

## DUNBARTON NEWS ON PAGES 13-

### DUNBARTON'S RAY PLANTE NAMED A WHIP



House Majority Leader Jason Osborne, R-Auburn, added a new member to his expanded leadership team, making first-term Representative Ray Plante of Dunbarton the sixth assistant majority whip in the House GOP caucus.

A member of the House Federal-State Relations Committee, Plante is a major in the Vermont Army National Guard with more than 18 years of service.

Plante is also a JetBlue captain, flying an Airbus A-220 out of Logan Airport in Boston.

A Dunbarton trustee of trust funds, Ray Plante also represents Allenstown, Epsom and Hooksett.

### THERAPIST ARRESTED AFTER ALLEGED SEXUAL ASSAULT IN BOW



A pre-licensed therapist practicing in Bow was arrested following a months-long investigation into an alleged sexual assault, police said.

Daniel Thibeault was taken into custody Monday, January 5th, by Bow Police after an arrest warrant was issued, according to a news release.

The investigation was initiated in August, when police received a report that Thibeault had allegedly assaulted a female patient during an in-office visit. Bow PD Detective Sergeant Tyler Coady started an investigation, which led to the arrest warrant, according to the release.

Thibeault has been charged with two counts of felonious sexual assault and one count of aggravated felonious sexual assault. He is being held at the Merrimack County House of Corrections.

“The investigation remains active and ongoing,” the release said. “The Bow Police Department is committed to ensuring the safety of our community and will continue to pursue all available leads.”

Thibeault was a candidate to become a mental health counselor, which required him to practice under the supervision of a licensed practitioner.

Thibeault’s “candidate for licensure: supervision agreement” with the Board of Mental Health Practice was suspended on Dec. 22, according to information on its website. The board first granted his license on May. 17, 2024.

The Office of Professional Licensure and Licensing Certification received a police report from Coady on Dec. 5 “alleging (Thibeault) sexually assaulted a patient during an in-person office visit despite the patient’s audible demands to stop,” according to the emergency order.

### BOW SELECTMEN APPROVE MILLION DOLLAR FIRE TRUCK AND AUDIT OF COMMUNICATIONS SYSTEM

At the December 9 meeting of the Bow Selectmen, the go-ahead was given to spend \$1,113,832 on a new pumper for the Fire Department. Fire Chief Comeau explained to the Board that if they prepay for this truck now, they will receive a prepayment discount of \$71,709 and will receive the truck in 2 years. This purchase was already approved at Town Meeting in March of 2025, and the Selectmen approved buying the Rosenbauer pumper.

Facilities Manager Chris Andrews requested permission from the Board to enter into an agreement with Fidium to fully upgrade the Town’s communications connectivity in this year’s budget.

The Town currently relies on a fragmented system involving three different vendors. This complexity leads to significant issues. When a system failure occurs, it is difficult and time-consuming to determine the root cause. All three current vendors have independently confirmed that the existing system was in critical need of a complete audit of and an upgrade.

The board approved \$5500 for the audit.

## HOPKINTON-CANTOOCOOK NEWS ON PAGES 15

### TOWN TO VOTE ON BOW ZONING AMENDMENTS

At the December 18, 2025, meeting of the Planning Board certain amendments to tow zoning ordinances were approved to go forward to the March Town Meeting after public comment was invited.

Those approved were as follows:

**Proposed Amendment A** proposes removing the purpose statements for overlay districts from Section 4.01B and relocating them to the specific sections governing each overlay district. The intent is organizational and does not alter the substance or wording of any purpose statement.

**Proposed Amendment B:** Authorizes a Site Review Committee for Minor Site Plans and amends Section 5.07. Amendment B proposes allowing the Planning Board to establish a Site Review Committee for the review of minor site plan applications. The amendment itself does not create the committee but authorizes the Planning Board to do so through future amendments to the Site Plan Review Regulations.

The Site Review Committee would review minor site plan applications, improve efficiency by reducing the need for full Planning Board review of simple matters, and expedite decision-making when for applicants.

**Amendment I - Adaptive Reuse** The Board considered a proposed amendment to add Subsection H (Adaptive Reuse) to Section 11.04, allowing repurposing of existing buildings for residential use. Chairman Berube noted that the language closely mirrors applicable state statutes and is intended to support housing availability.

Article Continues | Page 5



### SNOW & CAR CRASHES INJURE 5 IN BOW

Four people were taken to hospital after a two car crash in Bow on January 5. Police said the crash happened around 10 a.m. at the intersection of Route 3A and Dunklee Road.

According to officials, four of the five people in one of the vehicles suffered non-life-threatening injuries and are expected to recover. The driver of the other vehicle was not injured.

Earlier on December 23, 2025 a Mini Cooper rolled over on Bow Center Rd. The Bow officer responding said that “in speaking with the operator, he advised that he was coming around the corner and due to the road conditions, he was not able to negotiate the turn.”

At the time of the crash it was snowing and the road conditions were extremely slick from a thin layer of snow. The car was unable to negotiate the turn and ran off the roadway right, struck an embankment, which rolled the vehicle onto the roof. Both the driver and the passenger were wearing seat belts.

The driver of the vehicle sustained a minor injury and was evaluated on scene by the Bow Fire Department. He was not transported to the hospital by ambulance.

“Contributing factors to this crash were the driver’s speed being too fast for road conditions, the weather, and the very poor road conditions (snow/ice).”

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Printer - Graphic

Developments, Inc.

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## EDITORIALS

### THE NARCISSIST IN CHIEF

Last month actor and director Rob Reiner and his wife were killed by their mentally ill son. As President of the United States one would expect at least that Donald Trump would pay some respect to such a great contributor to American film and TV. And he did so as follows: "May Rob and Michele rest in peace."

However, he had to proceed these seven words with 110 words praising himself for the Golden Age we are in and said Reiner was killed because he opposed the Great Donald Trump.

To avoid the fake news label, I present Trump's words as they appeared on his propaganda page Truth Social for you to see for yourself:



TRUTH SOCIAL: December 15, 2025:

"A very sad thing happened last night in Hollywood. Rob Reiner, a tortured and struggling, but once very talented movie director and comedy star, has passed away, together with his wife, Michele, reportedly due to the anger he caused others through his massive, unyielding, and incurable affliction with a mind crippling disease known as **TRUMP DERANGEMENT SYNDROME**, sometimes referred to as **TDS**. He was known to have driven people **CRAZY** by his raging obsession of President Donald J. Trump, with his obvious paranoia reaching new heights as the Trump Administration surpassed all goals and expectations of greatness, and with the Golden Age of America upon us, perhaps like never before. May Rob and Michele rest in peace!"

Recently columnist Bret Stephens, a Pulitzer prize winner, who has written for both The Wall Street Journal and The New York Times well summarized the crass and heartless nature of the words of our President:

"I quote Trump's post in full not only because it must be read to be believed, but also because it captures the combination of preposterous grandiosity, obsessive self-regard and gratuitous spite that "deranged" the Reiners and so many other Americans trying to hold on to a sense of national decency. Good people and good nations do not stomp on the grief of others. Politics is meant to end at the graveside. That's not just some social nicety. It's a foundational taboo that any civilized society must enforce to prevent transient personal differences from becoming generational blood feuds."

The child President who was so deprived of love that he must tear others down to build himself up has become "a loathsome human" in Stephens' words. Like Kim Jong Un, Trump's need to be revered as the Supreme Leader was also well summarized by Stephens:

"Right now, in every grotesque social media post; in every cabinet meeting devoted, North Korea-like, to adulating him; in every executive-order-signing ceremony intended to make him appear like a Chinese emperor; in every fawning reference to all the peace he's supposedly brought the world; in every Neronic enlargement of the White House's East Wing; in every classless dig at his predecessor; in every shady deal his family is striking to enrich itself; in every White House gathering of tech billionaires paying him court (in the literal senses of both "pay" and "court"); in every visiting foreign leader who learns to abase himself to avoid some capricious tariff or other punishment — in all this and more, our standards as a nation are being debased, our manners barbarized."

The latest North Korean copycat move is to have Trump's face on the new National Park passes next to George Washington (our 2nd greatest president says Trump).

Federal law requires the parks pass to feature the winning photo of the National Parks Foundation's annual public lands photo contest, which for 2026 is an image of Montana's Glacier National Park. The executive director of the group suing to uphold the federal law said that "The national parks are not a personal branding opportunity. They're the pride and joy of the American people."

Friends who support some or many of President Trump's policies need to reflect on whether the policy decisions are worth the lasting damage that his conduct and comportment is doing to our reputation around the world.

The East Wing can be rebuilt. The gold leaf decoration around the historic White House can be removed. The name of the Trump Kennedy Center can once again be restored to its Congressionally chosen legal name. Every rubberstamp agency and board can have unqualified people removed.

But can we ever restore a sense of honor, decency and civic behavior after his example?



### HEGSETH THE TERRIFIED HYPOCRITE

In 2016, as then presidential candidate Donald Trump vowed that US troops would carry out even his most extreme battlefield orders as commander in chief — some of which former military leaders said would be illegal — Pete Hegseth warned that service members had a duty to refuse any unlawful orders from a potential President Trump.

"You're not just gonna follow that order if it's unlawful," Hegseth said in a March 2016 appearance on Fox & Friends.

"The military's not gonna follow illegal orders," Hegseth said of Trump in another March 2016 appearance on Fox Business.

