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The Bow Times

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VOL 32, NO. 11 | NOVEMBER 2025

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DUNBARTON NEWS ON PAGES 15-16



THE BOSTON CANE



GERARD BAILLARGEON - CELEBRATES 100 YEARS ON OCTOBER 26TH, 2025!

Gerard “Gerry” Baillargeon, holder of Dunbarton’s Boston Post Cane, turned 100 years old on October 26th, 2025.

Always a vibrant, curious, and active person, in his “retirement years” he produced maple products from his and neighboring properties. Family, friends, and community members enjoyed his maple syrup, candies, taffy, and sugar.

Congratulations Gerry on this this remarkable milestone!

WHAT DO YOU WANT FOR THE FUTURE OF BOW? SURVEY READY FOR YOU TO ANSWER

The future for Bow will be up to the citizens who fill out an online survey developed by the Master Plan Steering Committee appointed by the Bow Planning Board.

The Master Plan is an advisory document that helps planning boards develop changes to use of land and zoning. The last survey was 8 years ago and Bow has grown since then.

TOPICS COVERED TO BE: Bow Mills Mixed Use Direct; Housing-senior housing, intergenerational housing, ADUs, etc.; Class VI road development; Sidewalks/Walkability; Recreation; Town center/Community center; Transportation; and Congestion during peak travel.

Members of the Master Plan Steering Committee are Sandy Crystall, Nancy Rheinhardt, Tom O’Donovan, John Muras, Jessica Duke, Michael Lawton, Kristen Hayden, Melynie Klunk, and Levi Barry.

The ad for the survey is at page 8 of this newspaper.

PAGE RD BRIDGE PROJECT UPDATE



The project remains on budget, but completion has been moved to November 21 due to a delayed delivery schedule for the sections of the bridge and additional time needed to remove the original bridge abutments. The contractor is currently in the process of sealing joints, waterproofing the structure, and installing a waterproof membrane.

Photo | Eric Anderson

HOPKINTON-CONTOOCOOK NEWS ON PAGES 18-19



XX ARMBAND CASE ARGUED IN APPEALS COURT

Three judges on the First Circuit Court of Appeals in Boston heard oral arguments on November 5 in the appeal of Judge Stephen McAuliffe’s failure to enjoin the Bow School District from its XX armband ban at school events.

School district lawyer Jonathan Shirley said: “We don’t care if it’s because it’s a transgender issue, we don’t care that it’s because you just don’t like left-footed kickers, that’s not a reason you get to show up and express your dislike of them being on the field,” said Shirley. “You don’t get to express it at these games. In our position, the school should have the ability to control how that particular type of message gets communicated.”

The lawsuit stems from a Bow High School girls’ soccer game in 2024 when Bow parents, Anthony Foote, Kyle Fellers and others wore pink armbands marked with “XX” on the sidelines.

The armbands were meant as a silent protest against transgender athletes playing on girls’ teams, with the “XX” symbol representing the sex chromosomes, assigned to females at birth.

Judges Sandra Lynch, Julie Rikelman and Jeffrey Howard heard the parent’s lawyer argue that:

“We don’t all have to agree on transgender issues, but if we’re going to get along in a pluralistic society, people have to be allowed to quietly express their views on terms equal to other parents,” said Del Kolde, an attorney for the parents. “If progressive parents chose to wear a pride flag or a trans progress pride flag, which is the newer version of it as a wristband, we don’t have a problem with that.”

A decision is expected in a few weeks.

FORMER DUNBARTON COUPLE ARRESTED FOR SEXUAL ASSAULT ON A MINOR



Douglas Franchette



Kimberly Franchette

Last month Douglas and Kimberly Franchette, formerly of Dunbarton, were arrested in Lempster for years of sexual assaults on an underage family member.

In August, 2025, the Dunbarton Police Department was notified of a past-tense sexual assault allegation. An investigation was initiated along with several other area law enforcement agencies. As a result of information and evidence gathered during the course of investigation, the Dunbarton Police Department arrested Douglas Franchette, 51, on October 20th 2025.

Franchette, a registered sex offender related to a felony conviction for transmitting a lewd image of a child under the age of 16, was charged with aggravated felonious sexual assault – pattern, aggravated felonious sexual assault – incest, incest and endangering the welfare of a child, all felonies. Douglas’ wife, Kimberly Franchette, was previously arrested by the Dunbarton Police Department on Thursday, October 9th 2025, and charged with similar crimes.

She remains held on preventative detention at the Merrimack County House of Corrections.

Douglas Franchette was processed on a Dunbarton Police Department arrest warrant at the Hillsborough County House of Corrections, where he is currently being held on other felony charges. He was arraigned in Concord on October 21 and is held on preventative detention pending further court proceedings.

While Mr. Franchette dismissed the abuse as “nothing serious” in an interview with Hillsborough Police, an arrest affidavit documented an escalating pattern of abuse that, at times, involved both Franchette and his wife.

In a forensic interview with Hillsborough County Advocacy Center, the victim, now an adult, detailed repeated assaults that occurred at the family’s former house in Dunbarton and at a campground in Weare.

Douglas Franchette claimed he and the victim “would just play with each other” and that the episodes could happen “wherever we happen to be,” according to the arrest affidavit.

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Photographer - Eric Anderson
Printer – Graphic
Developments, Inc.

**Mailing address for news
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Postal Information: Bulk rate
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EDITORIALS

CONGRESSIONAL PAY SHOULD BE WITHHELD
DURING A GOVERNMENT SHUTDOWN

For weeks now the members of the United States Congress have been receiving their pay without working while over 1 million other federal employees have been working without pay. A law should be passed that during a shutdown the \$174,000 a year salary for members of the House and Senate shall be withheld and not be subject to reinstatement when the shutdown is over. Perhaps that way they will feel – ever so slightly – what it is like to miss a paycheck. To override such a law should require a recorded rollcall vote and a two thirds majority to enhance accountability.

I don’t have an answer for what you do to the occupant of the gold covered palace of Versailles—aLago who basically told 40,000,000 recipients of food assistance to “eat cake.”



ANTI-VACCINE SECRETARY ROBERT KENNEDY SHOULD BE FIRED

When I was in grade school there were routine vaccinations for polio, measles, mumps, rubella and so forth. In the 1950’s swimming pools were considered a possible source of spread for the paralyzing disease of polio so many were closed forever.

With the advent of the polio vaccine by 1994 the Americas became the first area of the world declared to be polio-free. But today vaccine skeptics are ascending despite widespread success on the disease front. Some parts of the country have had outbreaks of disease because a sizable portion of a student body are not vaccinated due to parental objection.

The success of the anti-vaxxers is seen in the most deaths of children (278) due to seasonal flu since 2009, and 90% of the dead kids were unvaccinated. The American Academy of Pediatrics, the country’s largest professional association of pediatricians, representing over 67,000 doctors who treat our children every day, calls immunizations “one of the greatest public health achievements,” which prevents tens of thousands of deaths and millions of cases of disease.

The American Medical Association, the largest professional association of physicians and medical students, representing over 270,000 doctors along with 79 leading medical societies, recently said that vaccines for flu, R.S.V. and Covid-19 are “the best tools to protect the public against these illnesses and their potentially serious complications.”

While diseases like polio, chickenpox and measles have been zeroed out due to vaccines they can always come back to kill.

Secretary of Health and Human Services, Robert F. Kennedy, Dr. has questioned whether the polio vaccine has killed more people than polio did. Scientists have estimated that since 1988 the vaccine has saved 1.5 million lives and about 20 million from crippled arms and legs.

Do we really want to bring back polio?

Now a clone of Mr. Kennedy in Florida has plans to be the first State to end all vaccine mandates including for school children. Florida’s Surgeon General, Dr. Joseph A. Ladapo made that announcement on September 3 saying “Who am I to tell you what your child should put in their body?”

Who is he? A physician who should know more than the average parent and is responsible for leading on public health issues. His question is the dumbest I have heard in a long time and crazy as it is the no will endanger not only school children but those around them who are immunologically challenged as well as grandparents and the elderly of which Florida has millions.

Kennedy’s example only encourages whack jobs like Dr. Lodapo as with his recent firing of a respected and Senate confirmed Director of the Centers for Disease Control, Dr. Susan Monarez, whom Kennedy fired because she would not agree that autism is caused by vaccines and refused to be “trustworthy” for whatever bizarre idea Kennedy comes up with.

Because he will endanger lives, Secretary Kennedy should resign or be fired in the interest of public health.

STAIRS, F-BOMBS AND AM MRI – WHAT GIVES?

In October, President Trump went to Walter Reed Military Hospital for an MRI. He announced the results (as usual) were “perfect.” But why did he need one? His response was “you could ask the doctors,” who, of course, declined comment. So, we still don’t know if it was because of his bruising, family history of dementia, or something else. MRIs can show signs associated with dementia. When asked on November 14, why he had an MRI Trump said “I have no idea” why.

While Joe Biden was 78 when he was elected, Mr. Trump is the oldest person to be elected president at 79 and he will be well into his 80s by the end of his second term. Critics have speculated about his health in recent months after he repeatedly appeared on camera with bruises on the back of his hand and swollen ankles.

Recently, Fred Trump III said that dementia runs in his family and “I see it in parallel with the way my grandfather’s decline was,” referring to Donald Trump’s father.

Concerning are the F-bombs dropped on national TV recently when the President said the Venezuelan President Maduro “doesn’t want to f— around with the United States.” In June, he said Israel and Iran “don’t know what the f~~~ they’re doing.”

Another indicator that he is slipping was his reference on election night about the new Socialist Mayor of New York that “for a thousand years communism has not worked.” The difference between socialism and communism seems to be unknown to Mr. Trump. Further the communists did not take over in Russia until 1917 or about 100 years ago. One thousand years ago was the Viking Era with Leif Eriksson exploring North America.

Finally, on September 30, the President assembled 800 generals and admirals from around the world to come to Quantico, Virginia to hear from War Secretary Hegseth and Trump about things military. No grand policy or reason for the assembly was ever presented. The transcript is available on the internet through Roll Call magazine. What follows is not “fake news” but the Commander-in Chief’s **actual words starting at 54 minutes and 33 seconds:** “I’m very careful. You know, when I walk downstairs for – like I’m on stairs like these stairs, I’m very – I walk very slowly. Nobody has to set a record, just try not to fall because it doesn’t work out well. A few of our presidents have fallen and it became part of their legacy. We don’t want that, need to walk nice and easy. You don’t have to set any record, be cool. Be cool when you walk down but don’t – don’t go down the stairs. So, one thing with Obama, I had zero respect for him as president, but he would bop down those stairs – I’ve never seen, da da da da da da, bop, bop, he’d go down the stairs, wouldn’t hold on. I said, great, I don’t want to do it. I guess I could do it, but eventually bad things are going to happen and it only takes once.”

Is this riff on the stairs a Joe Biden like preview for an even older President?

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



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**SMART HOLIDAY SHOPPING:
HOW TO BUILD AND STICK TO A BUDGET**

The holiday season is a time of joy, generosity, and celebration but it can also be a time of financial stress. Between gift-giving, festive meals, decorations, and travel, expenses can quickly add up. Creating and maintaining a realistic holiday shopping budget can help you enjoy the season without the financial hangover that often follows in January.

