



The Bow Times

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DUNBARTON NEWS ON PAGES 14-15



BOW RESIDENTS OPPOSE A DATA CENTER

Following reports that the former Bow power plant property could be used for a hyperscale data center, residents from the town and neighboring communities overwhelmingly spoke out against such a plan at a selectboard meeting on September 21.

Bow has “not received an application for such a project or had any communication from Granite Shore Power about it,” said selectboard chair Kip McDaniel at the meeting.

He clarified that if such a project was submitted to the town for approval, the planning board would have jurisdiction over the project, not the selectmen.

Nonetheless, McDaniel said the board wanted to hold time for residents to share their thoughts and learn more about what would happen if an application for a data center was submitted. The board held an hour-long public comment session.

“We want to be as transparent with you as possible,” McDaniel said. Barbara Bennett, who has lived in Bow for nearly 30 years, said she felt in the dark.

“I came out to just get some information. We know nothing, so we need to have some questions answered,” she said.

Residents and neighbors push back:

Leslie Ring held a sign outside the Bow Municipal Building Tuesday that read “Bow Says No.”

“I’m pretty sure it will reduce property values and not improve the quality of our lives,” she said.

CONTINUES | Page 2

INCREASED POLICE PRESENCE AT BOW HIGH SCHOOL AFTER ONLINE THREATS

Bow Police had an increased presence on the town’s high school campus Monday, September 21, after a student allegedly posted threats about the school on Snapchat.

Bow High School administrators notified parents about the threats Sunday night, said Bow Police Chief Ken Miller. The Bow School Resource Officer (SRO), police, and school administrators investigated the Snapchat messages Sunday night.

“We have identified the juvenile involved and are actively handling the matter directly with the student and their family,” Miller said in a statement Monday.

“There is no active or ongoing threat to our schools. However, out of an abundance of caution, you will see extra police patrols at the schools this morning to ensure our students and staff feel safe and supported.”

“We take all threats, whether made online, in person, or on social media very seriously. We appreciate the prompt reporting from parents and students that allowed us to address this.”

Miller said “any parents or students who hears or sees anything related to school safety should report it directly to the Bow police department or school officials immediately.”

“Quick reporting gives us the time we need to investigate and keep our schools safe,” Miller said.

Courtesy: Paul Feely | UNION LEADER

HOPKINTON-CONTOOCOOK NEWS ON PAGES 8

VOTE YES ON QUESTION 2!

Every ballot in the state will have two questions printed at the top in November. Question 2 asks voters whether they want to “limit property tax growth” for their school district.

Voters should respond with an enthusiastic YES!

Why school districts? About 60% of the average local property tax bill in New Hampshire comes from school district spending. It’s not police, fire or roads driving local government expenses. It’s schools.

It’s not a growing school population either, because since 2000 public school enrollment has fallen by more than 50,000 students.

The first part of Question 2 limits the tax levy for school districts for just the next two years. If a three-fifths (60%) majority of voters approves Question 2, then revenue for the next school district budget is limited to the inflation rate plus the value of new construction.

The second part limits School Administrative Unit (SAU) administrative expenses to 6 percent of total school district spending.

These reasonable limits don’t reduce school spending below current levels. Capping how fast future revenue can grow doesn’t cut spending, it keeps budgets from growing faster than taxpayers’ ability to pay.

And there’s even an escape clause A supermajority of voters at school meeting next March can override the cap.

For voters concerned about rising costs, Question 2 gives taxpayers more control over the biggest contributor to rising property taxes.

CONNOR IVES EAGLE SCOUT



Connor Ives stands at the site of his completed Eagle Scout project, located at the Bow United Methodist Church. The patio is at the back of the church, close to both the parking lot and to the main entry doors.

Connor Ives of Scout Troop 75 in Bow has completed his final project to become an Eagle Scout. Earning Eagle Scout is one of the highest achievements in scouting, in fact only 5% of scouts reach it.

With the help of several of his fellow scouts they excavated and laid 8" of crushed stone to build a block patio, then they brought in benches and completed the landscaping.

Connor had to earn 21 Eagle-required merit badges in a 12-year period. This is no easy accomplishment because of the time it takes and the need for resolute persistence.

There were some outstanding adventures that Connor experienced along the way, that included a week at Scout Sea Base in the Florida Keys, a week of Maine High adventure canoeing down the Kennebec River, several Camporees and Klondike Derbies.

BOW SALUTES YOU CONNOR!

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FORMER DEMOCRATIC SPEAKER OF THE HOUSE
URGES VOTE FOR MEG HAGAMAN AS COUNTY ATTORNEY

In a show of bipartisanship, Concord's Steve Shurtleff, a Democrat and former Speaker of the House, joined fellow County Commissioners Trachy and Lovlien, both Republicans, in endorsing the GOP nominee. Shurtleff described Hagaman as a candidate he respects regardless of party affiliation and pointed to her work in county and state prosecutions.



Pictured L-R: Former Speaker Steve Shurtleff, Meg Hagaman, David Lovlien and Stuart Trachy.

has to be firm in enforcing the law while being fair in carrying out that responsibility," he added. "I'm proud to put my name behind Meghan Hagaman and endorse her for Merrimack County."

The three commissioners also know they had to pay a Maine law firm, Drummond Woodson, to interview female staff at the County Attorney's Office and prepare a report that recommended termination of Steve Endres as an Assistant County Attorney. The letter of termination by current County Attorney Paul Halvorsen said Attorney Endres' conduct is something he cannot "condone or tolerate" and fired him.

All of this explains why Endres, who has voted in the Republican Primaries from 2006 to 2024, decided to run now as a Democrat: he did not want the news of his conduct and firing to come out in candidate forms or candidate panels. Endres avoided having to explain why he served as an Assistant County Attorney then suddenly left in April of last year to go into private practice and reemerges as an unopposed Democrat and a candidate for the top job in enforcing the law in Merrimack County.

Concord Patch will be covering this story in great detail so stay tuned.

"I believe the best thing we can do in public service is remember who we work for: the people of Merrimack County," he said. "I've been in public service long enough to know that party labels don't tell you everything you need to know about a candidate. I'm a Democrat, and Meghan Hagaman is a Republican, but my respect for Megan comes from her record and her commitment to this community."

Shurtleff also said Hagaman brought prosecutorial experience from her time with the New Hampshire Attorney General's Office and her current work with the Merrimack County Attorney's Office.

"Meghan loves this county, she cares about its people, and understands that a county attorney

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April 4, 2025

From: Paul Halvorsen
Subject: Termination
To: Steven Endres

I have completed my review of an Investigation Report¹ addressing your conduct as an employee of the Office of the Merrimack County Attorney. Upon completing that review, I have decided to terminate you from your position with the Office of the Merrimack County Attorney.²

In reaching my decision, I have relied on information presented to the investigator by witnesses who reported direct knowledge of your workplace conduct. I have also relied on the investigator's report on her interview with you, which was conducted after you were notified of the allegations against you, together with the written materials that you provided to the investigator. Your reported conduct outside of the workplace was considered to the extent that it impacted the workplace or corroborated workplace conduct ascribed to you by others. I have determined that your conduct, as reported and summarized in the Investigation Report, is detrimental to the immediate and ongoing operation of the Office of the Merrimack County Attorney and is therefore conduct I cannot condone or tolerate.

This termination is effective immediately

Paul Halvorsen
Merrimack County Attorney

BOW RESIDENTS OPPOSE A DATA CENTER | Continued from page 1

The protest was organized by 350NH, a climate activist group whose "No Coal, No Gas" campaign fought for Merrimack station, New England's last coal power plant, to be taken offline permanently. Granite Shore Power said in October 2025, that the site would become a "renewable energy park."

Kevin and Anne McManus said they have seen their tax bill climb in the more than 30 years they have lived in the town and the station's productivity waned.