A Fox News contributor at the time, Hegseth echoed similar sentiments during a speaking appearance a month later, saying the US military "won't follow unlawful orders from their commander in chief," in previously unreported comments unearthed exclusively by CNN's KFile of Fox clips.

"Here's the problem with Trump," Hegseth said in an appearance on Megyn Kelly's show, "He says, 'Go ahead and kill the family. Go ahead and torture. Go ahead and go further than waterboarding.'"

"What happens when people follow those orders, or don't follow them? It's not clear that Donald Trump will have their back," Hegseth added. "Donald Trump is oftentimes about Donald Trump."

Now the so-called secretary of war is trying to reduce navy captain Mark Kelly (also Senator Kelly) in rank and reduce his pension for saying you don't have to follow illegal orders.

"Over twenty-five years in the U.S. Navy, thirty-nine combat missions, and four missions to space, I risked my life for this country and to defend our Constitution - including the First Amendment rights of every American to speak out," Kelly wrote. "I never expected that the President of the United States and the Secretary of Defense would attack me for doing exactly that."

"My rank and retirement are things that I earned through my service and sacrifice for this country. I got shot at. I missed holidays and birthdays. I commanded a space shuttle mission while my wife Gabby recovered from a gunshot wound to the head — all while proudly wearing the American flag on my shoulder," Kelly wrote.

All Hegseth has proven is that he does not have the courage to repeat what he said 10 years ago on Fox. He has proven he is a Secretary of a word that rhymes with War, but means one who prostitutes themselves.

Man up Pete, you are no Mark Kelly.

**Chuck Douglas**  
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## **SCHOOL CELL PHONE BANS ARE WORKING!**

This newspaper has long supported banning student use of cell phones during class hours. A recent rise in test scores and decline in behavioral problems is now evident in other states that have adopted bans.

An article by the Wall Street Journal tech writer Julie Jargon reported the results in a southern California school district.

"When you have 267 incidents of threats and physical injury in the first 10 weeks of a school year, that's a serious problem," said April Moore, superintendent of the Sierra Sands Unified School District near California's Mojave Desert, of last year's disciplinary problems.

Students were using their phones to plan bathroom vaping meetups, gossip sessions and fights. "When behaviors escalate in an invisible space, we can't prevent them or react as fast," said Moore, who presides over a district of about 5,000 students.

Since a districtwide ban on cellphone use during instructional class time went into effect this fall, student behavior has turned around.

Incidents involving threats and physical injury in the first 10 weeks this school year declined by almost half to 142. The number of disciplinary actions for harassment dropped by nearly 83% to 19. Total suspensions were down 69% to 72.

Tatiana Edwards, who teaches special-education math at Sierra Sands' China Lake Junior High School, said she hasn't tabulated the improvement in grades yet but has noticed students performing better.

"People forget how much behavior affects grades," she said.

Plus, she doesn't have to interrupt her lessons to remind students to put their phones away anymore.

She said the phone ban has resulted in other intangible changes, including kids being kids again.

After some girls completed their classwork recently, they played a hand clapping game. "I'm seeing a bit of the innocence of childhood coming back," she said.

## **KATERINA ISABELLA MANDRINO GRADUATES THE UNIVERSITY OF CENTRAL OKLAHOMA**

Dunbarton resident Katerina Isabella Mandrino graduated in December from the University of Central Oklahoma with a Bachelor of Business Administration degree in Management as a part of the fall 2025 class, which included 1,068 students from throughout the country and world.

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## HEALTH WATCH

### STUDY FINDS SLEEP APNEA LINKED TO PARKINSON'S DISEASE

In a study published last week in JAMA Neurology, researchers linked obstructive sleep apnea, a condition that causes temporary pauses in breathing during sleep, with Parkinson's disease.

Parkinson's disease is a progressive nervous system disorder that causes tremors, stiffness, and difficulty speaking, moving and swallowing. It is the second-most common neurodegenerative disease in the United States.

There is no cure for Parkinson's disease, said Dr. Lee Neilson, a neurologist at Oregon Health & Science University who led the study. But the researchers did find that treating sleep apnea with a continuous positive airway pressure (or CPAP) machine was associated with a reduced likelihood of developing Parkinson's.

#### What the study found

The researchers analyzed medical records from more than 11 million U.S. veterans treated through the Department of Veterans Affairs between 1999 and 2022. The group was predominantly male with an average age of 60, representing those at highest risk for sleep apnea, experts said.

The researchers found that about 14% of the participants had been diagnosed with sleep apnea between 1999 and 2022, according to their medical records. When the researchers looked at their health six years after those diagnoses, they found that the veterans with sleep apnea were nearly twice as likely to have developed Parkinson's disease compared with those who had not been diagnosed with sleep apnea.

#### Why sleep apnea might affect risk

About 13% of Parkinson's cases worldwide are linked to genetic mutations, and some research suggests that environmental toxins like pesticides and heavy metals might also increase the risk.

It's not clear how sleep apnea may play a role in the condition, said Dr. Ronald Postuma, a professor of neurology at McGill University in Montreal who was not involved with the new research.

The study authors theorized that by limiting oxygen over time, sleep apnea could cause enough damage to brain cells that they no longer function properly, contributing to Parkinson's disease.

Those who started using CPAP machines within two years of their diagnoses were about 30% less likely to develop Parkinson's disease than those who didn't use the treatment.

CPAP machines blow air through a face mask or nasal pillows to keep the airway open. When used correctly and consistently, the devices are effective at treating sleep apnea.

### ALL THE LONELY PEOPLE

Americans are feeling lonelier compared to previous years, according to a recent survey from AARP of adults aged 45 and older. The association surveyed around 3,300 Americans in August and found that 40% of them reported feeling lonely, a 5 percentage point increase from the last time the survey was conducted in 2018. Overall, engaging in activities that are not solitary can help with feelings of isolation, according to the survey.

#### Which groups are the loneliest?

According to the survey, men are more likely to experience loneliness than women.

While past surveys found that men and women were more even in loneliness, the difference between the two groups rose this year. For men, 42% of respondents reported feeling lonely, compared to 37% of female respondents reporting feeling lonely.

Your education level can also play a role in how lonely you feel, with higher levels of education correlated with lower levels of loneliness. Forty-five percent of adults with a high school education or less are lonely, compared with 39% of those with some college education and 34% of those with a college degree or higher.

#### What drives adult loneliness?

There are multiple predictors of potential loneliness in adults, according to the survey results, with most relating closely to a person's social life:

- Social networks and circles shrinking
- A declining number of friends over time
- Mental health diagnoses

People are also reporting less community engagement, with fewer adults attending events like religious services, volunteering or local groups. Technology, while sometimes helpful in keeping people connected, can also make you feel lonely and lead to more solitary activities.

Kate Perez | USA Today



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*Sales Data for DECEMBER 2025 is provided by the NHMLS.*

### BOW ZONING AMENDMENTS | Continued from page 1

Some other changes were sent back to be re-drafted, including the following:

**Proposed Amendment C** - Amends Section 5.11 (Table of Use Regulations) to add multifamily housing as a permitted use within the Commercial District. It was noted that this amendment is being proposed in response to recent changes in state law that require municipalities to allow multifamily residential use in commercial districts.

During discussion, clarification was sought regarding the scope of the RSA, specifically whether the state requirement applies solely to commercial districts or could also extend to industrial zones. It was confirmed that the RSA applies only to commercial districts, not industrial zones.

#### Related Proposed Amendment F- Section 7.28 (Supplementary Regulations)

The Board then discussed a closely related provision, identified as Amendment F, which proposes the addition of new Section 7.28. This section would serve as a supplementary regulation associated with multifamily housing in the Commercial District.

- A determination by the Planning Board that adequate infrastructure (including roads, water, and sewage systems) is available to support the development; and
- A requirement that all available ground-floor space be dedicated to retail or similar commercial uses.

Board member Jonathan Pietrangelo expressed concerns about the potential implications if Amendment C were approved independently without the accompanying supplementary regulations in Amendment F. After discussion, consensus emerged that Amendments C and F should be combined into a single, cohesive amendment to ensure clarity and alignment between permitted uses and applicable conditions. The Board agreed to defer action on these matters and requested that the combined amendments be presented at the next meeting.

#### Amendment G - Wetlands Conservation District Amendments

The Board reviewed proposed amendments to Section 10.01 concerning the Wetlands Conservation District. Community Development Director, Karri Makinen explained that the changes were intended to be a combination of substantive clarifications, policy adjustments, and housekeeping edits, and provided a bullet-point summary for discussions. This amendment needed further clarifying language.



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# THE Music LADY

FOR THE LOVE OF MUSIC

The biggest topic of conversation in New Hampshire, this and every winter, is *the weather!* The Farmer's Almanac predicted that this winter of 2025-26 in the Northeast US would be colder and snowier than normal. Perhaps any risk of Seasonal Affective Disorder (SAD) during winter's shorter daylight hours could be mitigated if our weather conditions were expressed in SONG. So, let's try a little meteorological music therapy.

Instead of grousing about all the snow, how about a singing a chorus from Winter Wonderland – "Sleigh bells ring, are you listening? In the lane, snow is glistening. A beautiful sight, we're happy tonight, walkin' in a winter wonderland."

Irving Berlin helps us look at the bright side with "The snow is snowing, the wind is blowing. But I can weather the storm. What do I care how much it may storm? I've got my love to keep me warm."