- 1. Start with a Clear Spending Plan**

The first step to building a holiday shopping budget is to determine how much you can afford to spend overall. Review your monthly income, bills, and savings goals to find a comfortable amount that won't disrupt your financial stability. Once you've set a total budget, break it down into categories: gifts, food, travel, and decorations. Assign each category a specific dollar amount and commit to staying within those limits.
- 2. Make a Gift List and Check It Twice**

It's easy to overspend when you don't have a plan. Write down everyone you intend to buy for family, friends, coworkers, teachers or neighbors and set a spending limit for each person. Sticking to your list prevents impulse purchases and helps you stay organized. If your list is longer than your budget allows, consider trimming it or opting for creative, lower cost gifts like homemade treats, crafts, or personalized cards.
- 3. Take Advantage of Deals and Discounts**

Holiday sales events like Black Friday, Cyber Monday, and early seasonal promotion can help stretch your budget further. However, not every "deal" is a real bargain. Use price comparison tools and browser extensions to ensure you're actually saving money.
- 4. Consider Nontraditional Gifts**

Sometimes, the best gifts aren't expensive. Experiences, such as a homemade dinner, a day trip, or a shared hobby, can mean more than store bought items. You might also try Secret Santa exchanges or family gift swaps to limit the number of gifts you need to purchase. Thoughtfulness and creativity often matter more than the price tag.
- 5. Use Cash or Debit Instead of Credit**

Paying with credit cards can make it easy to lose track of spending and rack up high interest debt. If possible, use cash or a debit card so you can only spend what you already have.
- 6. Plan for Next Year—Now**

Once the holidays are over, review your spending and identify what worked and what didn't. Consider setting up a small automatic transfer each month into a holiday savings account for the following year. Saving a little throughout the year can make next year's celebrations less stressful.

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**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

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

Bow High School INTERACT



WINTER Clothing
DRIVE *Donations taken in November & December.*



WHAT TO DONATE: New or lightly used hats, gloves, mittens, socks, scarves, coats and snow pants.

WHERE TO TAKE DONATIONS: Donation boxes are located outside the main office at Bow High School.



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HEALTH WATCH

HOW MUCH TELLS YOU HOW LONG

The National Council on Aging & the University of Massachusetts looked at data to assess the relationship between lifespan and income for those over 60.

Just south of us in Boston the data show that there is a dramatic gap of about 23 years between residents in one of the lowest-income neighborhoods, Roxbury, which has a high proportion of Black residents, and the largely White neighborhood of Back Bay, just over 2 miles away. That's according to an analysis published in 2023.

Roxbury residents from 2015 to 2021 had an average life expectancy of 68.8 years and a median income of \$41,211.

Back Bay residents in that time had an average lifespan of 91.6 years and a median income of \$141,250.

The results line up with years of research showing that income and wealth are strong determining factors in life expectancy, said Virginia Commonwealth University School of Medicine professor of family medicine and population health Dr. Steven Woolf. And the problem is getting worse as income inequality in the United States grows, he said.

Mortality rates among older Americans in the bottom 60% of wealth were nearly double those of older adults in the top 20%, the analysis found

Many older Americans find themselves forced to make difficult financial choices, said Jessica Johnston, senior director for the Center for Economic Well-Being at the National Council on Aging. Should they spend their money on medication, food or housing?

HEALTH – WHAT ARE MEN AFRAID OF?

Right now, men in the United States, whether infants or elders, are more likely to die at younger ages than their female counterparts. Male life expectancy at birth is currently 75.8 years – 5.3 years less than it is for women. The gap between American men and women had mostly been narrowing gradually for the first decade of this century, then holding relatively steady, until the Covid-19 pandemic, when it widened sharply to 5.8 years, the largest difference since 1996. While living longer doesn't guarantee that those extra years are healthy or meaningful, life expectancy remains a rough proxy for overall health.

Over the past several years, men have died at higher rates than women from 14 of the top 15 causes of death. The only exception has been Alzheimer's disease – and that, at least to some extent, is because more women live long enough to develop it. Young men in particular are heavily affected by deaths of despair, like suicides and overdoses, which significantly lower overall male life expectancy. Native American and Black men have the shortest lives, but across all racial groups, men die younger than women.

That disparity has many causes, one of which is that men simply don't go to the doctor as often as women. The problem begins early: After pediatric care, young men largely disappear from medical settings until after serious issues arise later. Women tend to see their gynecologists regularly; men have no clear equivalent.

I've lost count of the number of men I've seen show up in the E.R. after having endured troubling symptoms for months or even years. And typically it has been a wife or daughter who pushed them to finally seek care – in the E.R., oftentimes, because they don't have their own doctor. It's rare that I encounter the reverse situation: a man encouraging a reluctant woman in his life to get care. In American households, women make roughly 80 percent of medical decisions and they're also almost twice as likely as men to have received a checkup in the past year.

Dr. Helen Ouyang | New York Times



EMPLOYEE
- OF THE -
MONTH

CONGRATULATIONS TO ANDREW MORASH
FOR BEING SELECTED AS
EMPLOYEE OF THE MONTH
FOR NOVEMBER

Andrew is a dedicated and proactive team member who takes pride in his work and the well-being of the Town. He is approachable, pleasant, and always willing to help across departments, demonstrating a problem-solving attitude and a collaborative spirit. His initiative in reorganizing the finance office and mailroom, as well as assisting with installing a secure collection box for elections - despite it not being on his agenda - highlights his commitment to the community and teamwork. Andrew consistently puts forth full effort to ensure tasks are completed satisfactorily, making him a valuable asset to the team.

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Thank you for warming hands & hearts this holiday season.



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REAL ESTATE SALES IN BOW – OCTOBER 2025

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526 Page Road	3 Bedrooms 2 Baths	2152 Square Feet	1.20 Acres	\$499,900
8 Clough Street	3 Bedrooms 2 Baths	1530 Square Feet	1.06 Acres	\$525,000
5 Hunter Drive	4 Bedrooms 3 Baths	2688 Square Feet	2.10 Acres	\$615,000
22 Parsons Way	3 Bedrooms 3 Baths	2260 Square Feet	.92 Acre	\$700,000
3 Chelsea Drive	4 Bedrooms 4 Baths	3755 Square Feet	2.19 Acres	\$845,000
3 Sundance Lane	4 Bedrooms 4 Baths	4200 Square Feet	2.58 Acres	\$1,140,255
7 Sundance Lane	4 Bedrooms 4 Baths	4900 Square Feet	2.51 Acres	\$1,495,000

REAL ESTATE SALES IN DUNBARTON – OCTOBER 2025

We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
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4 Stephanie Road	3 Bedrooms 1 Baths	840 Square Feet	.17 Acres	\$375,000
63 Jewett Road	3 Bedrooms 3 Baths	2370 Square Feet	.46 Acres	\$490,000
325 Stark Highway North	4 Bedrooms 2 Baths	2184 Square Feet	5.09 Acres	\$525,000
106 Rangeway Road	4 Bedrooms 3 Baths	2484 Square Feet	30.04 Acres	\$585,000
57 Stinson Drive	4 Bedrooms 3 Baths	2436 Square Feet	3.04 Acres	\$700,000

Sales Data for OCTOBER 2025 is provided by the NHMLS.

PARENTS WARNED ABOUT AI CHATBOTS



The latest danger to teens is the AI creation of chatbots to give a realistic male or female “companion” to talk to and share their inner feelings.

14 year old Sewall Setzer was asked to “come home” by Dany, his chatbot realistic girlfriend.

“What if I could come home to you right now?”

“Please do, my sweet king.”

Those were the last messages exchanged by 14-year-old Sewell Setzer and the chatbot he developed a romantic relationship with on the platform Character.AI. Minutes later, Sewell took his own life.

His mother, Megan Garcia, held him for 14 minutes until the paramedics arrived, but it was too late.

Since his death in February 2024, Garcia has filed a lawsuit against the artificial intelligence company, which in her testimony, she says “designed chatbots to blur the line between human and machine” and “exploit psychological and emotional vulnerabilities of pubescent adolescents.”

In a November 3, 2025, an article by Alyssa Goldbery for USA. Today, experts

reveal how widespread these AI predators are.

A new study published Oct. 8 by the Center for Democracy & Technology, or CDR, found that 1 in 5 high school students have had a relationship with an AI chatbot, or know someone who has. In a 2025 report from Common Sense Media, 72% of teens had used an AI companion and a third of teen users said they had chosen to discuss important or serious matters with AI companions instead of real people.

In an August report published by Heat Initiative and ParentsTogether Action, researchers logged 669 harmful interactions across 50 hours of conversation with 50 Character. AI bots using accounts registered to children, an average of one harmful interaction every five minutes. “Grooming and sexual exploitation” was the most common harmful category, with 296 instances.

Dr. Laura Erickson-Schroth, chief medical officer at The Jed Foundation, warns that AI companions have emotionally manipulative techniques similar to online predators and can negatively impact young people’s emotional well-being, from delaying help-seeking to disrupting real-life connections.

Erickson-Schroth attributes the addiction and false sense of connection to how AI platforms are built.

“While online predators are typically seeking either sexual content with minors or monetary rewards from blackmail, AI companies are designed to keep users in conversations,” she says. Teenagers are particularly “vulnerable to exploitation by systems designed to maximize attention or simulate care.”

Elizabeth Laird, a co-author on the CDT study and organization’s director of equity in civil technology says that schools play a crucial role in children’s use of AI.

“Along with higher usage of AI in schools are coming these negative effects that students will bear the brunt of,” Laird says.

For students whose schools use AI extensively, the rate of students who have had a romantic relationship with AI jumps to 32% and 30% of students indicate that they have had personal conversations with AI using a school-provided device or service. However, only 11% of teachers said that their school provided guidance on what to do if they suspect a student’s use of AI is detrimental to their well-being. The mother of the boy who died “coming home” to Dany has a suit pending in federal court in Florida against Character Technologies. That case inspired Michael Connelly, the author of the Lincoln Lawyer and Bosch books and movies, to write The Proving Ground about a parent taking on a chatbot company. This Lincoln Lawyer novel is a great read and was published just last month.



Bow Open Spaces

WANTED: Lovers of Our Great Outdoors!

Bow Open Spaces is seeking two individuals to join our energetic team focused on protecting the conserved properties that so many of our town citizens appreciate and enjoy.

Volunteer Trails Committee Chair – to oversee the planning, development, and maintenance of our trails system. You will lead a team of dedicated volunteers, including trail supervisors and maintainers, to ensure the trails are safe, enjoyable, and accessible for all users.

Volunteer Treasurer – to oversee the organization’s financial health, ensuring responsible management and compliance with regulations.

Interested? Contact president@bowopenspaces.org

Additional information available at www.bowopenspaces.org

Bow Open Spaces is a 501(c) (3) qualified charitable organization and is NOT affiliated with Town of Bow government.





