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DUNBARTON NEWS ON PAGES 13-14

BOW ZONING CHANGES HEARING ON DECEMBER 18

A public hearing will be conducted at 7 P.M. on Thursday, December 18 at the Bow Municipal Building at 10 Grandview Road to consider amendments to the town zoning ordinances. We reprint only a few of the changes to be considered.

- To amend Section 5.07 to allow the Planning Board to establish a Site Review Committee for review of minor site plans.
- To amend Section 5.11, Table of Use Regulations, to add multi-family housing as a permitted use in the Commercial District.
- To amend Section 6.02 to clarify that minimum lot frontage must be along a Class V or better road.
- To amend Section 7.04 to remove the requirement for a Conditional Use Permit for detached Accessory Dwelling Units (ADUs) and to add a clause regarding ADUs in existing non-conforming structures.
- To add Section 7.28 regarding multi-family housing in the Commercial District.
- To amend Section 11.04 to add subsection H, Adaptive Reuse, related to repurposing existing buildings for residential use.

Text of all proposed amendments is available for review on the town website and at the Bow Community Development Office. You may attend this meeting for the purpose of presenting your comments on any action the Planning Board may take concerning these proposed amendments. If you have questions, please contact Karri Makinen, Community Development Director at (603) 223-3971.

KITCHEN FIRE IN BOW LEAVES HOME UNINHABITABLE

A kitchen fire at a Bow home on November 20 rendered the entire house unsafe to live in. Around 12:48 p.m., the Bow Fire Department received a call reporting a fire at 59 Logging Hill Road. Fire Chief Dennis Comeau said a young man was home alone and trying to make lunch when he accidentally started a fire that spread quickly. "The house is certainly uninhabitable," said Comeau. "the damage is extensive."

For a brief period in the afternoon, part of Logging Hill Road, between Albin and Knox Road, was closed to allow emergency crews to respond to the fire.

Modern homes burn faster than those of past decades because today's furnishings often contain synthetic, petroleum-based materials, such as plastics, foams and fibers, that ignite quickly and burn intensely. Thirty years ago, occupants typically had 15 to 20 minutes to escape a house fire. Today, that window can be as short as five minutes, according to the State Fire Marshal's Office.

— Courtesy Concord Monitor



Bow firefighters put out flames at a house on Logging Hill Road on Thursday, November 20. Photo courtesy Sruthi Gopalakrishnan / Monitor.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 11

COMMUNITY INVOLVEMENT HOLIDAY STYLE



On Saturday, November 15, the Bow Police Deptment had a very unusual call for service at the **AllTown Truck Stop**. A long-haul trucker flagged down Sgt. Handy with a logistical emergency of the poultry variety. His problem? An unexpected surplus of approximately **250 whole chickens!** All perfectly good and ready for roasting, but with no place to go!

Never ones to *chicken out* of a challenge, Sgt. Handy and Sgt. Coady teamed up with our friends at the Bow Fire Department to hatch a plan. With a few quick calls, they connected with the amazing crew at the **Friendly Kitchen** in Concord, who were more than happy to take the flock off our hands and get them into pots, ovens, and ultimately the plates of community members who need them most.

Big thanks to the trucker for reaching out, to Friendly Kitchen for their incredible work, and to our firefighters for always being game for a good deed (and a good bird). Just another day proving that when our community works together, we can turn a *fowl* situation into something truly wonderful.

SELECTMEN HEAR INITIAL BUDGET REVIEW

On December 3 Bow Selectmen were presented with an initial review of the upcoming budget.

Town Manager Stack and Finance Director Cheryl Linder presented the proposed FY 2026-27 town budget. Mr. Stack highlighted recent successes, including new paving, the Page Road bridge construction, and cost-saving measures like vehicle sharing and DPW truck build ups.

Mr. Stack reviewed the overall budget process and noted that the estimated municipal tax rate for FY 2026-27 is 4.91, an increase of 6.2% from the current fiscal year.

Director Lindner reviewed the operating budget and highlighted some items, including a proposed new fire position, a 3% COLA and an increase in solid waste removal due to the new contract with Casella. Ms. Lindner also reviewed some of the key revenues for the town.

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

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EDITORIALS

BOORISH AND CHILDISH BEHAVIOR IS BLESSED BY PRESS SECRETARY

On November 14 several reporters questioned President Trump about the Epstein matter. Catherine Lucey of Bloomberg News asked a follow up question to an earlier one of hers and the president said, "Quiet, quiet Piggy."

This 13 year-old behavior on the part of the President as the piggish one did not lead to an apology, as any real gentleman would have done. Instead, the boorish and rude behavior was condoned by New Hampshire's

"Karo-lyin" Leavitt as Mr. Trump merely being "very frank and honest."

While Dozing Don was his typical rude self, Ms. Leavitt lowered herself to defend his conduct and lost ever more credibility in the process.

Then on November 26 the President of the United States lowered himself once again by calling Katie Rogers of the New York Times, "ugly, both inside and out." He was responding to a story about increasing signs of his aging.

Maybe he thinks insulting women wards off dementia?

ARE SWASTIKAS AND NOOSES STILL HATE SYMBOLS? THE COAST GUARD WAS UNSURE

Anyone able to read this editorial knows that a noose and a swastika are symbols of hate. An estimate by the Equal Justice Initiative found that 4,084 Black men, women and children were lynched in the South between 1877 and 1950. As for the swastika, 250,000 Americans died fighting the Nazis in World War II.

These are the reasons the U.S. Coast Guard has long had a policy that nooses and swastikas displayed by its members would constitute a "hate incident."

However, the new and improved Coast Guard, which reports to Homeland Security Secretary Kristi Noem, not the Defense Department, in November proposed to downgrade the noose and swastika to only being "potentially divisive."

A Coast Guard official, who had seen the proposal, said: "We don't deserve the trust of the nation if we're unclear about the divisiveness of swastikas."

While the proposal has since been withdrawn, it is scary to think that parts of our military structure could even contemplate watering down the morally offensive noose and swastika as merely "potentially offensive."

> Chuck Douglas For a free press, je suis Charlie

IDENTITY POLITICS, SEATTLE EDITION

In case you think Democratic progressives have shed their identity politics obsessions, let's check in with Katie Wilson, mayor-elect of the Woke Republic of Seattle. She is pitching her plans for city government appointments this way:

"I will appoint a cabinet of exceptional leaders whose lived experiences reflect the diversity of Seattle's Black, Indigenous, Asian and Pacific Islander, Latinx/Hispanic, and People of Color communities as well as that of women, immigrants and refugees, 2SLGBTQIA+ communities, people with disabilities, people of all faith, traditions, and residents from every economic background."

Now, that is some coalition. But what's a 2SLGBTQIA+ community? We looked it up. It's apparently an acronym for Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, Intersex, Asexual, with the + covering anybody who feels left out.

With all of these groups to satisfy, we're not sure there are enough jobs to go around. But may the Two-Spirit be with the mayor. **Guest Editorial** – Nov. 19, 2025, Courtesy Wall Street Journal

LETTER TO THE EDITOR

How, when, where, and why should parents exercise their opinion? Particularly when it comes to the safety of

It is a fact XX does not equal XY. No matter what happens to them, biological males have an athletic advantage, which they effect on females sometimes to the point of severe injury. It's never the other way around. If this was a truly equitable thing, girls would be scrambling to play against boys, too.

Policymakers have turned a blind eye and failed to protect women in sports, bathrooms, and locker rooms. Perhaps they themselves don't have a female-at-birth family member destined to face the threat of lost teeth, paralysis, blindness, and other life altering injuries that transgender biological male athletes have inflicted on girls.

No matter where you stand on transgender acceptance, it cannot come at a cost to the girls. Period. How barbaric are we that it was once accepted for a man to beat his wife with a stick no wider than his thumb (the rule of thumb), and now, allow boys to dominate girls in sports, legally.

The case before the First Circuit Court of Appeals heard on November 5th, as reported in Bow Times, stated arguments from both sides about whether the parents acted inappropriately by wearing pink XX wristbands in protest of a game against the team with a biological male. Really? What a waste of the court's time and resources. Just by showing up, these parents, as suggested by School district lawyer Shirley, grossly offended the "left footed kickers." This case is merely a diversion from the issue: it's not safe for girls to play against boys.

I, like the parents, pay taxes for schools that will provide safe experiences for all students, in all areas of study and sports. We expect and demand it. The blatant refusal of school officials to address the danger and allow a. the game to go on, and b. shut down the parents for protesting is truly disgusting. As these vogue acceptance policies to satisfy a tiny percent of students cause grown adults, who know better, to conform, the girls suffer.

Let's face it, we protect our kids with pads, and ballistic helmets, eyewear and mouthpieces, none of which was a thought in the '70's, and now, throw the sexes together in sport. Have we lost our ever-loving minds? No way Mockingjay, go to the movies for your bloodsport.

