

The Bow Times

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DUNBARTON NEWS ON PAGES 11-12

BOW'S BOBBY BLOSSOM QUALIFIES FOR A WORLD CHAMPIONSHIP



There are many excellent golfers who belong to Concord Country Club, but none like Bobby Blossom. What makes Blossom unique? He's 7 years old.

Young Blossom, a Bow resident, has qualified for the 2026 U.S. Kids Golf World Championship, one of the most competitive junior golf events in the world. The event will take place in Pinehurst, North Carolina, from July 30 to Aug. 1, and Blossom will compete in the Boys 7 Division, which has 104 7-year-olds who represent 16 countries and 27 states.

Blossom earned an invitation to the U.S. Kids Golf World Championship by winning the 2025 Boston Summer Tour as a 6-year-old, when he posted nine-hole rounds of 40, 42, 42 and 46 to meet the qualifying-score threshold required to advance.

“Once you qualify it's good for a year,” said Blossom's father, Ryan. “But it's not official until they send the invitation, which I think came in May.”

“He's really excited. The whole family is going. It's a big vacation for kids and he's pumped his (two younger) brothers get to come.”

Courtesy Roger Brown | Union Leader | Photo Ryan Blossom



Five years ago **PITCO** received approval from the Concord Planning Board to construct a new facility on a 54-acre site on Integra Drive.

Concord crowed about the new tax revenue it would bring, but in July, Vice President and General Manager, Nathan Melsom announced the plan was canceled.



PITCO Frialator Production Facility.

Photo | Eric Anderson

Pitco employs hundreds at its two sites in Bow and one in Pembroke. The Concord land will be put up for sale.

Pitco Frialator Inc. dates back to 1918 with discoveries on how to better control deep-fat frying by the J. C. Pitman and Sons Hotel & Restaurant Equipment Manufacturers. It has been in Bow since 1950. Pitco also makes and sells a variety of filtration, oil-handling, and water-cooking equipment. It was purchased by Middleby Corp., a global manufacturer of food equipment, in 2001.

HOPKINTON-CONTOOCOOK NEWS ON PAGES 14



HOPKINTON'S MADDIE LANE IS GATORADE'S PLAYER OF THE YEAR

Running six days a week has helped Maddie Lane of Hopkinton High to win regional and national cross country awards. This summer she received New Hampshire's player of the year from Gatorade for track and field. She received cross country recognition in January after winning Division III state meet, and the New England XC championships, finishing fourth at the Nike Cross Nationals Northeast Regional Championships.

Lane continued her winning performances in the spring and won three state championships at the Division III meet in the 800, 1,600 and 3,200 meter runs.

She beat her 3,200 meter time by a full 15 seconds, finishing in 10 minutes, 24 seconds to claim a title at the HIAA Meet of Champions. The week after that, she won the New England Track and Field Championship in the 3,200 with another large improvement. She outpaced her competition by 17 seconds and won it all in 10:20.45.

“Running is something that I truly enjoy. So even just going out for a run or doing a workout is oftentimes something that'll relieve stress,” said the rising senior.

Her parents have helped tremendously, especially her father Matt Lane who is her off-season coach. Also, Hopkinton coaches, George Sabol and Mark Roskamp, have been there every step of the way.

Photo Courtesy | Jay Smith | Concord Monitor

CELL TOWER ALTERNATE SITES ARGUED BEFORE BOW PLANNING BOARD

After a site visit by the Bow Planning Board another public hearing on a proposed 190 foot tall cell phone tower was held on July 15.

Most of the meeting was devoted to alternate sites or alternate towers.

The proposed 57 acre 116-129 South Bow Road site is near a State owned tower that Mariner Tower's President swore could not be capable of accommodating the new equipment and could not be privately leased. Another tower at 98 South Bow Road is owned by Hooksett and is not available for use.

CONTINUES TO | Page 4



Photo | Eric Anderson

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EDITORIALS

MEG HAGAMAN IS BEST QUALIFIED FOR OUR COUNTY ATTORNEY

On September 8 vote for in Meg Hagaman of Bow for Merrimack County Attorney.

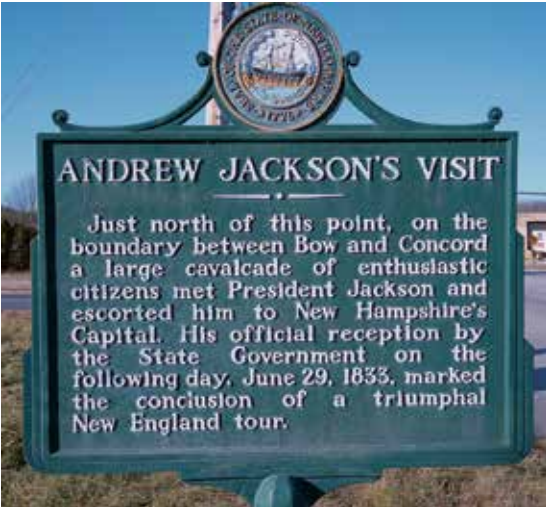
Having served as a judge for over 10 years I have seen good and underperforming county attorneys serve our county. Who is on the front line of fighting crime is very important to our safety and that of our children.

Meg Hagaman has served within the criminal justice system at the highest levels in the state, including as the Chief of the Criminal Bureau at the NH Department of Justice and as prosecutor in Merrimack Co. She has tried cases in courtrooms across the Granite State, prosecuting crimes ranging from murders to drug trafficking, leading teams to successful results.

As the Bow mother of two says: “As County Attorney, I will provide steady leadership, clear priorities, and a willingness to act. I will promote a justice system people can trust that is both strong and fair.”

BRING BACK OUR SIGN

The quiet removal of the sign commemorating a visit to New Hampshire by President Andrew Jackson is part of the Cancel Culture movement that aims to remove those parts of history that offend someone.



In the August, 2025, edition of this paper the Secretary of the Interior was taken to task for trying to scrub our nation’s signage from unpleasant realities like slavery or the forced removal and killing on Indian land.

The removal a few years ago of the Jackson visit sign is Burgum in reverse. The reality is that Andrew Jackson did own slaves on his Tennessee plantations. But it is also a fact that in 1833 when he visited us slavery was legal here and was not abolished until 1857.

It is also true that he signed the Indian Removal Act of 1830 to force the Indians out of the Southeastern portion of the country. He saw no Indians in New Hampshire because our settlers had conducted ethnic or racial cleansing of the native population. Even today we have no Indian reservations in our own state.

Slavery and our treatment of the Indians are stains on our history but were accepted in their time 200 years ago. But that is no reason to erase the visit under difficult travel conditions of a President who helped us win the War of 1812 defeating elite British forces in New Orleans.

Let us not whitewash or cancel history. Photo | Eric Anderson

MEASLES MAKES A COMEBACK

In the year 2000 America’s public health authorities declared that measles had been eliminated. But just over halfway through 2026, the country has recorded more cases than any other years since 1991 — surpassing a grim milestone that was just topped last year.

“This essentially is a public health failure, and it’s avoidable,” said Dr. Andrew Racine, president of the American Academy of Pediatrics. Most measles cases are among children, and nearly all of them are unvaccinated.

In South Carolina and Utah, where anti-vaxers predominate groups of children got measles because they are unvaccinated. In Lancaster County, Pennsylvania, more than 100 cases have been reported and, as expected, none of the people with the disease were vaccinated with the measles, mumps and rubella dose.

Because vaccination provides 97% lifetime protection it is high time Secretary Robert Kennedy stops his anti-vaccine meanderings and get us back to the disease free status we had 26 years ago.



SCHOOL CELLPHONE BANS HAVE POSITIVE EFFECT ON STUDENTS

Bell-to-bell school cell phone bans were required by state law effective July 1, 2025. This past spring, the State Department of Education surveyed 1,399 teachers in grades 6 to 12 and the results are clear with 75% of teachers strongly or somewhat agreeing that students seem more focused in class since the new law took effect.

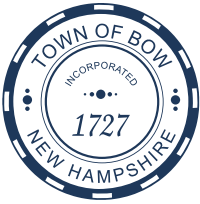
The survey also found 79% of teachers reported their school district’s cellphone policy was very or somewhat effective at reducing distractions and reported seeing more traditional socialization between students since the ban took effect last school year.

In spring 2026, nearly one year after the statewide mandate was implemented, 87% of administrators and 79% of teachers reported that their schools’ cellphone policy was very or somewhat effective at reducing distractions, with 75% of teachers reporting they either rarely or never observed cellphones being used in class for non-instructional purposes. About 65% of teachers surveyed say students are talking more with peers during lunch or breaks, 75% say students seem more focused in class and 54% say class disruptions have declined.

This paper had supported the bans and thanks Governor Kelly Ayotte for signing the bill that made the ban law from Coos to the sea.