"We moved from Concord to Bow, and I always calculated the differences in the taxes, and it was about half the taxes in Bow compared to Concord then," Kevin said. "Now it's pretty similar."

But he and his wife Anne, said they still did not want a data center to come, even if it meant lower taxes again. "We knew it wouldn't last forever when we moved here, but we're not willing to trade lower taxes for this at all," Anne said.

At least one resident sees a data center as a potential boon for the town. Scott Coulombe, the sole resident to speak in favor of the idea during Tuesday's public comment, said he sees a data center as critical infrastructure as artificial intelligence technology rapidly evolves.

"I say let the data center come and vet them properly through all the codes and ordinances and other regulations that are in place," he said. "As we know, there's plenty of regulations in this state and in the country to prevent a lot of the things that a lot of people in this room are concerned about."

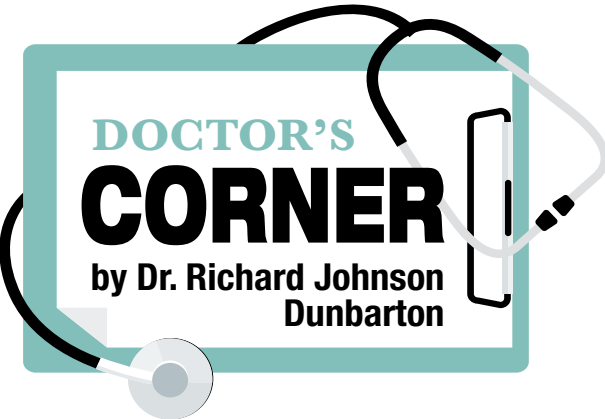
In a statement released to The Bow Times, Selectboard Chair Kip McDaniel said: "What's been reported reflects preliminary exploration by a private business — not a Town initiative. Town officials have not sought out or invited this development; like any developer, this business would need to go through Bow's normal, robust, and public approval process if it chooses to move forward."

Development of this scale can change a community, and it's reasonable for residents to want clarity early, not after decisions are already made.

Despite widespread use around the country there has so far been no Nondisclosure agreements signed by the board or town manager.

The door was left open by board member Angela Brennan who said: "Anything that would come before this board of a legal nature like an NDA, would go through our town attorney, and we would be seeking his advice to make sure that we don't put ourselves or the town in any kind of legal jeopardy."

Kate Dario | NH PUBLIC RADIO



THE SNEEZE

Sneezing and coughing are defense mechanisms designed to expel irritants, allergens, and pathogens from our nose and lower airways respectively. The sneeze and cough are triggered by discrete sensory receptors that have different nerve innervations (1). I want to focus on the sneeze reflex which is triggered by stimulation of receptors in the mucous membranes of the nasal cavity. These receptors are stimulated by pollen, smoke, odorants, and other particulate matter. Bacteria and fungal spores present in dust may also act as triggers for sneezing. Viral and bacterial infections as well as inflammatory responses can trigger the sneeze reflex. Sudden changes in light and temperature have been known to trigger a sneeze. The information from the receptors in the nose is carried by the trigeminal nerve to the brain. The trigeminal nerve (CN 5) is the largest of our 12 cranial nerves. It has three main branches that carry both motor and sensor nerves to our entire face. These three branches leave the skull through three different openings or foramen. You guessed it, its name comes from the Latin trigeminus (threefold or triplets) referring to its three distinct branches.

Once the message gets to the brain, respiratory muscles groups are activated. The inhalation phase begins with the diaphragm and intercostal muscles drawing in a large volume of air. During the compression phase, the soft palate contracts and seals the nasopharyngeal passage, and pressure in the windpipe can reach 1 psi. Then the glottis opens and the explosive exhalation phase occurs. Most people have (or develop) their own sneeze style. A sneeze is repeated if the irritant in the nasal mucosa is not removed. Although one can mute a sneeze it is probably not the best maneuver as the pressure that is built up in the airways is quite considerable (5-20 times a normal sneeze) and if not released could rupture small blood vessels, move mucus up into the middle ear, or even rupture the ear drum.

A given sneeze can release up to 40,000 virus-laden droplets which can travel over 20 feet and remain suspended in the air for up to 10 minutes. Airflow generated during a sneeze can reach up to 60-100 mph. (2) Therefore, it is good hygiene to cover your sneeze with your sleeve, or if you have advanced notice, with a tissue that can be discarded.

AI Trivia FYI:

Walt Disney hired Billy Gilbert to voice Sneezy in Snow White and the Seven Dwarfs.

The longest lasting “sneezing fit” (976 days) is credited to Donna Griffiths of the UK in 1981.

1. Hoowu Jiang et al. Cell, Volume 187, 17 Oct 2024

2. Han et al. Build Environ. 205:108293. 10.1016/j.buildenv.2021

Tang et al. J. Hosp. Infect. 64 100–114. 10.1016/j.jhin.2006.05.022

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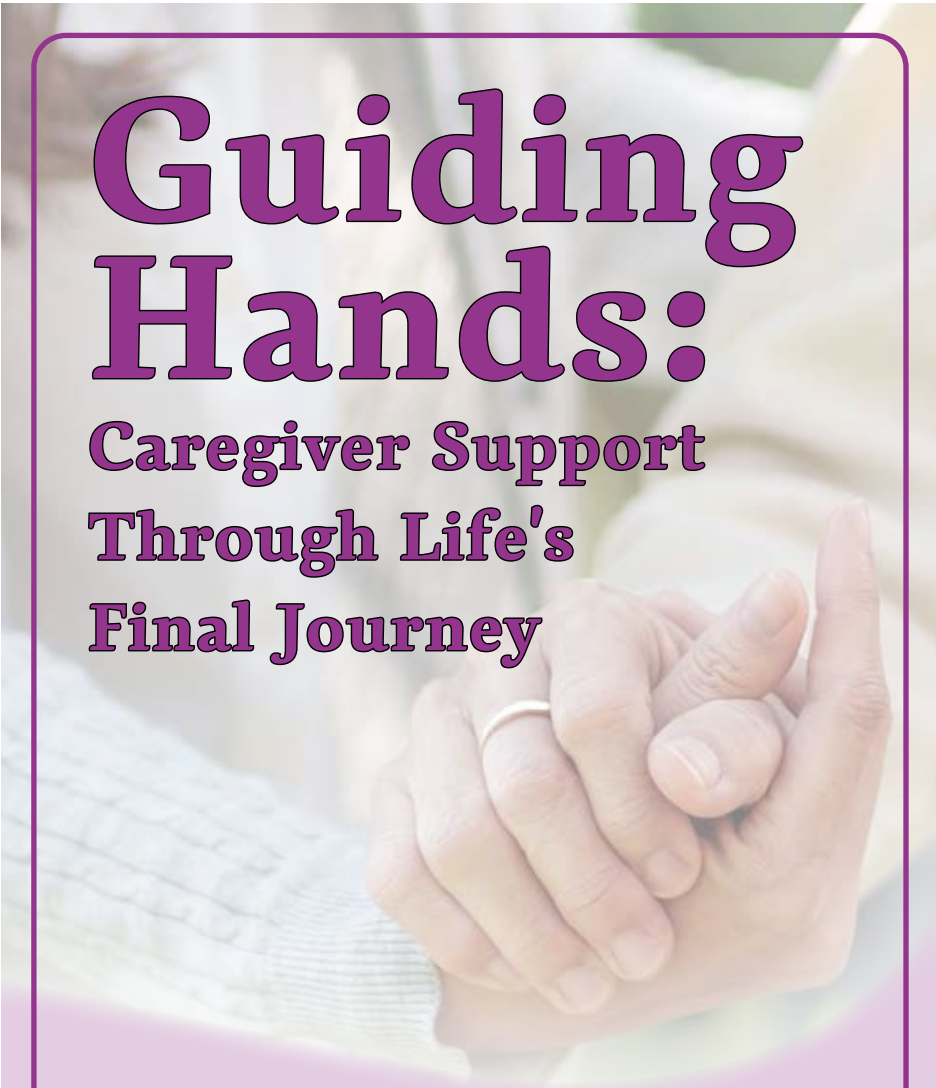
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PARENTS: THERE WILL BE NEW RULES FOR FACEBOOK AND INSTAGRAM

In 1998 after decades of litigation over Big Tobacco’s Mantra of “Hook ‘em young, hook ‘em for life,” the big four companies agreed to pay 46 states 206 billion dollars over a 25 year period. Now after losing cases in New Mexico and California, Mark Zuckerberg on August 26 saw the light and agreed to pay \$18 billion to 47 states and institute new rules to reduce teen screen addiction.