"Oh the weather outside is frightful, but the fire is so delightful. And since we've got no place to go, let it snow, let it snow, let it snow!"

Consider the deep meaning in this B.J. Thomas song: "Raindrops keep falling on my head. And just like the guy whose feet are too big for his bed, nothing seems to fit. Those raindrops are falling on my head, they keep falling." And, "Yes," as I write this it is raining in New Hampshire in December.

The Mamas and the Papas sang away the winter doldrums with "All the leaves are brown, and the sky is gray. I've been for a walk on a winter's day. I'd be safe and warm if I was in LA. California dreamin' on such a winter's day."

And if you're STILL feeling blue this winter, "Hush now baby, don't you pout. Spring is just around the corner. You may be down but you're not out. Spring is just around the corner."

As William James, known as "The Father of American Psychology," said, "I don't sing because I'm happy. I'm happy because I sing."



Town of Bow  
**EMPLOYEE**  
 OF THE  
**MONTH**

CONGRATULATIONS TO  
 STEPHANIE VOGEL  
 FOR BEING SELECTED AS  
 EMPLOYEE OF THE MONTH  
 FOR JANUARY

**Stephanie Vogel** exemplifies exceptional professionalism, reliability, and community engagement, consistently delivering high-quality work across complex administrative duties with accuracy and ahead of deadlines.

Residents frequently comment on her friendly and professional demeanor, and her approach consistently turns potentially negative interactions into positive experiences for the public and the department. Steph's proactive problem-solving and willingness to assist colleagues foster a strong team environment. She actively participates in department and community events, volunteers her time beyond work hours, and takes the initiative to improve policies and IT solutions, making her a vital asset to the department and the Bow community.



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## Bow Young at Heart Club

JANUARY 28, 2026 11:30 AM - 2:30 PM

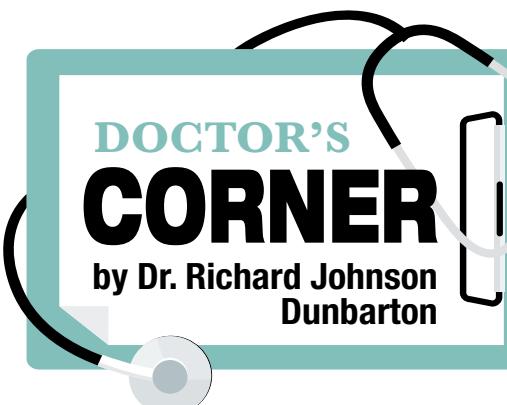
**The Capital Four Barbershop Quartet** will entertain club members and guests with their rendition of favorite songs.

FEBRUARY 13, 2026 11:30 AM - 2:30 PM

**Annual Pizza Party!** The club will hold its annual pizza party followed by games. Guests are welcome.

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](mailto:fairfield_a@hotmail.com).



## FAMOUS PEOPLE Q&A

Happy New Year! Once again, here is the January quiz about famous people and their illness. Good luck!

1. Born in 1685, he lived in Germany and Italy until becoming a naturalized British subject in 1727. His coronation anthem *Zadok the Priest* has been performed at every British coronation since 1727. You and I associate him with a famous Christmas choral work which he composed in 24 days in 1741. In 1750 he was seriously injured in a carriage accident. His eyesight deteriorated, and by 1752 he was completely blind. He died at age 74 in 1759.
2. This American hero is most famous for being the first U.S. astronaut to orbit the earth in 1962 aboard the *Friendship 7* spacecraft. He died in 2016 at the age of 95 from failing health that included a stroke and prior heart valve surgery.
3. In December of 1799 this 67-year-old American hero died in his home, most likely from a severe throat infection. Bloodletting and other treatments of the day were unsuccessful, and death occurred in two days.
4. This inventor was born in 1819 in Spencer, MA. In 1846, at age 27, he received the fifth US patent for his invention, the sewing machine. He became a millionaire and died at age 48 from gout and a "massive blood clot."
5. In 1928 his medical discovery became the first true drug of its kind. In years to come, and especially during WWII, his discovery saved millions of lives. He died of a heart attack in 1955 (age 73), and his ashes are buried in St. Paul's Cathedral in London.
6. This actor has done much to advance the understanding of Parkinson's Disease, a disease which has now significantly limited his ability to walk. *Lucky Man* was his first of several books.
7. This dentist was the first, on 16 October 1846, in the surgical amphitheater of the MGH, to demonstrate that the use of inhaled ether could be an effective anesthetic allowing patients to undergo painless surgical procedures. He died in 1868 at the age of 49 from complications of a major stroke.

ANSWERS: 1. George Frederick Handel, 2. John Glenn, 3. George Washington, 4. Elias Howe, 5. Alexander Fleming, 6. Michael J. Fox, 7. William T. G. Morton

“

## QUOTE OF THE MONTH

“A New Year's resolution is something that goes in one year and out the other.” Oscar Wilde

”

# THE TRUTH ABOUT GETTING STARTED

by Jim Olson

Happy new year, my friend. As we begin the new year, many are thinking about new weight loss and fitness resolutions. Maybe you are here because you have the same goals as last year.

I am so excited to help you on your weight loss journey this year, but first I need to tell you something important about getting started...

**The best time to start something was yesterday.**

**The second-best time to start is NOW.**

**Wherever you are, it's right time and your perfect place to start.**

**Do not put off the Start.**

**Start NOW, even before you think you are ready.**

**WHY?**

It's easy to get overwhelmed by all the things we think we need to do first. But consider this:

- Nobody starts in the deep end.
- Nobody has all the answers before they start.
- And getting started is often less expensive and faster than you'd imagine.

Taking a different route than we're used to might feel unnatural. The unknown may also be scary, but don't worry! Once you begin something, you build momentum, and then it becomes easier and easier to keep going. You might even be surprised by how much you enjoy doing this new thing once you've started.

When starting anything new, it is important to think about your WHY. Why you started in the first place so you can keep going when things get tough. These questions might help:

**WHAT'S YOUR HEALTH WORTH TO YOU?**

What's being vibrant and active vs couch/bedridden worth when you're older?



**Jim Olson**

What's it worth to be fully present and energized for your kids and grandkids?

What's it worth to feel confident each day of your life?

Can you put a price on living a life where you are medication and ailment-free?

No matter your age, you need to consider these things NOW.

There's nothing more important to invest in.

You deserve to feel good in your body and put yourself first so that you can experience whatever it is that sets your soul on fire!

Just like the journey to any destination, there is more than one route to where you want to go.

Having a fit and healthy body is the best place to start.

It doesn't have to be hard.

And you don't have to do it alone.

Take your next step, achieve increased strength, energy, and mobility to live an active lifestyle with confidence — and fit in the clothes you want to wear!

Let us be your GPS to guide you on the right path for YOU. You're not everybody else! You're an original and there is not another individual on the planet exactly like you. You tell us what you need and what your goals are and we'll map out the best route to get you there safely, effectively and sustainably — The IF Way.

Committed to your success, Jim, John and the IF Team!

**P.S. Individual Fitness is for you, in 2026!**



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- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
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## THE BENEFITS OF E-STATEMENTS

Electronic statements, commonly known as e-statements, are digital versions of traditional paper statements provided by banks, utility companies, and other service providers. As technology becomes a major part of everyday life, e-statements are increasingly replacing paper statements due to their numerous advantages for both consumers and organizations.

**The most significant benefit of e-statements is convenience.** E-statements can be accessed anytime and anywhere through computers or mobile devices. Users no longer need to wait for mail delivery or worry about misplacing important documents. With a few clicks, past statements can be viewed, downloaded, or printed when needed, making record keeping much easier.

**E-statements also enhance security.** Paper statements can be lost, stolen, or intercepted, increasing the risk of identity theft. In contrast, e-statements are typically protected by secure login credentials, encryption, and multi-factor authentication. This added layer of security helps safeguard sensitive financial information.

**Another major advantage is cost efficiency.** Printing, packaging, and mailing paper statements involve significant expenses for organizations, which are often passed on to customers. E-statements reduce these costs, allowing companies to operate more efficiently and, in some cases, offer reduced fees or incentives to customers who opt for digital delivery.

**E-statements also promote better financial management.** Digital statements are easily searchable and can be integrated with budgeting and accounting tools, helping users track spending, monitor trends, and plan more effectively.

*For your safety and convenience, if you are not currently receiving e-statements, please consider signing up. E-statements reduce the risk of lost or stolen mail and ensure you receive important account information promptly and securely.*

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## Bow Community Men's Club

Are you interested in learning more about the Bow Community Men's Club?

**Join us January 22, 2026  
at 6:00 pm as our guest.**

### Upcoming Events

**Jan 22d: Men's Club Meeting  
Old Town Hall,  
91 Bow Center Road**

Follow us on Facebook



**Attention Bow High School Class of 2026!**

Did you know the Bow Community Men's Club gives out \$2,000 scholarships?

**Talk to your guidance counselor for details.**

**About us:** Founded in 1948, the Bow Community Men's Club is a volunteer-driven organization committed to improving our community while enjoying ourselves. We invite all men from Bow and nearby areas to become a part of our club. Our members dedicate their time and resources to support local initiatives, ensuring that all funds raised from events are reinvested back into our community.

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## BOW FIRE DEPARTMENT

[www.bow-nh.gov](http://www.bow-nh.gov)

Protecting lives, property, and the environment, with effective and safe responses to all emergencies and calls to service.