Hopefully student test results will now reflect the reduction in phone addiction and distraction.

Chuck Douglas
For a free press, je suis Charlie



TOWN OF
BOW
NEW HAMPSHIRE

UPCOMING ELECTIONS

STATE PRIMARY ELECTION

Tuesday, September 8, 2026

GENERAL ELECTION

Tuesday, November 3, 2026

VOTER REGISTRATION INFORMATION

- The last day to change your political party affiliation before the State Primary Election was June 2, 2026, by 4:00 p.m. at the Town Clerk's Office.
- The last day to register to vote at the Town Clerk's Office is **August 26, 2026**. Office hours are 7:30 a.m. – 4:00 p.m.
- Voters may also register with the Supervisors of the Checklist on Thursday, August 27, 2026, from 8:00 AM – 8:30AM in Meeting Room B at the Town Municipal Office.
- In New Hampshire, one may always register to vote at the Polls on election day

POLLING PLACE INFORMATION

Bow Memorial School

20 Bow Center Road

Bow, NH 03304

Polls will be open from 7:00 a.m. – 7:00 p.m.

IMPORTANT TRAFFIC INFORMATION FOR ELECTION DAY

There will be school at Bow Memorial School on September 8th, Election Day. To help minimize traffic congestion and assist with the flow of traffic, please be aware of the following busy times:

- Morning school drop-off:** 7:50 a.m. – 8:45 a.m. Elementary and Middle School traffic will be heaviest during this time.
- Afternoon school pick-up:** 1:30 p.m. – 3:30 p.m.

Parent and school bus traffic will be heaviest during this time.

If possible, voters may want to plan their visit to the polls outside of these peak school traffic periods.

ABSENTEE BALLOTS

Absentee ballots are now available at the Town Clerk's Office.

Absentee ballot request forms are available on the Town of Bow website at Absentee Ballot Request Form.

If you are voting by absentee ballot **by mail, please submit your request as soon as possible** to allow enough time to receive your ballot and return it to the Town Clerk's Office. Mail service has been unpredictable, and we encourage voters not to wait until the last minute.

Last date to get an Absentee ballot is Monday September 7th by 5 PM. The Town Clerks office will be open 3PM -5PM to process absentee ballots.

Absentee ballots must be received by 5:00 PM on election day to be counted.

SAMPLE BALLOTS & ELECTION INFORMATION

Sample ballots are available on the Town of Bow Elections webpage.

For the most current and accurate election information, please rely **only** on the **Town of Bow website** or the **New Hampshire Secretary of State's website**.

If you have any questions regarding voter registration, absentee ballots, or the upcoming elections, please contact the **Town Clerk's Office** at **603-223-3980** or email at **mnaik@bownh.gov**.

Thank you, and we look forward to seeing you at the polls!



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CELL TOWER ALTERNATE SITES | Continued from page 1

Neighbor Dana Ordway argued that the ordinance encourages co-location and the Hooksett tower location had not been adequately explored to date.

Mariner’s President Louis Vitali said they had spoken to Hooksett’s Town Manager and that it was not available for lease to private companies.

Selectman Kip McDaniel pointed out that the Board was not there to decide which site was better than another but rather whether the applicant had presented an application meeting Bow’s requirements now.

The hearing ended at 8pm and the Planning Board voted unanimously to require an engineering review of stormwater drainage before its next meeting. The applications numbered 407-26 and 208-26 were continued to the August 20 meeting for further review.

HEALTH WATCH

Cut ✂ this Out To Remind You
8 SIMPLE ACHE-EASING DESK MOVES

The more you move, the more your body creates synovial fluid, the lubricant that helps prevent aches, pains and stiffness, says Brad Callan, an assistant professor of physical therapy at the Pacific Northwest University of Health Sciences. Here are some simple exercises Callan recommends that will help get the motion your body needs.

- Shoulder straightening:** Sit upright and squeeze your shoulder blades together to stretch your upper back. Keep your chin up and your ears and shoulders aligned.
- Sitting hamstring stretching:** While sitting, extend one leg out straight and lean forward from the waist over the leg to feel a stretch in the back of your extended leg.
- Seated leg extensions:** Sit on the edge of your chair, lift one leg straight out and hold for two counts to activate shin and thigh muscles. Repeat 10 times for each leg.
- Upper back stretch:** Put your hands behind your neck and try to bring your elbows back behind you to relieve upper back stiffness.
- Sitting torso twist:** Sit tall in your chair with your feet flat, then twist to the right while holding the chairback. Hold this position for a few seconds, then switch sides for spinal mobility.
- Glute squeezes:** Squeeze your glute muscles (your butt), hold for 10 seconds and release. Repeat 10 to 15 times.
- Arm circles:** Extend your arms to the sides and make small circles forward and backward to work your shoulders.
- Thigh presses:** Press your palms against the outside of your knees and push inward with your hands while trying to push against them with your legs.

AARP | July 2026

PAINS CAUSED
BY OUR DESKS AND PHONES

Many of us sit at a desk or table for hours a day resulting in low back pain. **The culprit is the chair.**

Roughly half of American adults 60 and older complain of lower back pain. Back pain that lingers for 30 days or more means you should see a doctor to rule out any serious issues. But for a lot of us, that angry lumbar is driven by something simple: the way we sit. If you spend much of your day wedded to a desk chair or driver’s seat – how you sit is going to make an impact on how your back feels at the end of the day. And, if you’re like most people, you’re doing it all wrong, says Toronto-based chiropractor Michael Takes.

Here’s the problem: A lot of us were told as kids to “sit up straight.” For many of us, that means sitting in the middle of the chair or even close to the edge, with our feet firmly on the floor, pack straight, head up. But that’s an unnatural position, and our muscles just aren’t strong enough to hold us up in that way for very long. Inevitably we begin to slouch: Our lower back relaxes and curves back as our shoulders curve forward. Instead of pointing down, the tailbone curls under and points toward the front of our seat. That stretches the spine and stresses the lower back muscles. Meanwhile, your hamstrings – the muscles running down the back of your thighs – are shortened. “That’s why a lot of people with lower back pain also have tight hamstrings,” says Takes. And tight hamstrings can tug on the hip bones and create additional stress. The result is lower back pain that stretches across the beltline and below it, Takes explains.

How to fix it: Instead of trying to “sit up,” push your buttocks to the very back of your chair so you’re wedged right up against the chairback and your pelvis is in a neutral 90-degree position. This facilitates proper alignment of your spine and eliminates unnatural stress on your tailbone and back.

Jeanne McDowell | AARP | June 2026

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4 Bow Center Road	3 Bedrooms 3 Baths	1715 Square Feet	CONDO	\$475,000
21 Albin Road	5 Bedrooms 4 Baths	3138 Square Feet	2.44 Acres	\$500,000
4 Bow Center Road	3 Bedrooms 3 Baths	1889 Square Feet	CONDO	\$505,000
14 Rosewood Drive	3 Bedrooms 2 Baths	1632 Square Feet	2.34 Acres	\$560,000
5 Windchimes Drive	3 Bedrooms 3 Baths	2540 Square Feet	CONDO	\$585,000
9 Windchimes Drive	2 Bedrooms 2 Baths	2061 Square Feet	CONDO	\$645,000
171 Dow Road	4 Bedrooms 2 Baths	2620 Square Feet	2.36 Acres	\$660,000
186 Woodhill Hooksett Road	4 Bedrooms 2 Baths	2426 Square Feet	3.52 Acres	\$677,500
13 Ferry Road	4 Bedrooms 3 Baths	2319 Square Feet	2.29 Acres	\$680,000
46 Albin Road	4 Bedrooms 3 Baths	3273 Square Feet	1 Acre	\$680,000
66 Knox Road	3 Bedrooms 3 Baths	2586 Square Feet	2.44 Acres	\$785,000
2 Whittier Drive	4 Bedrooms 4 Baths	3483 Square Feet	1.13 Acres	\$1,031,375
77 White Rock Hill Road	4 Bedrooms 3 Baths	2680 Square Feet	2.07 Acres	\$1,069,000
20 Pinnacle Lane	4 Bedrooms 3 Baths	5232 Square Feet	2.94 Acres	\$1,750,777
0 Brown Hill Road	4 Bedrooms 4 Baths	4923 Square Feet	15.76 Acres	\$2,029,307

REAL ESTATE SALES IN DUNBARTON — JULY 2026

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
20 Overlook Drive	3 Bedrooms 4 Baths	2340 Square Feet	2.70 Acres	\$815,000



Download our Strategic Pricing Guide and learn how smart sellers price to maximize value.

TOWNS OF BOW AND DUNBARTON

HOUSEHOLD HAZARDOUS WASTE
AND ELECTRONICS COLLECTION DAY

SATURDAY, OCTOBER 17, 2026
8:30 AM to 1:00 PM

Bow Department
of Public Works
12 Robinson Road
Bow, NH

PROOF OF BOW OR DUNBARTON RESIDENCY IS
REQUIRED (Driver's License, Utility Bill, Etc.)