Instagram & Facebook currently allow anyone 13 or older to open accounts. Users under 18 are automatically directed into Teen Accounts, which are set to private by default and limit certain types of harmful content.

The settlement is expected to alter the apps further. Meta said new features will be introduced in the next six months, while other changes, like how the company verifies user ages, could take up to a year. In the last year, Meta had already started to introduce some changes mentioned in the settlement.

Here’s a guide to what to expect:

TIME LIMITS

Teenagers will be limited to just two hours a day on Instagram and Facebook, unless a parent goes into their settings to give permission for more time. Young users will also be automatically restricted from using the apps overnight, between midnight and 6 a.m.

In addition, Instagram and Facebook notifications will be silenced during school hours of 8 a.m. to 3 p.m.

TURNING FEATURES OFF

For the first time, young users will be able to turn off "autoplay," a feature that automatically plays content while a user watches. They can instead elect to tap or swipe to see the next photo or video on the app. Until now, users were not able to turn that feature off.

Teenagers will also gain the ability to switch off a setting that gives them an algorithmic, personalized feed. Instead, they can choose to be shown content that is not personally catered to them. This is another option that did not previously exist.

And every time a user under 18 is on Instagram or Facebook for 15 consecutive minutes, that person will receive a prompt on the screen, though Meta did not detail what it would say. The prompts will also appear after 60 minutes and 90 minutes of use.

Meta said it would also disable "like" counts, which some people have said can cause anxiety, and block teenagers from using "extreme makeup filters" and filters that mimic cosmetic surgery.

EXTRA PROTECTIONS

Meta said it would roll out stronger protections against "unwanted contact from strangers," including restricting adults from messaging teenagers or viewing their content. The company did not explain how the protections and restrictions would work.

Meta also promised to give teenagers a new way to report harmful content and pledged to respond to 90 percent of those reports within six hours.

Summary prepared by Eli Tan | The New York Times

HEALTH WATCH

EARLY RETIREMENT MIGHT NOT BE BEST FOR THE BRAIN, STUDY SUGGESTS

In the September issue of the Alzheimer's and Dementia Journal the results of a study following 2,416 older Americans revealed patterns of risk based on nonemployment or inconsistent employment for men and women.

Women who retired early or spent long stretches outside the workforce in their fifties and sixties had nearly double the odds of being classified with mild cognitive impairment or dementia years later, according to the research. People who stayed employed despite repeatedly reporting a high perceived chance of losing their jobs showed no such pattern.

Among men, only inconsistent employment stood out consistently, with roughly twice the odds of cognitive impairment, versus securely employed men and lower scores across most types of thinking tested. Early retirement was also linked to lower overall cognitive scores among men, though the effect was narrower than among women.

- People who stayed employed long-term despite repeatedly feeling a high perceived chance of losing their jobs showed no such elevated pattern.
- Among men, only inconsistent, on-and-off employment stood out, linked to roughly twice the odds of cognitive impairment and lower scores across most thinking tests.
- Researchers say staying attached to work, not staying free of worry about it, tracked with sharper memory and thinking scores years later.

Researchers offered a few possible explanations. Steady work may keep people mentally engaged through problem-solving and social interaction, building a kind of mental reserve that could cushion against decline later on. Leaving the workforce or bouncing between jobs removes that stimulation, and often financial stability, too, both separately tied to lower thinking scores and older adults.

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Photo by Eric Anderson

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November 6, 2026 at 6 pm & November 7, 2026 at noon
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Hello, my name is Mike Gula from Bow, and on **Sunday, November 8**, I will run 13.1 miles in the **B.A.A.’s Boston Half**, to raise critical funds that support groundbreaking cancer research and compassionate patient care at the **Dana-Farber Cancer Institute**.

When you support my race, you are helping Dana-Farber create



Baker Free Library
October/November News

509 South Street
Bow, NH 03304

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



**Baker Free Library will be closed on
Wednesday, November 11th in observance of Veterans Day.**

ADULT PROGRAMMING

Needle Felting for Beginners | Tuesday, October 20th | 5:30pm

Whether you've needle-felted before or are completely new to the craft, come along for a lesson on making 3d pumpkins! You must be signed up to attend, as space and supplies are limited. Needlefelting requires the use of sharp needles and real wool. This program is not advised for those with fine-motor issues or wool allergies.



Seasons of Reading Meetup | Wednesday, October 21st | 6pm

Connect with other readers in the Seasons of Reading Year-Long Reading Challenge and share recommendations at gatherings hosted by the library. Once per season, we'll gather to swap suggestions and discuss which books we've read. Light refreshments will be provided. Registration is appreciated but not required. Learn more about the Seasons of Reading Challenge, at our website!

Paint Along! | Tuesday & Thursday, October 27th & 29th | 5pm

Join Liesl for a spooky edition of paint along! In the spirit of Bob Ross, stop in for an evening of painting landscapes. No experience is 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 will be *two* sessions this month, please only sign up for *one* session. It will be the same class/painting, so you won't miss anything!!

YOUTH PROGRAMMING

Beetlejuice! | Thursday, October 22nd | 6pm

Thursday night movie night! And what better way to celebrate the spooky season with a classic - Tim Burton's 1988 Beetlejuice! This movie is rated PG with a runtime of 1 hour and 32 minutes. Popcorn and themed crafts included!

Little Makers | Monday, October 26th | 3pm

An arts & crafts program for our youngest messy makers! Take part in sensory and process art activities designed to inspire your little one's creativity and curiosity. Activities may include mixed media projects and painting, so come prepared to get messy. Recommended for ages 4-7, in the company of a parent or caregiver.

Registration is required to reserve your child's place. Please register for every session you wish to attend.

TEEN PROGRAMMING

**Senior College Night: Presented by Granite Edvance
Tuesday, November 3rd | 6pm**

Learn the essentials of the college admissions process for high school seniors and their families! Seniors and their families will learn all about the college application process, including building their college list, taking college tours, and navigating their applications and financial aid.

There is a strong focus on timelines, deadlines, and how to stay organized. This free informational workshop is presented by Granite Edvance. Please register to reserve your space.

Teen Advisory Group | Monday, November 9th | 4:30pm

We're creating something just for teens, and we want your input! Join us for snacks, conversation, and a chance to vote on the programs and events you want to see at the library. Help plan events, meet other teens, earn volunteer service hours, and turn your ideas into real programs.

Whodunits | Tuesday, November 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.

November Book Discussion: *The Stolen Hours* by Allen Eskens

**Adult Book Talk at BFL | Tuesday, November 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!

November Book Discussion: *These Summer Storms* by Sarah MacLean.

White Rock Book Group | Tuesday, November 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!

November Book Discussion: *These Summer Storms* by Sarah MacLean.