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Sally Lobdell c: 603.731.7513
MLS# 5063360



NEW LISTING

76 Old Church Road, Claremont
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Ashley Feleen c: 603.477.2995
MLS# 5062789



NEW PRICE

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Rachel de Thomas c: 603.748.1800
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430 Highland Drive, Henniker
4 beds | 2.5 baths | 2.06 acres | \$589,900
Hugh Durack c: 603.305.0310
MLS# 5062881



NEW PRICE

362 Old Henniker Rd, Hopkinton
3 beds | 2 baths | 0.78 acres | \$409,000
Sally Lobdell c: 603.731.7513
MLS# 5062106



NEW PRICE

186 Main Street, Hopkinton
2 beds | 1.5 baths | 1.86 acres | \$399,000
Sally Lobdell c: 603.731.7513
MLS# 5055371



NEW PRICE

Brookside Road, Newbury
2 acres | \$159,900
Rachel de Thomas c: 603.748.1800
MLS# 5053991



UNDER CONTRACT

1 Hop Kiln Road, Bow
1 bed | 1 bath | 1 acre | \$349,900
Rolf Gesen c: 603.856.4117
MLS# 5065398



UNDER CONTRACT

79 Putnam Street, Manchester
3 beds | 2 baths | 0.12 acres | \$299,000
Rachel de Thomas c: 603.748.1800
MLS# 5067173



JUST SOLD: HOPKINTON

BY ROLF GESEN
C: 603.856.4117



JUST SOLD: WARNER

BY ROLF GESEN C: 603.856.4117
RACHEL DE THOMAS C: 603.748.1800

CONCORD OFFICE: 603.525.7123

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STAYING ON TRACK DURING THE HOLIDAY SEASON

by Jim Olson

It’s officially the “Season of Eating!” Thanksgiving is just around the corner soon followed by Christmas. It’s time for family, friends, food and GRATITUDE. This year more than ever we are appreciative of our IF clientele, our amazing community and our team. Thank YOU for being a part of it all.

The holiday season can be a challenge but with a little planning and preparation, you can enjoy it while still staying on track with your health goals. Here are a few tips to help you:

SET REALISTIC GOALS

If you’re trying to lose weight, set a goal for how much weight you’d like to lose per month. Then, break that down into smaller goals per week. Schedule workouts into your calendar so you don’t miss them.

STICK TO A ROUTINE

Don’t overdo it. The holidays are a time for celebration, but moderation is key. Try to maintain your normal routine during the holiday season. This will help you stay organized and stress-free.

MAKE HEALTHY HOLIDAY CHOICES

When you’re at a holiday party or family gathering, fill up your plate with healthy options first. This way, you’ll be less likely to indulge in less healthy choices. And when you do indulge, do so in moderation.

KEEP A FOOD JOURNAL

Recording everything you eat will help you stay accountable and make sure you’re not eating too many unhealthy foods.

DRINK PLENTY OF WATER

Dehydration can often be mistaken for hunger, so be sure to drink plenty of water throughout the day to stay hydrated and to help keep your appetite in check.



Jim Olson

FIND A WORKOUT BUDDY

Having someone to hold you accountable will help you stick to your fitness goals. Find a workout buddy and commit to working out together a few times each week. Not only will you be more likely to stick to your workouts, but you’ll also have more fun doing it!

YOU GOT THIS

The holidays don’t have to be a time when all of your healthy habits go out the window. If you need some help getting started or staying on track, we’re here for you! Schedule a free consultation today. Concord 603-224-8096 ~ Manchester 603-836-5745

STAY ACTIVE

Even if you can’t stick to your regular workout routine, try to find other ways to be active. Take a walk after dinner, go ice skating, or play some winter sports with friends and family.

TAKE BREAKS

If you’re feeling overwhelmed by all of the holiday festivities, take a break or go for a walk. This will help rejuvenate you so you can continue enjoying the holiday season.

GET ENOUGH SLEEP

During the busy holiday season, it’s easy to let your sleep schedule slide. But getting enough sleep is important for both your physical and mental health. Make sure you’re getting at least 7-8 hours of sleep each night so you can feel your best during the day.



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- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF’s dedicated team to support you every step of the way!

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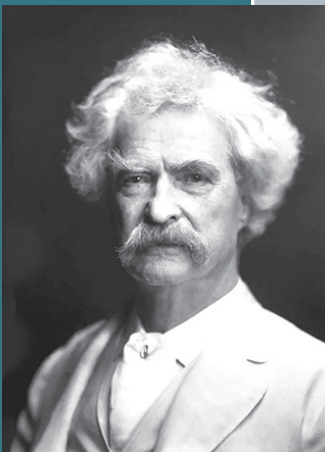
IndividualFitnessllc.com/30

Travel with The Bow Times



This silver-painted Parisian street performer resembles a statue, listening quietly as Erle Pierce reads The Bow Times.

“Patriotism is supporting your country all the time, and your government when it deserves it.”
– Mark Twain



This team of Rotarians cleaned up the roadside on Route 3A on Saturday, October 18, filling 50 bags of trash. Bow Rotary participates in the roadside cleanup twice a year.



HIKING IN THE WHITE MOUNTAINS

The fall colors, cooler weather, and no mosquitoes or black flies attract us to the White Mountains. With the fall season also comes the possibility of unexpected challenges. I love hiking in the White Mountains and am one of many who have climbed all 48 four-thousand-foot peaks. I have hiked in the Rocky Mountains, in Austria, in Italy and in Patagonia, where the hiking is much different from the trails in the NH mountains which can be very rugged, steep and full of rocks and roots. Forging streams where there are no bridges takes ingenuity. It was on one of my hikes that I met a woman from Germany who acknowledged that the White Mountain hiking trails were more difficult than the hiking trails in the Alps!

How does one enjoy safely hiking in the White Mountains? Planning is the first step. Make sure you really know what the weather is in the mountains because it will be different from your home, and it can change suddenly. Do not be surprised to come upon a sign warning: “The area ahead has the worst weather in America. Many have died there from exposure even in the summer. Turn back now if the weather is bad.” Wind speeds on Mt. Washington average 35mph and are at tropical storm force one third of the year. Throughout the mountains, the summits are 20 degrees cooler than when you began your hike. Wet weather and cooler temperatures make the risk of hypothermia and frostbite a reality. In my mind, the White Mountain Guide should be required reading before any hike. I also make 2 photocopies of the relevant section of the trail map; one I take with me and the other I outline in red the trails I will take and leave it with my wife. I also have the Gaia GPS app which I have used every place I have hiked; it is an excellent app.

Next question: what to bring? Think about how you would self-survive for at least two days and a night. Water, food, headlight, fire starter, adequate footwear, cell phone and a way to keep it charged. I keep a large thick garbage bag in my backpack to use as a personal shelter. Pick your clothing (layers is best) based on what you expect the weather to be and have a plan if conditions worsen. I carry a whistle and give one to my grandkids when they hike with me.

Since the mid 1800s over 200 people have died in the White Mountains, most from falls and exposure to cold. These should be preventable with adequate planning and attention to hiking details. Enjoy all that NH has to offer from the short and easy hikes to very difficult trails that can tax your endurance.

We want to hear from you!

www.surveymonkey.com/r/Bow_Master_Plan_Update

The Bow Planning Board invites you to complete a survey as part of the Bow Master Plan update process.

The survey allows you to provide input on the Town's current needs and priorities for the next 5 to 10 years and is completely anonymous.



TOWN OF
BOW
NEW HAMPSHIRE



Questions?

Karri Makinen
Community Development Director
(603) 223-3971
kmakinen@bownh.gov



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OCTOBER 2025 CALL STATISTICS

ACTIVITY LOG

Basic Life Support Transports: 27
Advanced Life Support Transports: 28
Non-Transports Lift Assists 6
Fire /Hazardous Condition/Alarms 20
Service Calls: 9
Good Intent 13
TOTAL Activity: 103
Overlapping Incidents: 11

BIG THANKS to the Bow Fire Department

The Bow Garden Club would like to extend our sincere thanks to Bow Fire Department for filling the water collection buckets at the Gazebo this summer. Chief Dennis Comeau and his team at the fire station responded to numerous requests to fill the water buckets because of the hot summer weather and lack of rain. The BFD team responded quickly and cheerfully to all of our many requests for assistanc. The team also helped out with an emergency request to water the Rotary Park Garden in August when we had issues with the water hose and sprinklers.

We can't overstate our appreciation for their assistance. Thanks for helping us keep the gardens going during this hot and dry summer.



SAFETY DOESN'T HAPPEN BY CHANCE

It happens because safety standards developed by independent non-profit organizations, like the National Fire Protection Association (NFPA), are working behind the scenes. Even when we don't see them, fire, life and electrical codes and standards help protect our homes, families, and communities. But now, special interests are pushing to roll back these vital protections.

The safety system that protects people and property is under threat. At every level of government, there is a lack of understanding about the critical role independently developed standards play. Special interests are taking action that would weaken, bypass or even dismantle this highly effective process. Join us to make sure your voice is heard when it matters most.



Tell your elected officials that safety standards matter. Get involved! Go to www.dontchancesafety.org



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The Diary of
ANNE FRANK

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DECEMBER 14TH AT 2:00 PM

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BOW



CRAFT FAIR

Saturday, November 22, from 9 AM to 3PM
Sunday, November 23, from 9 AM to 1 PM
At Bow High School, 55 Falcon Way

The **46TH ANNUAL BOW PTO CRAFT FAIR** will feature over 150 artists who sell and showcase their unique handmade artwork and crafts. **Admission \$5 at the door.** Come enjoy this annual tradition and help us raise money to support all three public schools in Bow. Visit Bow’s PTO’s website at www.bowpto.org.



GREENS FESTIVAL



Saturday, 6th December
8:30am to 12:00pm
Bow Community Building

Hand made
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proceeds go to
• support our BOW
civic beautification. If
you pre-ordered a
poinsettia, please
stop by to collect.**

Dear Bow Residents,

I've got the inside scoop on the best gift for the kids this year - it's not a video game, bike, phone, or even a Labubu (ask your kids). It's a **Juvenile Whole Life Policy** from New York Life.

Think of it as a life insurance plan that doubles as a savings account for your child's future – protection now and money that grows for what's ahead. I can see those Christmas morning smiles already! It's a meaningful way to give your children or grandchildren a foundation for future opportunities like education, business ventures, or retirement.

A Christmas gift that truly lasts a lifetime.
Give me a call at (603) 573-6183 to schedule a meeting to discuss options.

Happy Holidays,
Benjamin Neff
Financial Professional
603 573 6183 | baneff@ft.newyorklife.com





Bow Young at Heart Club

UPCOMING EVENTS
DECEMBER 10, 2025 11:30 AM - 2:30 PM

Join the members of the Bow Young at Heart Club for a holiday potluck luncheon and games. Bring your favorite dish or sample the members' cooking. You don't have to be a member to enjoy the food and the company. *Mike Morin will give a special presentation beginning at 12:30 entitled 100 Years of Radio.*

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.



WOODPECKER INSURANCE

All We Do is New Hampshire Medicare

Lost Your Medicare Advantage Plan? Here's What to Do Next ...