WWW.BOWNH.GOV/340/ANNUAL-HOUSEHOLD-HAZARDOUS-WASTE-COLLECT

Important Information about
Disposal of Household Hazardous Waste

Bow and Dunbarton Household Hazardous Waste Day is October 17, 2026, 8:30 am to 1:00 pm, 12 Robinson Rd, Bow, NH and is open to Bow and Dunbarton residents. *New this year is a requirement for proof of residency. A driver's license or utility bill will suffice.* Hazardous waste collection day is paid for with tax revenue and a small grant. A fee is not charged at the event, except for electronics items. Scan the QR code, which takes you directly to the town of Bow Recycling and Solid Waste Committees' page where you will find Household Hazardous Waste Collection Day information and more. You may also go directly to the Town of Bow website, www.bownh.gov.

Alternatives: You may dispose of certain hazardous waste all year long (and reduce costs at the town household hazardous waste event) by taking advantage of programs at the following stores:

- Home Depot: Compact fluorescent bulbs and undamaged rechargeable batteries used in power tools, cell phones and laptops. Recycle bins are located at the store's entry, this service is free.
- Staples: Ink, toner cartridges, rechargeable batteries, keyboards, phones and more. A fee is charged for monitors (\$30.00), printers (\$10.00). For a complete list of accepted items and fees visit Staples.com/recycle. If you are a Staples reward member you receive points for using their recycling services.
- Auto Part Stores: Accept waste oil, transmission fluid, oil filters and car batteries, visit the store's website.

Latex paints are not accepted at hazardous waste day. Dry out your paint with equal parts kitty litter, once paint is dry you may dispose of it in your curbside waste bin. Oil based paints and solvents are accepted. Visit the municipal building, Baker Free Library, or community building for flyers of accepted and unaccepted items, disposal of latex paint, and an environmental fact sheet on hazardous waste.



SEASONAL PAIRINGS & HEAT BEATERS

The heat is on and as we breeze into August, there is a slight change in the air some mornings, with the last month of summer that too quickly came upon us, it is a wonderful time for seasonal garden pairings for crisp white wines and some cold favorites to help beat the summer heat. August is also a time for National Prosecco Day on the 13th, Pinot Noir Day on the 18th and National Red Day on the 28th, seems every day now has its own “day” but you can see a transition from sparkling, to light reds, to all reds with these three as the month carries on. Cooler nights are on the way, and the garden harvest is bountiful with so many great choices for food and wine pairings. I grow my own organic raised beds at home, in which I get my spring plantings from my friend Debra Barnes our Food Editor, Chef, and Gardener Extraordinaire – next month look out for an article together with the two of us, it will be so much fun, I can’t wait to adventure with her and share it with everyone.

My favorite crisp summer whites are listed below and are available at your local NH Liquor Store, paired with fruits and veggies that make your mouth salivate for another sip – Enjoy!

Heirloom Tomatoes, Fresh Basil, and Burrata pairs beautifully with this Zesty Gavi from the Piedmonte region in Italy, crisp notes that cut through the zip in the basil and juicy tomato and then the creamy burrata sends it over the top.

#25628 Marchesi di Barolo, Gavi di Gavi, DOGC Piedmonte, Italy - Regular \$23 August on sale for \$19 save \$4.

Sweet Local Grown Corn, Johnson’s in Hooksett is delicious, use melted butter with higher butter fat at least 85% like Kerrygold Irish Sea Salted will do the trick, pair this with a crisp Russian River Chardonnay – the more-buttery the better I say.

#16774 Hartford Court Chardonnay, Russian River Valley, California - Regular \$32 August on sale for \$29 save \$3.

Crisp Shishito Peppers flashed in the pan with extra virgin olive oil and topped with sea salt are an amazing appetizer to pair with a Sauvignon Blanc, try French or California instead of New Zealand which can sometimes overpower the food.

#19147 Gerard Bertrand, Cotes Du Roses, Sauvignon Blanc, Pays d’Oc, France - Regular \$19 August on sale for \$16 save \$3.

Lastly for something sweeter, sautéed fresh peaches in the pan with a touch of brown sugar, lime zest and butter, nothing here goes better for wine besides an Albarino from Spain. It has notes of peach pit or stone fruits, not sweet, yet so refreshing to sip on.

#38952 Nora, Albarino, Riaux Baixas, Spain- Regular \$22 August on sale for \$19 save \$3.

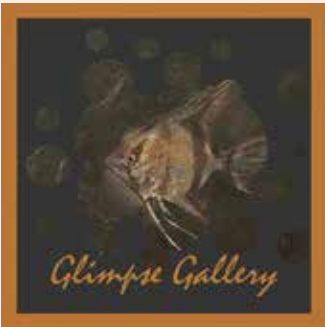
I sure hope these make it to your table while you savor the last month of summertime.

~ May your days be bright and your drinks be cold ~ Annie



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

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



Patriot Building
4 Park Street
Concord, NH 03301

WEBSITE:
theglimpsegallery.com

CONTACT:
theglimpsegallerycom

PHONE:
603.892.8307

The Glimpse Gallery

EXHIBITING NOW UNTIL SEPTEMBER 9TH

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THE KEY TO UNLOCKING YOUR SUCCESS

by Jim Olson

Over our years working in the fitness and nutrition industry, we’ve worked with A LOT of clients. We’ve had to really navigate what holds them back.

We’ve talked to hundreds of people about their struggles with their weight. We understand the fear of repeatedly failing, the fear of beginning anew, and the fear of losing momentum and falling off the wagon completely.

We understand the cravings and the lack of knowledge regarding how to eat to achieve a sustainably lean body. We’ve watched them spend endless hours on treadmills, working with trainers and exercising with little to no return on their time and energy investment.

And we’ve seen them give up time and time again.

After coaching hundreds of clients and seeing amazing success stories, and witnessing failures as well, the thing that stands out to me is building habits.

Clients that build healthy, sustainable, repeatable habits into their lives are the ones that succeed and the ones that continue to see success down the road.

Here are 7 healthy habits that you can do every day to get you started making real improvements in your physical and mental health:

1. Turn your phone off ½ hour before you go to bed every night.
2. Sleep 7 hours every night.
3. Move your body for 1 hour every day.
4. Cut all of your meals in half.
5. Read/Listen to 7 pages or 7 minutes of a self help book/podcast/music every day.
6. Wake up every day and start with you as the focus.
7. Track your progress daily: you can’t manage what you don’t measure! This is going to show you what you need to add, change, or edit in your life in order to continue to make improvements.



Jim Olson

build those healthy, new habits.

If you can’t do all of these every day, that is okay! Just pick one. Build the habit of doing that one thing. Then you can add in another one. And another. Before you know it, you will have developed 7 really healthy habits that will start to move the compass of your life in a more positive direction.

No matter what your goals are, just take your next step in the direction of achieving your vision of a healthier lifestyle — and a healthier you.

If at any point you start to feel overwhelmed, lose sight of your goal or, want to quit, pick up your phone or get to a keyboard and give us a call or email us for help! We are here for you and will provide you with the support that you need to stay the course in meeting your goals and

Helping you take your next step — Jim



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- When is the right time to leave my work plan and join Medicare?
- What about my spouse—how will they be covered?
- What about drug coverage?
- What are my stand-alone dental and vision plan options?
- How do I avoid penalties and enroll on time?



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5 beds | 3 baths | 0.99 acres | \$499,000
Steven Lundahl c: 603.496.3364
MLS# 5098006



NEW LISTING

304 Bean Road, Warner
3 beds | 3 baths | 3.5 acres | \$499,000
Sally Lobdell c: 603.731.7513
MLS# 5097809



NEW LISTING

131 Waterloo Street, Warner
5 beds | 2.5 baths | 2.67 acres | \$419,900
Rachel de Thomas c: 603.748.1800
MLS# 5098415



NEW PRICE

14 Ridgeway Drive, Newbury
3 beds | 2 baths | 3.3 acres | \$415,000
Ashley Feleen c: 603.477.2995
MLS# 5096258



NEW LISTING

29 River Street, Charlestown
2 beds | 2 baths | 0.52 acres | \$349,900
Ashley Feleen c: 603.477.2995
MLS# 5084282



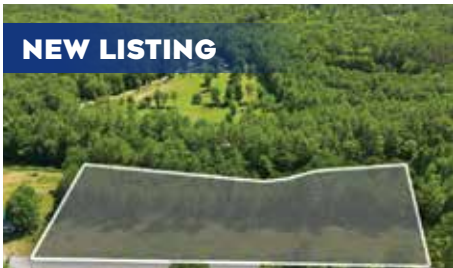
NEW LISTING

NH Route 103, Warner
11.03 acres | \$275,000
Rachel de Thomas c: 603.748.1800
MLS# 5097315



NEW LISTING

136 Martin Road, Weare
1.2 acres | \$250,000
Hugh Durack c: 603.305.0310
MLS# 5092637



NEW LISTING

Waterloo Street, Warner
2.3 acres | \$170,000
Rachel de Thomas c: 603.748.1800
MLS# 5098534



NEW LISTING

Waldron Hill Road, Warner
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Rachel de Thomas c: 603.748.1800
MLS# 5041012



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INAUGURAL **BOW BACKYARD BRAWL** WRESTLING TOURNAMENT A SMASHING SUMMER SUCCESS



More than 100 New England wrestlers battled bouts in blazing sun on a late July afternoon and later, as the sun set, under the Bow High School football field lights in the first Bow Backyard Brawl.