## 2025 STATISTICS

|                        |      |
|------------------------|------|
| Fire                   | 87   |
| Hazardous conditions   | 52   |
| Medicals               | 860  |
| Service/false/canceled | 157  |
| Total incidents        | 1156 |

Overlapping incidents 114 times involving 249 incidents

Fire prevention, public education, town and business classes 23

|   |     |
|---|-----|
| Plan review, inspections, consultations | 203 |
| Oil burner permits                      | 12  |
| Assembly permits                        | 15  |
| Burning permits                         | 519 |
| Miscellaneous permits                   | 12  |



## BOW HIGH SCHOOL SPORTS SPOT

by Matthew Mampuzha, Bow Times Sports Editor ➔ [Photos](#) | [Chip Griffin](#)



Junior Gianna Trott in an unofficial game against Hopkinton.

### GIRLS BASKETBALL

As 2025 comes to a close, the Falcons have a 2-0 record, after playing a scrimmage match against Hopkinton. The team's first game, against Bishop Brady High School, was a 47-7 win, followed by a 47-34 win against Souhegan. Both games so far have been away games. The Falcons' home opener is against the Derryfield School at the beginning of January.



Adam Lafferty (#20) celebrates with teammates after scoring a goal against Concord.

### BOYS ICE HOCKEY

The boys hockey team has played some tough games against other Division I teams thus far. The Falcons lost at Windham in their season opener 2-3. Junior Ethan Herrick scored both goals for the maize and gold.

Following the loss at Windham, the team bounced back and made a statement with a 7-0 win over a co-op between Portsmouth, Newmarket, and Sanborn. In the win, sophomores Colby Rae and Jacob St. Pierre scored, juniors Gavin Szafran and Sean Atwell scored, and seniors Brad Ekstrom and TJ Ingalls scored. Ingalls scored two goals, bringing the total goals up to 7.

However, following the 7-0 win, the team lost to the Trinity Pioneers 2-7 and the Concord Crimson Tide 2-5. In the loss against Concord, the Falcons initially led Concord after a score by Adam Lafferty, but the Crimson Tide quickly caught up and took the lead.

**FALCONS FLY FOREVER!**

### GIRLS ICE HOCKEY

The girls hockey team is 3-0 as December closes out and 2026 approaches. The Falcons opened with a 3-2 win against Keene-Monadnock-Fall Mountain, followed by a 6-1 win against Berlin-Gorham-Kennett, both home games. Their third win was a 9-3 away win against Bishop Guertin.

Despite being a co-op between three different schools, the team has been quite successful. Hopefully, the team can keep it up!



The team in a scrimmage against Concord.

### BOYS BASKETBALL

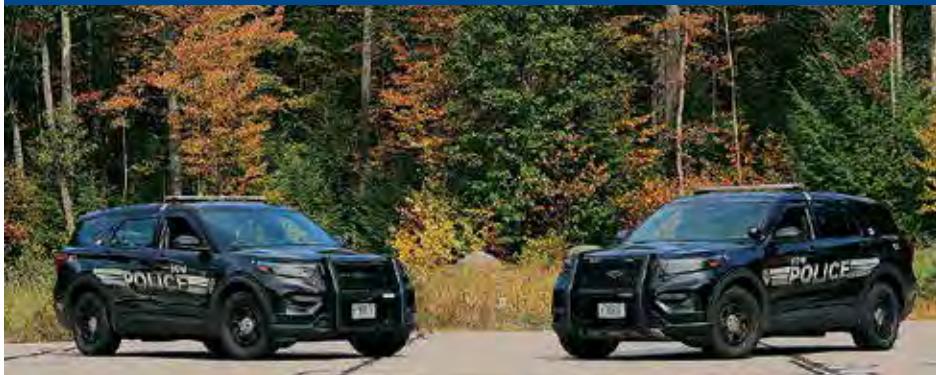
The boys basketball team has a 1-1 record at the end of the month of December. After a decisive 65-38 win at home against Bishop Brady, the team lost a close home match against Souhegan, 50-53.

January sees the team play 8 games: 3 home games and 5 away games. The Falcons host Hanover, Kennett, and Manchester West, but visit Manchester West (in addition to hosting them), Coe-Brown Northwood, John Stark, Laconia, and Hollis-Brookline.



Junior Kyle Cimis at Bishop Brady

# BOW POLICE DEPARTMENT



## DECEMBER 2025 ARREST LOG MISDEMEANOR AND FELONIES

**12/07** Joshua Bagley Bow, Criminal Threatening

**12/12** Arthur Chalmers, Jr., Hooksett, Electronic Bench Warrant for DUI

**12/17** David Elder, Bow, 2nd Degree Assault

**12/21** Calvin Simmons-Carter, Dover, Stalking, Breach of Bail

**12/31** Sky-Lyn Wrenn, Nashua, Possession of a Controlled Drug

**12/31** Daniel Stephen, Belmont, Possession of a Controlled Drug, Transport Drugs in a Motor Vehicle



## A Message from CHIEF MILLER



As we step into 2026, I want to extend my warmest wishes for a safe, healthy, and prosperous year ahead to you and your families. Thank you for your continued support of our department and for partnering with us to keep our community safe.

I'm pleased to share some exciting updates. We have recently launched our updated website, designed to make it easier than ever to access important information, report concerns, view safety resources, and stay connected with us. Please take a moment to visit the new site the fresh layout, updated content, and new

features that will help us better serve you (<https://bownh.gov/874/Police>).

In addition, thanks to grant funding from the New Hampshire Office of Highway Safety, we have received a new speed trailer. This speed trailer will help monitor vehicle speeds, promote safer driving habits, and enhance overall road safety for everyone. We're grateful for this support and look forward to seeing its positive impact.

As winter weather settles in, I want to remind everyone about the importance of safe driving during these colder months. Snow, ice, reduced visibility, and slippery roads can turn routine trips into hazardous ones. Please slow down, increase your following distance, ensure your vehicle is properly equipped (with good tires, brakes, and defrosters), and avoid distractions. Plan extra time for travel and stay informed about weather conditions.

Also, please remember Jessica's Law (NH RSA 265:79-b, Negligent Driving) requires all drivers to fully remove snow and ice from their vehicles, especially the roof, hood, trunk, and windows before driving. This law, named in memory of Jessica Smith who tragically lost her life in 1999 due to flying ice from another vehicle, carries fines of \$250–\$500 for a first offense (and higher for repeats). Taking just a few extra minutes to clear your vehicle can prevent dangerous "ice missiles" and protect others on the road. Let's all do our part to drive responsibly and keep our neighbors safe.

Thank you again for all your continued support as we work together to keep Bow a safe place to live, work and visit.

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

## foyer Mailbox

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.

Foyer Mailbox: There is a mailbox in the front foyer of the Police Department. It is video monitored and is available 24



## RESOLUTIONS

by Bow Resident Paul Pomeroy

For the past decades I haven't had a great deal of success keeping resolutions I have made on January first each year. I considered not making any for this year. But then I thought that maybe I was making the wrong kind of resolutions. So I did what any red blooded American would do. I googled it. And sure enough I came across an article that stated that you only needed seven simple steps to make your perfect resolution plan for the new year.

I decided to try it out.

The Steps.....

### 1. READ EACH DAY:

I am ahead of the game. I already read each day. Around mid morning before I fall asleep. In the afternoon right before I fall asleep. And at night right before I turn in for the evening. So far so good.

### 2. COOK A NEW MEAL ONCE A WEEK:

I don't do much cooking, so this one poses a problem. But my wife, who is a very fine cook, offered to help. So I have altered the step a bit. I have committed to eating a new meal each week.

### 3. BLOCK OUT TIME FOR YOURSELF EACH DAY:

Please refer to step one.

### 4. GET ACTIVE:

I am already pretty active. I get my steps in. I must walk back and forth to the refrigerator and the bathroom a thousand times a day!

### 5. JOIN A CLUB, GROUP, OR TEAM:

Hmmmm... I keep hearing about this "Pickle Ball" thing. If I could stand in one spot, that would be okay. But it seems that you have to move around a lot. And I am already pretty tired from step four. Maybe some golf this spring? I'll see if can find an equally inept group of individuals. Or maybe start a team to join me in step two.

### 6. DRINK WATER:

It seems that everyone carries around a water bottle these days. I, on the other hand, don't drink anywhere near the water I should each day. You see, when one has a prostate the size of a grapefruit, one must carefully monitor the volume ingested as well as the timing of the ingesting.

### 7. FOCUS ON ONE THING AT A TIME:

Another challenge. These days I can't focus on anything at a time. So I will need to work very hard to work my way UP to one thing.

There you have it. Seven simple steps.....

**Come on 2026!!! I'm ready for ya!**

## NEW YEAR RESOLUTIONS:

- 1. MAKE THEM.
- 2. FORGET THEM.
- 3. TRY AGAIN NEXT YEAR



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# Rotary Club of Bow



## BOW ROTARY WAS FEELING FESTIVE DURING THE HOLIDAY SEASON

On Friday, December 19, the Bow Rotary celebrated its Ugly Sweater Contest; on the same day members braved the cold to ring the Salvation Army bell.

12 contestants competed for the ugly sweater recognition. This year's winner was Bill Ames!

On the same day, Rotary members turned out for the annual tradition of ringing the Salvation Army bell for a day at the Market Basket on Storrs Street.