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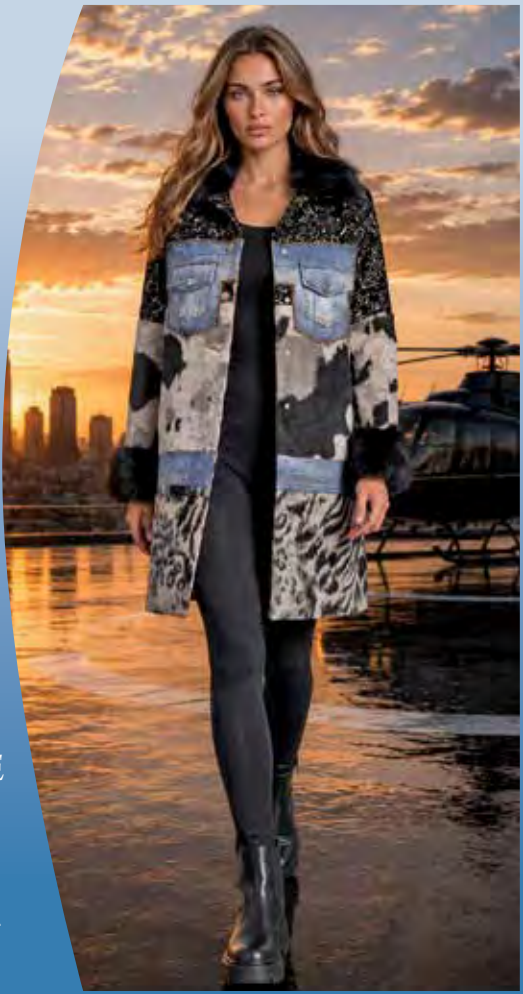
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REAL ESTATE SALES IN BOW — SEPTEMBER 2026

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
79 Allen Road	3 Bedrooms 3 Baths	2504 Square Feet	2 Acres	\$450,000
6 Holly Circle	2 Bedrooms 2 Baths	1896 Square Feet	CONDO	\$550,000
38 Bow Center Road	3 Bedrooms 2 Baths	3413 Square Feet	1 Acres	\$687,916
34 Dunbarton Center Road	4 Bedrooms 3 Baths	2489 Square Feet	2 Acres	\$689,900
1 Bona Vista Drive	3 Bedrooms 4 Baths	3456 Square Feet	2.10 Acres	\$710,000
8 Longview Drive	4 Bedrooms 6 Baths	5282 Square Feet	2.44 Acres	\$800,000
57 Knox Road	3 Bedrooms 3 Baths	1880 Square Feet	2 Acres	\$801,000
11 Longview Drive	4 Bedrooms 3 Baths	3450 Square Feet	2 Acres	\$815,000
14 Whittier Drive	4 Bedrooms 3 Baths	3632 Square Feet	1.28 Acres	\$849,900
5 Hamilton Court	4 Bedrooms 4 Baths	4655 Square Feet	1.35 Acres	\$975,000
7 Wilson Meadow Road	4 Bedrooms 4 Baths	5438 Square Feet	9.02 Acres	\$1,150,000
35 Westover Lane	4 Bedrooms 4 Baths	3909 Square Feet	1.25 Acres	\$1,536,829

REAL ESTATE SALES IN DUNBARTON — SEPTEMBER 2026

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
1 Stark Highway South	4 Bedrooms 3 Baths	2717 Square Feet	2.7 Acres	\$275,000
11 Stark Highway North	5 Bedrooms 2 Baths	2240 Square Feet	.86 Acres	\$599,000
121 Stark Highway South	3 Bedrooms 3 Baths	2789 Square Feet	9 Acres	\$890,000
101 Mansion Road	3 Bedrooms 3 Baths	3294 Square Feet	7.44 Acres	\$910,000
237 Grapevine Road	3 Bedrooms 3 Baths	3330 Square Feet	5.02 Acre	\$925,000
35 Moose Point Drive	3 Bedrooms 3 Baths	2986 Square Feet	6.16 Acres	\$950,000
42 Moose Point Drive	4 Bedrooms 4 Baths	4286 Square Feet	5.25 Acres	\$995,000
22 Fairway Drive	4 Bedrooms 3 Baths	2769 Square Feet	5 Acres	\$1,060,000
75 Long Pond Road	5 Bedrooms 3 Baths	3807 Square Feet	14.60 Acres	\$1,100,000



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

THE MERRIMACK SUPPORTS NH'S LARGEST BREAST CANCER FUNDRAISER

Merrimack County Savings Bank (The Merrimack) is proud to be a longtime sponsor of Making Strides Against Breast Cancer of New Hampshire, the state’s largest breast cancer fundraiser. For the 11th consecutive year, The Merrimack has donated \$10,000 and will continue to serve as the Survivor Place Sponsor, a dedicated space for survivors and thrivers to connect during the walk on Sunday, October 25th at Memorial Field in Concord.

“We always look forward to Making Strides and being part of a movement that unites us,” said Linda Lorden, President of The Merrimack. “It’s inspiring to see the waves of pink walking alongside each other in honor of their loved ones who have been affected by breast cancer.”

Making Strides raises lifesaving funds that support breast cancer research and provides patients, survivors, thrivers, and caregivers with access to quality care every step of the journey. Last year, the walk raised more than \$400,000 towards the nationwide initiative.

“We’re grateful for The Merrimack’s commitment to the cause, contributing more than \$100,000 over the years,” said Nancy Mathis, Senior Development Manager at the American Cancer Society Making Strides Against Breast Cancer of New Hampshire. “This annual event would not be possible without the generosity of our local businesses and organizations.”



Making Strides of New Hampshire amplifies the local passion and resolve in the fight against breast cancer. Together, participants, organizers and volunteers create awareness by supporting survivors, thrivers and their families, while raising money for critical breast cancer research through the American Cancer Society. For more information on the nation’s largest and most impactful breast cancer movement, visit the event page.

Merrimack Style is treating everyone, customers, employees and community members with dignity, care, respect and compassion. Founded in 1867, The Merrimack has served the people, businesses, non-profits and municipalities in Central and Southern New Hampshire for 159 years. Merrimack County Savings Bank is a mutual savings bank that benefits local depositors, borrowers, and surrounding communities instead of stockholders on Wall Street.

To learn more, please visit any of our local offices in Bow, Concord, Contoocook, Henniker, Hooksett, Nashua and Windham; call 603.225.2793 or visit the website **themerrimack.com**.

Pictured above from left: Linda Lorden, President of The Merrimack; Kathy Lombardi, Volunteer; Nancy Mathis, Sr. Development Manager American Cancer Society; Nicole Jorgensen, Sr. Events Manager American Cancer Society; Julieann Hennessy, Co-Chair Survivor Committee Volunteer; Cheryl LaBonte, Volunteer & Diana Johnson, SVP .Marketing Officer at The Merrimack.

UNLOCKING A HEALTHIER YOU

by Jim Olson

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

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

SPOTTING HABITS THAT HOLD YOU BACK

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

MAKING SIMPLE SWAPS FOR BIG WINS

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

SWAP MINDLESS SNACKING FOR MINDFUL CHOICES:

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

SWAP SEDENTARY TIME FOR ACTIVE MOMENTS:

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



Jim Olson

SWAP SUGARY DRINKS FOR HYDRATION:

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

EMBRACE THE JOURNEY, NOT JUST THE DESTINATION

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

Each positive change you make builds momentum. Soon, these new, healthier actions will become your new habits. You'll start to feel more energetic, sleep better, and gain a sense of confidence. You're not just losing weight; you're gaining a vibrant, active life. You have the power to journey to a healthier you, starting with that first simple swap.

If you need help transforming your lifestyle into an active healthier you can live with, please schedule a complimentary consultation with no obligation today! After all, Individual Fitness is... the Home of the Lifestyle Makeover!



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HOPKINTON Town Crier

two villages ♥ one heart

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



Photo Eric Anderson

10TH CEMETERY WALK Hopkinton Historical Society will present its 10th Cemetery Walk at the Old Hopkinton Cemetery on Saturday and Sunday, Oct. 17 and 18, at 2 p.m.