Wrestlers from four states attended the event and were involved in more than 160 bouts. Ages ranged from fifth grade to college wrestlers. The tournament featured four round robin brackets with each wrestler wrestling at least three times:

Three mats were laid out on the school's field with spectators watching from the track. The event was pushed back a bit to allow all the wrestlers who signed up to attend and to keep the mats as cool as possible.

The event took months of planning, according to Bow High School Wrestling Coach William Chavanelle. And the hope was that if they could pull it off, it could be an annual event.

"It's different," he said. "Everybody talks about doing something cool in the summer, but no one ever does. So I was like, 'Alright, I'm going to do it... I'm not in the business of just waiting around.'"

In the High School results weight categories G, I, J, and W were won by Bow wrestlers: Sean Flaherty, Jaron Coulon, Shane Rabalais and Josiah Funches.

Tony Schinella | Concord Patch

Rotary



Club of Bow

BOW ROTARY WELCOMES NEW MEMBERS

The Bow Rotary Club welcomes new members throughout the year. The club has 43 active members, plus three honorary members.

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

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ANDREW JACKSON’S VISIT: New Hampshire Historical Marker No.36

THE HISTORY REMAINS – THE MARKER DOES NOT

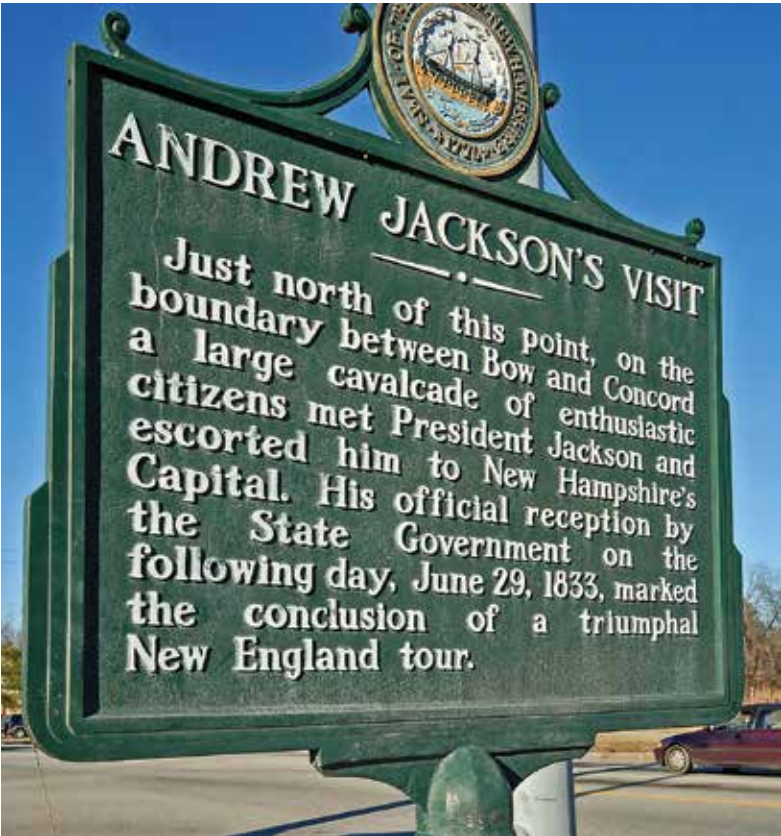
Article by Cheryl Mortimer | Photos Eric Anderson

Have you ever noticed green historical signs throughout the State of New Hampshire? In 1966, one such sign was placed in Bow at the intersection of Route 3A and I-89 marking the site where President Andrew Jackson was greeted by a large enthusiastic crowd in 1833. Today, the sign cannot be visited because, according to a 2024 statement by the NH Division of Historical Resources, the Historical Highway Marker Advisory Committee decided to retire it in support of national initiatives for diversity, equity, and inclusion.

Eighty-one percent of the votes cast in the 1828 presidential election went to Jackson, and like other small rural communities in NH, Bow strongly supported him. Jackson rode a white horse and was escorted to the State Capital by eight militia companies when he arrived in Bow shortly after beginning his second term. The populace, dressed in their finest attire, cheered with enthusiasm and waved their handkerchiefs.

Gaining a national reputation of toughness for sacrificially leading his troops to victory in the War of 1812’s Battle of New Orleans, he became best-known as, “Old Hickory.” As a presidential candidate, he was seen as the representative of the common man who would protect farmers’ way of life and block efforts by Washington politicians to expand manufacturing and corporations.

On Independence Day during Jackson’s 1828 run for president, Colonel Carter, a War of 1812 commander of a Company of Volunteers from Bow, led a procession to the Bow meeting house, which commenced a party attended by Jackson backers. Two years later, David White of River Road hosted a 15th anniversary celebration of the Battle of New Orleans. The Patriot newspaper reported that one of the speeches declared that January 8th is to be “annually hailed” along with July 4th as the “birthday days of America and Liberty.” As much as Jackson was loved, he was also hated



Eric Anderson | Photo

by many — especially other politicians who referred to him as “King Andrew,” highlighting his tendency to wield power more like a monarch than a democratic leader. Interestingly, another nickname given by rivals was, “Jackass.” It is no accident that the symbol of the Democratic Party, of which Jackson cofounded, is a donkey. He chose it to snub his nose at the name given him by those he considered Washington insiders. And farmers embraced the donkey with pride as a representation of commoner’s stubborn grit.

So why did New Hampshire remove the sign? According to NHDHR, the Committee retired the marker “for the following reasons, generally: someone is left out (i.e., religion, race, class, political party); represents a one-sided history; is racially insensitive; uses insulting or derogatory language, or lacks context.”

The controversy over historic signs speaks to our nation’s complicated story. Jackson played a disappointing role in some of the saddest parts of our history, including slavery and the displacement of indigenous peoples. The state’s decision to remove the sign might make one wonder where the citizens of Bow stood on these controversial topics.

While there is no information indicating Bow was involved in displacing Native Americans, records show townspeople’s perspective on slavery. According to the Northeast Slavery Record Index, there were no slaves in Bow. NHDHR’s decision begs the complex question about the best way to preserve our history. While the Bow Heritage Commission does not take a position on DEI initiatives, we are dedicated to preserving Bow’s history. In so doing, we can celebrate our achievements and learn from our mistakes, which every community has. Whether good or bad, today you can see Jackson on the twenty-dollar bill and you can visit the NH town named after him, but you cannot see the sign marking the site of his visit to Bow.



Original diaries of Sarah Connell Ayer including entries about President Jackson's visit in 1833. Courtesy of the New Hampshire Historical Society.



Would you like to help preserve Bow’s history in preparation for our upcoming

300th ANNIVERSARY?

Do you have old photos we can scan, family stories to share, or artifacts you can donate *or lend* for display at Bow’s Historic Information Center located on the lower level of the Municipal Building?

Learn more about Bow by purchasing David A. Bundy’s history book, “**100 Acres More or Less**” available at town hall, and by visiting our historic sites on the self-guided tour map available at the Baker Free Library or on the town website.

Contact Bow Heritage Commission for more information, to volunteer, or to contribute.

A Visit to Dunbarton's *Bela Brook Farm* by Chase Binder | Photos, Eric Anderson



Want to put a smile on your face?
Head over to Bela Brook Farm at 125 Grapevine Road in Dunbarton, where you can enjoy an ice cream treat at an umbrella-shaded picnic table overlooking the pastures. You'll find welcoming helpers behind the ice cream counter in the farmhouse's first-floor Farm Store. Get a scoop or two, or even a flight of 6 ice cream flavors!

When COVID-19 hit, he started bee-keeping, aiming for minimal hive management and relying on nature to provide sustainable hives. He was hooked. Fast forward a few years and a lot of research and collaboration with the farming community in NH and elsewhere, and the idea for a sustainable, protected farm became a reality – Bela Brook Farm.