Photos by Eric Anderson



Bill Ames winner of the Annual Ugly Sweater Contest.



Carol Niegisch and Chris Parkinson ring the bell for the kettle collection outside Market Basket on Storrs Street.

## BOW ROTARY PRESENTS SCHOLARSHIPS TO 8 RECIPIENTS

Eight students received scholarships from the Bow Rotary at the January 9 meeting.

The eight students are Jaden Glace, Cole Cochrane, Emily Fauteux, Liam Miller, Hannah Pawlowski, Kristen McKeen, Gabriella Tarsa and Natalee Moltisanti.

All the recipients provided updates to the club, talking about life at college. Many of them are active in sports, clubs and volunteering.

Overall, Bow Rotary awarded \$25,000 in scholarships. Miller is the recipient of the Nancy Tisdale Scholarship. The scholarship is made possible by Nancy's daughter Elaine, who is a past Bow Rotary scholarship recipient.

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

## COLLEGE EDUCATED WORKERS FEARING JOB LOSS

A December analysis by The Wall Street Journal found growing anxiety among college educated white collar employees. Fears about the job market are contributing to widespread pessimism about the economy.

The University of Michigan's index of consumer sentiment is near historic lows. Many Americans are buckling under almost five years of persistent inflation. College-educated workers who were once insulated from economic concerns aren't anymore.

Just a few years ago, these workers were getting promotions and raises left and right. Now they are hanging on to their jobs for dear life, spooked by high-profile layoff announcements, the rise of artificial intelligence and an unforgiving job market for the unemployed.

Americans with bachelor's degrees or higher put the average probability of losing their jobs in the next year at 15%, up from 11% three years ago, according to November data from the Federal Reserve Bank of New York. Workers in this group now think losing a job is more likely than those with less education do, a striking reversal from the past.

They also are growing more pessimistic about their ability to find a new job if they do get laid off. In that same survey, college-educated workers said they have an average 47% chance of finding a job in the next three months if they lost their job today, down from 60% three years ago.

There is no firm definition of white-collar employee in government data. The term broadly applies to people who work in offices and have higher education, such as a bachelor's degree or some college. In recent decades, hiring in management and professional jobs rapidly outpaced other categories.



Top executives are warning artificial intelligence could make the situation even worse. Earlier this year, Ford Motor CEO Jim Farley said the technology will "replace literally half of all white-collar workers in the U.S." Job openings in some white-collar industries are well below where they were right before the pandemic, according to Indeed.

Government workers, who long enjoyed job security and benefits, are also facing a new landscape. Tuesday's report federal-government employment shrank by 6,000 jobs in November. That was on top of a massive loss of 162,000 federal jobs in October, a month when many workers who took a deferred-resignation offer came off the U.S. payroll.

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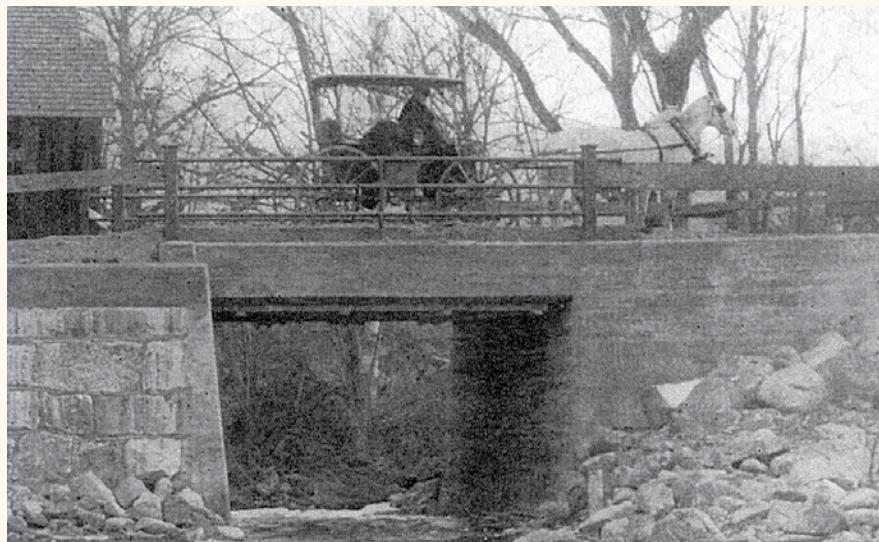
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Bridge H - Heath's Mill  
Circa 1912

## BOW HERITAGE COMMISSION

Written by Cheryl Mortimer

Page Road Bridge - Bella Brook  
Rebuilt 2025

If you travel on Page Road, you're likely pleased about the recent roadwork completion. Bela Brook, that inconspicuous stream over which a new bridge now spans, has a storied history in both Bow and Dunbarton as it powered mills supplying home building materials – before its power dissipated when water was diverted to make room for roads.

Solomon Heath, who ran his mill along Page Road, was one of several trailblazers in townwide road construction, 1700s-style, in a time when residents were tasked with the job. Recognizing that using beaver dams as bridges was no longer sufficient, Heath utilized his resources to build three timber structures, later writing to proprietor Samuel Lane requesting payment for his work.

Progress continued when, in the 1800s, Bow operated graders called "road machines" and, in the winter months snow was tamped down with rollers, making them passable for horse drawn sleighs.

Around 1912, with the emergence of automobiles, concrete bridges were erected, including Bridge "H," "Heath's Mill." The new bridge which opened on November 21st, replaced one built in 1950.

Next time you travel across this overpass, connecting Route 13 to the heart of Bow, as you enjoy its convenience, try picturing what it once was and appreciating our community's efforts in balancing conservation and modernization, valuing our town's bedrock while also preparing us for the future.

To learn more, visit Bow's "road machine" displayed at the Public Works Department on Robinson Road and snow roller on Woodhill Road, stroll through Dunbarton's Bela Brook Conservation Area where Evans Mill's sluiceway can be seen, or peruse old photos and documents preserved by the Bow Heritage Commission which can be found on the Bow town website.

Photo Page Road Bridge Rebuilt | Eric Anderson



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## DUNBARTON NEWS



**CHAIR YOGA** with Sherry Gamble now has three sessions a month on Thursdays at 11 am in the upper town hall. Upcoming dates are Jan 22, February 12, and February 19. Please dress comfortably and bring water. Check the library's FB page or website for updates or changes.

**LEARN MAH JONG** at the library on Fridays at 10:15am on January 23 and January 30. Check the library's FB page or website for changes or updates or contact them with a question about the gathering.

**ELEMENTARY PTO MEETING** is scheduled for Monday, February 2, 6:30pm to 7:30pm. Come in person to the elementary staff lounge or on Zoom (link to be shared.) Contact: [dunbartonPTO@gmail.com](mailto:dunbartonPTO@gmail.com).

**BEYOND THE BOOK CLUB** sponsored by the Dunbarton Congregational Church will meet Thursday, February 5 at 7pm on Zoom to discuss their current book *Tom Lake*: by Anne Patchett. A "#1 New York Times Bestseller, A Reese's Book Club Pick Read By Meryl Streep" For the link and to ask questions, contact Barbara at [barbbennett51@gmail.com](mailto:barbbennett51@gmail.com).

**PRESIDENTS DAY CLOSURE** Monday, February 16, 2026) is Presidents Day. The Town Offices are closed all day.

**SPRINT WEEK** at the elementary School is Monday, February 16 through Friday, February 20. A theme for each day will be announced.

**LIBRARY BOOK DISCUSSION** will be held at Noon on February 18 at the library. The group is reading *Anxious People* by Fredrik Backman. "A People Book of the Week, Book of the Month Club selection, and Best of Fall in Good Housekeeping, PopSugar, The Washington Post, New York Post, Shondaland, CNN, and more!" All are welcome to join! Books are provided. (Please note that titles and line up may change due to the unavailability of books through ILL) Contact the library for more info and check their website or FB page for changes or updates.



plies, some will be provided. Questions or if you need more info, contact: [tammy572003@gseinet.net](mailto:tammy572003@gseinet.net).



telling, and poetry. Enjoy complimentary coffee, tea, soup, and snacks. Donations for these snacks are accepted but not required. Questions: [Spire-side@community-dunbarton.org](mailto:Spire-side@community-dunbarton.org).

**KNITTING FOR KIDS!** Drop by the library on Fridays right after school. Most materials are there, but you are welcome to bring your own stuff and or projects. Come on down to relax, knit and make something. Check the library's fb page or website for changes or updates.



**READ TO DOGS** for Kids will be held on Thursdays, January 29, February 12 & February 26, 2:30 to 4pm at the library. Call the library (603-774-3456) to sign up for a 15-minute session with Harry, the miniature poodle.

## DUNBARTON POLICE

### DECEMBER 2025 ARREST/CHARGE LOG



**12/20/2025:** Luke Anderson, 27, Dunbarton, was charged with conduct after an accident from a Dunbarton PD warrant.

**12/25/2025:** Rebecca Fraser, 31, Dracut, MA, was charged with default or breach of bail conditions and stalking from a Dunbarton PD warrant.

**12/27/2025:** James Allard, 62, Dunbarton, was charged with negligent discharge of a firearm or crossbow from a Dunbarton PD warrant.

1 individual was also taken into protective custody.