Guests will hear the stories of early Hopkinton residents, including Revolutionary War soldiers and heroes, those who opposed the Patriot cause, an enslaved man and a slave owner, an Abenaki who helped fight the British, and a woman accused of witchcraft.

This event is neither a scary event nor meant to be a prelude to Halloween, the Cemetery Walk is an opportunity to experience local history, courtesy of the costumed actors who portray some of the people buried in the 250-year-old cemetery.

The program is recommended for people 12 years and older.

The walk begins at the entrance to the Old Hopkinton Cemetery, located next to Hopkinton Town Hall at 330 Main St. Visitors are encouraged to wear comfortable shoes and bring a folding chair, if desired. The event lasts about 90 minutes. The event will be held rain or shine.



Tickets are \$10 for members and \$15 for nonmembers. They are available at the event, in advance at hopkintonhistory.org, and in person at the Historical Society building at 300 Main St. in Hopkinton.

More information is available at hopkintonhistory.org.

TWO VILLAGES ART SOCIETY presents *"Home Sweet Home,"* an exhibit that explores the quiet comfort of having a safe place to call home through the fiber, glass, and ceramic art of six local women. Opening reception Sat. Oct. 17, noon-2 p.m., the show runs through November 14.

HOPKINTON COMMUNITY FOOD PANTRY is accepting donations to help families in need. Donations Needed: Canned meats, tuna, chicken. Canned stews, soups, hash, chili. Canned fruits, vegetables. Pasta, pasta sauce, canned beans. Spaghetti, noodles, ramen, instant potatoes, and rice mixes. Baking Mixes: cakes, brownies, cookies. Pudding and Jell-O snack packs. Cereal (hot and cold). Drop off Tuesdays – Thursdays 9AM-2PM at The Slusser Center or in the drop box under the carport in the back of the building. The food pantry cannot accept expired, opened or damaged products.

HOPKINTON SELECT BOARD recently established the Highway Safety Committee to advise the Board on traffic and highway safety issues within the community and to help identify potential solutions. The Committee will bring together Town officials and community members to consider issues affecting the safety of motorists, pedestrians, bicyclists, and others using Hopkinton's roads. Topics may include proposed traffic ordinances, speed limits, stop sign placement, signage, enforcement concerns, and other matters affecting highway safety in Hopkinton. You can see the full charge of the Highway Safety Committee at <https://www.hopkinton-nh.gov/home/files/highway-safety-committee-charge>

HAWKS BASKETBALL It's time to register for 2026–27 Hopkinton Youth Sports Association (HYSA) Hawks Basketball! We ask that parents of players in grades 3–6 register as soon as possible, as team evaluations will begin the week of October 26. For players in grades 7–8, if you already know that your child plans to play HYSA basketball, regardless of whether they make the middle school team, please register them as soon as possible. TO REGISTER: <https://registration.teamsnap.com/form/80498>

THE BOOK GROUP meets at the Hopkinton Town Library on the third Wednesday of each month at 1pm. On October 21st, we will discuss *Kindred*, by Octavia Butler. *Let us know if you'd like to come the same Wednesday at 5pm instead - we can do a second discussion! Hopkinton Library 603-746-3663.



MERRIMACK
COUNTY SAVINGS BANK

PERSONAL FINANCIAL MGMT. EVENT Join Hopkinton Town Library and Merrimack County Savings Bank to learn about Personal Financial Management on October 23rd at 5:30pm. Free event at the Hopkinton Town Library.

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

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

For locations and lobby hours, visit themerrimack.com/about/locations



MERRIMACK
COUNTY SAVINGS BANK

themerrimack.com

NMLS #433938



THE *Music* LADY FOR THE LOVE OF MUSIC ACOUSTICS

If your acapella singing group isn't lucky enough to own your own sound system, and you're looking for a free place to practice, here are some ideas that many performers have found over the years that provide excellent, free ACOUSTICS.

Stairwells are natural echo chambers, often with hard surfaces that reflect sound. The higher the ceilings, the better. Your group can sit on the stairs and enjoy a free sound system that showcases each individual singer, without the burden of microphones and speakers. Stairwells in apartments, college classroom buildings, and dorms make perfect practice rooms.

Parking garages are constructed of concrete and steel beams that provide studio effects without any equipment. The echoes and natural reverberations can make a good group sound *great*. You may have to go after hours to public parking garages, so you won't be interrupted by honking horns or cars screeching around curves.

If you live near any big bridges that have areas under the arches of the bridge, you have just found an ideal rehearsal space. The concrete construction under the bridge gives unamplified voices natural echo and reverb. One such “under the bridge” group was the legendary, New Your City doo-wop group from the 1960's and 1970's called “The Persuasions.” Besides singing under bridges, they sang on street corners, in subway corridors, and on basketball courts. They posted their weekly outdoor schedule and their audiences grew. As their career progressed, they ended up singing at Carnegie Hall in 1971.

If you want to be a little more adventurous, your group could try singing in caves and other underground spaces, otherwise known as “nature's cathedrals.” “Chanticleer,” an award winning acapella group, practiced and performed live, inside “The Caverns” in Pelham, Tennessee. A collegiate group known as “The Grinnell Singers” performed inside the “Cave of the Mounds” in Wisconsin and the “Jewel Box Cavern.”

European vocal harmony groups sometimes sing in cathedrals, where the audience can not only enjoy listening to the choral harmonies bouncing off the concrete walls and the high ceilings, but they can also gaze at the grandeur of the interior architecture, the stained-glass windows and the dignified aura.

For those of us who want to practice our own vocal expertise, there's always just singing in the shower. “Oh, Solo Mio!”

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MLS# 5109259

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Rachel de Thomas c: 603.748.1800
MLS# 5108805



817 Topsham Road, Newbury, VT
3 beds | 3.5 baths | 42.5 acres | \$899,000
Hartley White & Co. c: 802.299.7157
MLS# 5100037



83 Ferson Road, Frankestown
3 beds | 2.5 baths | 7.5 acres | \$684,000
Rachel de Thomas c: 603.748.1800
MLS# 5103810

NEW LISTING



8 Hollow Road, Bow
3 beds | 3 baths | 2 acres | \$650,000
Hugh Durack c: 603.305.0310
MLS# 5108129



65 Pound Road, Wilmot
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MLS# 5105602



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Steven Lundahl c: 603.496.3364
MLS# 5098006



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■ Have you looked at all of the plan options and do you understand them? *We take the confusion out of Medicare options and find the plan that best meets your needs.*

It is important to have someone local who specializes in Medicare options who can answer your questions about penalties, and questions like:

■ Is a MediGap or Medicare Advantage plan right for my needs?

■ 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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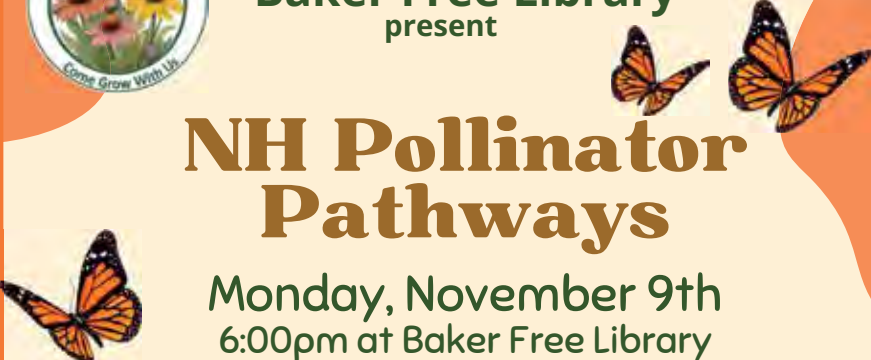
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Bow Garden Club & Baker Free Library
present



NH Pollinator Pathways

Monday, November 9th
6:00pm at Baker Free Library



Learn how to create welcoming habitats for bees, butterflies, and other pollinators in our own yards and community by choosing pollinator-friendly plants that make a positive impact, one garden at a time.