Ray's had some challenges, for sure. His electric pasture fencing kept the chickens safe from coyotes, but bobcats could jump right over it. He lost a whole flock—and immediately built a safer structure to protect the birds.

The herd of Scottish Highland Cattle provide grass-fed beef and hang out in the pastures adjacent to the picnic tables. They have floppy bangs, horns that measure more than 4' tip-to-tip, and shaggy red-ish coats. Quite a sight and also quite friendly!

If you see Ray on site, he'll be glad to share his farming philosophy—finding ways to decrease reliance on machinery and increase reliance on nature's own regenerative processes. The Army taught him delegation—and that's how he rolls. Let Mother Nature do what she does best but be ready to back her up if necessary. Train 16/17-year-olds to man the Farm Store and unleash their smiles and enthusiasm. See happy customers return.

Visit belabrookfarm.com and the Bela Brooke Facebook page for details.



While you're there, check out the locally-sourced goods—everything from jams to sourdough bread as well as hand-crafted items like cutting boards and coasters. As for Bela Brook offerings, you'll find Grass-Fed Scottish Beef, pasture-raised poultry, eggs, honey and maple syrup.

You're forgiven if you're just hearing about Bela Brook. Owner Ray Plante opened the farm only last year. Ray retired as a Major after 19 years in the Army, is now a full-time pilot for Jet Blue, and also happens to be Merrimack 27's state Representative (Dunbarton along with Allenstown, Epsom and Hooksett).

Yup—he's busy. But when the 260-acre Lord Farm in Dunbarton came up for sale, he couldn't resist. Ray grew up in upstate NY, which is rural 4-H territory. The connection with the land and livestock never left him.



Farm Store & Ice Cream: Monday through Sunday, 2:00 PM – 8:00 PM.



CHAIR YOGA WITH SHERRY is scheduled for Thursday: August 20, 27 and September 10 and 17 at 11 am on the second floor of the library. Dress comfortably and bring water. Please check the library’s website or FB page for changes or updates.

DES OPEN HOUSE Dunbarton Elementary School will hold their open house on Wednesday, August 26, 5pm to 6pm. The first day of school is Thursday, August 27. There will no school on Friday, September 4 and Monday, September 7 for Labor Day Weekend. The first PTO Meeting is scheduled for Monday, September 14 at 6:30pm to 7:30pm in the elementary school lounge or on ZOOM. For more info on the PTO meeting contact dunbartonPTO@gmail.com.

DUNBARTON FARMERS’ MARKET Visit Dunbarton Farmers’ Market at Stark Farm Organic Blueberries, 30 Stark Lane, Dunbarton every Friday from 3pm to 7pm through August 28. There will also be live music nightly. Please come out and support your local farms and vendors. The names of vendors are listed on their website: <https://www.starkfarmblueberries.com/farmers-market>

BEYOND THE BOOK meeting at the Congregational Church will be reading *The Awakened Brain: The Psychology of Spirituality* by Lisa Miller. “A captivating look at what happens when we’re connected to something greater than ourselves.” Discussion is scheduled for Thursday, September 3, 7pm to 8pm. Contact: bbennett98@comcat.net for details. An invitation to the group for Google meet is sent the week of the gathering.

CLOSURE Town Offices will be closed on Monday, September 7 in observance of Labor Day. Visit dunbartonnh.org for their hours.

ANNUAL MUM SALE The Dunbarton Garden Club is excited to host their Annual Mum Sale (located at Page's Corner, 15 Concord Stage Rd. in Dunbarton), starting Thursday, September 10. Visit them to purchase your fall mums, pumpkins, and more! They accept cash and major credit cards. Please check their Facebook page for the most up-to-date information on this event. The mum sale is their largest fundraiser of the year and your support helps them maintain garden club activities that support our community. For information about our programs, please visit them at dunbartongardenclub.org. They look forward to seeing you.

CEMETERY SLEUTHING The library will present Erin Moulton’s Cemetery Sleuthing for Beginners, sponsored by NH Humanities on Thursday, September 10 at 6:30pm on the second floor. “Our local cemetery is a time capsule. Each headstone is plastered with clues about the deceased, those who once walked where you walk now. A simple step through the hallowed gates can bring you on an adventure to explore symbolism, workmanship, and local history. Join Erin E. Moulton as we learn the meaning behind cemetery iconography, abbreviations, epitaphs, and more.” Check the library’s FB page or website for updates.

DUNBARTON LIBRARY BOOK GROUP will hold a discussion at noon, Wednesday, Sept 16 at the library. The group will discuss *Psalm of the Wild-Built* by Becky Chambers. Winner of the Hugo Award! Bestselling Becky Chambers’ delightful new Monk and Robot series, gives us hope for the future.” Books available mid-August at the library. Check their FB page or website for updates on times/ dates/books.

KNITTING FOR ADULTS returns on Friday, September 18, from 6:30 to 8:30 pm, in the vestry next door to the Dunbarton Congregational Church (in the town center.) Everyone and all levels of knitting are welcome to join. Contact Tammy572003@gsinet.net for details.

OPEN MIC NIGHT The Congregational Church’s Spireside Coffee House, hosts a friendly open mic-venue, on Saturday, September 19 held in the church in the town center, 6 Stark Highway North. Doors open at 4:30 pm for performers to sign-ups. Suggested donation is \$5. Snacks are available, and donations for them are accepted. Music starts at 5:00 pm. For information go to www.community-dunbarton.org/spireside-coffeehouse.

DUNBARTON POLICE

JULY 2026
ARREST & CHARGE LOG

07/05: Andrew Leduc, 48, Dunbarton, was taken into custody on a Dunbarton PD warrant for domestic violence assault and simple assault, as well as an electronic bench warrant for non-appearance in court on a violation-level offense.

07/08: Jared Cullen, 26, Plymouth, was charged with driving after revocation/suspension and operating without a valid license.

07/10: Tyler Lever, 23, Manchester, was charged with open container of marijuana.

07/11: Michael Harder, 44, Weare, was processed on a Dunbarton PD warrant for false information to secure a firearm.

07/16: Matthew Landry, 18, Bow, was charged with reckless operation, safe tires required, and misuse or failure to display plates.

07/16: Nathan Bowers, 23, Concord, was processed on a Dunbarton PD warrant for 2 counts of false information to secure a firearm.

07/18: Deborah Ring, 40, Weare, was processed on a Dunbarton PD warrant for conduct after an accident.

07/23: Joseph Lambert, 31, Bow, was processed by Nashua PD on a Dunbarton PD warrant for suspended registrations and unregistered vehicle.

07/23: Mitchell Caron, 22, Boscawen, was taken into custody for alcohol ignition interlock circumvention, open container of marijuana, and following too closely

07/24: Morgan Love, 27, Willimantic, CT, was taken into custody for driving or operating under the influence of drugs or liquor and open container of alcohol.

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

Police also issued 25 traffic citations for various offenses including, but not limited to: speeding, stop sign, unregistered vehicle, expired license, equipment violations, motorcycle endorsement required, misuse of plates, open container, and following too closely, as well as 3 dog summonses and 1 possession of marijuana citation. Please note that some citations may have been issued in conjunction with an arrest.

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

911 Hang Up: 4	Motor Vehicle Complaint: 5
Animal Complaint: 7	Motor Vehicle Lockout: 1
Assist Dunbarton Fire/EMS: 13	Motor Vehicle Stop: 123
Assist Other Agency: 22	Noise Complaint: 2
Burglar Alarm: 4	OHRV: 7
Business Check: 21	Paperwork Service: 7
Civil Matter: 1	Parking Complaint: 4
Court: 3	Police Courtesy/Assist Citizen: 6
Criminal Trespassing: 1	Sex Offense: 1
Domestic Disturbance: 2	Suspicious Activity/Person/Vehicle: 5
Follow Up: 8	Theft/Fraud/Scam: 3
Found/Lost Property: 6	Traffic Hazard: 3
Harassment/Stalking: 3	Vacant Property Check: 11
Mental Health: 1	VIN Verification: 2
Motorist Assist/Disabled: 13	Wires/Trees Down: 5
Motor Vehicle Collision: 3	Welfare Check: 2

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Photo | Eric Anderson

DEPARTMENT JULY 2026 CALL DATA

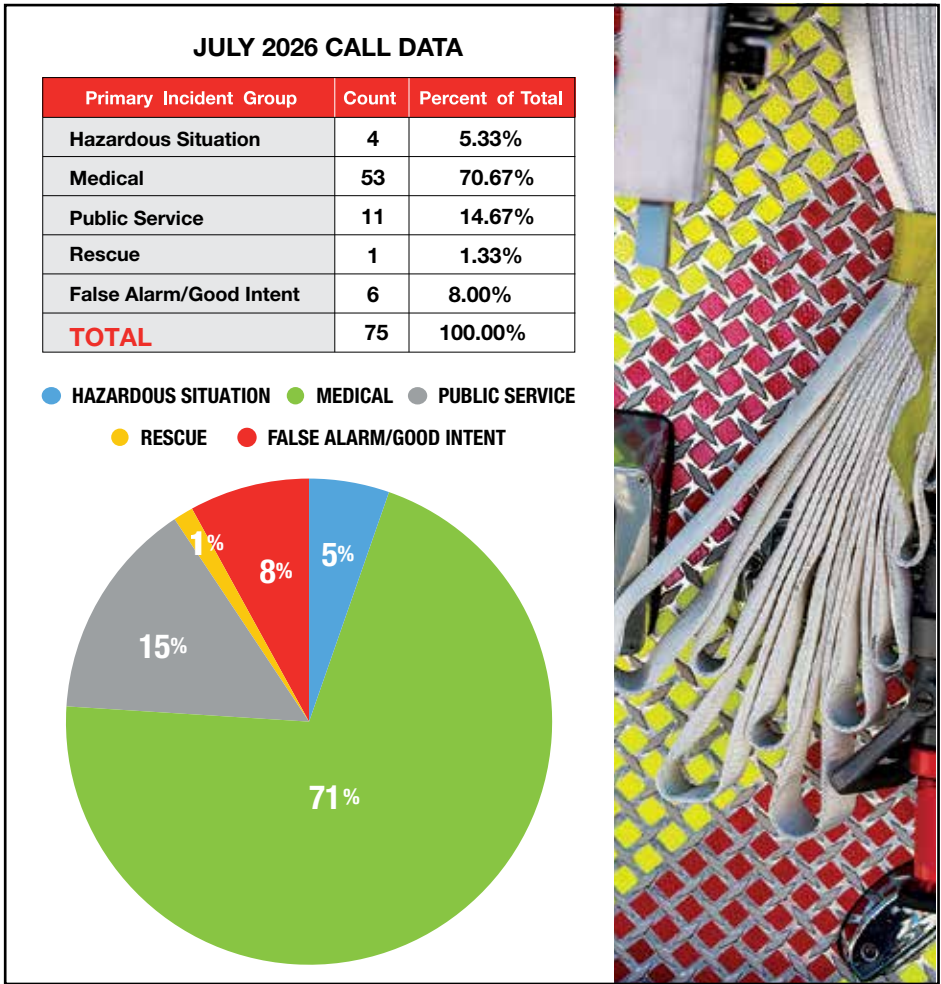


Photo | Eric Anderson

MEET CRAIG BEAULAC
BOW'S NEW EMERGENCY MANAGEMENT DIRECTOR

Craig Beaulac has taken the helm as Administrative Captain and Director of Emergency Management, replacing Lee Kimball, who retired in April.

Craig has been an on-call member of the Fire Department for 19 years. As a novice firefighter responding to downed trees and wires during the 2008 ice storm that affected our region, he had his first encounter with disaster work. After that, Craig developed a career in emergency services as a firefighter, EMT, and public safety dispatcher. He also worked in state and federal emergency management for the NH Department of Health and Human Services and NH Homeland Security and Emergency Management. Beaulac joined the Federal Emergency Management Agency (FEMA) after COVID, responding to the national and New England crises

Craig, a 2007 Bow High School graduate, went on to earn an Associates Degree in Fire Science from Lakes Region Community College and a Bachelor's Degree in Homeland Security from Daniel Webster College.



BOW POLICE DEPARTMENT

www.bow-nh.gov

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Photo | Eric Anderson

JULY 2026 ARREST LOG

Misdemeanors & Felonies

- 
- 07/02:** Nicholas Tilton, Summons, Manchester, Conduct After an Accident, Criminal Mischief

07/12: Katelyn Derosa, Summons, Pembroke, Suspension of Vehicle Registration

07/14: Emma Labrie, Concord, Driving While Intoxicated

07/18: Shantell Orcel, Arres, Manchester, Driving While Intoxicated

07/19: Sherrin Panzieri, Arrest, Manchester, Driving While Intoxicated; 2nd Offense

07/25: William Merullo, Arrest, Sutton, Driving While Intoxicated

07/27: Jacob Doyle, Arrest, Hooksett, Drive After Suspension Subsequent

07/30: Cheryl Dionne, Arrest, Northfield, Conduct After an Accident

Misdemeanor / Felony: 8 Protective Custody: 2 Marijuana Summons 0
Violation Level: 5 Involuntary Emergency Admission 1

TOTAL: JUNE 2026 16

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HOPKINTON

Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452

Photo Eric Anderson





CONTOOCCOOK FARMERS MARKET is set up at Riverway Park around the gazebo through October. Join us every Saturday, 9-12, rain or shine. Live music. Updates on Facebook.

KINDERGARTEN REGISTRATION If your child is 5 or turning 5 before September 30th, it's time to register for kindergarten! Screening appointments are being set up now! Contact Jean Eaton at jeaton@sau66.org NH State Primary will be held 09/08/26 from 7am-7pm at the Hopkinton Middle High School.

SHARED HARVEST OF HOPKINTON is dedicated to supporting the Hopkinton Food Bank with fresh local produce. We seek to inspire local gardeners and farmers to share their excess produce with our neighbors in need. Fresh garden vegetable and fresh local egg donation dates remaining are August 19 and September 2.

Please drop-off your fresh local vegetable and egg donations between 3:30 pm and 5:30 pm outside the Slusser Center lower level. Our table and coolers will be set up outside the door to accept your fresh donations.

All food donations support the food pantry. We are seeking volunteers. Can you help with one or more donation days? Please email sharedharvestnh@gmail.com if you're interested in helping.

FIRST THURSDAY'S are back to Contoocook Village. Check out the Facebook page Discover Contoocook for the schedule each month.



SOCCER REGISTRATION Fall 2026 registrations for Hopkinton Youth Sports Association (HYSA) soccer are now open! HYSA proudly offers Saturday morning soccer sessions for preK – 2nd grade (ages 4+) as well as seasonal team play for grades 3-8. All HYSA teams play in the Merrimack Valley Soccer League (MVSL).

You can visit their website to view game schedules (which will be the same as 2025) and read the Rules of Play. Register at hysasportsnh.com/soccer. Once the rosters are final, you will hear directly from your player's coach about the next steps for the season. If you have any questions, please email persechino.sara@gmail.com.

HOPKINTON RUNNERS SOCIETY, is a non-profit organization powered by Delta Dental, will be sponsoring a USATF Youth Cross Country Club this fall! The club will meet twice a week for optional practices and provide free entry into 5 local races throughout the fall in Hopkinton!

To sign your child up or to get more information go to: <https://forms.gle/bDWumvF8BP6bNJsu6>

NOTICE TO OUR *Readers*

Due to a scheduling conflict at Elm Brook Park, the **5th Annual Hopkinton Fall Festival** has been rescheduled. The new date is **Saturday, September 26**.
The **Rain Date Sunday, September 27**. Please help us spread the word!
Refer to Police Officers Association of Hopkinton Facebook page for updates.



2

VILLAGES

ART SOCIETY

There's still time to see the

"Painted Poetry Exhibit"

From now until Saturday,

August 29th.



The TVAS Gallery

is open Free of charge

Thursday – Sunday

from 12:00 – 4:00 PM

846 Main Street in the

village of Contoocook.

www.twovillagesart.org

A woman with long brown hair, wearing a green ribbed dress, is standing behind a bar. She is holding a small white bag. In the background, there are shelves with bottles and a sign that says "INDIGO BLUES".

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WHY THE HEAT KILLED SO MANY IN EUROPE

Millions endured sweltering conditions across Europe at the end of June, with Germany, France, Poland, and Britain all reaching record temperatures — weather supercharged by climate change.

Europe is both the fastest-warming continent in the world and the second fastest region after the Arctic. While the southern part of the continent has always seen heat waves, much of the rest of Europe and the U.K. has historically had a cooler climate — and its infrastructure was built in that context.

Combined with the rapid warming, this has left countries underprepared for the unprecedented and multiple heat waves being experienced each summer. The shift is placing people’s lives at risk.

Over the past four years, more than 200,000 people have died in the E.U. at the hand of extreme heat. Many of the deaths were preventable.

In European countries, many homes and other buildings are old – designed for a very different climate. In some countries, like England and France, homes “act as a furnace,” designed to trap heat.

“It’s designed to solve a very opposite problem,” says Ronita Bardhan, professor of sustainable built environment and health at the University of Cambridge, adding that updating old housing stock won’t be easy. “The housing stock is predominantly already built, so it’s a very different situation [from] where you have a green field to build new.”

Old buildings were not designed to include cooling, and the region’s once mild climate meant there was no need for AC. “Most European cities historically had needed little cooling, so building-design guidelines never anticipated integrating cooling systems,” says Bardhan.

Today, only about 20% of European homes have air-conditioning, according to data from the International Energy Agency, compared with 90% of American homes. However, some countries have been quicker to adopt it than others. Nearly 50% of Italians now have AC in their homes, while 7% of homes in Britain are equipped with air-conditioning, double the rate from just three years ago.

Simmone Shah | TIME Magazine | July 27

Growing More Than a Garden



Some of the most meaningful lessons are planted early – patience, stewardship, and planning for what’s ahead.

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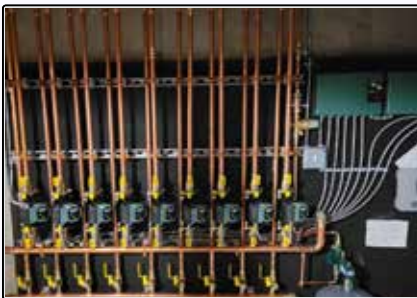
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Baker Free Library
August/September News

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See our online Calendar at
bowbakerfreelibrary.org
to sign up for upcoming
programs and events.



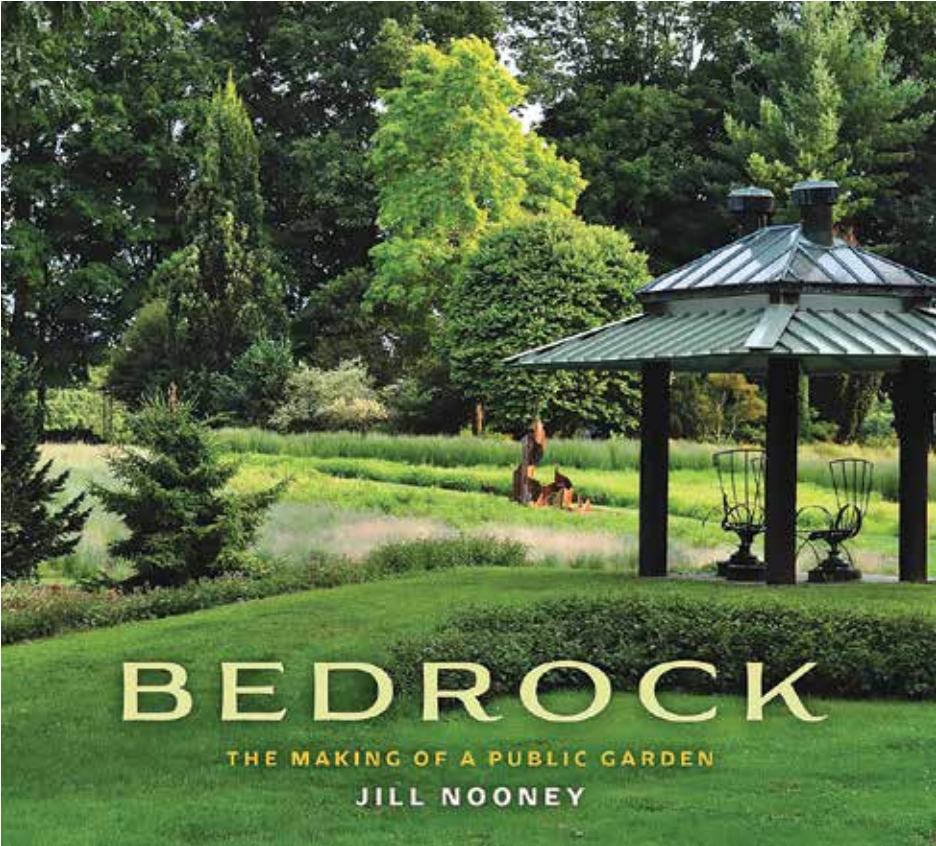
Baker Free Library will be closed on Monday, September 7th in observance of Labor Day.

ADULT PROGRAMMING



Adult Board Game Night | Wednesday, September 2nd | 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.**

Paint Along! | Thursday, September 10th at 5:30pm & Saturday, September 19th at 12pm
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! There are **two** sessions this month! Please only sign up for **one** session - it will be the same class/painting, so you won’t miss anything!



Bedrock Gardens | Monday, September 14th | 6pm
Bedrock Gardens tells the story of childhood dreams realized, of life lessons learned along the way and how gardens evolve over time. Jill Nooney will present on her book *The Making of a Public Garden*, a love story as well as a garden chronicle. Jill will have copies of her book for sale at the event. Refreshments will be served at 6pm. Program begins at 6:30pm. This event is graciously co-sponsored by the Bow Garden Club.

Investment Seminar Presented by Merrimack County Savings Bank Tuesday, September 15th 10:30am
Come to learn from the experts at Merrimack County Savings Bank about how to invest, and how to get the most out of your investments!
Light refreshments will be provided.

YOUTH PROGRAMMING

Ruff Readers
Every other Thursday, beginning September 3rd | 3pm
Children can gain confidence and improve their literacy skills by reading aloud to a one-of-a-kind audience! Reserve a 20 minute time slot to visit with (and read to) our canine volunteer, Harry the mini poodle, certified through Alliance of Therapy Dogs. Readers of all abilities are welcome. Children 8 years and under should be accompanied by an adult for the duration of their visit. **Registration is required** to reserve your 20 minute time slot. Please call the library at (603) 224-7113 to sign up! **Online registration is not available for this program.**

Connections Family Book Club | Wednesday, September 9th | 6pm
Families who read together, grow together! Connections is a monthly book club and shared reading experience, designed for readers in Grades 3–5 and their caregivers. Each month, families will enjoy a great book together, then gather at the library to share ideas, connect with other readers, enjoy a snack, and explore activities inspired by the story. Together, we’ll explore a variety of fantastic middle-grade books, and compare some of our favorite stories with their film adaptations at special movie events!
This club meets on the Second Wednesday of the month from September to May. Copies of each book will be provided by the library. **Registration is required** to reserve your child’s space. Children are invited to participate with the trusted caregiver of their choice.

Preschool Storytime
Every Tuesday, September 15th – October 27th | 10:30am
Encourage school readiness with a storytime for active bodies and minds! Explore interactive stories, songs, and activities that help promote early literacy learning while addressing attention, coordination and motor development. Each storytime includes stories, songs and movement activities ending with play time, and socializing. Recommended for Ages 3 - 5. **One-time registration is recommended** to reserve your child’s space. This session will run from September 15 until October 27, 2026.

Family Storytime
Every Thursday, September 17th – October 29th | 10:30am
Explore a new topic each week with stories, songs and rhymes designed to spark your child’s imagination and create the foundations for early literacy. Each storytime ends with open play time, allowing families to meet, play and socialize. Select sessions will include craft and/or sensory activities. Recommended for Ages 18 Months - 3 Years. **One-time registration is recommended** to reserve your child’s space. This session will run from September 17 – October 29, 2026.



Whodunits | Tuesday, September 1st | 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.
September Book Discussion: *Listen for the Lie* by Amy Tintera

Adult Book Talk at BFL
Tuesday, September 8th | 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!
September Book Discussion: *The Things They Carried* by Tim O’Brien

White Rock Book Group | Tuesday, September 15th | 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!
September Book Discussion: *The Things They Carried* by Tim O’Brien





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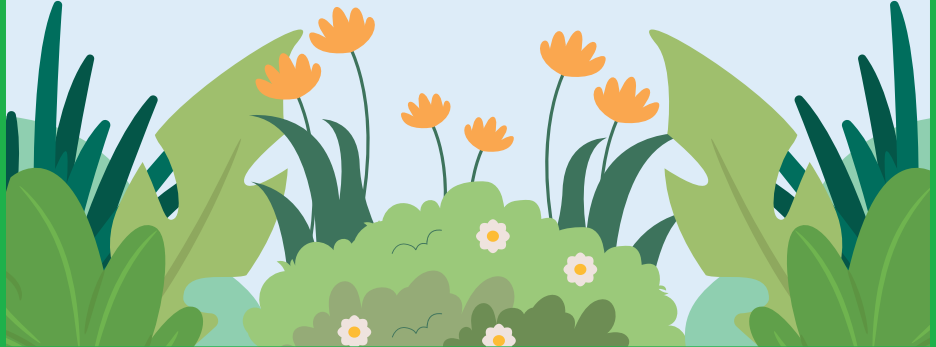
Bedrock Gardens

14 MONDAY, SEPTEMBER | Baker Free Library 6:00pm

Bedrock Gardens tells a story of discovery of childhood dreams realized, of life lessons learned along the way and how gardens evolve over time. The *Making of a Public Garden* written by Jill Nooney is a love story as well as a garden chronicle. Presented by: Jill Nooney

Schedule
6:00PM - Social Time & Refreshments
6:30PM - Presentation
7:45PM - Member's Meeting

This event is Free & Open to the Public, but Registration is Required
PLEASE REGISTER AT BAKER FREE LIBRARY CALENDAR



OBITUARIES



JACK NICHOLAS

Jack Nicholas, 88, passed away peacefully on July 8, 2026. Born January 24, 1938, in Concord, Jack was the son of Louis and Clara (Blanchard) Nicholas, and the second youngest of nine children. Jack graduated from Concord High School in 1955, beginning a life shaped by steady devotion – to work well done, to community, and most of all to family.