Eileen Ketcham, Bow



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QUOTE OF THE MONTH

"There is no inflation and the whole affordability thing is a hoax. Don't believe what you pay, believe what I say."

- Guess Who?





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HEALTH WATCH **CAN PANDORA PREVENT DEMENTIA?**

Regularly listening to music is linked to a lower risk of developing dementia, according to a new study. In the study, published in October, researchers looked at data spanning a decade and involving more than 10,000 relatively healthy people, aged 70 and older, in Australia. People who listened to music most days slashed their risk of developing dementia by 39 percent compared with those who did not regularly listen to music, the study found.

The ASPREE Longitudinal Study of Older Persons followed participants to investigate what factors are associated with the risks of developing various diseases - and how much lifestyle changes could make a difference.

They found that of the 10,893 participants in the study, the 7,030 who said they listen to music most days had the biggest drop in dementia risk compared with people who were not as frequent music listeners. The study did not specify what kind of music.

"They also had a decreased risk of experiencing more general cognitive decline," Ryan said. "And we also found that in that time period, they performed better, consistently better, on the tasks of memory and also on a global cognitive function test."

What happens to the brain when we listen to music? At Princeton University's Music Cognition Lab, researchers have conducted studies looking at what happens to people's brains when they listen to music. They've found that various parts of the brain are activated, including motor areas, sensory areas, the regions that process emotions and those involved in imagining or daydreaming. This could be the key to what makes music powerful for boosting brain health.

"One of the things that seems to be really important is just getting all those areas to talk to each other in meaningful ways," said Elizabeth Margulis, director of the lab and a trained pianist who wasn't involved in this new study. "That's something music is exceptionally good at doing."

MICROPLASTICS AND YOUR HEALTH

Recent studies have revealed that our brains contain microplastics that have come through water bottles, cooking with plastic, and our clothes. Scientists are looking at whether there is a link to dementia by our breathing and ingesting tiny particles of plastic.

The Wall Street Journal on October 27, 2025, in an article entitled The Big Danger of Microplastics, provided some alarming statistics.

Some 2.7 million metric tons of microplastics were estimated to have leaked into the environment in 2020, according to a report from the Organization for Economic Cooperation and Development. The projected figure for 2040 is 41 million.

According to a paper published in Frontiers in Toxicology, anthropogenic particles, including microplastics, were found in 99% of U.S. West Coast seafood samples. A breakdown of the types of particles found: 82% fibers, 17% fragments and 0.66% films.

Microplastics have been found in eight organ systems: cardiovascular, digestive, endocrine, integumentary, lymphatic, respiratory, reproductive and urinary.

Ingestion of microplastics, including airborne and through food, increased over sixfold from 1990 to 2018, according to the study published in 2024 by the Journal of Environmental Science & Technology and interestingly washing your clothes more frequently isn't good, as the more you wash them, the more microplastics are likely to be shed, according to research from Washington University in St. Louis.

HEALTH INSURANCE COSTS UP SHARPLY

The cost of health insurance rose steeply for a third year in a row in 2025, reaching just under \$27,000 for a family plan, according to an annual survey from the nonprofit KFF, which provides the broadest picture of U.S. employer healthcare cover-age.

That is a 6% increase from the year before and builds on two prior years of 7% gains. The cost is rising faster than inflation, and economists and business leaders said it could bite into employment and wage growth

"If healthcare costs go up faster than the economy In general, that means there's less money left over to go to wages," said Gary Claxton, who is a senior vice president at KFF.

Nearly half the population gets health insurance coverage through a job. But, small employers are being hit with the sharpest increases.

More than half of small-business owners reported that health-insurance costs increased by 10% or more this year, according to a survey of 336 small businesses that was conducted in October by Vistage Worldwide, a business-coaching and peer-advisory firm.

Bow and Hopkinton Soccer Players Selected for Annual Lion's Club Cup











The New Hampshire Soccer Coaches Association announced its Lion's Cup teams, which included six local players and two coaches, who will face the Vermont team at Hanover High School on July 18, 2026.

The Lion's Cup is an annual soccer event that pits the best boys' and girls' soccer seniors of New Hampshire and Vermont against each other.

The matches raise funds for the Lions Sight & Hearing Foundation, whose mission it is to provide hearing aids and cataract surgeries to residents who have no other means of purchasing the services and equipment.

On the boys' team, Bow defender Ciaran Duffy will fill out the back line, Coe-Brown's Brady Colgan will power the offense and Hopkinton's Fin Murphy will operate in the midfield.

The girls' team includes Bow High School's Charlotte Larochelle, who was named on defense.



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RECENT GRADS STRUGGLE FOR JOBS BUT FORD CAN'T FIND MECHANICS FOR \$120,000 A YEAR POSITIONS!

In a recent Wall Street Journal poll nearly 80% of respondents were not confident that life would be better for their children. Recent college graduates are taking a hit with 6.5% unemployed while the total rate for the country is 4.3%.

AI and layoffs make it harder for recent grads to begin starter jobs. HR departments use computers to screen applicants so it is hard for them to even get an interview.

The Journal reported, for example, Zach Conn has been searching for a job since graduating this summer from Macalester College in Minnesota. For now, Zach is living rent-free in a Philadelphia apartment owned by his parents, where he estimates he has applied for about 400 jobs since July, in fields from shipping to museum work.

"You're shouting into this void that just feels pretty dehumanizing," Zach said. Many of his friends are also relying on family for financial support, he added. "There is this sense of, we'll never be able to buy a house and

Government subsidies for college and graduate education have encouraged the young to go to college even though they might be better off learning a trade. This has created a skills mismatch in the labor market. Unemployment among young college grads is increasing, while employers struggle to hire skilled manufacturing workers, technicians and contractors.

Only 114,000 Americans in their 20s completed vocational programs during the first 10 months of last year, compared to 1.24 million who graduated from four-year colleges and 405,000 who received advanced degrees. Yet recent bachelor's recipients in their 20s were 5.6 percentage points less likely to be employed than those who finished vocational programs.

In November Ford Motor's CEO Jim Farley said that he can't find enough skilled mechanics to run his auto plants. Specifically, Ford can't fill 5,000 mechanic jobs that pay \$120,000 a year.

"We are in trouble in our country. We are not talking about this enough," Mr. Farley said. "We have over a million openings in critical jobs, emergency services, trucking, factory workers, plumbers, electricians and tradesmen." He said Ford is struggling to hire mechanics at salaries that Ivy League grads might envy.

And if you want to move out of mom's basement Los Alamos National Labs in New Mexico has over 1,000 openings mostly starting at \$100,000 a year.



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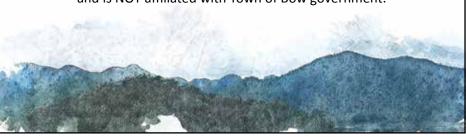
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Interested? Contact president@bowopenspaces.org Additional information available at www.bowopenspaces.org

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



SINGLEHOOD ON THE RISE

Marriage is on the decline as well as unmarried couples. The November 8 Economist magazine reports that among Americans aged 25-34, the proportion living without a spouse or partner has doubled in five decades, to 50% for men and 42% for women. Since 2010, the share of people living alone has risen in 26 out of 30 rich countries. By The Economist's calculation, the world has at least 100 million more single people today than if coupling rates were still as high as in 2017. A great relationship recession is under way.

As barriers to women in the workforce have fallen their life choices have expanded with their education and income. The more they can support themselves financially, the less likely they are to put up with an inadequate or abusive partner. This shift has saved countless women from awful relationships, and forced many men to treat their mates better if they want to stay together.

The Economist says some think social media and dating apps have fostered unrealistic expectations (other people's relationships look fabulous on Instagram) and excessive pickiness (most women on Bumble reportedly insist that a male must be six feet tall, thus filtering out 85% of potential matches). Another problem is the growing political gulf between young men and women, with the former leaning right and the latter leaning more to the left. Many singles insist that any partner must tick the same partisan boxes, which makes matching trickier.

Other experts point to a decline in social skills as people spend more of their lives gawping at screens. Americans of all ages socialize less in person than they did two decades ago, but the decline is especially steep among the young. Social media spread fears that women will be assaulted if they go out; and that men will be digitally shamed if a date goes badly.

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STAYING ON TRACK DURING THE

It's officially the "Season of Eating!" 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.

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!

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.

DRINK PLENTY OF WATER

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

KEEP A FOOD JOURNAL

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



Jim Olson

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.

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.

STICK TO A ROUTINE

Don't overdo it. The holidays are a time for celebration, but moderation is key. Try to maintain your nor-

mal routine during the holiday season. This will help you stay organized and stress-free.