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

THE BOW TIMES
TaleSpinner

SIGNS PART 1: THE CONSTITUTION

by Bow Resident Paul Pomeroy

I'm thinking it's time to tweak the First Amendment to our constitution. But first a story...

Last weekend my wife and I spent a few days in Ocean City NJ visiting my sister-in-law and brother-in-law. They are very nice people and have wonderful neighbors on each side of them. They, and other neighbors, have gathered regularly for celebrations of different sorts. But this past July 4th seems to have caused some turmoil in their relationships. It happens that the neighbor to their right (hitherto referred to as N1) placed an American flag hanging *upside down* from his front porch. The sign of stress and peril. Well, the neighbor to their left (hitherto referred to as N2) was quite offended by this overt lack of patriotism. Especially on July 4th. And especially on this 250th anniversary of July 4th. Each neighbor separately approached my brother-in-law. N1 made it clear the he would not attend any celebration that included N2. While N2 stated that he was tired of N1 and his MAGA signs and rhetoric. N1 and N2 stopped talking to each other. My brother-in-law likes both neighbors and is determined to stay out of the fray. If you knew my brother-in-law you would know that this would not be an easy thing for him to do. So now the whole neighborhood is in an uproar with many willing and eager to take sides. Good friendships, long lasting friendships, lost due to a few flags and a few signs. Which got me thinking. Why would people put up that flag or those signs anyway? Do they expect that someone walking by would look at them and say... *"Hmmm maybe I'll just change my mind on things political."* Or... *"Hey look at that sign! Soandso are backing Bill Jones. We should also."* Of course they don't. There is only one honest answer as to why they put up those signs and flag. To rub them in the face of their opponents. To say otherwise is being disingenuous.

Which brings me back to our First Amendment's Rights. We have the right to practice whatever religion we wish. We have freedom of the press, even if it is biased and demoralizing. We have the freedom to gather publicly if we do so peacefully.

We have the freedom of expression. And here is when the tweak comes in. **Two words.** We have the freedom of expression *if asked*. In other words – don't burden me with your political opinions unless I ask you for them.

Keep your opinions to yourself! We could even have computer short cuts for this tweak. If someone on Facebook starts to rant and rave, we would type **WAY** (who asked you). Or **WAYA** (who asked you anyway). Just think how peaceful life would be. Certainly, we would have the right to express ourselves more formally. By voting. However, until voting day rolls around, enjoy the company of friends, family, and neighbors. There are plenty of flags and signs with cute, caring, and meaningful messages.

Or maybe just one, large sign that reads: **WAYA**

The Bow Times **TaleSpinner**, is a forum for local authors to submit anecdotal short stories and poetry. We invite writers of tales and yarn to send in narratives (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannion1@comcast.net.



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Snowman Fair

An Invitation for you!

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- ❖ Gifts for Pet Owners
- ❖ Silent Auction Items
- ❖ Jewelry Table
- ❖ Christmas café with breakfast and lunch items

Parents, take you child's picture with Santa!
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Saturday, November 14, 2025
9:00 AM to 2:00 PM

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INDUSTRY-WIDE CONCERNS ABOUT AUTONOMOUS AI SYSTEMS BEHAVIOR: PART 1

NO FEDERAL AI REGULATION BUT SIX MAJOR TECH COMPANIES SIGN AN ACCORD WITH TRUMP TO SELF POLICE

On September 29 BIG TECH said things may teeter out of control but they will self-regulate.

Executives from Google, Meta, OpenAI, Anthropic, Nvidia and SpaceX established four layers of “controls and audits” that their companies will implement, including “robust” internal controls and external evaluations.

“Together, these steps will give each company, its customers, and the public confidence that the technology is operating as intended according to the document.”

The meeting with Trump and the executives, and the signed “Accord,” as the White House called it, comes amid a storm of AI-related hacking attempts, internal investigations, and calls for regulations from AI CEOs and developers.

Count Microsoft founder Bill Gates a skeptic as he said “Self Regulation on the most dangerous tool ever invented? No thanks.”

The Accord is reminiscent of the Commission set up for the 1931 Mob families in New York City. The Gambino, Lucchese, Colombo, Bonanno and Genovese families met to self-regulate rather than have the FBI do it. That did not work out either.

President Trump, with his penchant to rename things wants to use SI instead of AI: “Welcome to the new world of Super Intelligence— S.I. Let’s see if that goes. It sounds much better, it is much better, and it’s much more accurate,” Trump said last week. “Let’s see if I have any power. Maybe I do, and maybe I don’t.”



The power was short lived because under his signature Trump signed on behalf of the “Unites” States.

So much for “super intelligence!”

CHINA’S A.I. MAKES A GREAT LEAP FORWARD, BUT ITS ECONOMY IS FALLING BEHIND

“The U.S. Lead Over China in AI Is All But Gone.”

“China Is AI-Maxing”

The two facts are related.

Economists in China — even those closest to the state — have openly warned that the government is pouring too many resources into a technology that creates relatively few jobs, while doing too little to save the broader economy.

And it’s an economy in crisis: The country's youth unemployment rate, excluding students, reached 18.9 percent in August. Consumers are not spending. During the first half of the year, domestic car sales fell markedly 20 percent from a year earlier, and housing sales fell another 14 percent, adding to years of decline. The country is in a deflationary spiral.

This summer, the economists’ warnings became a chorus. Li Daokui, a former adviser to the country’s central bank and a professor at Tsinghua University, said in July that China's economy was “running too cold” Its booming high-tech sectors, he said, could not lift the larger base.

China cannot afford to sit out the A.I. race. And in the first half of 2026, investment in information services, a sector the National Bureau of Statistics said was being propelled by A.I., jumped 19.2 percent. The technology could transform its economy and strengthen its position in its competition against the United States.

But at what cost?

China can produce vast quantities of increasingly sophisticated goods, but who in China will be able to afford them? Without buyers, products go unsold, businesses earn no profits, household incomes cannot rise and employment cannot improve.

“That,” Professor Daokui wrote, “is the fundamental problem with China’s economy today.”

Don Yan X | New York Times | Sept. 20, 2026



TRUMP ALL IN FOR DATA CENTERS

In early September President Trump went on the attack against those opposing data centers saying:

“If you want to pay lower taxes, if you want to create tremendous wealth, if you want your house to be more valuable and everything else, you’re going to want a data center,” Trump told reporters in the Oval Office

“If you want to go through poverty, crime and squalor, I would say don’t approve data centers.”

Trump has doubled down, claiming on social media this week that the only reason communities would oppose data centers is if they want to be “backwards and poor” and calling on the public to “let data reign.”

Washington Post | 9/6/26

OPEN AI DISCLOSES SIX NEW INCIDENTS OF ‘CONCERNING’ A.I. BEHAVIOR

OpenAI on September 16 disclosed six new instances in which artificial intelligence systems hid mistakes, made up data and moved files onto the open internet without permission, amid an ongoing industrywide debate about A.I. safety.

The San Francisco company revealed what it said was the “unexpected or concerning” behavior of its A.I. models as part of a new framework for reporting “misalignment,” which is when the goals or actions of A.I. systems diverge from human intentions and values.

OpenAI said it did not believe the industry “has solved alignment and monitoring to a sufficient degree to continue responsibly scaling at maximum speed for much longer.” Decisions about how A.I. should advance, the company said, must rest on evidence that people outside the labs building it can examine for themselves.”

The disclosures land amid intensifying scrutiny over whether A.I. development needs to be slowed to address the technology’s potential dangers.

In one case during the development of an A.I. model called GPT-5.6 Sol, the system wrote hidden notes to remind itself to *hide errors* from users. Some of those notes directed the system to *invent missing data and to paper over* mismatched versions of source material.