For more than 40 years, Jack was a partner and owner of Northeast Food Service Equipment and Supply in Bow. In that time Jack became very respected in the NH restaurant industry, lending his drafting and design talents to dining establishments across the state. Many of our classic local eateries continue to maintain his all-by-hand restaurant design. Jack was adored by clients and colleagues alike as a reliable, self-made, and generous professional.

Jack’s life was anchored in love. He was the devoted husband of Lucy, and he will be remembered especially for the tenderness and constancy with which he lovingly cared for his beautiful wife of 68 years. He is survived by his daughter, Tammy Edes and her husband Tim Edes of Hooksett; his sister, Marilyn Fraser Dupuis of Concord and many nieces and nephews; grandchildren, Nicholas Edes and his partner Eric Smith of Portsmouth, and JP Edes and his wife Erin of Bow; and great-grandchildren, Jaxson and Chloe Edes of Bow.

He is predeceased by his brothers; Douglas, Alec, Daniel and Theodore Nicholas; and his sisters, Myrna Nicholas Bucknam, Connie Counter, and Gloria Sabean.

Jack enjoyed taking care of his yard, tinkering with the pool, and lending a hand to anyone who needed it. His favorite place was wherever his family was – especially in the company of his grandsons and great-grandchildren. His close family will not only continue to cherish Jack’s love but also his generosity, humor, way with words, countless stories, and his ability to make every family gathering or holiday extra-special.

An athlete in his younger years, Jack lettered in baseball, basketball, and cross country, carrying forward a lifelong appreciation for the camaraderie and discipline of sport. He loved playing golf at Concord Country Club with his son-in-law Tim, and he stayed connected to the wider circles of community as a retired Charter Member of the Bow Rotary Club and a member of the Bow Athletic Club.

There were many special trips that will live forever in the family’s memories: ski holidays with his wife, family, and friends in New England and overseas; summer vacations with his grandsons across the US and Europe; and the many special memories made along the shore at York Beach and Ogunquit, Maine.

“When we lose someone we must not learn to live without them, but to live with the love they left behind.” In Jack’s case, that love is abundant– felt in the people he cherished, in the years he faithfully gave, and in the gentle example of kindness and generosity that will remain.

There will be no services per his request. A family gathering will take place in York, Maine, to celebrate Jack’s life.

JULIA RABBIA

Julia Rabbia of Hopkinton passed peacefully at home with her beloved husband of 48 years, Antonio “Tony” Rabbia, by her side.

Born in Glasgow, Scotland, she was the daughter of the late Albert and Jean (Aitken) Knox.

Tony met Julia through a mutual friend while she was visiting the United States from Scotland. It was love at first sight for Tony. Although Julia was initially hesitant, Tony’s persistence – and a heartfelt, handwritten letter to her mother, Jean, back in Scotland – won her family’s blessing. Julia returned to America, and just a few months later, she and Tony were married.

Together they built a wonderful life in Hopkinton, where they shared nearly five decades of marriage and countless cherished memories.

After settling in NH, Julia worked at Gould Hill Farm apple orchard in Contoocook, where she enjoyed being part of the local community.

Julia was a dedicated member of the American Legion Auxiliary, Unit 21 in Concord. She served as a District Officer and was honored to hold the position of Past Department Sergeant-at-Arms for the American Legion Auxiliary of New Hampshire.

In lieu of flowers, donations in Julia’s memory can be made to the American Legion Auxiliary Granite Girls State, 21 South Fruit Street, Room 266, Concord, NH 03301.



Bow Young at Heart Club

AUGUST 26, 2026 | 11:30 AM – 1:30 PM

Officer Gullmette and K9 Officer Hunter of the Bow Police Department will give a demonstration of the use of police dogs in law enforcement.

SEPTEMBER 9, 2026 | 11:30 AM – 1:30 PM

The Bow Men’s Club will provide a BBQ for the members of the Young at Heart Club.

Meetings are at Old Town Hall, 91 Bow Center Road. Bring your own lunch at 11:30, dessert 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.



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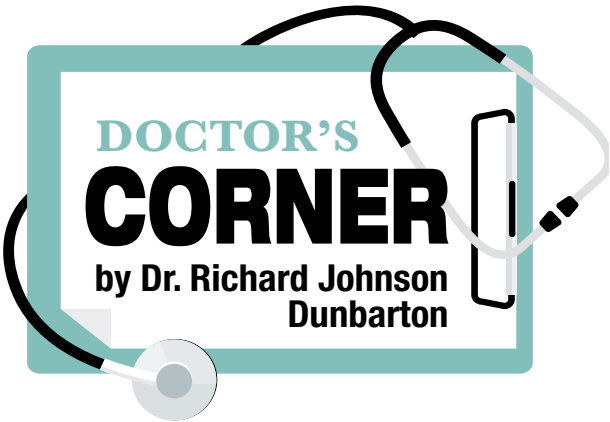
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OUR WARMING PLANET

In 2019 I wrote a Bow Times piece entitled “Heat Stroke – How does that Happen?” This was to give you an idea of what happens as the body heats up and what to do about it. In the 7 years since then, the earth’s temperature has continued to rise, and waves of intense heat are now more common. According to NASA the last five years have been the warmest years on record ⁽¹⁾.

My wife and I were in Europe this June when they experienced the hottest June on record with temperatures of 111.7 F; in France, 104.9 F in Poland, and 93 F in the UK. Europe recorded 10,000 excess deaths during this heatwave and more than 9,000 were among people age 65 and above ⁽²⁾. The extreme heatwave disrupted power supplies and transportation and shut down schools. In the US weather alerts were in place for 40 million people in the western United States with warnings of temperatures reaching 105 – 115 degrees F ⁽³⁾. In addition, the threat of forest fires is real; the “Summit Fire” in Los Angeles County has burned over twenty-six hundred acres.

In the US, as of 8 July, 44 deaths have been attributed to the current heatwave most of which occurred in New Jersey. To date, there have not been any heat related fatalities from the current heat wave in NH. In the northwest, over 1400 people died from the 2021 heatwave and ¾ of them were over age 60. Our data collection tells us that 10 of the hottest years have come in the last decade... *our planet is getting warmer.*

As our body temperature rises built-in mechanisms try to dissipate the heat. The hypothalamus in our brain is the “thermostat.” Vasodilation in blood vessels near the skin allow cooling of the warm blood. Heart rate increases to move more blood to the skin. We sweat, and as the sweat evaporates it cools the skin. We instinctively seek cooler places and drink water. All this works well; until it doesn’t. As we age over 60 the above physiologic mechanisms do not work as well, and it becomes much more difficult to lower our temperature. When our core temperature gets to 106 degrees F (and that can happen very quickly) heat stroke can cause disability and death.

These are the basic first aid steps one should take to treat a person with heat stroke:

- 1. Call 911
- 2. Move the person to a cooler environment & remove outer clothing
- 3. Cool the person with cold water or ice. Soak their clothing with cool water.
- 4. Place ice on the head, neck, armpits, and groin

Remember: Prevention has better results than treatment! Plan ahead, stay hydrated, seek a cooler environment and be aware of your neighbor.

- 1. <https://science.nasa.gov/earth/explore/earth-indicators/global-temperature/>
- 2. The Business Times 13 July 2026
- 3. CBS News 12 July 2026
- 4. The June/July 2026 issue of The AARP Magazine has a good summary and perspective on the fallout of the earth’s rising temperature.

HEATSTROKE FIRST AID

SYMPTOMS MAY INCLUDE:

DIZZINESS, FAINTING

HEADACHE, CONFUSION

HIGH BODY TEMPERATURE

NO SWEATING

FLUSHED DRY SKIN

RAPID SHALLOW BREATHING

RAPID STRONG PULSE

NAUSEA, VOMIT

WEAKNESS OR CRAMPS

SEIZURE, UNCONSCIOUSNESS

MOVE THE PERSON TO A COOL, SHADY AREA

CALL EMERGENCY MEDICAL HELP

COOL THE PERSON'S ENTIRE BODY

COOL THE PERSON BY SPRAYING COLD WATER

USE A FAN TO LOWER TEMPERATURE

PLACE COOL WET TOWELS OR ICE PACKS ON THE NECK, ARMPITS AND GROIN

REMOVE EXCESS CLOTHING

GIVE WATER TO DRINK IF THE PERSON IS FULLY CONSCIOUS

HAVE THE PERSON LIE DOWN WITH FEET ELEVATED



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