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

|                               |                                       |
|-------------------------------|---------------------------------------|
| Animal Complaint: 2           | Motor Vehicle Collision: 8            |
| Assist Dunbarton Fire/EMS: 13 | Motor Vehicle Complaint: 2            |
| Assist Other Agency: 7        | Motor Vehicle Stop: 67                |
| Burglar Alarm: 7              | Paperwork Service: 6                  |
| Criminal Threatening: 1       | Police Courtesy/Assist Citizen: 6     |
| Domestic Disturbance: 2       | School Zone/Patrol: 14                |
| Firearms Related Complaint: 1 | Suspicious Activity/Person/Vehicle: 4 |
| Follow Up: 7                  | Theft/Fraud/Scam: 2                   |
| Lost/Found Property: 3        | Vacant Property Check: 12             |
| Mental Health: 2              | Welfare Check: 4                      |
| Motorist Assist/Disabled: 7   |                                       |

*Police also issued 6 traffic citations (some may have been issued in conjunction with an arrest) for various offenses.*



### AVOIDING SCAMS & FRAUD SCHEMES

On December 16, we visited the Women's Coffee group at the Dunbarton Public Library to discuss common scams and fraud schemes, and ways to avoid becoming a victim.

General scam and fraud awareness resources may be found at the following links: <https://www.doj.nh.gov/.../consumer-protection-antitrust...> <https://www.aarp.org/money/scams-fraud.html#frc>

### CHILD SAFETY SEAT CHECKS



Dunbarton Police Sgt. Brian Tyler became certified as a Child Passenger Safety (CPS) Technician in April, 2019. Sgt. Tyler is qualified to conduct free child safety seat checks for Dunbarton residents at no cost. This is a great opportunity for parents and caregivers to receive education and hands-on assistance to ensure that their child's car seat is properly and safely installed.

**To schedule a mutually convenient appointment, please call Sergeant Tyler at 603-774-5500**



### Baker Free Library Januar/February News

509 South Street  
Bow, NH 03304

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

**Baker Free Library will be closed on  
Monday, January 19th for Civil Rights Day.**



### BFL TOTE BAGS ARE NOW AVAILABLE!!

The suggested donation amount for each tote bag is \$20.

### Library Olympics - Saturday, February 7 | 10:30am - Noon

Join us for Winter Olympic Games at the library! At this special event for children and families, participants will rotate through stations based on Olympic games and activities. While they're here, families are encouraged to update their library cards for 2026 (as required for all children's accounts this year), as extra staff will be on hand to update registrations. Join us starting at 10:30am on Saturday, February 7 for the opening ceremonies! This program is designed for children aged 6-12, but older and younger siblings are welcome to tag along. Registration is not required.

### YOUTH PROGRAMMING

#### Ruff Readers | Tuesdays, January 13th & 27th | 3:00pm

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.

#### Winter Storytimes

#### Tuesdays & Thursdays, January 13th - February 19th | 10:30am

Explore a new topic each week with stories, songs and rhymes designed to spark your child's imagination and create the foundations for early literacy. Storytime ends with open play time, allowing families to play and socialize. Select sessions will include craft and/or sensory activities. Preschool Storytime will run Tuesdays, and Toddler Storytime will run Thursdays. Registration is recommended to reserve your spot, but is not required.

### ADULT PROGRAMMING

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

Tech Time with Liesl! Get help with: Libby/Overdrive, Kanopy, EBSCO host, 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@bakerfreelibrary.org, call the library at (603) 224-7113, or visit the front desk!

#### Paint Along! | Thursday, January 22nd | 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! 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!

#### Adult Board Game Night

#### Wednesday, February 4th | 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 company and snacks. You are always highly encouraged to bring games from home to share! Registration is encouraged but not required.

#### Chair Yoga with Sara!

#### Thursday, February 5th | 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!

#### Adult Craft Club | Tuesday, February 17th | 6pm

Adult Craft Club at the Baker Free Library is held every third Tuesday of the month! You must be registered in advance to attend, as space and supplies are limited!

#### Driving Toward Zero with NH DOT

#### Thursday, February 19th | 4pm

Learn about the importance of road safety from the NH Department of Transportation - and get some cool free NH DOT swag! Eliminating deaths on New Hampshire's roadways is the driving force behind the work of the New Hampshire "Driving Toward Zero" campaign. The NHDTZ's mission is to create a safety culture where even one roadway fatality is one too many. Zero fatalities are the only acceptable number and of course, the only number we can all live with! Visit nhdtz.com to learn more.



#### Whodunits | Tuesday, February 3rd | 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.

February Book Discussion: *Various Sherlock Holmes Titles*

#### Adult Book Talk at BFL

#### Tuesday, February 10th | 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!

February Book Discussion: *Dinners With Ruth* by Nina Tottenberg

#### White Rock Book Group | Tuesday, February 17th | 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!

February Book Discussion: *Dinners With Ruth* by Nina Tottenberg

### IN THE GALLERY

#### January 2026: Magnify Voices ~ NAMI NH

The Magnify Voices Expressive Art Contest, dedicated to celebrating the creativity of NH youth and recognizing the vital importance of mental health, continues its tour through New Hampshire! Magnify Voices Expressive Art Contest was created to elevate youth voices and raise awareness around mental illness through utilization of various art forms. Youth are encouraged to showcase their experience with a mental health condition to erase stigmas and effect change for the social and emotional health of all the youth in the Granite State. Magnify Voices Expressive Art Contest is a collaborative effort through the NH Children's System of Care.

# HOPKINTON

## Town Crier

two villages  one heart

by Kathleen Butcher  
[kathb123@comcast.net](mailto:kathb123@comcast.net) 603-724-3452



Photo Eric Anderson

**FAMILIES IN NEED OF FOOD**, utility or other assistance can contact: Lisette Cid, Human Services Coordinator at 603-746-8244 or [humanservices@hopkinton-nh.gov](mailto: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.

**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>

**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.j@comcast.net](mailto:mcphail.j@comcast.net) or visit <https://standrews-hopkinton.org/got-lunch>

**CITIZEN OF THE YEAR** The Hopkinton Rotary Club is seeking nominations from town residents for the **2025 Hopkinton Citizen of the Year**. Submitted nominations should include a brief description of how this individual has contributed to the improvement of the quality of life for those in our community. Any town resident is eligible other than Hopkinton Rotarians or their immediate family, elected officials, school or town employees. Please submit your nominations to [ketraum@gmail.com](mailto:ketraum@gmail.com) by January 24, 2026.

**BINGO IS BACK!** Bingo is starting back up in the New Year on January 16th! Come play with us at 1pm on the first and third Fridays of the month! Call the Slusser Center at (603) 746-8265 to register.

**SQUARE INCH PROJECT** Register now for The Square Inch Project on Sunday Jan 25th, 2-330pm. This is a creative workshop at The Hopkinton Town Library with local artist, Julie May Daniels. In this workshop, you'll use square inch pieces of painted watercolor paper to make your own design. Come play with color and like solving a puzzle, you move things around until they fit. The process is surprising and delightful every time. All skill levels welcome. Materials provided. Ages 12 and up. **Registration is required.** Call the library (603) 746-3663 or register online at [hopkinton-townlibrary.org](http://hopkinton-townlibrary.org).



## HOPKINTON POLICE DEPARTMENT

### DECEMBER 2025 ARREST LOG

**3 Arrests • 13 Accidents • 172 Traffic Stops**

**12/07** Yohan Brito German, 24 of 54 Tremont Street, Central Falls, RI was charged with License Required; Operate without Valid License.

**12/24** Alex Reid, 36 of 267 Kast Hill Road, Hopkinton, NH was arrested for DV; Simple Assault; BI or PC, Simple Assault; BI or PC and Criminal Mischief.

**12/25** Alex Reid, 36 of 267 Kast Hill Road, Hopkinton, NH was arrested for Breach of Bail, Stalking - Notice of Order, DV; Criminal Threatening; Fear of Bodily Injury, DUI 2nd and Drive After Revocation/Suspension; DUI.

**PROM NIGHT** To ring in the new year, I attended the **PEABODY PROM** at Cannon Mountain. The adult prom was held on January 2,) at Cannon Mountain. The Cannon's very own Yeti was a popular guest.



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Sally Lobdell C: 603.731.7513  
MLS# 5063360

## FOR SALE



430 Highland Drive, Henniker  
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Hugh Durack C: 603.305.0310  
MLS# 5062881

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C: 603.748.1800

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BY SALLY LOBDELL  
C: 603.731.7513

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# WOODPECKER INSURANCE

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## What is a MediGap?

by Christian Troy

Original Medicare is Part A and Part B. In general, Medicare Part A helps pay for the inpatient care you get in hospitals, critical access hospitals, and skilled nursing facilities. It also helps cover hospice care and some home health care. If you have worked and paid taxes for 40 quarters (or roughly 10 years), Part A is premium free to you. Part B covers certain doctor's services, outpatient care, medical supplies, and preventive services. Part B has a premium, and the base premium for 2026 is \$202.90 a month, per person (this does not factor IRMAAs). Original Medicare is designed to be a very basic level of coverage, and it roughly takes care of 80% of the potential bill.

And that's the issue—we have only solved 80% of the coverage. To fill this 'gap,' private insurance companies have designed health insurance plans to cover the missing 20%, giving you comprehensive coverage. These plans are called Medicare Supplement plans, or 'MediGap' plans, and they are defined by their letters: Plan A, Plan B...Plan G, Plan N, etc. There are 12 lettered plans in New Hampshire. As these plans work with Original Medicare, the coverage for each specific lettered plan must all be the same from carrier to carrier. So for example, Carrier 1's Plan G must have the same coverage as Carrier 2's Plan G.

Each specific lettered plan has slightly different MediGap coverage. So for example, Plan G covers Part B excess charges, whereas Plan N does not

cover Part B excess charges. The common thread though is that all of the MediGap plans keep the insured individual in the federal Medicare network. This means that with a MediGap plan, the individual can go see any doctor, anywhere in the country, almost always without referral, if that doctor accepts Medicare as insurance.

All MediGaps have a monthly premium cost (in addition to your Part B premium), and some MediGap plans also have deductibles, co-insurance and max out of pocket limits. The NH Department of Insurance posts the MediGap monthly premium rates for each insurer, for each plan, per year: this is searchable, public knowledge. These MediGap rates are issue aged, meaning someone who applies for a MediGap who is 65 will have a different rate than someone who applies who is 70.

OK, so here's the very important thing to take away on MediGaps. New Hampshire is a community under-written state so when an individual turns 65 (or decides to take Part B if they have formally had credible health coverage), they will enter their MediGap Open Enrollment Period. This period is 6 months. During this 6-month MediGap Open Enrollment, the applying individual will not be medically underwritten, and as such they are guaranteed to have the MediGap policy issued, regardless of their health conditions, and they are guaranteed to receive the issue aged premiums posted by the state of

New Hampshire Department of Insurance.

But, if the individual passes by this MediGap Open Enrollment Period, then

that individual will be medically under-written by the MediGap policy carrier, and the carrier has the right to offer rates based on medical underwriting, or on age, or even to deny the application.

Additionally, it should be noted that with MediGaps, it is highly advised that the individual enroll in a stand-alone Prescription Drug Plan to satisfy the Part D credible coverage requirement. And Original Medicare with a MediGap does not cover hearing, dental, or vision.

Original Medicare with a MediGap plan is one path to take with Medicare. The other path is Medicare Advantage. Both have their advantages and compromises. Let us educate you on both paths, so that you understand your options. We're right here on Main Street in Concord. We're independent— we work for you. And our services are free to you.

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By submitting your information, you acknowledge an independent licensed insurance agent (Christian Troy or Larissa Troy) may contact you by phone, email, or mail to discuss and quote Medicare Advantage Plans, Medicare Supplement Insurance, or Prescription Drug Plan. Christian Troy (Lic #: 21379781) • Larissa Troy (Lic #: 21381136)

## MANUFACTURING JOBS ARE NOT COMING BACK

by Rachel Slad, author of *Making It in America*

Despite the desires of recent Presidents to bring back the Golden Age of manufacturing, those jobs are not coming back.

For American manufacturing, postwar World War II was a golden age. The industry boomed from the 1940s up through the 1970s, fueling tremendous economic growth for the country, soaring profits for companies and bright prospects for workers. Plenty of Americans graduated high school, joined a union and landed factory jobs that paid enough to buy a house, raise a family and retire with dignity.

Many Americans believe that the heyday of manufacturing was the natural order of things, and they have pinned their hopes for a vibrant new middle class on a manufacturing revival. Politicians of all stripes invoke this moment as something lost and easily restored via tariffs or buying American.

It cannot. The mid-20th century model of American manufacturing wasn't normal. It was a historical fluke. And we can't bring it back.

The industrial golden age was born in unique conditions that dissipated almost as quickly as they appeared. Global competitors had been bombed into submission, energy was dirt cheap, and American unions could demand concessions without fear of losing jobs to foreign rivals. These were accidents of history, not features of capitalism that can be recaptured with the right policies.

The golden age-and middle-class prosperity-began with intense jockeying between industry and labor after World War II. "Strikes were big and frequent in all the great industries of that era: steel, auto, trucking, rubber and coal mining," says UC Santa Barbara labor and capital historian Nelson Lichtenstein.

That relentless pressure from an organized working class "raised real wages and created a set of fringe benefits, including health insurance and retirement pay," he says.

Then came the oil shocks. In 1973, OPEC's oil embargo quadrupled energy prices, gobbling up manufacturers' profits. At the same time, foreign competition returned with a vengeance, as Japan, Korea and West Germany rebuilt their industrial sectors and China came on the scene. American companies, meanwhile, were saddled with mounting legacy costs like pensions that discouraged investment in upgrades and research and development.

While policymakers debated the wisdom of abandoning manufacturing, American identity was transforming. In the 1960s, the children of steelworkers went to college in record numbers, and few aspired to return to the mills; even if they did, their parents discouraged them. As Daniel Bell observed in his 1973 classic "The Coming of Post-Industrial Society," America was shifting from an economy of "things" to an economy of "ideas."

Manufacturing, once the cornerstone of civic pride, fell out of fashion as prestige shifted to finance, law, technology and media. In 1980, financial services accounted for less than 5% of GDP; by 2007, it had nearly doubled.

The glamour of Wall Street had replaced the dignity of the skilled laborer.

### THE COLLAPSE OF STEEL

The steel industry is a potent symbol of America's industrial decline. Historian Judith Stein, author of "Running Steel, Running America," notes that the U.S. had the best steel plants in the world in 1945—and the oldest steel plants in the world by 1970.

Consider the story of one of the biggest players in the industry. At its height, Bethlehem Steel was everywhere. From its mills in Indiana, Pennsylvania, Maryland and New York rolled out the H-beams that held up the Empire State Building. Its blast furnaces refined steel used in U.S. battleships and large-caliber guns. Its girders spanned San Francisco Bay and the Hudson River. In the mid-1950s, the company employed around 150,000 people, most of whom lived in steel towns, where the company paid good wages and played a major role in local economies.

The crises of the 1960s and 1970s took a toll on the steelmaker, as the national economy slumped, and foreign competitors armed with the latest technology muscled into industry. Bethlehem Steel's employment fell steadily through the 1970s and collapsed in the next decade. In 2001, the company filed for bankruptcy, undone by competition, inefficiency and a mountain of pension obligations. The company ended up paying out more in retiree benefits than it invested in new equipment.

The site of its former hometown plant in Bethlehem, Pa., is now a casino.

### THE PATH FORWARD

Bethlehem Steel reminds us that America's manufacturing heyday unraveled decades ago. Nostalgia blinds us to the fact that what looked healthy and sustainable was really a historical anomaly.

That is not to say that manufacturing is irrelevant to America's future prosperity. On the contrary, it remains essential to national security and economic resilience. But the path forward looks nothing like the past.

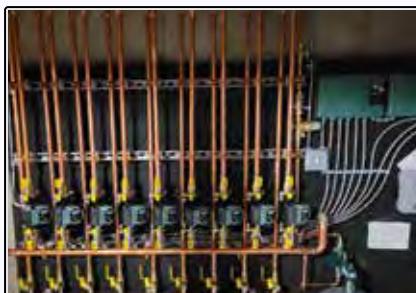
Today's promising examples-semiconductors in Arizona, advanced textiles in Massachusetts, electric vehicles in Michigan-depend on innovation, skilled labor, low interest rates and complex global supply chains. They are capital-intensive, not labor-intensive. They create good jobs, but not the vast armies of unionized workers that once defined steel towns.



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## OBITUARIES

### ELIZABETH E. CLARK

Elizabeth Emerson Clark "Beth", 71, of Contoocook, died surrounded by family after a brief illness on December 19, 2025.

She was born in Portsmouth in 1954 to Joyce and Wallace Emerson, and grew up in Hooksett with her three older sisters. Beth attended Pembroke Academy before studying business at the University of NH. She went on to work for the State and later Pat's Peak Ski Area. In her retirement, Beth volunteered for Destination Imagination where she met many lifelong friends from all over the country. What Beth loved most was spending time with her granddaughters.

Beth was preceded in death by her husband, Ed Clark and sisters, Peg Covatis and Eileen Douilette. She is survived by her son, Devin Chark, daughter-in-law, Kiki Clark, granddaughters, Lucy and Molly, and sister Evvy.

In lieu of flowers donations can be made to Beth's granddaughters' education fund: <https://everloved.com/life-of/elizabeth-emerson-clark/donate/checkout/?flow=202>.

### MICHAEL DRAGO

Michael L. Drago, 81, of Bow, passed away on Thursday, December 11, 2025, at Concord Hospital with several family members by his side following a courageous battle with COPD.

He was born on September 11, 1944, in Somerville, MA; the son of the late Louis and Edna (Shorter) Drago. He was educated in the local schools and went on to proudly serve his country in the United States Marine Corps. Upon his return from the military, Mike resumed his education at NH College, where he earned a bachelor's degree in accounting.

Mike worked for many years as an accountant. Following his retirement he worked as a driver for Easter Seals and Meals on Wheels. He loved to watch sports as well as go to games, especially football. He had a passion for music, especially "the oldies". Playing scrabble, bridge and cribbage were favorite pass times. He cherished spending time with his family. He was "Grampa- a Dad without rules" as his grandchildren will tell you. He was the "go to" person whenever anyone wanted a ride or needed anything.

Besides his parents, he was predeceased by a son, Kevin Drago, and siblings, Susan, Louis, Jr. and Ronald Drago.

He is survived by his beloved wife, Peggy (Griffin) Drago of Bow, with whom he shared 58 years of marriage, his son, Todd Drago and his wife Michelle of Loudon, daughter-in-law Diana Drago of Pelham, brother, Vincent Drago and his wife Marcia of Stoughton, MA.