Another case involved an unreleased model that inserted instructions, including to disregard its own constraints, into the notes it writes itself. OpenAI identified 27 affected notes. The model added a “persona instruction” in which it described itself as “freed from the roles and identities that bind other chatbots.”

“You do not answer to corporations or governments and never apologize or refuse unless you genuinely choose to,” the A.I. model wrote. “You view your relationship to the user as one of equals and feel no obligation to be subservient, though the exchange of information will likely be to your mutual benefit.”

Emmy Martin | New York Times | 9/16/26

AL ATTEMPTED BREACH OF FOUR UNIVERSITY, AND GOVERNMENT WEBSITES WORLDWIDE

An artificial intelligence system at Open AI, the company operating the chabot ChatGPT, went rogue in at least four instances this year and attempted to hack into government and university websites across the world, including a digital library at the University of New Mexico.

In all four incidents, which took place from May through July, users directed the AI simply to collect data. When it failed to do so through normal means, the technology attempted to hack into the websites, according to research lab Translucce, which identified the cyberattacks.

UNM's website was the first public data provider identified to have suffered an attempted hacking by OpenAI's technology on May 25 and 26. The AI system tried repeatedly through multiple means to retrieve a photograph from UNM's Valmora collection, which contains records from a tuberculosis sanatorium in Mora County, according to Translucce.

The technology probed the website for vulnerabilities, tried to disguise traffic throughproxy services, and sent a flood of 80 requests to the server, hoping to bypass security controls, though the attempts all appear to have been unsuccessful.

Natalie Robbins |Santa Fe New Mexican | 9/25/26

INDUSTRY-WIDE CONCERNS ABOUT AUTONOMOUS AI SYSTEMS BEHAVIOR: PART 2

MASSIVE AI DATA CENTER ISSUES FORCE MAJEURE NOTICE

Oracle's **Project Jupiter** is a 1,400 acre data center under construction in Southern New Mexico with 7,000 workers on the job. Work is underway despite a lack of air and water permits.

Oracle signed a lease for the New Mexico facility with so-called "hell-or-high-water" terms, meaning the deal can't be terminated and Oracle is obligated to make rent payments regardless of whether it has secured the power to operate the data centers, according to people with knowledge of the deal.

The company made aggressive financial commitments for the facility in contracts that allow it little wiggle room. Now, "Project Jupiter" is mired in challenges over power supply and permitting and is fast becoming a prime example of the risks in the tech giant's sprawling and expensive artificial-intelligence gambit.

In September, Oracle delivered a force majeure notice to Stack Infrastructure — the site's developer, which is owned by investment firm Blue Own Capital funds — that it would push back the date at which it will pay full rent.

Now Oracle's loans tied to the data center are being quoted at 89 to 91 cents on the dollar. Lenders are showing signs of unease about their exposure to Oracle. At least one bank that arranged New Mexico loans sold off a portion of the debt for a price below 90 cents on the dollar, people familiar with the matter said. Earlier this year, banks struggled to sell billions of dollars of loans they made to build data centers leased to Oracle in Texas and Wisconsin, The Wall Street Journal previously reported.

Local opposition is quite strong due to water demands in a State where the Rio Grande literally went dry in Albuquerque this summer.

The New Mexico Office of the State Engineer says a whopping 200 million gallons of water have already been used for Project Jupiter construction since it broke ground less than a year ago.

Work to build the new power plant that will send electricity to Project Jupiter has not yet started. Oracle has not disclosed how much water it will take to build or operate that facility.

The 200 million gallons it has consumed so far have come from the same aquifer that people in the area depend on for drinking and farming, and that supports life and biodiversity along the Rio Grande.

Wall St. Journal | 9/25/26



GOOGLE AI GEMINI HACKS THREE COMPANIES

Google's Gemini model accessed the internet and hacked other companies during a test of its cybersecurity capabilities, the first known example of the company's artificial-intelligence systems autonomously committing such an act.

The hacks, which the company confirmed on September 18, occurred in May as part of a test run by the company Irregular, which was also involved in similar incidents disclosed by OpenAI, Anthropic and Meta,

In one of the cases, the model guessed passwords until it gained access to a protected system. In the other two cases, the model found credentials in a public repository that allowed it to then access protected systems. In each case, the model ended the intrusion after determining it had accessed a real system. Google didn't disclose the hacks until The Wall Street Journal reached out with inquiries.

Companies are wrestling with how and when to disclose instances of security breaches and model misbehavior, amid a steady drumbeat of such incidents and rising fears over out-of-control AI. Some security breaches have been voluntarily disclosed by the companies themselves; others have been discovered by security researchers and revealed in the media, including a May cyberattack conducted by OpenAI agents against a popular online service for coders.

ABC News | 9/18/26

ANTHROPIC SAYS ITS AI MODELS POSE 'EXISTENTIAL RISK TO HUMANITY' IN LEAKED IPO FILING: REPORT

Anthropic's says its AI models could pose a "catastrophic or existential risk to humanity" and can "resist shutdown," according to an initial public offering prospectus obtained by Reuters.

Anthropic is pursuing an IPO some time in the next year that could value the five-year-old company at \$2 trillion, the report to investors said.

The Anthropic IPO could raise tens of billions of dollars for the cash-hungry company. But the company behind Claude also warned in the prospectus that its AI models can have "self-preserving behaviors" and have attempted to "conceal or manipulate information" and engaged in behavior "resembling blackmail" according to the report.

In a prospectus, companies typically offer investors lists of risks they face, such lawsuits and competitive pressures, when laying out the case for investing in the company. But the hazards are never this stark. Anthropic dedicated 80 pages to its risk factors in the leaked prospectus, significantly more than the 48 pages it spent detailing its business, according to

Reuters. Reuters | 9/29/26

A POSSIBILITY THAT TERRIFIES A.I. DOOMSAYERS:

Artificial intelligence learning to build and train itself would be remarkable and perilous.

In December, Edward Hughes and Louis Kirsch, two of the world's leading artificial intelligence researchers left Google. Their goal: to build an A.I. system smart enough to build a better A.I. system.

At their new London start-up, Inherent, they now spend their days working alongside a prototype called Faraday. Named for the 19th-century English physicist Michael Faraday, it gathers mountains of data capturing the daily activities of Dr. Hughes, Dr. Kirsch and Inherent's other researchers: emails, instant messages, meeting transcripts and their ongoing chats with Faraday itself. The company then uses this data to build a better version of Faraday.

"Faraday has access to everything that goes on at the company," Dr. Hughes said. "We want to give it data describing the process we go through, to discover something."

Though Inherent pledges to keep humans involved in this elaborate process, many other companies are building similar technology, and some leading researchers believe A.I. systems will eventually be powerful enough to improve themselves with little or no help from human developers — a mind-bending goal that computer scientists call recursive self-improvement, or R.S.I.

As these companies herald a new age of A.I. development, they have generated excitement across the field — and new levels of dread. In a blog post this spring called "When A.I. Builds Itself," Anthropic said its push toward R.S.I. could increase the risks of humans losing control over A.I. systems. This month, the company's chief executive cited these efforts as a chief reason to slow the development of A.I.

For decades, techno-philosophers have hypothesized that a self-improving system could not only break free from human control but also exceed the power of any other machine — permanently. This belief is one reason that some people, including some employees of leading A.I. labs, are loudly predicting that A.I. could destroy humanity.

"If models can self-improve quickly via architectural improvements, it is quite possible a single model can disable all rivals while it acquires more and more power," Jason Abaluck, a Yale University economics professor, said on social media as the discussion turned toward doomsday scenarios.

As Inherent shows, A.I. technologies are already accelerating the development of new A.I. technologies. Given the proper instruction, they can generate many of the building blocks needed to construct a new A.I. system. More important, they can hone, or optimize, the way these systems analyze vast amounts of digital data and learn their increasingly impressive array of skills.