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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UNITED STATES PENNY PHASE-OUT

Sugar River Bank would like to inform our customers and community members about the upcoming phase-out of the U.S. penny, a change expected to streamline cash transactions and reduce production costs nationwide. While final federal implementation dates are still being finalized, banks and businesses across the region are preparing for the transition.

One of the key reasons driving this change is cost. According to the United States Mint, it cost about 3.69 cents in 2024 to produce and distribute a single penny. Nearly four times the coin's face value.

Once the phase-out begins, pennies will remain legal tender, but they will gradually be removed from circulation as they return through banks and retail establishments. Cash transactions will be rounded to the nearest five cents. Electronic payments, including debit cards, checks, and mobile banking, will continue to be charged to the exact cent.

Sugar River Bank will continue to accept pennies for deposit throughout and after the transition. We encourage customers to be proactive and suggest bringing in their pennies at their earliest convenience.

As this change moves forward, our goal is to ensure it is as simple and seamless as possible for the communities we serve. Anyone with questions is welcome to contact Sugar River Bank 800-562-3145 or visit their local branch for assistance.

www.sugarriverbank.com **Member FDIC**



TRAVIS CRAIG TO **SERVE AS LOAN ORIGINATOR**

Sugar River Bank is pleased to announce the return of Travis Craig to the lending team, where he will be serving customers in the Warner and Concord areas as a Loan Origination Officer. Travis is replacing the role held by Ellen Lessard following her recent retirement.

With over 25 years of banking experience, Travis brings a wealth of knowledge, dedication, and personalized service to meet

customer's financing needs. His expertise and strong commitment to successful outcomes make him a valuable resource for individuals seeking tailored lending solutions.

New and existing customers are encouraged to meet Travis by visiting our Concord or Warner branches or by reaching out to Travis via phone (603) 477- 7891or email tcraig@sugarriverbank.com to discuss their lending needs and how he can help achieve their personal finance goals.



WHO'S GOING TO Save Your Bacon?



Having a budget, living within your means, and putting money aside for the future are all key parts of filling your family's piggy bank. Sure, you've earned it. But what are you going to do with it?

Putting a plan in place for your money can be just as important as saving for the future. A financial planner can provide you with strategies to help with taxes, inflation, investment diversification, and other long range planning issues every family should consider.

YOU Are... With a Little Help From Us.



Dominic M. Lucente, CFP[®], RFC[®] CERTIFIED FINANCIAL PLANNER™

NORTHEAST PLANNING ASSOCIATES, INC.

425 Hooksett Road · Manchester, NH 03104 (603) 645-8131 \cdot dominic.lucente@lplcom \cdot dlucente.com



25-282 Financial planning offered through Northeast Planning Associates, Inc. (NPA), a registered investment adviser (RIA). Securities and advisory services offered through LPL Financial (LPL), an RIA and broker-dealer (BD), member FINRA/SIPC. Credit union is not an RIA or BD. Insurance products offered through LPL or its licensed affiliates. LPL registered representatives offer products and services using NPA. These products and services offered through NPA, LPL, or their affiliates, which are separate entities from, and not affiliates of the credit union, are: Not Insured by NCUA or OTher Government Agency | Not Credit Union Guaranteed | Not Credit Union Deposits or Obligations | May Lose Value

O'KEEFE & FLANAGAN ELECTRIC-

Full Home Electrical Safety Inspections

and the best part? If you decide to move forward with any recommended work, we credit the entire \$99 right back to you.

- Inspect breaker panel
- Evaluate condition of exterior meter socket and cables
- Inspect grounding and bonding system

AND MORE!

- Check smoke/CO detector placement and age
- Test GFCI protection throughout interior and exterior of home
- Evaluate existing wiring and type
- A full comprehensive report and quote will be provided 💥 after inspection

Call or Text For

More Information





Thanks to our columnists!

Our newspaper has completed another year, filled with terrific content from our formal and informal columnists who take the time to share their information and narratives with our readers in the Bow, Dunbarton, and Hopkinton area.

Food Editor - Debra Barnes Medical Editor - Dr. Richard Johnson

Sports Editor - Matt Mampuzha

Travel Editor - Chase Binder

Wine Editor - Annie Kinney

Baker Free Library- Lauren Porter

Dunbarton News - Nora Le Duc

Hopkinton News - Kathy Butcher

Individual Fitness - Jim Olson

Tale Spinner - Paul Pomeroy

Talking Trash - Danielle Ruane

The Music Lady - Martha Kuepper

And, of course, great photos from Eric Anderson.

Thanks for your time, talent and dedication.

We all appreciate it!



? Question of the Month?

We have killed 87 people in boats, alleging they are bringing cocaine into the United States. Donald Trump just pardoned a former president of Honduras who was convicted in our courts under the Biden administration for conspiring to bring 800,000 pounds of cocaine to our country.

If you can square those facts as both promoting the war on drugs, we will publish your letter next month.



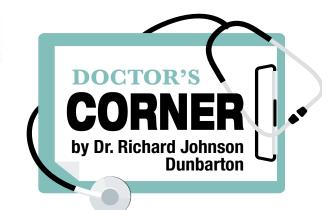
Bow Young at Heart Club UPCOMING EVENTS

JANUARY 10, 2025 11:30 AM - 2:30 PM

Sue Stevens will give a lively presentation about her visit to Japan with photos and a discussion of the differences in culture.

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.





CHRISTMAS AT THE DEEPEST LEVEL

The other day, between Thanksgiving and Christmas, I received an unsolicited email that contained this quote from Jon Kabat-Zinn, "At the deepest level there is no giver, no gift, and no recipient... only the universe rearranging itself." Jon Kabat-Zinn is a very intelligent person who has written a great deal, and many would say they have been helped by his insights, but when I read this, I was immediately depressed. Think about it, no matter how good you felt during your Thanksgiving celebration, "at the deepest level" it was all meaningless because you never received or gave anything...it is all meaningless; there is nothing for which to be thankful. There is no gift; there is no giver. The very thought of gift or giver is ultimately meaningless. "At the deepest level" it is all meaningless.

We cannot help but "Scream" (Edvard Munch's painting) if we think seriously about the nothingness, the random "rearranging," the lack of hope. And now we look forward to Christmas, to celebrate the gift God gave to the world, Jesus. To ease the pain of the ultimate meaningless of life, we will celebrate and not think. We will sing, eat, drink, and be merry. We will decorate our homes, stores, and communities, and we will have a good time.

What harm is there in enjoying giving and receiving gifts? There is none, unless it, like drugs and alcohol, inhibits us from thinking about the "deeper" meanings of life and relationships. We enjoy all the trappings of Thanksgiving and Christmas and that is where it ends, no deeper thoughts. You may not believe in having tangible friends; you may enjoy imaginary friends, but many of us know real people who are a meaningful part of our lives. You may not believe there is a God, but you are able to celebrate as long as you do not think "at the deepest level." As the world celebrates Christmas there are many who will celebrate at a deep level because they have real, tangible, personal relationships with other human friends, and they have a real, personal "relationship" (not just an idea) with the God who exists and sent Jesus to give us real hope at the "deepest level."

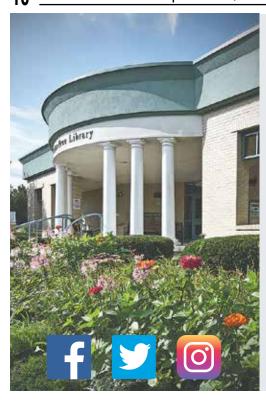


48 Grandview Road, Suite 2, Bow NH 03304
P: 603-715-2975 | F: 888-212-6399 | info@reliableinssolutions.com





Have a Bright and Merry Christmas Full of Peace, Wonder and Love!





Bow, NH 03304 See our online Calendar at bowbakerfreelibrary.org

to sign up for upcoming programs and events.

The Library will be closed for carpet cleaning on Tuesday, December 23rd, but library staff will be available to assist remotely via info@bakerfreelib.org from 10am-6pm or our social media pages!

Closed for the holiday Wednesday, December 24th and Thursday, December 25th. The Library will reopen on Friday, December 26th at 10am.

Baker Free Library will close early on Wednesday, December 31st at 4pm for New Year's Eve. The Library will remain closed Thursday, January 1st for New Year's Day. We will reopen on Friday, January 2nd at 10am.



Visions of Bow Calendar Fundraiser

Baker Free Library is excited to announce our third annual calendar fundraiser! This year's calendar will, feature exclusive photos from Eric Anderson, and also accompanied by select historic photos from the Archives of the Town of Bow. Email Lauren to reserve your copy!! Suggested donation per calendar is \$15.



YOUTH PROGRAMMING

Ruff Readers | Tuesday, December 16th | 3:00pm

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

Community Game Day | Monday, December 29th | 11am – 2pm

Stop in to play a competitive or cooperative game, play cards, or complete a puzzle! Bring your favorite game to share with others, or choose from one in BFL's collection. All ages welcome; registration is not required. Drop in anytime between 11-2.

Drive-In Movie Day! | Tuesday, December 30th | 2pm

Construct a cardboard "car" and join us at the library for a drive-in movie! At this special program, children will decorate their own cardboard vehicles and climb inside to enjoy a short film. Craft materials and snacks will be provided by the library - just bring your imagination! Recommended for Ages 5 - 8. Space is limited, so all children must be registered to attend. Children should be accompanied by a parent or caregiver for the duration of the event.

ADULT PROGRAMMING

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

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! Can't make a Monday afternoon? Contact Liesl to set up another time! *Walk-ins are only guaranteed on Mondays from 4pm - 6pm. To make an appointment, please email Liesl@bakerfreelib.org, call the library at (603) 224-7113, or visit the front desk!

Adult Board Game Night | Wednesday, January 7th | 5:30pm

Join Liesl for a night of board games! Come explore the library's collection of board games (available to check out!) and enjoy some good compant and snacks. You are always highly encouraged to bring games from home to share! Registration is encouraged but not required.

Paint Along! | Thursday, January 8th | 5pm

Join Liesl for a paint along! In the spirit of Bob Ross, stop in for an evening of painting landscapes. No experience necessary! 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!



Whodunits | Tuesday, January 6th | 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.

January Book Discussion: The Dry by Jane Harper

Adult Book Talk at BFL | Tuesday January 13th | 12:30 & 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!

January Book Discussion: *The Time of the Child* by Niall Williams

White Rock Book Tuesday, January 20th | 12:30 & 6:30pm

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!

January Book Discussion: The Time of the Child by Niall Williams

IN THE GALLERY

December 2025: Greater Concord Photo Club

The Greater Concord Photo Club is a group of friendly photographers who meet monthly to review each other's work. Every member can submit up to

3 photos per month for review.

Membership is open for beginners as well as seasoned photographers.

The group meeets at 6 pm on the first Wednesday of the month at the Bakery Free Library in Bow.

December's exhibit is a selection from each participating member.

For more information, contact Greaterconcordphotoclub@gmail.com.



Photo courtesy of Concord Photo Club



BAKER FREE LIBRARY IS A PASSPORT ACCEPTANCE FACILITY

Please call (603) 224-7113 to schedule an appointment.

Walk-Ins are not permitted. Same-day appointments will likely not be accommodated.

JOPKINTO own Cuer

two villages ♥ one heart

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





LOOKING FOR A CHRISTMAS TREE? The Hopkinton Lions Club is selling fresh cut trees at the Contoocook Depot every Saturday and Sunday from 9:00 to 3:00 until Christmas or until the trees sell out. Every purchase funds projects that improve the community and help our neighbors. The Lions are looking for volunteers to help fill the weekend shifts 9:00-12:00 and 12:00-3:00. If you would like to help, please email Hopkinton.lions. nh@gmail.com

FIRST DAY HIKE Start the New Year connecting with nature! On New Year's Day the Town of Hopkinton will celebrate with a 1st Day Hike. Celebrate our community as we recognize and appreciate the value of our trails and lands in Hopkinton. Meet at Kimball Cabins at 11 am for a hike around the Greenway Trail Loop with volunteers from the Hopkinton Conservation Commission. The hike will conclude with hot cocoa and treats at the cabins. This event is free and is weather-dependent. If we need to cancel for inclement weather, we will post that on Facebook at www. Facebook.com/hopkintonNHRecreation/

JANUARY FULL MOON HIKE on Friday, January 30, 7:00-8:15pm at Kimball Lake Cabins. For ages 18+. Cost: \$15 per person or \$25 for two. Enjoy the clear winter light of the January full moon with a hike on the Kimball Lake trail with resident and environmental educator Linden Rayton. We'll check out the visible planets and constellations, listen for owls, and even have a short stop for some hot cider. Snowshoes, ice spikes and hiking poles may be necessary depending on the snow cover; wear what feels best for you. Some snowshoes available to loan. The program will be held under cloudy or clear conditions, but will be canceled for freezing/ heavy rain or hazardous weather. 18 participants maximum. Register: https://hopkintonnh.myrec.com

RUSTIC FELT LEAF WREATH WITH JENNIFER! She'll guide you step by step as you create charming wreath-perfect for adding a cozy, handmade touch to your home. Sunday, Jan. 11, 9:30-10:30 am at the Slusser Center. Cost: \$15/per person. Registration required: https://hopkintonnh. myrec.com

FAMILIES IN NEED OF FOOD, utility or other assistance can contct: Lisette Cid, Human Services Coordinator at 603-746-8244 or humanservices@hopkinton-nh.gov. The Hopkinton Food Pantry is located at the Slusser Center, and serves local households biweekly and special holiday distributions. The pantry is completely supported by community donations, so every contribution helps. Non-perishable food donations (in date and unopened) can be dropped off at the Slusser Center. To donate money, mail checks to the Hopkinton Food Pantry, c/o Human Services Department, 330 Main St, Hopkinton. Currently checks should be made out to the Town of Hopkinton w/a notation that it is for the food pantry.

GOT LUNCH! HOPKINTON is sponsored by St. Andrew's Episcopal Church. This volunteer program provides nutritious food to Hopkinton families during school breaks and summer months. To learn more or to sign up, contact Judy McPhail at mcphail.i@comcast.net or visit https:// standrews-hopkinton.org/got-lunch

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.



Pick up some Fun Stocking Stuffers...

like our Novelty Socks from Two Left Feet!









HOPKINTON POLICE DEPARTMENT



NOVEMBER 2025 ARREST LOG 5 Arrests • 4 Accidents • 210 Traffic Stops

11/01 Odeccia Galtney, 22, of 141 Greystone Place, Natchez, MS was arrested for License Required; Operate without Valid License.

11/04 Jeremy Carter, 53, of 902 Main Street, Hopkinton, NH was charged with Willful Concealment.

11/06 Jacob Tomlinson, 25, of 1341 Hopkinton Road, Hopkinton, NH was arrested on Warrants.

11/15 Jennifer Critelli, 54, of 9 Duggan Street, North Adams, MA was arrested for DUI, Conduct After Accident and Littering.

11/16 Vanessa Pelletier-Ashley, 29, of homeless, Concord, NH was arrested for Violation of Protective Order, Domestic Violence; False Imprisonment and Criminal Mischief.



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



BIANCA CONTRERAS ASSOCIATE BROKER Cell: 603-491-8849 bianca@hometown603.com







KATHY CLEARY REALTOR Cell: 603-545-1998 kathy@hometown603.com

RELY ON OUR TOP PRODUCING TEAM OF EXPERTS TO DELIVER A **QUALITY REAL** ESTATE EXPERIENCE.



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



MELISSA RICHARDS REALTOR Cell: 603-724-9186 melissa@hometown603.com



SABRINA O'KEEFE REALTOR Cell: 603-724-7138 sabrina@hometown603.com

324 SOUTH STREET CONCORD, NH 03301 603-333-0070 hometown603.com



REAL ESTATE SALES IN BOW — NOVEMBER 2025

ADDRESS
516 Hall Street
31 Brown Hill Road
4 Jones Ave
550 Page Road
2 Lincoln Drive
5 Rosewood Drive
39 Logging Hill Road
94 Brown Hill Road
70 White Rock Hill Road
13 Cob Road
32 Red Pine Drive
6 Surrey Drive
39 Evangelyn Drive
5 Sullivan Drive
49 Evangelyn Drive

BEDROOMS / BATHS
2 Bedrooms 2 Baths
2 Bedrooms 2 Baths
3 Bedrooms 1 Baths
3 Bedrooms 1 Baths
3 Bedrooms 1 Baths
2 Bedrooms 1 Baths
2 Bedrooms 2 Baths
4 Bedrooms 2 Baths
3 Bedrooms 2 Baths
2 Bedrooms 3 Baths
4 Bedrooms 3 Baths
3 Bedrooms 3 Baths
3 Bedrooms 3 Baths

SQUARE FOOTAGE ACREAGE PRICE 99 129 133 117 179

Serving the areas in and around Merrimack County.

992	Square Feet	.25	Acres	\$326,000
1296	Square Feet	.90	Acres	\$370,000
1339	Square Feet	1.10	Acres	\$382,000
1170	Square Feet	1.10	Acres	\$400,000
1794	Square Feet	1.14	Acre	\$440,000
1092	Square Feet	3.04	Acres	\$450,000
1475	Square Feet	2.6	Acres	\$490,000
2382	Square Feet	5.16	Acres	\$500,000
1512	Square Feet	.53	Acre	\$525,000
1966	Square Feet	1.11	Acres	\$554,000
2049	Square Feet	1.10	Acre	\$555,000
2875	Square Feet	1.05	Acre	\$590,000
1708	Square Feet	COI	NDO	\$600,000
2784	Square Feet	4.48	Acres	\$725,000
2153	Square Feet	COI	NDO	\$750,000
4456	Square Feet	6.13	Acres	\$825,000

REAL ESTATE SALES IN DUNBARTON —NOVEMBER 2025

A D D K F 2 2
131 Stark Hwy North
165 Concord Stage Road
68 Winslow Road
30 Holiday Shore Road
13 Stark Hwy North
40 Gile Hill Road
68 Gile Hill Road

89 Woodhill Road

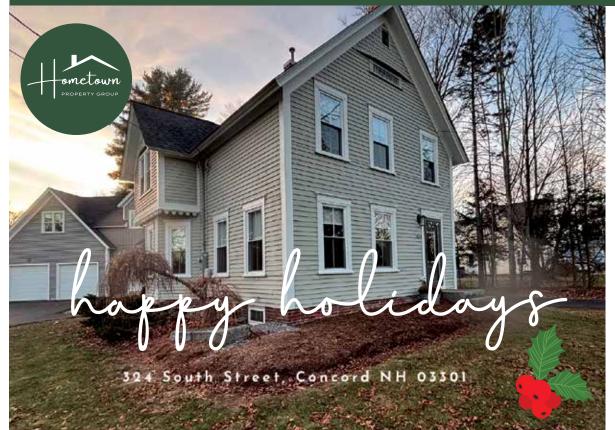
BEDROOMS	/ BATHS
4 Bedrooms 3	8 Baths
75 1 16	N D . I

3 Bedrooms	١	2 Baths
4 Bedrooms	1	2 Baths
3 Bedrooms		3 Baths
4 Bedrooms	1	3 Baths
4 Bedrooms	1	3 Baths
4 Redrooms	ī	4 Raths

We are ready to help you on your next journey.

SQUA	RE FOOTAGE	ACRI	EAGE	PRICE
2736	Square Feet	3.02	Acres	\$422,000
3170	Square Feet	1.4	Acres	\$474,500
1950	Square Feet	1.50	Acres	\$525,000
3097	Square Feet	.20	Acres	\$687,500
3220	Square Feet	4.0	Acres	\$695,000
2655	Square Feet	5.49	Acres	\$900,000
3200	Sauare Feet	12.82	Acres	\$984,000

Sales Data for NOVEMBER 2025 is provided by the NHMLS.



Seasons Greetings!

We're excited to announce we've moved & look forward to welcoming you to our new "home" at our re-opening gathering in the near future.



324 South Street, Concord, NH 03301 603-333-0070 HOMETOWN603.COM

NORA'S DECEMBER DUNBARTON NEWS



TRANSFER STATION Holiday hours, Christmas Eve, Wednesday, December 24, open hours are 10:00 am to 4:00 pm. On New Year's Eve, Wednesday, December 31, open hours are 10:00 am to 4:00 pm. Check the town's website for updates: https://www.dunbartonnh.org.

CLERK'S OFFICE Wednesday, December 24 Town Clerk's Office is closed all day. On Thursday, December 25, All Town Offices are Closed all Day. No Board of Selectmen Meeting on that day. Check the town's website for updates and changes: https://www.dunbartonnh.org.

CLASSROOM PARTIES Tuesday, December 23: Classroom Parties at the Elementary School. Wednesday, December 24, through Friday, January 1, is Winter Break. Check the school calendar for updates.

THE SMART HOME WORKSHOP will be held Tuesday, January 6, at 6:30 PM, in the Upper Town Hall.

Come listen to Connected Living Made Simple: An Internet and Smart Home Workshop Presented by Dana Lavoie. He will cover home internet, home networking basics, smart home and applications and security, and best practices. Sponsored by the library. Check their website or FB page for updates or changes.



CHAIR YOGA WITH SHERRY GAMBLE on the following Thursdays at 11 am, January 8, 15, and 22, on the second floor of the library. Please dress comfortably and bring water. Check the library's website or FB for updates or changes.

BEYOND THE BOOK The Dunbarton Congregational Church's Beyond the Book group will meet Thursday, January 8, from 7pm to 8pm on Zoom to discuss The Second Mountain by David Brooks. For more information or to join, contact Barbara at dunbartonucc@gmail.com. Everyone is welcome.



THE COMMUNITY KNITTING GROUP is to meet 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 (next meeting is Friday, January 16, 2026) from 6:30pm to 8:30pm. All are welcome, including begin-

ners. If you have no supplies, some will be provided. Questions, contact: tammy572003@gsinet.net.

THE SPIRESIDE COFFEE HOUSE OPEN MIC is scheduled for Saturday, January 17, at the Congregational Church, 6 Stark Highway North, Dunbarton Center. 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: Spireside@community-dunbarton.org.

THE LIBRARY'S BOOK DISCUSSIONS are held on the third Wednesday of the month at noon. All are welcome to join. Please contact the library for this month's reading selection. The library's reading list for 2026 was not available at submission time.

NO SCHOOL on January 19, Civil Rights Day. Town Offices are closed.



LISTEN TO THE NHPR segment on the Dunbarton Library's Read to Dogs program at:

www.nhpr.org/latest-from-nhpr/2025-09-26/give-back-nh-dunbarton-public-library.



DUNBARTON COMMUNITY POWER Launches in January 2026. Forms and more information about the program, including a net metering FAQ, will be available on the program website:

https://dunbartoncommunitypowecom/.

Contacts are: Emily Manns, ECM Power LLC, emanns@ecmpower.com (603) 831-3817; Line Comeau, Town Administrator, Town of Dunbarton, townadministrator@dunbartonnh.org (603) 774-3540 Ext. 102; Dunbarton Energy Committee, energy.committee@dunbartonnh.org.



That's MERRIMACK Style.



Donate to our annual Mitten Tree Drive!

Now until New Year's Eve, we're collecting new handmade or store-bought mittens, hats and scarves to be donated to local schools and nonprofits. For every donation we collect, we'll give \$2 to local food banks. Drop off donations in any Merrimack branch lobby during regular business hours through 12/31.



Thank you for decorating our tree and warming heads, hands and hearts this holiday season.

Scan for branch locations and lobby hours.

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







DUNBARTON POLICE

NOVEMBER 2025 ARREST/CHARGE LOG

11/28/2025: Jonathan Zankowski, 62, Deering, was taken into custody for operating while certified as a habitual offender (felony), open container of alcohol, and unregistered vehicle.

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



Motor Vehicle Stop: 85 **OHRV Complaint: 2** Paperwork Service: 1 Pistol Permit: 1 Police Courtesy/Assist Citizen: 3 School Zone/Patrol: 17 Suspicious Activity/Person/Vehicle: 5 Theft/Fraud/Scam: 5 Vacant Property Check: 21 Vandalism: 1 VIN Verification: 2 Wires/Trees Down: 3 Welfare Check: 2

Police also issued 8 traffic citations (some may have been issued in conjunction with an arrest) for various motor vehicle offenses.





Operation Secret Elf

We always look forward to participating in "Operation Secret Elf," a local initiative that provides Christmas gifts to the children of Dunbarton. Many thanks to Dunbarton resident Molly Kemp for keeping this important tradition going by identifying needs in the community and facilitating the delivery of gifts!



VEHICLE PLUNGES INTO POND

On November 26, 2025, Dunbarton police responded to a report of a vehicle in the water. No occupants were found inside the car at the time of discovery. The driver, who managed to self-extricate from the car following the crash, left the scene of the accident. Dunbarton Fire was requested to the scene after officers noticed automotive fluids leaking from the submerged car into the water. The NH Department of Environmental Services (NH DES) was called to respond to the fluid spill.





Evidence at the scene indicates the vehicle left the roadway, striking a wooden guardrail before traveling approximately 60 feet and landing in the water.

OUTSTANDING EFFORT SAVES A LIFE

On September 14th, 2025 the Dunbarton Fire Department was dispatched for a resident in cardiac arrest. Dunbarton Fire responders were on scene in just over 2 minutes and Dunbarton Police arrived shortly after with an AED. Mutual aid was received from the Bow Fire Department for Advanced Life Support care and transport. The patient, resuscitated twice pre-hospital, arrived to the emergency department awake, and talking.

The difference-maker in this case was that every link in the Chain of Survival worked perfectly. High-quality bystander CPR was ongoing from the time of cardiac arrest, early 911 access, early access to defibrillation by AED, early access to ALS, and rapid transport to intervention and ongoing definitive care at an appropriate critical care facility.



Dunbarton responders were publicy recognized for their "Chain of Survival" efforts that resulted in the saving of a life.



BOW GARDEN CLUB

Every dollar donated helps us continue our mission of enhancing Civic Beautification, supporting Local Projects, providing Educational Programs, and funding Scholarship Awards. Your support truly makes a difference. Thank you!

GO TO WWW.BOWGARDENCLUB.ORG

SCAN THE QR CODE BELOW





BOW COMMUNITY MEN'S CLUB NEW YEAR'S DAY BREAKFAST BUFFET

Bow Community Center 9:00 AM - 12:00 PM

Adults \$15.00 Children (12 and Under) \$7.00

Scrambled Eggs, Bacon, Sausage, Corned Beef Hash, Pancakes, Blueberry Pancakes, French Toast, Toast, Coffee, Milk, Tea, Hot Chocolate and Assorted Juices

Tickets can be purchased at the door or by contacting Dik Dagavarian at 603-856-7268.





CLOTHING & TEXTILE RECYCLING PROGRAM HELPSY Home Pick-up on Wednesdays ★ Three Bag Minimum

The Town of Bow is proud to continue to partner with HELPSY to offer free home pick-up of clothing and household textiles to residents. These pickups will now happen in Bow on the SECOND WEDNESDAY of the month.

Sign up at www.helpsy.co/bownh. Once a timeslot is booked a driver will be scheduled to pick-up on the selected date. Clothing and textiles should be clean, dry, bagged and left outside close to the street prior to 7 am the morning of pickup.

For pick-up and a list of acceptabe items please visit:

www.helpsy.co/bownh

TO Drop-off container at Bow Community Building



BOW HERITAGE COMMISSION

MEMBERS & VOLUNTEERS UNCOVER THE PAST

The Heritage Commission exposed the site of the "historic Sycamore Tree." Those directly involved in doing the cleanup and exposing the trees after decades of not noticing include David Lindquist, John Urdi, Dik Dagavarian, Jim Dimick, David West, and Don Fournier. And thanks to Tim Sweeney and the Public Works Department for removing the stacked piles of the underbrush and tree limbs.



Photo | ERIC ANDERSON

Dunbarton, N.H. 03046

CLEVELAND DRYWALL, LLC

Drywall Installation & Finishing



(603) 496-2893 **Matthew Cleveland**





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Bow Taxpayers Alliance

WHO:

Local Taxpayers are forging the Bow Taxpayers Alliance (Aka BOWTAX)



WHAT:

BOWTAX is a grassroots taxpayer group focused on uniting, informing and inspiring the everyday Bow taxpayers who seek practical spending, lower taxes and a sustainable future. Our Aim: voting outcomes at Annual Meetings that more truly represent the will of the town's majority.

WHEN:

Now through March 2026 we are focused on member growth and engaging in Town & School Budget proceedings.



WHERE:

BOWTAX members are engaged via attending town committee meetings, email communications, Social Media announcements, text alerts, word of mouth, and finally attendance & voting en masse at the Annual Town and **School meetings**

HOW:

Inspired momentum from awareness building and confidence in sufficient turnout to have a strong impact in March.

Connect with fiscally practical voters, Get the Facts, Show Up and Vote Smart Commit to End the Trend: Needs v. Wants

THE ASK:

GET CONNECTED, GET INFORMED, MAKE A DIFFERENCE IN MARCH!

REGISTER AT BOWTAX.COM

Email to Ally@bowtax.com | Text BOWTAX to 603-568-1211 | Link onto our Facebook Group—search for "Bow Taxpayers Alliance"



by Bow Resident Paul Pomeroy

Christmas! To me: It's the most wonderful time of the year! There's not just one thing. The lights, the decorations, the tree, the food, the spirit. The Hallmark Christmas movies. But most of all the kids.

When my two oldest grandchildren were young, I had the great pleasure of playing Santa at their school. I would visit each class, for about five minutes, from kindergarten to third grade. The look in the eyes of the children said it all. They all promised to leave cookies for me and carrots for my reindeer. Then a Merry Christmas cheer that shook the rafters! But in one class there was one little girl that needed to be removed from the classroom. Her parents made it clear to her that there was no such thing as Santa Claus. This was not a religious issue I was told by the teacher. But rather the parents believed that having the child believe in Santa Claus, or the Easter Bunny, or the Tooth Fairy was being dishonest. A type of lie. And they would not allow it. Really...!! ? I couldn't help feeling that they were depriving their little girl of such joy, such excitement. That she will have many years of dealing with lies and truth. But parents have to do what they believe is best for their children. So, no visit from Santa. However, I did leave a candy cane for her with her teacher. Not from Santa, but from some old grandfather that thought she might like it.

And the Nativity scene in front of the capitol building in Concord. To so very many people that scene speaks directly to the heart of their Christianity. But there are also many others that are not of the Christian faith or perhaps not of any faith at all. Can we ask them to please appreciate this story on its own merit? To understand the true meaning of the *spirt* of this season of the year.

Peace on Earth- Good Will Toward Man!

Lord knows we could use much more peace and good will these days. However, for a few sad souls it is too steep a hill to climb. They must challenge the message. Or at least the conduit of the message. To them I say "Merry Christmas." Let not your hearts be troubled.

My friends here expressed the sentiment much more clearly than I can:

"Christmas is a necessity. There has to be at least one day of the year to remind us that we're here for something else besides ourselves."

Eric Sevareid

"Christmas is not just a time for festivity and merry making. It is more than that. It is a time for the contemplation of eternal things."

Edward McKendree Bounds

"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most."

Ruth Carter Stapleton

"Christmas, my child, is love in action." **Dale Evans Rogers**

"Christmas is a time to open our hearts to God and his gifts." **Mother Teresa**

"Christmas is family, love, hope, and happiness all wrapped up in one." Eva Carr

"Christmas is a bridge of hope."

Maya Angelou

"And numerous indeed are the hearts to which Christmas brings a brief season of happiness and enjoyment."

Charles Dickens

"God Bless Us Everyone" Tiny Tim



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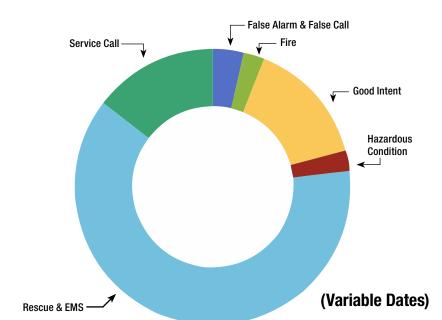


DAVID GOOZE GRADUATES FROM THE NH FIRE ACADEMY



On Friday, December 5, we celebrated call member David Gooze and his graduation from the NH Fire Academy's recruit school. Many weeks of hard work result in certification to begin the greatest career in the world. Congratulations David!

FDR-NFIRS INCIDENT TYPE SUMMARY



INCIDENT TYPE SERIES NAME (NFIRS)	COUNT	PERCENT
False Alarm & False Call	3	3.66%
Fire	2	2.44%
Good Intent	12	14.63%
Hazardous Conmditions	2	2.44%
Rescue & EMS	51	62.20%
Service C all	12	14.63%
TOTAL	82	100%



BOW HIGH SCHOOL SPORTS SPOT

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



GIRLS SOCCER TEAM WINS STATE CHAMPIONSHIP



Pitted in the championship Hollis-Brookline, it's understandable that there were many who doubted the Falcons' ability to be able to pull out of the finals with a win. They faced off against undefeated No. 1 ranked Hollis-Brookline, which hasn't lost a single game since November 1st, 2022—three years and six days prior.

But, against all those who didn't believe in their ability to win the game, the Falcons of Bow High School came through on November 7th, 2025. Junior Anna Zerba scored a goal to give the team a 1-0 lead, and the team worked together to keep the lead for the rest of the game, sealing the championship and ending the Hollis-Brookline Cavaliers' massive win streak.

A big congratulations goes out to everyone on the team. "Falcons Fly Forever!" This could be just the beginning of a new era.



Peyton Vaughn against Sanb

GIRLS BASKETBALL

The girls basketball team, this year, opens its season by visiting the Bishop Brady Giants. The Falcons then visit Souhegan before pausing for the Christmas and New Year's break. They then return to play their home opener against the Derryfield School.

Last season, the team went 13-5 and received the 7th seed out of 14 teams qualifying for the playoffs. Unfortunately, the team lost in the first round to Coe-Brown Northwood Academy, the 10th seed.

The Falcons' first three games, against Bishop Brady, Souhegan, and the Derryfield School, will provide three different tests. Last year, Bishop Brady did not qualify for the playoffs. Souhegan, on the other hand, qualified for the playoffs but only received the 12th seed. The Derryfield School qualified and received the No. 3 seed. How Bow measures up against these three teams will prove important as the season continues on and shapes up.



Ben Reardon against Pembroke

BOYS BASKETBALL

This year, the boys basketball team opens against Bishop Brady Giants. Similar to the girls basketball team, the boys team will play against Bishop Brady and Souhegan. However, the boys team will host the two teams and then will play against Manchester West High School after the break.

Last year, in its first year under coach Eric Saucier, the team received the No. 9 seed and defeated No. 8 Manchester West in the first round of the playoffs 53-52 before losing 74-60 to No. 1 ranked and eventual champion Pembroke Academy.

BOYS ICE HOCKEY

The boys ice hockey team, coached by coach Tim Walsh, opens its season at Windham, at a coop between Portsmouth-Newmarket-Sanborn, at home against Trinity, and visiting Concord (at the ice rink, Everett Arena, that both teams share) before going into the winter break.

Last year, the Falcons made the 10th seed in the playoffs (out of 10 teams qualifying), where they managed to upset No. 7 seed Windham. They then played No. 2 seed Bishop Guertin, where they lost 6-0.



Senior goalie Brad Ekstrom in a scrimmage against Tilton

GIRLS ICE HOCKEY

The girls hockey team, in its second season including Bow, looks to improve on its performance from last season. Last season's performance, though, was by no means bad-the team had a 13-5 record and reached the No. 4 seed out of 11 teams making it to the playoffs. The Brinity Falcons (named "Brinity Falcons" as a combination of Bishop Brady, Trinity, and Bow) even made it to the semi finals last year-quite good for a new

This year, the team begins its season at home (at the Tri-Town Arena in Hooksett) against the coop between Keene-Monadnock-Fall Mountain on December 13th. Good luck to all teams competing this winter season!

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SWO

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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.

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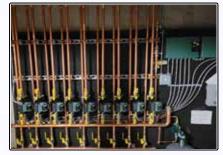


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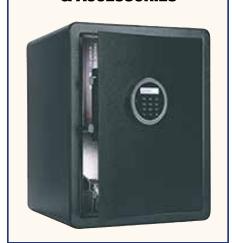
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Rotary Club of Bow

BOW ROTARY RECEIVES CLUB EXCELLENCE AWARD



Rotary Club of Bow received the 2024-2025 Club Excellence award, formerly the Rotary Citation award, in November.

The award recognizes clubs achieving specific goals throughout the year, such as increasing membership, engaging members in sustainable service projects, giving to The Rotary Foundation, building awareness of Rotary in your community, and having an up-to-date strategic

plan. When clubs achieve these goals, they contribute to Rotary's overall health and culture for generations.

Notable achievements from Bow Rotary include: adopting a satellite club, Hooksett Rotary, while they gained enough members to become their own club, contributing to the Rotary Foundation Annual Fund and PolioPlus Fund, and participating in local projects such as community concerts, book reading to first graders, the Four-Way Speech Contest, scholarships and the annual auction.



Past District Governor Bill Stevens, right, presents the Club Excellence Award to Past Bow Rotary President Gerry Carrier.



From left: Bow HS teacher Joy Chaffee, Interact Club members Anna Zerba, Charlotte Larochelle, and Rotary member Steve DeStefano, shown with pie donations to The Windmill Restaurant's yearly charity lunch. This year Interact club donated 42 pies.

HOPKINTON BOSS OF THE TOSS!

Rotary Clubs of Bow, Hopkinton, Concord, and Sunrise Capital competed in a cornhole tournament on Wednesday, November 19.

The winner of the semi-annual tournament, was Hopkinton, which will donate money to a local charity of the club's choice.



Although Bow Rotary finished in last place, they had the most in team spirit and numbers of participating members. About 30 people participated in the tournament, which was held at Alan's of Boscawen.

BOW COMMUNITY MEN'S CLUB



Bow Community Men's Club donates all fundraising event proceeds are used to support the local community.



TIPS FOR NAVIGATING GRIEF **DURING THE HOLIDAYS**

Holidays, anniversaries, birthdays and the change of the seasons can be especially challenging when you are grieving the loss of a loved one. Holidays are often steeped in traditions, celebrations, and social gatherings and people who are grieving may feel a sense of dread as they anticipate this time of year and the absence of their special person(s).

Grieving is emotionally exhausting and those who are grieving may feel too overwhelmed to meet the demands and expectations of the season, from navigating family and social gatherings to sending - and even receiving greetings and gifts.

Self-care is essential for those who are grieving – as simple as it seems, making sure to get enough sleep, proper nutrition, and exercise can help you as you grieve.

As we enter the holiday and winter seasons, we encourage those who are grieving to consider expectations and their own unique needs at this time.

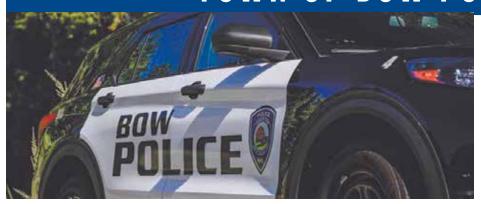
For some, this will mean continuing with a tradition that, while bittersweet, brings them comfort... perhaps making their loved one's favorite recipe, decorating their home, or gathering with family and friends. For others, embracing a new tradition may feel like a better choice... time away or a movie marathon, for instance.

Many people who are grieving find ways to honor their loved ones by donating to a favorite charity or volunteering their time to a cause that was meaningful to their loved one. Simply lighting a candle or placing favorite flowers on the holiday table can be a beautiful way to honor a loved one as well.

Making intentional decisions about how to spend your time and with whom and communicating to these decisions to family and friends in advance will help reduce anticipatory anxiety and alleviate holiday stress. Allow yourself to change your mind and 'shift gears' as needed along the way.

As we enter the season ahead, remember there is no right or wrong way to grieve... just your way. Take time to reflect on what you need most and be good to yourself.

TOWN OF BOW POLICE DEPARTMENT



NOVEMBER 2025 ARREST LOG MISDEMEANOR AND FELONIES

11/02 Robert Duverger, Bow, Simple Assault; Domestic Violence

11/04, Juvenile, Disobeying an Officer

Disobeying an Officer

11/12, Joshua Ingram Bow, Possession of a Controlled Drug, Resisting Arrest/Detention

11/16 Jennifer Kazakis, Hooksett, Suspension of Vehicle Registration (Summons)

11/22 Heidi Moisan, Allenstown, Suspension of Vehicle Registration (Summons)

11/23 Lisa Gregoire, Concord, Suspension of Vehicle Registration (Summons)

11/25 Mark Lanouette, New Hampton, DUI - Impairment

11/26 Carlos Contreras Reyes, Manchester, Operate without a valid license (Summons)

11/27 Darren Martel, Manchester, DUI – Impairment, and Criminal Mischief

2 Involuntary Emergencey Admissions, 1 Marijuana citation

A Message from CHIEF MILLER



As the holiday season begins, I want to extend my warmest wishes to every member of the Bow community. This is a time of joy, generosity, and togetherness, and I am proud to serve a town that consistently demonstrates those values.

The holidays also bring gatherings and celebrations. If your plans include alcohol, please make responsible choices, designate a sober driver, use a ride-share service, or call a friend. Impaired driving endangers everyone on our roads. Throughout December, the Bow Police Department will increase DUI

and speed enforcement patrols using grant funding provided by the NH Office of Highway Safety. Our goal is simple: everyone arrives home safely.

With the increase in online shopping and package deliveries, please remain vigilant against porch pirates and holiday-related scams. We have already seen reports of fraudulent calls claiming to be from wellknown delivery companies and emails requesting payment or personal information to "release" a package. Legitimate carriers will never ask for payment or sensitive data via unsolicited calls or emails. If you are expecting deliveries, consider using tracking notifications, requiring a signature, or arranging for packages to be held at the retailer or shipping facility.

As always, your awareness and cooperation are essential to keeping Bow a safe place to live, work, and visit. On behalf of every member of the Bow Police Department, I wish you and your families a safe, healthy, and happy holiday season.

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.

STUDENT PROJECT

Tate Coffman, Bow HS student, took several photos of the Bow Police cruisers, BFD fire trucks, and the Bow Safety Center for a school project. We think he deserves an A+. Great work Tate!





DERRY FIRE CHIEF ARRESTED FOR DWI IN BOW

Derry Fire Chief Shawn Haggart had an "overwhelming" odor of alcohol on his breath and cans of rum cocktails in a department-owned emergency vehicle when he was arrested on suspicion of driving while intoxicated in Bow in October, police reports show.

Haggart, 48, of Chester, told Bow Police Officer Seth Guilmette that he was returning from a funeral in Vermont when he was pulled over for crossing over the center line on Route 3A in Bow at 12:34 a.m. October.

Haggart was charged with DWI and released on personal recognizance. The Derry Fire SUV was towed from the scene to the Bow Police Station, where it was retrieved the next day.

Haggart pleaded no contest to a single charge of driving while intoxicated (first offense) during an appearance Nov. 20 in District Court in Concord.

Haggart had his driver's license suspended for nine months (which can be reduced to 90 days) and was ordered to pay \$620 in fines and take part in a 20-hour Impaired Driver Education Program.



Bow Police Officer Seth Guilmette exemplifies outstanding teamwork, dedication, and community engagement through his collaborative efforts with his K9 partner, Hunter, and his commitment to public service.

The presence of Officer Guilmette and K9 Hunter frequently de-escalates tense situations, turning moments of anxiety into opportunities for calm and communication. Seth approaches every interaction with professionalism and empathy, ensuring that every citizen, whether they are a victim, witness, or concerned neighbor, always feels heard, respected, and served with dignity.

Seth and Hunter actively engage in community outreach through demonstrations, school visits, and attendance at town events. His proactive approach and commitment to service significantly benefit the department and the Bow community. David Stack, Town Manager



DONALD M. RAPOZA

Donald M. Rapoza, age 91, Knox Road, in Bow passed away on November 20, 2025, at his home after a period of declining health.

He was born in Fairhaven, Massachusetts, the son of the late Frank and Irene (Medeiros) Rapoza. He was a proud U.S. Army veteran who served during the Korean War.

Donald worked for the State of New Hampshire DES, Water Resources Division, for over 33 years until his retirement in 1994, concluding his career as Assistant Chief Engineer. He was deeply dedicated to service, spending many years volunteering with the Christ the King Food Pantry. He was always a helpful neighbor, often plowing a driveway or repairing small engines, and he was involved in his community through his work at the local baseball fields and his time as a 4-H leader.

He was predeceased by his wife, Anita (Brito) Rapoza, who passed in 2008, and by his son, Mark D. Rapoza, who passed in 2022.

He is survived by his daughter, Lynn Magnuson (Brett); his son, Steven Rapoza (Maureen) of South Lyon, MI; his daughter-in-law, Elsie Rapoza of Gilmanton, and his brother, Kenneth Rapoza (Gail) of Rocky Hill, CT.

In lieu of flowers donations may be made in his memory to Christ the King Food Pantry, 72 South Main Street, Concord, NH 03301, or to the Pope Memorial SPCA, 94 Silk Farm Road, Concord, NH 03301.





As Christmas music fills the air, here are a few insights into some of the songs we all know and love.

There are approximately 49,000 songs with "Christmas" in the title, but the total number of songs of this holiday season is likely in the hundreds of thousands and the list is still growing.

The oldest Christmas carol, "Jesus Refulsit Omnium," was written in the 4th century.

The #1 top-selling Christmas song of all time is Bing Crosby's 1942 recording of "White Christmas," which still holds the Guiness Book world record.

The most popular recorded artists of all Christmas holiday music are Bing Crosby, Frank Sinatra, Nat King Cole, Ella Fitzgerald, Louis Armstrong, Elvis Presley, Chuck Berry, Brenda Lee, the Andrew Sisters, Perry Como and Eartha Kitt.

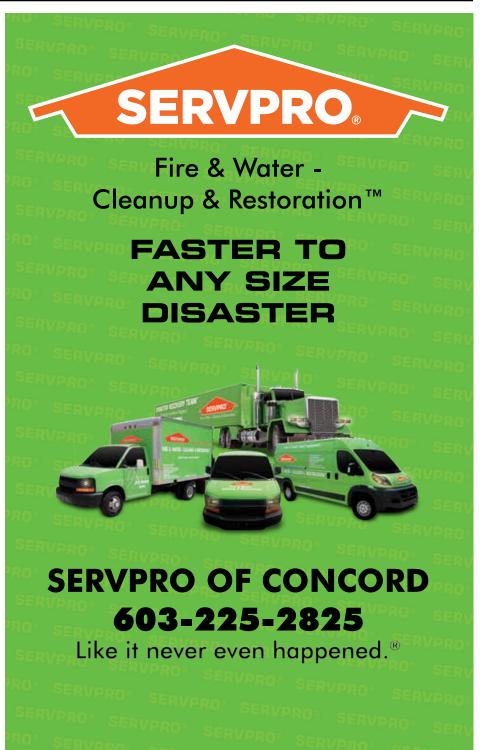
The most challenging Christmas songs to sing are "Oh Holy Night," which ends on some very high notes, and "All I Want For Christmas Is You," which covers a very wide range on notes. Mariah Carey wrote and recorded "All I Want For Christmas Is You," which was no problem for her to sing because she has a FIVE octave range.

The youngest singer to record a #1 hit Christmas song was Brenda Lee, with her "Rockin' Around The Christmas Tree" that she recorded in 1959, when she was 13 years old. The composer of that song, Johnny Mark, also wrote "Rudolf The Red Nosed Reindeer."

While most Christmas songs are happy and joyful, there are some that are less so, such as Elvis's "Blue Christmas Without You," Darlene Love's "Baby Please Come Home For Christmas," and Merle Haggard's "If We Make It Through December." So, if you are looking for some more uplifting music to get you in the holiday spirit, consider "Let It Snow," "Happy Holidays," "Sleigh Ride," and "Santa Claus Is Coming To Town.'

The two Christmas songs played most often in movies are "Jingle Bells" and "Silent Night," but the most beloved and the one that has been translated into more than 100 languages is "Silent Night."

Whatever music of this holiday season is near and dear to you... "Have Yourself a Merry Little Christmas"!





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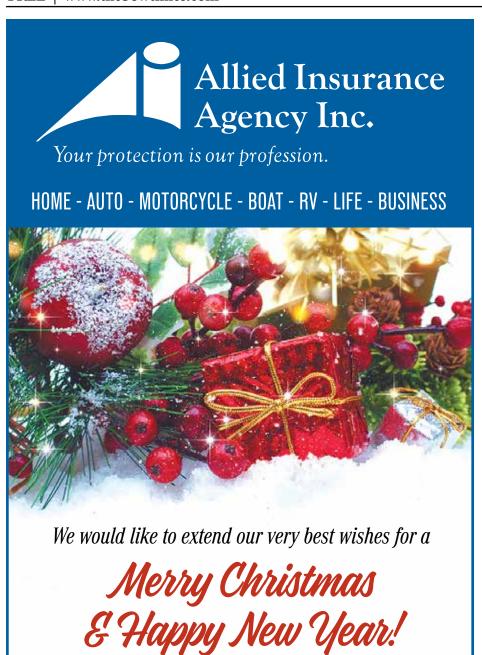
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Tucker's Restaurant

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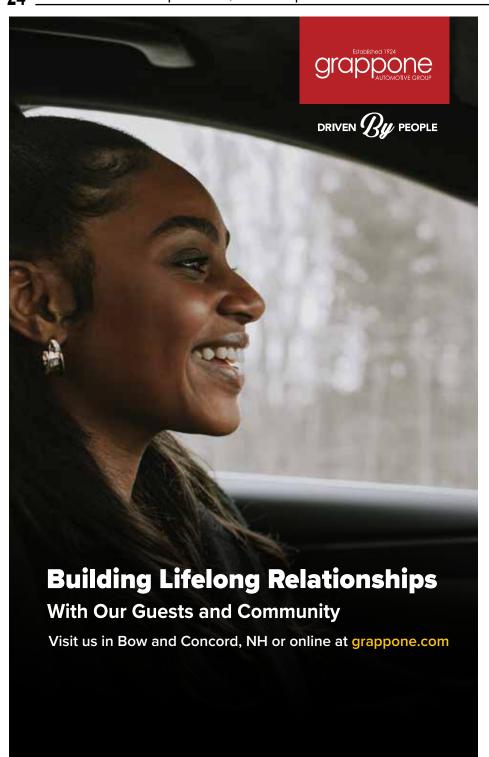
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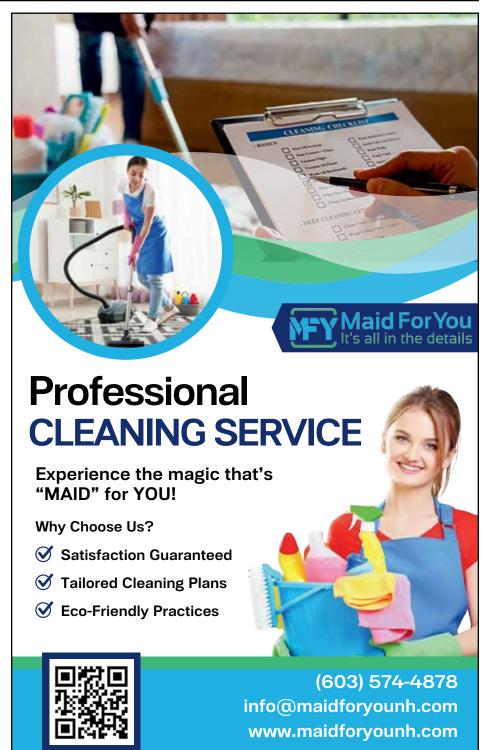
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