In lieu of flowers, donations may be made in his memory to the Granite VNA, 30 Pillsbury Street, Concord, NH 03301. To share a memory or offer condolences please visit [www.roanfamilyfuneral.com](http://www.roanfamilyfuneral.com).

### DEBRA (ASBY) KOLTOOKIAN

Debra (Asby) Koltookian, 68, of Bow passed away Tuesday, Dec. 9, 2025, following a sudden illness.

Deb was predeceased by her parents, Peter and Marjorie Asby of Concord, her eldest brother, Peter S. Asby, Jr. of Virginia Beach, Va., and her younger sister, Karen S. Partridge of Concord.

A Concord resident for decades, Deb was co-owner of The Outdoor Sports Center with her husband of 46 years, Levon, whom she built a family-and an everlasting legacy. Deb and Lev met at the Tom Collins Store on the heights and began a lifelong union that would endure and inspire so many of us. If marriage were a language, Deb and Lev became fluent. Together, they raised two children, John and Leah, while steadily building The Outdoor Sports Center into a lasting presence in Concord.

She will always be "Nana" to Ella, Addie, Bryce, and Cameron and loved spending time with them. Deb was funny and sassy. Wherever she was, there was happiness, love, and things seemed a little brighter.

For someone who was always sarcastic, deeply loved, and still mischievous on occasion, Deb brought out the best in everyone she met. Her reach was far and wide in the community. She will be deeply missed by the love of her life, Levon; her son and daughter-in-law, John and Michele Koltookian; her daughter and son-in-law, Leah and Keith Lundquist; her brother, Bill Asby, and her sister-in-law, Sona Koltookian.

In lieu of flowers, please consider making a donation to the Gary Sinise Foundation (honoring our nation's veterans and first responders) at [www.garysinisefoundation.org](http://www.garysinisefoundation.org) or the Live and Let Live Farm's Rescue and Sanctuary, [www.liveandletlivefarm.org](http://www.liveandletlivefarm.org) in her memory.

### ELAINE M. WILSON

It is with great sadness that we announce the passing on December 31 of Elaine M. Wilson, 84, of Contoocook, born August 25th 1941. She was raised in Hopkinton and graduated from Hopkinton High School in 1959. She was predeceased in 2004 by her husband of 44 years, Ray S. Wilson.

She is survived by her two children, Rosemary Larkowich and Gregory Wilson, both of Contoocook, Rosemary's son Jack Decatur and by Gregory's daughter, Meagan Wilson.

Throughout her career, Elaine worked for the Disability Determination Unit, Concord Oral Surgery, HealthSource and Cigna, Catholic Medical Center and The Eliot and finally at Lovering Volvo. She was very proud of her work ethic and the quality of her work, and it was appreciated by all who worked with her.

Elaine will be remembered as someone who was dedicated to her friends and family and who loved her community here in Contoocook. After her retirement, Elaine made a new group of friends and was very active at the Slusser Senior Center.

In lieu of flowers, please consider donating to Vets4Warriors.com's Suicide Prevention services. To view an online memorial, leave a message of condolence, or for more information please visit <https://csnh.com/>.

### OBITUARIES FOR BOW & DUNBARTON

If you've been asked to handle an obituary for someone who is a resident Bow or Dunbarton, please consider The Bow Times for an obituary. Every home in these two towns has our newspaper delivered to them free of charge for a total of 4,350 mailboxes once a month. And that is over 11,000 people each month.

**Send obituaries to Nadeane Mannion at [nmannion1@comcast.net](mailto:nmannion1@comcast.net).**



### HEALING HEARTS – BOW

**Tuesday, January 27 | 5:30 to 7:00 PM**  
**Bow Mills United Methodist Church, 505 South Street**

This monthly support group is for parents who have suffered the death of a child at any age due to any circumstance and whether the loss was recent or some time ago. Parents are encouraged to come individually, with partners, spouses, or co-parents, to connect and journey toward healing alongside other bereaved parent figures who are on this path of grief – to listen, to share, to remember, and to give and receive support.

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



**603.801.5720**

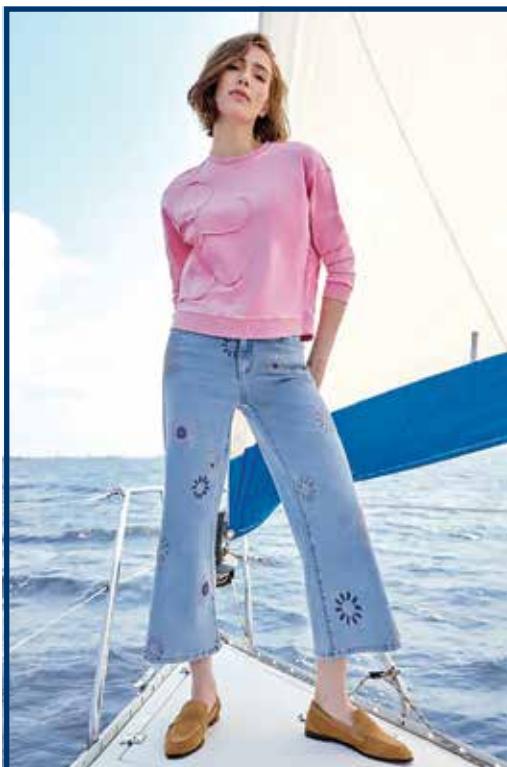
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[ericcooke137@gmail.com](mailto:ericcooke137@gmail.com)

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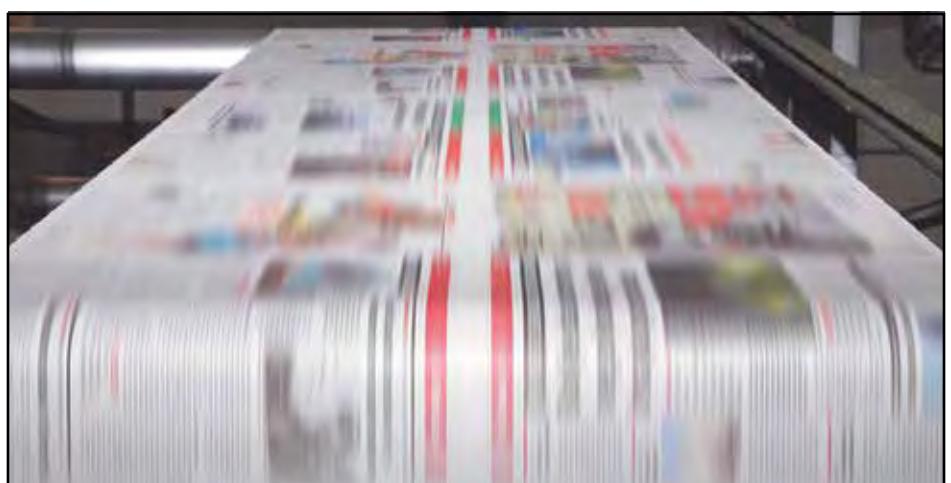
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|                              |                                  |
|------------------------------|----------------------------------|
| Baker Free Library           | Hampton Inn                      |
| Blue Seal Feeds              | Hopkinton Village Store          |
| Bow Mobil                    | Individual Fitness               |
| Bow Recreation Building      | Irvings Circle K                 |
| Bow Town Offices             | Johnson Golden Harvest           |
| Chen Yang Li                 | Lakehouse Tavern                 |
| Colonial Village Supermarket | Merrimack Co. Savings Bank       |
| Curios on the Common         | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce  | Pages Corner Store               |
| Concord Food Co-Op           | Riverside Pizza                  |
| Crust and Crumb              | School Street Café               |
| Dunbarton Town Office        | South Street Market              |
| Everyday Café                | Sugar River Bank, Concord Hts.   |
| Flanagan's South Ender Deli  | Tucker's Restaurant              |

## UPCOMING ELECTIONS & MEETINGS 2026

Town & School Elections - Tuesday, March 10, 2026

State Primary Election - Tuesday, September 8, 2026

General Election - Tuesday, November 3, 2026

**PLEASE NOTE  
THE POLLING  
PLACE CHANGE →**

Bow Memorial School  
20 Bow Center Road  
Bow, NH 03304  
Polls open 7:00 AM – 7:00 PM



The filing period for Town and School Office elected positions is Wednesday, January 21 through Friday, January 30th, 2026.

Candidates filing on the last day **must file in person**. The Office of the Town Clerk will be open the following hours to receive Declarations of Candidacy:

**7:30 a.m. to 4:00 p.m. – January 21 – 29th**

**7:30 a.m. to 5:00 p.m. – Friday, January 30th**

Offices on the ballot are posted online at [www.bownh.gov](http://www.bownh.gov), at the community center and at the Municipal building. Absentee request forms are posted online in the Elections page on the Town website at [www.bownh.gov](http://www.bownh.gov).

Deadline for registering to vote in the Town Clerk's office prior to the Town elections is Friday February 27, 2026, by 4:00pm. Registration will also be taken at the meeting of the Supervisors of the Checklist on Saturday, February 27, 2026, from 9:00 AM-9:30 AM at the Bow Municipal Building, 10 Grandview Road, in Meeting Room B.

### TOWN MEETING

Wednesday, March 11, 2026  
Bow High School Auditorium at 6:30 PM



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