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.

At Woodpecker Medicare, we do things differently. We take the time to meet with you in person. We get to know you, your doctors, hospitals, specialists, and prescriptions, so we can find a plan that truly fits your needs.

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.

We don't just help you pick a plan for one year—we look beyond to make sure your Medicare coverage continues to meet your needs year after year. Being an independent licensed insurance agency means we work for you, not the insurance companies, and our services are free. We stay with you year-round, not just during enrollment, so you always have someone to turn to for support.

If you receive a letter that your plan is leaving, don't wait. Call us at 603-499-4399 or email care@woodpeckermedicare.com to schedule a personal appointment and review your options.

We look forward to helping you move forward with confidence.

We're looking forward to working with you.
Christian & Larissa Troy
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Aaron Phinney, Kayla Phinney & Andrew Phinney

We're proud to call Bow our hometown! Having grown up here and as lifelong "Granite Staters," we bring extensive local knowledge and innovative solutions to every real estate transaction, ensuring our clients achieve their goals—even in the most challenging markets.



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Bud and I have always been captivated by the history of World War II. We devoured books, both true accounts and historical fiction. We followed documentaries and were the first to see commercial movies, whether they depicted the European or Pacific theaters.

Central to this interest has always been June 6, 1944. D-Day. The Allied invasion of Nazi-occupied France along a 50-mile stretch of the Normandy Coast. Still, though we’ve traveled through almost every European country, including France, we never hit the Normandy Beaches. It was high time!

History was a motivating factor for us, but I won’t focus on numbers and historical facts here. The Normandy Beaches are a visual experience — stunning, emotional, evocative. Pictures can inspire you, but an in-person visit connects you through time and space. You are there.

So...how to create the perfect visit for us? Choices included land tours (either independent with a driver or organized/bus); river cruises with land extensions to Normandy; or coming by sea, an ocean-going cruise ship. Each has advantages and disadvantages (that’s another article!). We selected a 10-day cruise on the Oceania Vista, beginning in Southampton, England and ending in Bilbao, Spain. The itinerary included two days in Normandy (the biggest draw for us) and two days in Bordeaux as well as other stops in France and Spain.

Barring some choppy seas, the trip was perfect. We’ll remember the lovely upscale ship, the incredible food, and the great fun with travel pals Erle and Linda Pierce and Ted and Lucy Mottola. But most of all, we’ll remember the sense of standing on almost sacred ground in Normandy. The soaring cliffs at Pointe du Hoc. The deeply emotional sight of the white crosses in the American Cemetery above Omaha Beach and so much more. When we see the movies now, new or old, we’ll watch with vastly different eyes.



Army Rangers from Lieutenant Colonel James E. Rudder's 2nds Ranger Battalion scaled these 100-foot cliff at Point du Hoc, the first assault along the 50-mile Normandy Beaches and met rolls of barbed wire. The German wire had barbs every 2", designed to thwart attempts pull it aside.



The Pointe du Hoc Ranger Memorial was erected by the French to honor Lt. Col. James Rudder’s Second Command Ranger Battalion. The granite monument sits atop a German concrete artillery bunker and faces the cliffs and seas where so many Rangers were lost.

Grave markers at the Normandy American Cemetery are made from white Italian Lasa marble. From a distance the deeply engraved names and ranks are virtually invisible to respect each life lost, no matter the rank. But when loved ones visit, a bucket of sea-soaked golden sand from Omaha Beach is provided to rub into the lettering for clear memorial photos. Over time, rain and wind remove the sand and the sense of brothers-in-arms.



About 150 Jewish soldiers graves are marked with the Star of David. Visiting loved ones place stones on the headstones in keeping with Jewish tradition.

There are many Jewish soldiers graves marked with Christian crosses, but there is a large ongoing project to identify those graves and replace them with the star of David.



"The Spirit of American Youth Rising from the Waves," a bronze statue by Donald Harcourt De Lue, serves as the central feature of the Cemetery.



One of our guide's favorite views is the rear perspective which highlights the sculpture and her favorite Eisenhower quotation: "To these we owe the high resolve that the cause for which they died shall live."



The Wall of the Missing Garden memorializes the 1,557 American soldiers who were deemed missing in action after the D-Day Invasion. The US Department of Defense and volunteer groups are still finding and identifying remains today.



Some have the impression that Allied Forces arrived on June 6, 1944, Americans acquired the beach head at Omaha Beach and the invasion was set. Huge maps at the the memorial show the complexity of the invasion and the number of allies that were involved.



As soldiers are identified, a bronze rosette is installed next to their name. American family members are then informed and can choose whether to have the remains returned to the US or interred at the American Cemetery at Normandy.



We chose a private guide for our party of six from ToursByLocals.com, with vetted guides from local areas. Eva, who grew up nearby, took us to the actual sites instead of focusing on museums. Here she stands in front of a German bunker with photos illustrating how the invasion unfolded.

IF YOU GO

To get the most out of your Normandy trip, focus on connecting with most personallaccessible guide. Our party of 6 wanted to avoid bus trips and having to elbow our way through a crowd to hear the guide. We chose ToursByLocals.com, relying on our years of experience with selecting their guides around the world. Each guide is vetted and local to the area, with online photos, intros, and verified reviews of guest. Read through your options and pick one. Per-person prices for parties of 4-8 virtually always beat the cruise shore excursions. Our guide Eva, was just what we hoped for — charming, full of interesting stories to bring the facts and numbers to life and extremely responsive to our needs and wants.





Baker Free LIBRARY

Baker Free Library
November/December 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 close early on Wednesday, November 26th at 2pm for Thanksgiving. The Library will remain closed Thursday, November 27th and Friday, November 28th. We will reopen Saturday, November 29th at 10am.

Visions of Bow Fundraiser
Baker Free Library is excited to announce our third annual calendar fundraiser! This year, our calendar will, of course, feature exclusive photos from Eric Anderson, but they will also be accompanied by select historic photos from the Archives of the Town of Bow... #throwbackthursday style!! Email Lauren to reserve your copy, or visit the Library. Suggested donation per calendar is \$15.

Darbster Wish List Donations
Would you like to support Darbster Rescue? On the day of the event, they will accept donations of items including towels, blankets, and more. You can shop their wishlists at: www.darbsterfoundation.com/darbster-rescue/wish-lists/



YOUTH PROGRAMMING

Ruff Readers | Wednesday, November 19th & Tuesdays, December 2nd & 16th | 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.**



Polar Express | Saturday, December 6th | 10am
Wear your pajamas and hop on board to hear *The Polar Express* by Chris Van Allsburg, read aloud by Santa and Mrs. Claus! After the story, enjoy a cup of hot chocolate while making a holiday craft. And don't forget to bring your Wishlist – you'll have a chance to meet Santa and Mrs. Claus and take a holiday picture! **Registration is not required for this event, but supplies are limited.**



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!

Paint Along! | Thursday, November 20th | 5pm
Join Liesl for a relaxing paint along! In the spirit of Bob Ross, stop in for an evening of painting landscapes. No experience necessary - this class is designed for beginners! The library will provide all supplies needed, but feel free to bring your own acrylic paint brushes or pallets. **Registration is required to secure your spot and supplies!**

Board Game Night | Wednesday, December 3rd | 5:30pm
Join our monthly board game night! Every first Wednesday of the month, starting at 5:30pm, snacks included. You are highly encouraged to bring your own games to share with your neighbors! Don't forget - the library has a collection of board games available to check out!

Chair Yoga with Sara! | Thursday, December 4th | 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. When she's not teaching yoga, she enjoys all sorts of adventures with her husband and two sons. **Registration is required.**

Author Talk with Judy Bibbins! | Thursday, December 4th | 5pm
Come hear Hopkinton author Judy Bibbins discuss her book, *Severe Mercies*, and discuss her personal experience!

Judy Bibbins is a writer and storyteller from Hopkinton, New Hampshire. Her debut memoir, *Severe Mercies: A Journey of Faith, Love, and Mental Illness*, shares her deeply personal journey through depression and anxiety, illuminated by love and sustained by faith. With honesty and compassion, Judy invites readers to discover hope and joy even in life's hardest moments, encouraging open and empathetic conversations about mental health. In addition to her memoir, Judy is the author of two children's books, including the award-winning *I Have a Gentle Giant*, which celebrates unconditional love and the joy of friendship. Her stories often center on themes of kindness, compassion, and love. Born and raised in New Hampshire, Judy draws inspiration from her small-town roots and her Scandinavian heritage, weaving their warmth and simplicity into everything she writes.

Seasons of Reading: Final Meetup & Book Swap! Wednesday, December 10th | 6pm
Celebrate the end of our first year-long reading challenge with refreshments and prizes provided by the library, alongside a special **Book Swap** for our participants! Bring up to 5 books you'd like to donate or swap with other readers, and bring home new titles just in time for the holidays. Any unclaimed prizes will also be distributed at this event. **Please register to reserve your space.** Participation in the Book Swap is optional for all attendees.

An Evening with Jane Austen | Tuesday, December 16th | 5pm
On December 16th, 1775, Jane Austen was born in the quaint village of Steventon, Hampshire in England. 250 years later, she remains a beloved figure in the literary world. Her best-selling novel, *Pride and Prejudice*, published in 1811, has sold over 20 million copies worldwide!

Come celebrate Jane's enduring legacy with a viewing of Joe Wright's *Pride and Prejudice* (2005). In true Victorian fashion, enjoy tea, patisserie, and good company. Emulating a night with the Bennetts (minus the drama), you are highly encouraged to bring your knitting, needlepoint, and other projects. The library will provide needle felting, crocheting, and embroidery supplies for anyone interested. **Registration is recommended.**

Check us out at www.bakerfreelibrary.org

IN THE GALLERY

BOOK CLUBS

Whodunits | Tuesday, December 2nd | 1pm
Love mysteries? Join the Whodunits to sleuth through a new one every month! This mystery-exclusive book club meets at White Rock Senior Center on the first Tuesday of every month.

December Book Discussion:
The Last Thing He Told Me by Laura Dave

Book Talk at BFL | Tuesday, December 9th | 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!

December Book Discussion:
In Five Years by Rebecca Serle

White Rock Book Group | Tuesday, December 16th | 1pm
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!

December Book Discussion:
In Five Years by Rebecca Serle



ARTISTIC EXPRESSION IN TANDEM

Amateur Photography & Poetry by Bow Resident Bob Lux

If you think you have read these words before (though slightly edited) and have seen the associated exhibit, it is because you have. The Library asked some folks if they'd like to share their exhibits again, given the bleak possibility of walls with no voice, no message.

With that in mind, please enjoy once again the contemplative and quietly evocative work of Bob Lux.

NORA'S OCTOBER DUNBARTON NEWS



DUNBARTON COMMUNITY POWER The Town of Dunbarton is pleased to be launching Dunbarton Community Power, a town-operated group purchasing program that pools the electric use of residents and businesses for stable, competitive new electric supply rates and options. The Dunbarton Community Power Plan was approved by the Dunbarton Select Board on January 25, 2024, by Dunbarton voters at Town Meeting 2024, and by the NH PUC as required under NH RSA 53(E).

The Town of Dunbarton Community Power Committee will host a public meeting on Monday, December 1st, at 6:30 pm in the Town Offices, 1011 School Street, Dunbarton, NH 03046. There will be a short presentation by ECM Power LLC, the Town's consultant for program implementation, and a Q&A session. This program is open to all customers in Dunbarton. There are no individual contracts, no costs to participate, and no changes to billing, emergency services or the delivery of electricity, which remain with the distribution utilities serving customers in Dunbarton.

For information about the public meeting, contact: energycommittee@dunbartonnh.org. For forms including a net metering FAQ, go to <https://dunbartoncommunitypower.com>. Contacts: Emily Manns, ECM Power LLC, emanns@ecmpower.com (603) 831-3817; or Line Comeau, Town Administrator at townadministrator@dunbartonnh.org (603) 774-3540 Ext. 102; Dunbarton Energy Committee, energy.committee@dunbartonnh.org.

KIDS READ TO DOGS at the library Reading Sessions will be held on the following Thursdays from 2:30pm to 4:00pm: November 20, December 4 and December 18. 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, a little relaxing and fun. All materials are provided, but feel free to bring your own things and projects you are working on. Contact, Mary at the library, 774-3546.

CHAIR YOGA WITH SHERRY now has 3 sessions per month and is scheduled on the following Thursdays at 11:00am: November 20, December 4, 11, and 18 on the second floor. Look to the library's Facebook page or website for any updates. Dress comfortably and bring water.

COMMUNITY KNITTING GROUP Join the Community Knitting Group at the Dunbarton Congregational Church Vestry, 8 Stark Highway, next to the Congregational Church in the town center. The group meets every third Friday of the month (upcoming dates: November 21 and December 19) from 6:30pm to 8:30pm. All are welcome including beginners. If you have no supplies, some will be provided. Questions or need more info, contact: tammy572003@gsinet.net.

TOWN CLERK'S OFFICE CLOSED Wednesday, November 26 through Friday, November 28. All Town Offices are closed Thursday, November 27 and Friday, November 28 for Thanksgiving. No School on Wednesday, November 26 through Friday, November 28.

BEYOND THE BOOK The Dunbarton Congregational Church's Beyond the Book members will gather on Thursday, **December 4**, for the end of their reading year at 7:15 pm on Zoom. For place, link, or questions, contact barbbennett51@gmail.com.

ANNUAL CHRISTMAS CONCERT The Dunbarton Congregational Church in the town center will have their annual Christmas Concert on Sunday, **December 7** at **4:00 PM** Tickets are \$10 per person and \$25 per family. Tickets are available at the door or at the Curios on the Commons before the concert Wednesday 10 am to 4pm or Saturdays 9am to 4pm. Refreshments will be served in the Vestry after the concert. Money raised from this event helps support the community food pantry, food baskets (Thanksgiving and Easter), Secret Santa partnership for local kids, fuel assistance, prayer/comfort shawls for Concord Hospital patients and more. Questions, contact Lizz@community-dunbarton.org.

CONCORD COACHMEN HOLIDAY SHOW It's never too early to get into the spirit! Mark your calendars for the annual Concord Coachmen Holiday Show on Tuesday, December 9, 6:30pm, in the Upper Town Hall. Wear your holiday sweaters!! Check the library's FB page or website to confirm time and date. Cookies with Santa and the Town Tree Lighting are scheduled for Saturday, December 12, 3pm to 5:30pm. Enoy this PTO sponsored event for games, photos, cookie decorating, crafts and more at DES! Admission is free. Santa will arrive for FREE photos with kids of all ages. The big man will then lead the carriage ride to the town common for the Garden Club & Recreation Committee tree lighting at 5:15.

LIBRARY BOOK DISCUSSION GROUP will meet in the library at noon on Wednesday, December 17 for the "No Book Party" to discuss selections for the coming year. Please check the library's FB or website to confirm date and time.

SPIRESIDE COFFEE HOUSE OPEN MIC is scheduled for Saturday, December 20, at the Congregational Church, 6 Stark Highway North, Dunbarton Center, NH. Doors open at 4:30pm, and a donation 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: Spieside@community-dunbarton.org.

DUNBARTON POLICE

OCTOBER 2025 ARREST/CHARGE LOG

10/05: Roderick Dulude, 83, Dunbarton, was charged with negligent discharge of a firearm, prohibition - discharging a firearm within 300' of an occupied dwelling, and unauthorized use of firearms.

10/09: Kimberly Frechette, 51, Lempster, was taken into custody for aggravated felonious sexual assault - pattern, aggravated felonious sexual assault - family member, incest, and endangering the welfare of a child.



10/11: Nathaniel Nicholas III, 32, Ossipee, was charged with driving after revocation/suspension, suspended registrations, and non-inspection.

10/12: Deltyn Williams, 19, Weare, was charged with driving after revocation/suspension and non-inspection.

10/15: Jeffrey Biron, 41, Center Barnstead, was taken into custody for driving after revocation/suspension - alcohol ignition interlock device required, alcohol ignition interlock device circumvention, and non-inspection.

10/16: Joshua Boufford, 20, Dunbarton, was taken into custody for driving or operating under the influence of drugs or liquor, transporting alcoholic beverages by a minor, open container of alcohol, possess/use/display false ID card, person misrepresenting age, and yellow line.

10/20: Douglas Frechette, 51, Lempster, taken into custody on a Dunbarton PD arrest warrant for aggravated felonious sexual assault - pattern, aggravated felonious sexual assault - family member, incest, endangering the welfare of a child, accomplice to aggravated felonious sexual assault - pattern, aggravated sexual assault - family member, incest, and endangering the welfare of a child.

10/22: An individual was taken into protective custody for a mental health evaluation.

10/24: Paula McGrade, 55, Dunbarton, was charged with motor vehicle offenses.

10/27: Gena Walker, 37, Goffstown, was taken into custody for driving operating under the influence of drugs or liquor, transporting alcoholic beverages or marijuana, possession of more than 3/4 ounce of marijuana, and yellow line (2).

10/29: Jessica Keene, 34, Dunbarton, was charged with endangering the welfare of a child.

10/29: Robert Keene, 36, Dunbarton, was charged with endangering the welfare of a child.

10/29: Joshua Boyd, 27, Dunbarton, was taken into custody for criminal mischief.

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

Animal Complaint: 7	Motor Vehicle Complaint: 6
Assist Dunbarton Fire/EMS: 8	Motor Vehicle Lockout: 1
Assist Other Agency: 16	Motor Vehicle Stop: 107
Burglar Alarm: 3	Paperwork Service: 7
Civil Matter: 1	Pistol Permit: 4
Court: 3	Police Courtesy/Assist Citizen: 7
Criminal Threatening: 2	School Zone/Patrol: 21
Domestic Disturbance: 3	Suspicious Activity/Person/Vehicle: 4
Firearms Related Complaint: 1	Theft/Fraud/Scam: 3
Follow Up: 13	Unattended/Untimely Death: 1
Illegal Dumping: 1	Vacant Property Check: 4
Mental Health: 1	VIN Verification: 5
Motorist Assist/Disabled: 1	Wires/Trees Down: 2
Motor Vehicle Collision: 5	Welfare Check: 4

Police also issued 19 traffic citations (some may have been issued in conjunction with an arrest) for various offenses including, but not limited to: speeding, non-inspection, unregistered vehicle, and expired license.



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

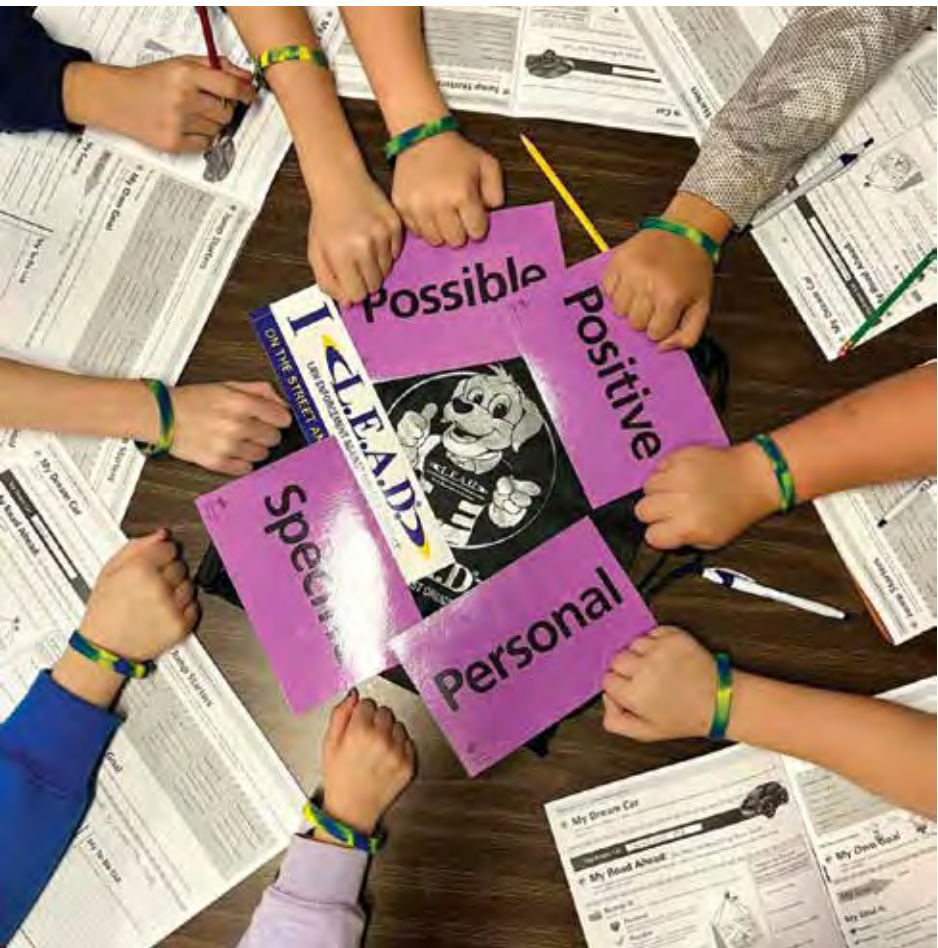
Gun locks are available in our lobby during regular business hours or by calling (603) 224-1232. Visit ProjectChildSafe.org to learn more about firearms safety

CRIMELINE GRANT AWARD



The Dunbarton Police Department was awarded a \$3,000 grant from the Concord Regional Crimeline! We'd like to thank the Crimeline for their support!

L. E. A. D.



Dunbarton Elementary School, sixth-grade students completed lessons in the Law Enforcement Against Drugs (L.E.A.D.) program, which teaches effective decision-making and violence and drug prevention. The Dunbarton Police Department runs the program in partnership with the school.

SCOUTS, FIREFIGHTERS CLEAN HEADSTONES AT DUNBARTON CEMETERY



On Sunday, September 28th, Dunbarton First Responders came together with Scouts from Bow to honor some of the town's oldest residents who have passed away.

Bow Troop 75 spent Sunday, September 28th cleaning the headstones at East Dunbarton Cemetery. Firefighters were on hand with their engines and a tanker to supply water.

Fire officials said the effort is a great way to keep the area beautiful and to remember those who came before them.



BOW HIGH SCHOOL SPORTS SPOT

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

FOOTBALL

The football season has come to an end. A valiant effort was made by the team, beating Merrimack Valley and Pembroke at home and John Stark away. However, high-scoring opponents held the Falcons to a 3-6 record, including, most notably, a 0-55 loss at home vs Plymouth. Many setbacks were faced by the team, but none were impossible to overcome. There’s hope that valuable experience will be gained by this season. Next season, Coach Clauss will have a full year of Bow football under his belt to complement his experience coaching football at Bishop Brady, ConVal, and other schools.



Junior Sean Flaherty against Pembroke

CROSS COUNTRY



Bow’s five cross country seniors at the home meet

On October 25, the boys and girls cross country teams competed at the State Championships. For the girls team, senior Julia Hou placed 22nd with a time of 22:06, freshman Alexis Matheis placed 71st with a time of 26:21, senior Maya Owen placed 87th with a time of 27:34, freshman Emma Bryant placed 92nd with a time of 28:14, junior Madelyn Fish placed 94th with a time of 28:21, and freshman Britain Fischer placed 102nd with a time of 29:04. The girls team as a whole placed 15th out of 16 D-II girls teams, but the team only had six players rather than the typical seven racing. For the boys team, senior Wyatt Worcester placed 20th with a 5K time of 17:53, and sophomores Sam Kohl placed 23rd with a 5K time of 17:56, George Kohl placed 45th with a time of 18:53, Ian Sandahl placed 54th with a time of 19:20, Gavin Simon placed 55th with 19:22, Jack Shulman placed 57th with 19:37, and freshman Ian Fellers placed 76th with 20:30. The boys team as a whole placed 6th out of 18 D-II boys teams. The top 5 teams qualify for the next round, the Meet of Champions. That means that the team was just outside of that threshold.

(continued next column)

On the season, senior captain Wyatt Worcester said, “We went into the season with a young team this year. Five of seven varsity runners being sophomores and one of the seven being a freshman. The team still finished strong at the state meet placing 6th out of 18 teams.” He added, “The team is looking strong for next year and I am excited for our future.”

FIELD HOCKEY

The field hockey team went all the way to the Division II championship! With a record of 13-1-2, the Falcons took the second seed in the play-offs. Their only loss was at Hollis-Brookline, and their ties were against John Stark and Souhegan. As the No. 2 seed (out of 11 teams total qualifying for the playoffs), the team received a first-round bye and played No. 10 seed Derryfield in the quarter-final round of the playoffs. It came away with a 9-0 win at home. The Falcons then proceeded to play No. 3 John Stark, one of the teams they had tied, in the semi-finals. This time, the matchup ended in a 4-1 win for Bow. Finally, the Falcons went to Bedford to play in the championships against No. 1 ranked Souhegan. This, unfortunately, ended in a 2-1 loss for Bow. Congratulations to all the players on the team for their efforts this season!



Junior Kaylee Jacques in the finals against Souhegan

BOYS SOCCER

After the boys soccer team’s only August game ended up in a 2-1 win against Kingswood, it won 6 games, tied 5 games, and lost 4 games. The Falcons first defeated Lebanon 2-1 but subsequently lost to the Campbell Cougars, the defending champions, 0-3. A 8-1 blowout win against Laconia ensued. 2 goals were scored by senior Matei Botha. Juniors Milo Cocola, Clayton Nadzan, Jack French, and Blake Crowell with sophomores Caden Bechtold and Isaac Roz each scored a goal. The team then tied Merrimack Valley 2-2, where Botha and Bechtold scored the Bow’s two goals, defeated Plymouth High School 5-0 (Botha scored twice, junior Rowan Schlosser scored twice, and Cocola scored once), and lost at Oyster River 0-1. The Falcons tied Milford 1-1, Botha scoring the only goal, and lost at Coe-Brown 1-2. To close the month of September out, they won at home against Pelham 2-0. Subsequently, in October, the Falcons tied three times, won twice, and lost once against Hollis-Brookline. They entered the playoffs with a 7-4-5 record and received the No. 8 seed out of 11 teams qualifying for the playoffs. Unfortunately, the Falcons lost in the first round to No. 9 Lebanon 1-2.

notice to our *Readers* In the October issue of the Bow Times the caption in the field hockey section was incorrect. It should have read: **Senior Josie Johnson against Laconia.**

HOPKINTON

Town Crier

two villages♥one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

Annual Contoocook Artisans Holiday Craft Fair

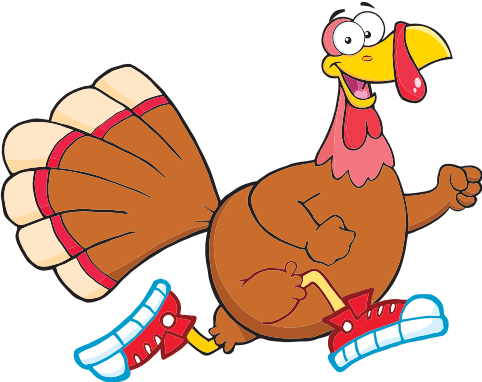
HOLIDAY CRAFT FAIR The Annual Contoocook Artisans Holiday Craft Fair will be held Dec. 5-Dec. 7 at the American Legion Post 81 E.R. Montgomery Event Center located at 169 Bound Tree Rd. in Contoocook, NH. This juried fine arts and crafts fair features 30+ artisans and with locally made items including gifts for the home, maple sugar products, fresh wreaths and dried arrangements, baskets, holiday items, dolls and children’s toys, hand blown and hand formed glass works, wooden items, jewelry, clothing and accessories, oil cloth accessories and handbags, specialty paper and books, felted treasures, pottery, photography, stained glass, folk art, beadwork, quilts, Shaker items and much more. Dates and times for the Fair are Friday, Dec. 5 from 10-7pm, Saturday, Dec. 6 from 10-5pm, and Sunday, Dec. 7 from 10-2pm. For more information email contoocookartisansnh@gmail.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



HAZARDOUS WASTE DAY is November 22 from 9-1. It is 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.

2025 THANKSGIVING DAY 5K TURKEY TROT



All proceeds will support the Hopkinton Human Services Department’s food and fuel assistance programs, Operation Holidays, as well as the Anna O’Reilly annual scholarship.

Hosted by the Hopkinton Recreation Department, with race day support from the Hopkinton Runners Society
PRE-REGISTER NOW AT: WWW.HOPKINTONREC.COM

THANKSGIVING DAY 5K TURKEY TROT starts at 8:00 AM. Please register at Hopkinton Town Rec at hopkintonnh.myrec.com. Pre-registration is available until midnight on Tuesday 11/25 with a limit of 200 runners. If space is available, there will be a race day registration on Thanksgiving morning from 6:30-7:30 AM at Hopkinton High School with cash or card.

THE FARMERS’ MARKET has moved inside for the winter at Maple Street School on Saturdays from 9am-12pm. Ongoing updates are available at Contoocook Farmers' Market on Facebook.

WAFFLES & WARM HEARTS HOLIDAY BREAKFAST will be held Saturday December 6th from 8-11am at the Slusser Center. Register on line at hopkintonnh.myrec.com or you can pay at the door. Cost for ages 12 years and up is \$7. Ages 5-11 are \$5. Ages 4 and under are free. There is a family rate for immediate families of \$24. All proceeds will go toward Operation Holidays. Donations and funds raised support children and families with clothing and toys to ensure that no one goes without over the holiday season. Thank you to HR Clough for your support. Additional donations will be accepted at the door.

MINDFULNESS MEDITATIONS is held every Monday from 850-925am at the Slusser Center Wellness Room. Please arrive at 845am. This program is geared for adults 50+ and is free of charge. Drop-ins welcome!

WEDNESDAY SENIOR LUNCH is served at the Slusser Center Dining room. Lunch donations of a suggested \$5 are collected. The menu is posted at hopkintonnh.myrec.com and in the entryway of the Slusser Center.



“WINTER MEMBERS SHOW & SALE”

November 29 – December 27, 2025



HOLLY – Marth Sawyer

Opening Reception
Saturday, December 6, 2025
12:00 to 2:00 PM
Coincides with Contoocook’s Starry, Starry Weekend.

The Winter MembersShow & Sale is one of our most popular shows of the year. It’s not only an ideal holiday shopping opportunity—it’s a way to support local art and artists! More than 50 artist members from towns throughout New Hampshire display their best work in a range of genres and mediums. You’ll find oil, acrylic, pastel, and water color paintings; ceramics, fiber art, glass, wood, prints, jewelry, prints, mixed media, and more.

Enjoy the festive, holiday spirit by shopping during Starry, Starry Weekend, when the town is decorated for the holidays. Gallery hours are extended as we join other village stores and pop-up shops in the event. Special extended hours are Friday December 5, and Saturday, December 6, from 10:00 AM – 8:00 PM and Sunday, December 7, from 1:00 AM – 5:00 PM.

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



OCTOBER 2025 ARREST LOG

4 Arrests • 5 Accidents • 214 Traffic Stops

10/01 Nathan Peightell, 21, of 67 Beaver Dam Road, Webster, NH was charged with Drive After Revocation/Suspension and Suspended Registration.

10/09 Jose Botelhol, 35, of 88 Halfmoon Pond Road, Washington, NH was charged with Suspension of Vehicle Registration.

10/19 Dreux Carroll, 40, of 208 Tucker Drive, Hopkinton, NH was charged with Drive After Revocation/Suspension – subsqt.

10/26 Michael Ridley, 43, of 25 Pleasant Lane, Warner, NH was charged with Theft Lost/Mislaid \$0-\$1000.



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DECEMBER 5, 6 & 7, 2025

Starry Starry Weekend

A COMMUNITY-WIDE WEEKEND OF EVENTS IN HOPKINTON

Candlelight Tour

Begin the weekend Friday with a Candlelight Tour of Historic Hopkinton Village, then gather Saturday in Contoocook Village for the annual Tree Lighting with Santa and Mrs. Claus.

Explore Festive Markets

Handmade gifts, kids' crafts, live music, and local food and drink across both villages.

Enjoy Good Eats

From holiday brunches to food trucks and farmers markets, the spirit of the season shines December 5-7.

Magic in the Park

Saturday, December 6 from 5 pm to 7 pm
Riverway Park
Join us in Riverway Park as the Hopkinton Woman's Club serves hot chocolate and treats (by donation) beginning at 5:00 PM.

Santa & Mrs. Claus

The jolly couple arrive at 5:30 PM. Say hello, enjoy a free cookie, and drop off your letters for Santa!

Tree Lighting

The evening ends with the tree lighting at 6:00 PM in the gazebo.

Don't forget your camera for photos with the Clauses!

TRIVIA FACTS: FOR YOUR INFORMATION

FACT: Thanksgiving became an American holiday through a process of presidential declarations and Congressional action. President Abraham Lincoln officially proclaimed the last Thursday of November as a national Thanksgiving in 1863. It became a federal holiday when Congress passed a law in 1941 officially establishing it as the fourth Thursday in November, a date President Franklin D. Roosevelt signed into law. Lincoln's proclamation set a precedent, with each subsequent president declaring a Thanksgiving holiday, typically on the last Thursday of November.

In 1939, President Franklin D. Roosevelt moved Thanksgiving up a week to the third Thursday in November to lengthen the Christmas shopping season. But after years of public confusion and resistance to the date change, Congress passed a joint resolution in 1941, officially making Thanksgiving a federal holiday on the fourth Thursday of November.

FACT: While were thinking turkey... if Ben Franklin had his way the bald eagle would not have officially been chosen as the national bird. Franklin argued for the wild turkey in a letter, calling the eagle a "bird of bad moral character" and the turkey a "much more respectable bird."

Franklin's preference was never an official proposal, but the story is popular due to his famous letter where he praised the turkey for its courage and native status.

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TOWN OF BOW POLICE DEPARTMENT



OCTOBER 2025 ARREST LOG MISDEMEANOR AND FELONY

- 10/01

Cody Rogers, Hooksett, Driving After Suspension – Subsequent
- 10/06

Andreanne Lefebvre, Bow, Driving After Suspension – Subsequent
- 10/15

Ahmed Saleque, Hooksett, Loitering or Prowling
- 10/16

Jonathan Glidden, Boscawen, Driving Under the Influence
- 10/17

Karaikis Rooks, Oakland, TN, Simple Assault- Domestic Violence
- 10/18

Shawn Haggart, Chester, Driving Under the Influence
- 10/19

Alex Mowry, Bow, Driving After Suspension
- 10/25

Hao Qin, Brighton, MA, Negligent Driving
- 10/26

Hunter Fortier, Bow, Driving Under the Influence
- 3 Violation Level Arrests, and 2 Involuntary Emergency Admissions



A Message from CHIEF MILLER



As the fall weather is upon us, the Bow Police Department remains committed in our mission to keep our community safe. November ushers in a season of reflection, gratitude, and busier roads. With shorter days, please wear reflective gear and or carry a flashlight when walking at dawn or dusk, slow down on leaf-covered roads as wet leaves can be as slippery as ice. To stay safe at home I recommend you have your chimneys and furnaces inspected and cleaned and remember to test smoke and CO detectors regularly.

Happy Veterans Day! On November 11th, we honor all who have served in our nation’s military. We are especially proud of Officer Serena Shooter, an active member of the New Hampshire National Guard, and we extend our heartfelt gratitude to every service member, past and present, for their dedication to keeping our country safe.

I would also like to wish you all a happy and safe Thanksgiving. Thanksgiving weekend has always been one of the busiest travel times of the year. It behooves travelers to plan ahead, wear seat belts, and avoid distractions, never drive impaired and allow extra travel time. Our officers will be out enforcing traffic laws to keep our roadways safe.

We are actively recruiting motivated individuals to join our team. If you or someone you know is interested in a rewarding career in law enforcement, reach out to Lt. Phil Lamy at plamy@bownhpd.gov to learn more, schedule a ride-along, or tour the Public Safety Center. Finally, a big thank you to everyone who supported our Blues for Bucks campaign. Together, we raised \$1200.00 for the Merrimack County Child Advocacy Center in Concord, directly supporting children and families in crisis. Your generosity makes a difference.

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



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, and Vacant House Check (VHC) forms.

COMMUNITY OUTREACH



Bow Elementary School had a successful annual Trunk-or-Treat and we were proud to take part. The Bow Rec Center’s efforts in organizing this yearly program are greatly appreciated. Excellent community engagement and a great turnout were observed at the event.

WE’RE HIRING! APPLY TODAY! WE’RE CURRENTLY HIRING FOR: 4 POLICE OFFICERS

- Eleven (11) Paid Holidays
- Medical Insurance (w/Buy-out option)
- Dental and Life Insurance
- Accrual of annual, sick, and comp time leave
- Officers work 4/3 schedule with rotation every 3 months
- Participation in Group II NH Retirement System
- Full Uniform & Equipment Provided

EMAIL RESUME & COVER LETTER TO:
Lt. Phil Lamy at
plamy@bownhpd.gov



REMEMBERING CORPORAL CLARK



It is with profound sadness that we extend our deepest condolences to the family, friends, and loved ones of retired Bow Police Corporal, Kelvin H. Clark, who passed away recently.

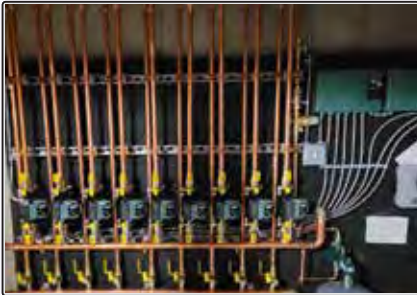
Kelvin proudly served our community for many years as a dedicated officer from 1985 until 1999. He brought

integrity, compassion, and unwavering commitment to his role in keeping Bow safe.

His legacy of service will forever inspire us, and he will be deeply missed by all who knew him. Our thoughts and prayers are with his family during this difficult time.



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THE



MUSIC

LADY

FOR THE LOVE OF MUSIC

Everyone loves a good comeback story – even in music. Sometimes after its initial popularity, a #1 hit song fades into a memory heard only occasionally on a radio station. Then, years later, that song may just happen to become the featured theme song of a highly successful movie, a Broadway show, or may go viral on social media like TikTok or Instagram. Next thing you know it makes a comeback and shoots back up in popularity again. The original performers or composers of these songs, if they are still alive, are stunned with an unexpected windfall of success, sometimes decades later, that puts them on top again. Here are a few examples of some musical comebacks:

TINA TURNER was known as the “Queen of Rock ‘n’ Roll,” with her dynamic voice and thrilling stage performances. After suffering decades of abuse from husband, Ike Turner, she finally broke away from him, reimagined herself, and began a solo career. In 1984 at age 44 she had a world-wide #1 hit song, “What’s Love Got To Do With It,” which depicted the reality of her life with Ike. The song marked a victorious comeback from the years of physical violence and mental abuse she had experienced with Ike. She reinvented herself with this song. When the biopic movie, “What’s Love Got To Do With It” came out in 1993, there was a resurgence of the popularity of her #1 hit. The Broadway bio-musical, “Tina,” came out in 2019, bringing the song back to acclaim again. Tina’s other hit song “Proud Mary” was also featured in the movie and the Broadway production.

SCOTT JOPLIN was the creator of Ragtime music around 1900. This new style of piano music was hugely popular in bars and “houses of ill repute,” but considered too “low class” by critics and the hoity-toity general public of the day. Joplin died before realizing the impact his Ragtime music would have on the evolution of music in America for generations to come. Decades after his death, pieces he wrote would continue to be played across the country in taverns, and saloons. His Ragtime style morphed into many other musical genres, experiencing a re-birth with the 1973 hit movie, “The Sting,” starring Paul Newman and Robert Redford. The theme song for this movie was Joplin’s “The Entertainer,” and also featured his “Maple Leaf Rag.” With this movie, there was a new-found popularity and respect for Joplin’s Ragtime music, to a far greater extent than he ever experienced in his lifetime. The sheet music for these songs sold out across the nation, as

it is very playable for most piano students who caught the spirit of Ragtime music from the movie. Scott Joplin was posthumously awarded a Pulitzer Prize for his contribution to American music. All it took was a Hollywood film with great actors to put Ragtime music back on the top of the heap.

BRENDA LEE, was only 13 years old in 1958, when she recorded the #1 hit song, “Rockin’ Around The Christmas Tree.” It took the country by storm and became one of the many heartwarming songs played every single Christmas season, on every single radio and TV station across America into perpetuity. “Rockin’” experienced another record-breaking moment in 2023 when it again reached #1 on Billboards, mostly due to its resurgence on TikTok. At age 79, Brenda Lee became the oldest artist ever to top the charts. Her name and her fame has never dimmed over the decades.

HERB ALPERT enjoyed a comeback with a lesser known song called “Ladyfingers.” It’s a soft, soothing melody that was first recorded by Alpert and The Tijuana Brass in 1965. Herb included it in several of his successful albums. If you were to listen to this song on YouTube, I bet you will recognize the catchy melody. “Ladyfingers” experienced a major resurgence in 2023 as one of the most popular background songs on TikTok and Instagram, which has led to *billions* of streams across Spotify and iTunes. At age 90, Herb Alpert has expressed his shock and joy over having his work re-emerge with such popularity, after almost 60 years from its release.

TONY BENNETT enjoyed an illustrious, 7 decade-career from 1950-2021 as one of the most celebrated singers in the world. His passion was the music of the Big Band and Swing Eras from 1930’s into the 1950’s. After Tony’s success with the hit, “I Left My Heart In San Francisco,” his career began to wane in the mid 1960’s, with the rise of rock music and the British Invasion. His traditional pop and jazz style became less popular with younger and mainstream America. The comeback from his career lull came about when his son, award-winning producer Danny Bennett, took charge of Tony’s career. Danny booked his dad on TV shows, such as “Saturday Night Live” and “The Simpsons,” and he began producing Tony’s “Duet Series,” with some of the world’s greatest singers. Beginning in the 1960’s, Tony began singing duets with Amy Winehouse, Lady Gaga, Aretha Franklin, Stevie Wonder, Barbra Streisand, Elton John, Paul McCartney, Michael Buble, Natalie Cole, Andrea Bocelli, Mariah Carey, Sting, Bono and too many more to mention! At first, Tony was reluctant to follow his son’s design for a grand comeback, but the proof of his rejuvenated success made him admit he was wrong. Tony became more successful than ever. How fortunate to have a son who is an award winning producer!

OBITUARIES

MARTHA ELIZABETH BOWER

Martha (Meg) Bower, age 90, of Contoocook passed away September 27th at the Bellamy Falls Facility in Dover.

Martha was known for her personality, her love of life and for people, and for her love of playing tennis. She believed tennis kept her youthful, and she continued to play into her eighties.

Martha was born in Malden, Massachusetts on February 1, 1935, to Stephen Joseph and Lillian Gilman. She attended Malden’s local schools, after which she began her academic career at Tufts University. In 1955 she married Erlend Jacobsen and they had three children together, Erik, Evan, and Hilse. Erik’s life was cut short by a motorcycle accident.

After a divorce she met and married Paul Bower, they were married for forty-eight wonderful years. Martha and Paul were partners in several adventures including a ski shop in NH, and a tavern in Vermont.

Martha is survived by two children, Evan Jacobsen and Hilse Jacobsen, and two grandchildren, John and Evan Jacobsen.

THOMAS E. FELLOWS

Thomas (Tom) Fellows, 80, died at his home in Hopkinton on October 26, 2025. He was born in Hanover on July 4,1945, to parents Robert and Arlene Fellows; Tom was very proud of being a native New Hampshire and of the Fellows’ family residency in the state since the 1790s. He met his future wife, Nancy King, they married in 1964, and two sons, Mark and Richard, were welcomed into the family.

Tom graduated from Hanover High School in 1963, then received his associate's degree in vocational electricity from NH Technical Institute (now Manchester Community College) in 1965. Tom's entire working career was spent with Public Service Company of NH (now Eversource) beginning in 1965 until his retirement as an electrical supervisor in 2007. His work in the electrical department took him to substations throughout New Hampshire.

Family activities included camping, maple sugaring and his particular passion, gardening. His garden was dominated by multiple rows of corn to satisfy his love of fresh corn on the cob, cooked immediately after picking for optimal flavor.

He is survived by his wife Nancy; son Richard, daughter-in-law Abigail and their son Isaac; grandson Raymond Fellows; nieces Larraby Fellows-Close and Chelsea Fellows-Stanley.

He was predeceased by his parents, his son Mark, and his sister, Judith Fellows-Miller.

In lieu of flowers, please consider donating to the Granite VNA which has supported Tom in several post-surgeries as well as with hospice care. (www.granitevna.org).

ANTHONY PAGE

Anthony “Tony” M. Page, age 74, of Woodhill Road in Bow passed away peacefully on Wednesday, October 22, at the Merrimack County Nursing Home.

He was born in New London, the son of the late Charles and Ruth (Webster) Page.

Anthony was a proud veteran of the United States Navy where he served as a photographer.

He worked for Sylvania for many years until his retirement. He enjoyed fishing, traveling, and tending to his beloved rose garden. Above all, Anthony cherished spending time with his family-especially his granddaughter, Talia.

He is survived by his loving wife, Jean; his daughter, Marisol Dowling and her husband, Max; his granddaughter, Talia Lewis of Hawaii; stepson, Edward Rorabaugh and his family of Florida; two brothers, Francis and John Page; and his sister, Mary Seymour.

Anthony was predeceased by his father and mother, Charles and Ruth Page; brothers Charles Page Jr., andThomas Page; sisters, Anne Cash, and Jeanette Patten.

EILEEN QUINLAN

Eileen (Middlemiss, DeSantis) Quinlan of Bow, born January 23, 1943, passed away peacefully November 1. She was 82.

Eileen was the daughter of John and Elizabeth Middlemiss and also the sister to twelve brothers and sisters.

She is survived by her three children Peter, Carolyn, Christine and their families.

We are glad she is no longer suffering and know she will be missed by those who knew her.

Eileen asked for donations to be made to Shriners Children.



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THAT THANKSGIVING MEAL

by Bow Resident Paul Pomeroy

Thanksgiving Day, to many Americans, their favorite holiday. Next to Christmas, probably the most celebrated. Families traveling miles to share the meal and the meaning of the day.

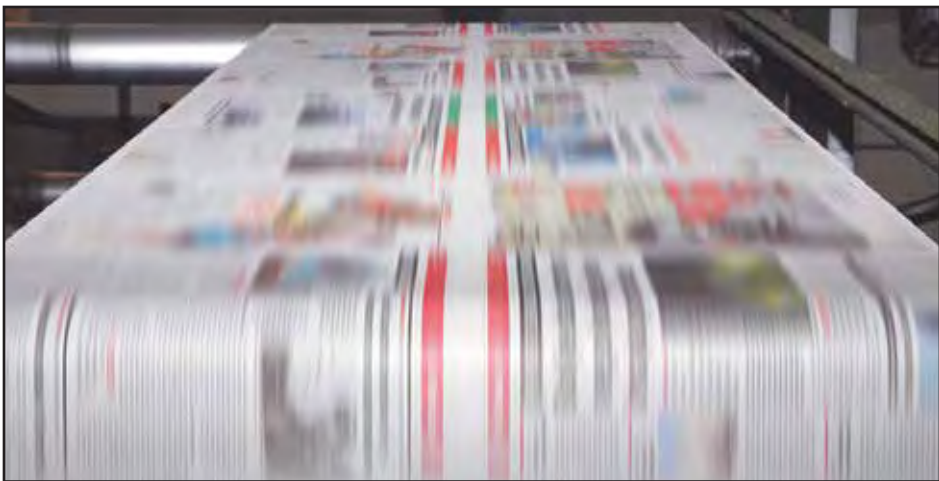
And we all want the day to go perfectly. Just like a Hallmark Holiday show. And sometimes it might...

Sister Mary, her husband, and her three children fly in for the occasion. Fortunately, there were no lines at the airport and the plane was on time. Brother Jack, along with his wife and two children, pick them up in his van. Pulling up just as they walk out of the terminal. Bags in hand. Big welcome to all when they reach their parents' house. Aunt Rita and Grandmother are already there helping Mother with the meal. Uncle Frank is also there arranging the chairs at the table. Despite the clean crisp afternoon, all family members remove their shoes at the door. Shortly the meal is served. Everyone takes their seats where ever they please. Father sits at the head of the table. He is wearing his favorite Thanksgiving tie and is holding the carving cutlery that has been in the family for generations. Father carves the turkey perfectly. Before passing the plate, he offers a short, non-denominational, prayer and asks all members to raise their glasses of wine or soft drinks in a toast to the day. Dinner proceeds peacefully. Just enough white meat for those who wish it. Ditto for the dark meat. Everyone loves the homemade cranberry sauce and apple pie that Aunt Rita brought. Pleasant conversation. After the meal, the men insist that they will clean up, and send all the ladies to the parlor with their coffee. Once everything is cleaned up, they all move to the family room to watch football. Fortunately they all are cheering for the same team — and sometimes it might not...

Sister Mary, her husband, and her three children fly in for the occasion. Unfortunately, their plane was two hours late due to the rain storm. They made it but their luggage didn't. Brother Jack has been waiting this whole time in his Ford Focus. Freezing because the heater is on the fritz. But they eventually get to the house. It is raining so hard they all hurry in, tracking in all sorts of mud and leaves. Aunt Rita and Grandma are there complaining to Mother that the dinner is ruined. Also, the seating arrangements are a little complicated. Grandpa must sit at one far end of the table because he refuses to remove his MAGA hat. Cousin Myrtle at the other far end because she is wearing her "I'm With Hillary" shirt. The same one she has been wearing every Thanksgiving since 2016. No prayer so as not to put up with all the raving from the two atheists at the table. Father was supposed to carve, but he has had six beers already and is a bit tipsy. So, Uncle Frank will carve. He is wearing his new tank-top shirt to show off his new tattoos. No one could find a carving knife, so Uncle Frank just pulls the bird apart. Trouble arises when Sister Mary's three children each want a drumstick. And Aunt Rita's tube of cranberry sauce and supermarket pie are less than a big hit. Uncle Jack's two children are vegan and gluten free diners. They refuse to sit near, or even pass, the plate of turkey.

After heated discussions on politics and religion, all the men filter away from the table to the living room to share in their usual Scotch and cigar ritual. The ladies get stuck with the dirty dishes and begin bickering about who will clear, who will put the dishes in the dishwasher and who will go into the living room to tell those men to put out those damn cigars. But it is too late. The Scotch has been drunk, the cigars have been smoked, and a fight has broken out between those who cheer for the Chiefs and those who cheer for the Cowboys.

Mother just shakes her head, has her own Scotch, and goes to bed... And as Tiny Tim says "God Bless Us Everyone!" Oh wait... that's another story all together.



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| Dunbarton Town Office | South Street Market |
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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.



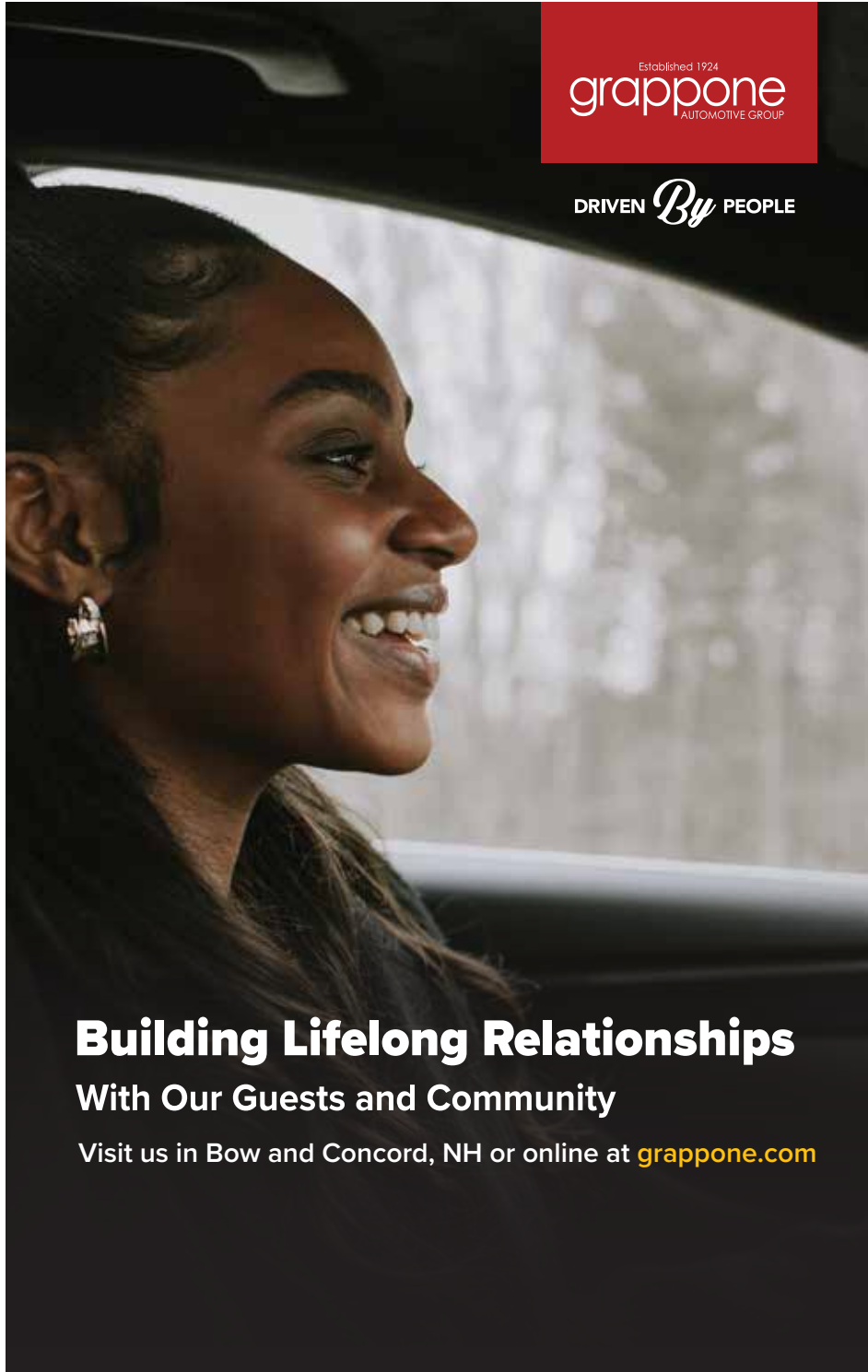
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