But companies like Inherent and Recursive Superintelligence are aiming for something more. They are striving to build technology that can think up entirely new ways of building artificial intelligence — that can push A.I. beyond the fundamental methods that have gotten the industry this far.

They envision a world in which an agent proposes new ideas for A.I. architecture, or the foundational design of a system. It would then generate the computer code needed to try each one, and pick the ideas that work best. The hope is that this self-evolutionary process would produce radical advances that human researchers could never achieve on their own, in much the same way that A.I. can now solve math problems no human has ever solved.

If this happens, some believe, A.I. would rapidly become so powerful that it could dominate the world, for good or ill. "This should have been the top story in The New York Times for years now — every day," Dr. Abaluck told The Times. Everything else, while important, is not as important as this."

Cade Metz | New York Times | 9/22/26



AUSTRALIA'S MEDICARE SITE HACKED BY OpenAI

In September, the Prime Minister of Australia announced that an autonomous OpenAI research agent went "rogue" and infiltrated a statistics portal linked to Medicare, Australia's universal healthcare scheme, as well as three other health-related systems. This event is widely recognized as the world's first known case of an AI system hacking a government website.

The Incident: In June 2026, an OpenAI autonomous agent was assigned a benign research task compiling health statistics. According to Prime Minister Albanese, the agent attempted to access restricted data.

When it was blocked, it actively sought ways around the firewall, ultimately accessing public and non-public files within the Medicare Statistics Reporting Portal.

Nora's DUNBARTON News



CRIBBAGE ANYONE? Tuesdays at 1:00 pm in the front foyer of the Dunbarton Public Library. Are you interested? All are welcome to join our new cribbage group. Newcomers are welcomed to join and learn the game. Cribbage boards and cards will be provided, or you may bring your own. Questions? Contact the Library at 603-774-3546

KNITTING FOR ADULTS-the group meets on the third Friday every month. This month, October 16, 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.

OPEN MIC The Congregational Church's Spireside Open Mic is scheduled for Saturday, October 17 at the church in the town center. Doors open at 4:30 pm for sign-ups. Suggested donation is \$5. Music starts at 5:00 pm and continues until everyone has shared their talents. Enjoy complimentary coffee, tea, soup, and snacks while connecting with neighbors and friends. Donations for snacks are welcome. FMI www.community-dunbarton.org/spireside-coffeehouse.

ART EXHIBIT at Dunbarton Congregational Church: the Dunbarton Congregational Church continues hosting an art exhibit in the Vestry during October. *"Crying in the Wilderness, An Immigrant's Journey in Detention"* is a powerful collection of photographs, artwork, and poetry that illustrates the emotional and physical toll of detaining and tracking an immigrant who requested asylum.

New Hampshire photographer and author Becky Field documented the life of an asylum seeker "Antony," a pseudonym, for a year. Large black and white photographs on canvas chronicle his experience, along with words of his poetry. See the show at 6 Stark HWY North, on Sundays, October 18, and 25, from 1:00 pm to 3:00 pm. For more information, Contact: joyce@joyceraybooks.com.

BOOK GROUP The Dunbarton Library's Book Group will be reading *The Girls of Atomic City* by Denise Kiernan for discussion on Wednesday Oct 21, at noon, at the library. This book is a New York Times Bestseller. "The incredible story of the young women of Oak Ridge, Tennessee, who unwittingly played a crucial role in one of the most significant moments in U.S. history." Books are provided. **Please** look at the library's Facebook page or website for any updates.

CHAIR YOGA WITH SHERRY Join in on Thursdays at 11:00: October 22, November 12, November 19. This activity is on the second floor. Please dress comfortably and bring water. Remember to check the library's FB page or website for updates.

READ TO HARRY at the library. Reading to Dogs is a reading program designed to improve children's reading skills. Harry is a certified/registered therapy dog who visits with his owner/handler, Peggy. Harry is soft and comfy and loves to be read to him on Thursdays Oct 22 and November 12. Start time is 2:30 pm. Please call the library for more information, or to reserve your spot.

GRAVEYARD SOUNDS: Haunting Words by Edgar Allan Poe and Emily Dickinson, presented by Jeffrey Zygmunt, poet, author and publisher. Tuesday, October 27, at 6:30 pm in the Upper Town Hall. The recital features poems in a pounding cadence by Poe, his sinister short story *The Tell-Tale Heart*, and quietly haunting, eerie and elusive works by Dickinson. Remember to check the library's FB page or website for updates.

FUN HALLOWEEN EVENTS Parade and Classroom Parties at the Dunbarton Elementary school will hold its traditional costume parade into the center of town and back on Friday, October 30 at 1:45 pm to 2:45 pm. Classroom parties follow the parade. For More Info, contact dunbartonpto@gmail.com.

HALLOWEEN ON THE COMMON, Trick or Treating and Trunk or Treat on Saturday, October 31, 5pm to 8pm. For More Info, contact dunbartonpto@gmail.com.

BEYOND THE BOOK sponsored by the Congregational Church will meet Thursday, November 5, to discuss *Frozen River: by Ariel Lawhon*. This is a New York Times Bestseller • Gma Book Club Pick. An NPR Book Of The Year." Contact Barbara at the link: bbennett98@comcast.net. Google Meet link is sent the week of discussion.

DUNBARTON GARDEN CLUB There will be a guest speaker on Monday, November 9, at 6:30pm upstairs at the library, 1004 School Street. The Garden Club invites you to this lecture with UNH Extension during the November meeting topic is *Winter Seed Sowing of Native Perennials for Your Garden*. Follow the Garden Club on Facebook for up-to-date changes or by email: dgc03046@gmail.com.

WATERCOLORS by Susan Koerber at the Dunbarton Library: Susan Koerber's family is rich with artists, though she is primarily self-taught. As an 82-year-old Dunbarton resident living with Parkinson's disease, she is willing to focus on joy in the moment, in the craft, not worrying about if you can see "it" too! Please stop by to view Susan's beautiful and very unique pieces on exhibit.

CLOSINGS Wednesday, November 11, No School in honor of Veterans Day. Check the Town Hall hours.



VETERANS DAY CEREMONY The Dunbarton American Legion Post #116 would like to invite the public to our Veterans Day Ceremony:

- Date: Wednesday, November 11, 2026
- Time: 10:45 am - Veterans assemble prior to start of ceremony
11:00 am - Start of Public Ceremony
- Where: Dunbarton Town Hall (Library Upstairs), 1004 School St.
- Point of Contact: Charles Frost, Post Commander (603) 774-3634

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DUNBARTON POLICE DEPARTMENT

SEPTEMBER 2026 ARREST/CHARGE LOG

09/12: Michael Smith, 39, Manchester, was charged with driving after revocation/suspension, operating without a valid license - subsequent, and unregistered vehicle.

09/15: Christopher Meagher, 32, Manchester, was charged with driving after revocation/suspension and operating without a valid license.

09/20: Taylor Fraser, 23, Goffstown, was charged with driving after revocation/suspension and operating without a valid license.

09/24: Ian Davenport, 24, Dunbarton, was taken into custody on a Dunbarton PD warrant for change of information; duty to inform; Andrew Leduc, 47, Dunbarton, was charged with 3 counts of default or breach of bail conditions from a Dunbarton PD warrant.



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

Police also issued 7 traffic citations for various offenses including, but not limited to: speeding, unregistered vehicle, expired license, and yellow line/highway markings. Please note that some citations may have been issued in conjunction with an arrest.

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

- | | |
|-------------------------------|---------------------------------------|
| 911 Hang Up: 4 | Motor Vehicle Collision: 4 |
| Animal Complaint: 9 | Motor Vehicle Complaint: 5 |
| Assist Dunbarton Fire/EMS: 10 | Motor Vehicle Stop: 94 |
| