it has a chance to win it all. Stand by – it will be exciting to see where this season leads!



# TOWN OF BOW POLICE DEPARTMENT



## SEPTEMBER 2025 ARREST LOG MISDEMEANOR AND FELONY

**09/02** Michelle Harris, Hillsborough, Felon in Possession of a Dangerous Weapon; Zachary Person, Hooksett, Possession of a Controlled Drug

**09/05** Carmello Mojica, Pembroke, Operate without a valid license – Subsequent

**09/06** Devin Cassin Concord, Suspension of Vehicle Registrations

**09/12** Emmaly Gold Ti, Suspension of Vehicle Registrations

**09/15** Megan George, Laconia, NH Arrest on a Belknap County Warrant – Possession of Controlled Drugs

**09/18** Brandon Prue Northfield, Possession of a Controlled Drug

**09/21** Petchnamphung Yordkum, N. Providence, RI, 8 Violation Level Arrests

*In addition there were: 10 individuals were taken into protective custody, 1 CHINS Truancy, 1 Involuntary Emergency Admission*



## COMMUNITY OUTREACH



The **Touch A Truck** Event at Baker Free Library on September 20, 2025 had a good turnout and was a hit with the kids! Lieutenant Pratte and Officer Saint-Marc were on hand to show visitors our police cruiser.

### SCAM ALERT! HOW TO AVOID BEING THE VICTIM OF A SCAM!

On Wednesday, October 1, Detective Sergeant Tyler Coady delivered a presentation to the residents of White Rock Senior Living, on how to avoid being victimized by a scammer. Education is an important part of prevention and Det. Sgt. Coady was glad to help.



## A Message from CHIEF MILLER



October is an incredibly busy month, marked by vibrant fall colors, cooler days, and increased community activities. While we celebrate the season, it also presents unique safety challenges. With shorter days and changing weather, roads can become unpredictable. We remind motorists to use caution driving as wet leaves can be as slippery as ice. Please reduce speed on curves and maintain a safe following distance. Moreover, visibility decreases rapidly with shorter days and fog. Using your headlights during dawn, dusk, and any periods of rain or fog can help you navigate safely.

Please remember to yield to school buses and pedestrians near crosswalks. In addition, sun glare can be a major issue this time of year. Also, the bright colors and piles of leaves can obscure pedestrians, signs, and cyclists. Slow down, especially on residential roads and remember this is peak season for deer activity, particularly at dusk and dawn.

October is also nationally recognized as Domestic Violence Awareness Month (DVAM). Our department is committed to supporting victims and survivors in our community. Domestic violence affects people from all backgrounds, and we encourage anyone who is experiencing abuse, or who knows someone who is, to reach out for help. Confidential resources are available locally and statewide, and our officers are trained to connect you with the support you need. If you or someone you know is in immediate danger, please call 911 or call our non-emergency line 603-223-3950 to find out about the resources that are available.

In recognition of Breast Cancer Awareness Month, our officers will proudly wear pink badges throughout October to honor those affected by breast cancer and support efforts for research and early detection.

Halloween is fast approaching, trick or treating hours this year are from 5pm to 8pm, Friday October 31. Make safety a top priority – remind children to carry a flashlight, use glow sticks, or apply reflective tape to costumes to ensure children are highly visible to drivers. Trick or treaters should ensure costumes are properly sized to prevent trips and falls, and that any masks do not obstruct their vision. Also, remind children to look ways before crossing streets. Parents should check all treats for signs of tampering and discard anything that doesn't look and or feel right. Have a safe and Happy Halloween!

The professionalism and diligence of our officers remain our top priority, and we thank you for your continued support.

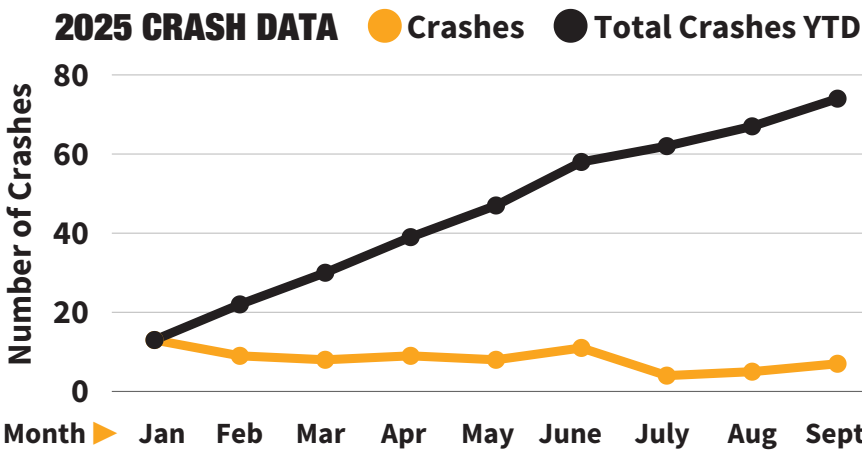
**Together, let's make our town a safer community for all.**

### Ricardo Saint-Marc to receive MCDONALD'S 2025 COMMUNITY POLICING AWARD!

Officer Saint-Marc will receive his award on October 21, 2025 at the McDonalds on South Main Street in Concord.



**From the Chief:** "Officer Saint-Marc consistently goes above and beyond in his community involvement, which is reflected in the numerous compliments we receive from citizens regarding his work. Whether he is assisting at a local event, engaging with residents during calls for service, during regular patrols, or simply taking the time to connect with people on a personal level, Officer Saint-Marc embodies the best of community policing. His positive attitude and dedication have made a positive impact, strengthening the bond between the police department and the community we serve."



## foyer Mailbox

Foyer Mailbox: There is a mailbox in the front foyer of the Police Department. It is video monitored and is available 24 hours a day for paperwork drop off. Items accepted in this mailbox include: Parking tickets with exact fee, Pistol permit applications, Statements, Vacant House Check (VHC) forms.





OBITUARIES

ELLEN M. DONOVAN



Ellen Mary (Hickey) Donovan, lovingly known as “Nan” and “Lena,” 80, of Bow, Boothbay, ME, and Chelmsford, MA, passed away peacefully after a brief illness.

Born in County Tipperary, Ireland, Ellen was the beloved daughter of David and Catherine Hickey, and the loving sister of Thomas, Bridget (Carroll), and Maureen (O’Doherty). At the age of fourteen, she left her rural country farm and close-knit family to begin a new life in New York City. There, she lived with her uncle and aunt, and her sister Bridget, who had previously immigrated. Brave and determined, she embraced

her new home and built a rich and loving life with her husband, Robert A. Donovan, whom she met in New York City.

Ellen is survived by her devoted husband, Robert; her son, Kevin, and his wife, Laura; and her four cherished grandchildren, Liam, Reilly, Jack, and Conor. She also leaves behind her sisters Bridget and Maureen, her loving sisters-in-law including, Eileen Hickey and Elaine Worden, and many other dear in-laws and extended family in the United States and in Ireland, where she returned as often as she could to stay connected with her roots. She was predeceased by her daughter, Mary Frances, and her brother, Thomas.

A devoted wife, mother, grandmother, sister, sister-in-law, aunt, and friend, Ellen was known for her generosity, subtle humor, and unwavering loyalty. She went out of her way to help others and always sought to bring joy to those around her. Ellen cherished time with family, took great delight in winning games of Left-Center-Right, and embraced her Irish heritage with pride. Her good nature, boundless kindness, and strong Irish spirit will be lovingly remembered by all who knew her.

A funeral will be held at Christ the King Parish in Concord, at 10:00 AM on Wednesday, September 24, 2025, with a private reception to follow.

In lieu of flowers, the family requests that donations be made to the Lowell General Hospital Auxiliary by calling 978.323.7097 or online at [tuftsmedicine.org](http://tuftsmedicine.org).

Arrangements have been entrusted to Bennett Funeral Home, Concord.

CURTIS COLBY GORDON

Curtis Colby Gordon, 51, of Bow, passed away on Saturday, September 13, 2025, at his residence.

He was born on May 28, 1974, in Concord, son of Vernon C. Gordon of Bow and the late Ursula (Guttinger) Gordon.

Through the years, Curtis was employed as a heavy equipment operator, first with his Dad’s Company, Gordon Construction, later with the City of Concord and more recently with R. S. Audley. He enjoyed working on anything mechanical and could operate those machines with his eyes closed. Taking snowmobiling trips to Pittsburgh and being the life of the party, Curtis always had a smile on his face and enjoyed time with family and friends. He spent more time in Facebook jail than ever on Facebook. He had the most contagious laugh, loved his family and friends hard and was always there when anyone needed anything. He gave the best hugs and made you feel like nothing else in the world mattered in that moment. His favorite word was the f word. He enjoyed spending his Fridays and weekends with his family at his house drinking beers and laughing. He was the glue to the family and had such an impact on everyone’s life. His big smile and bright blue eyes could light up any room he walked into. He spent his last day on earth surrounded by his family and friends at his daughter’s wedding and got to have his daddy daughter dance before he left this world, making sure everyone he left behind was left with a happy bright memory of him.

Besides his father, he is survived by his wife Lisa (Drapeau) Gordon of Bow, with whom he shared 26 years of marriage, children, Curtis Colby Gordon, II; Madison Gordon and her husband, Justin Filteau, brother, Joshua Colby Gordon of Bow, niece, Ally and nephew, Logan as well as aunt, Faye Stoutenburgh and numerous friends and colleagues.

A graveside service was held on Saturday, September 20, 2025, at 11AM at Alexander Cemetery in Bow. The Roan Family Funeral Home in Pembroke is assisting the family with arrangements. To share a memory or offer a condolence please visit [www.roanfamilyfuneral.com](http://www.roanfamilyfuneral.com)



EMILY DAVIDSON

Emily Anne Davidson, 35, of Bow, passed away unexpectedly on September 19, 2025. Born in Exeter, on April 20, 1992, she was the beloved daughter of Thomas and Denise (Blades) Davidson.

A 2010 graduate of Pittsfield High School, Emily was known for her strong work ethic, compassionate heart, and unwavering dedication to helping others. She built a lasting career in healthcare, spending many years in pediatrics at Dartmouth Hitchcock in Concord. In May 2025, she proudly earned her degree from Rivier University and fulfilled her dream of becoming a Registered Nurse. She had recently started a new role as a pediatric RN at Concord Hospital, a milestone she was deeply proud of.

Emily is survived by her mother, Denise Davidson; her father, Thomas Davidson; her brothers, Thomas Davidson Jr. and his partner Hollie Howard, William Davidson and his partner Jill Allaire, and her sister Katie Davidson; the love of her life, Anthony Pepino and her grandparents, Gordon and Betty Davidson.

JEANNE (BASSETT) PREWITT

Jeanne (Bassett) Prewitt of Hopkinton passed away peacefully on September 24, 2025.

Jeanne was born April 10, 1937, in Yonkers, NY to Catherine and Kendall Bassett. She spent her high school years in Pleasantville, NY, while her summers were spent in Blue Hill, Maine. Her love of Blue Hill brought her to the University of Maine Orono. It was at UMO where she met her one love, John (Jack) Prewitt. They graduated in 1959 and were married soon after.

A change in job for Jack led the family to Hopkinton, in 1980. Jeanne and Jack would enjoy all that New Hampshire had to offer with hiking, canoeing, golfing and skiing.

After Jack died too early in 1998, Jeanne would retire as secretary from the therapy department at Concord Hospital. In retirement, Jeanne would enjoy her many passions. She was an avid reader, walked many miles, made quilts and needlepointed Christmas stockings for all 7 of her grandkids.

Jeanne leaves behind her daughter, Jan Prewitt-Small (Alan Small) of Wells Maine, Sons, Jon Prewitt (Laura Prewitt) of Webster, and Jay Prewitt (Anne Marie Prewitt) of Eliot Maine.

She was predeceased by her husband Jack Prewitt and sister Beth Dalnegro. She is survived by her brother Kendall Bassett.



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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# Full bellies, full hearts.



Merrimack County Savings Bank will be collecting donations for our local food pantries throughout the month of October through the **#NHBanksGiveBack** program. Protein items like peanut butter, canned tuna, canned chicken, mixed nuts and lentils are most needed.

**Gather up some non-perishables and drop them off at your local Merrimack branch! Every little bit helps a family in need.**

For locations and lobby hours, visit [themerrimack.com/about/locations](https://themerrimack.com/about/locations)



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- |                              |                                  |
|------------------------------|----------------------------------|
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| 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              |

## COME TO OUR OPEN HOUSE

**SATURDAY, OCTOBER 18th from 11 AM - 1 PM**  
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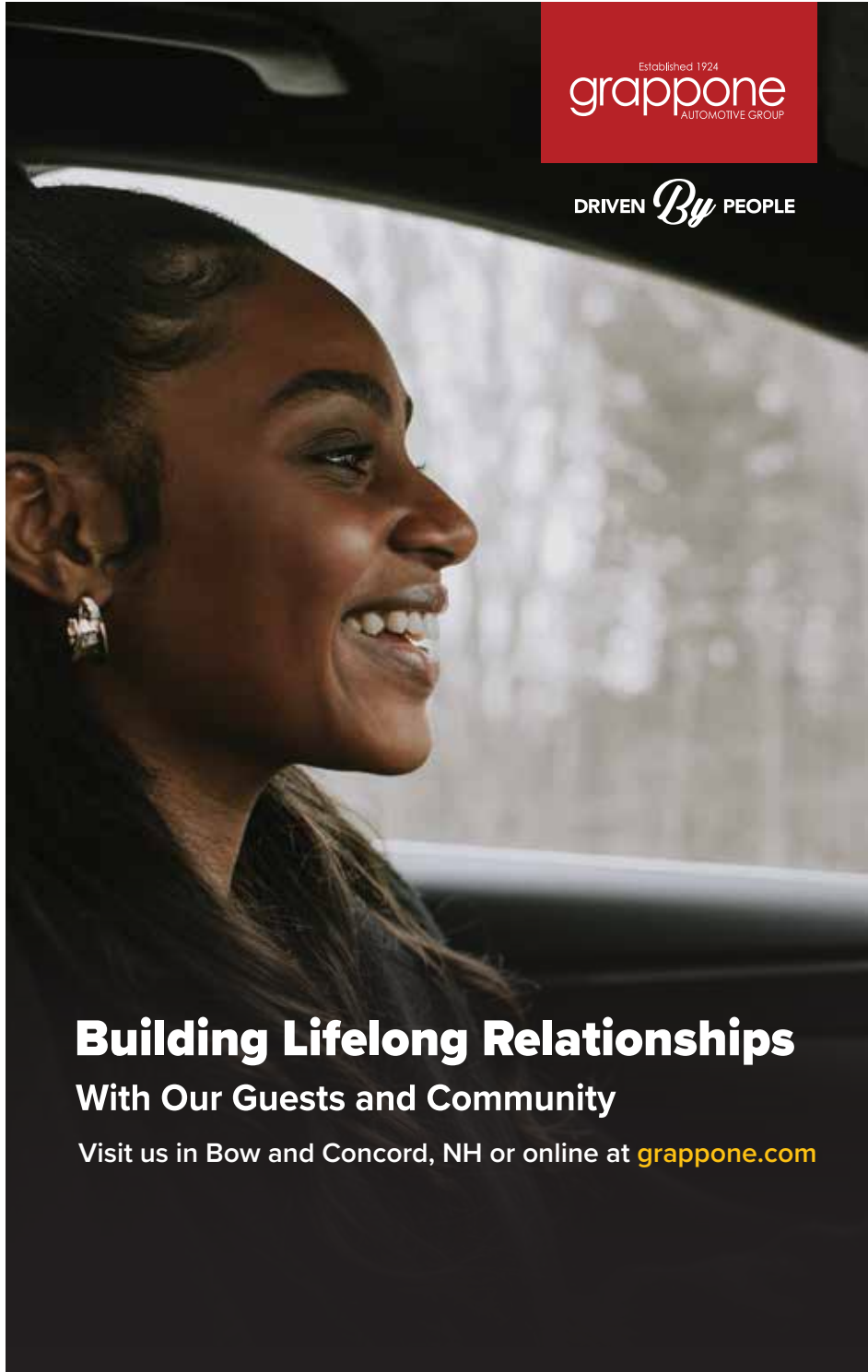
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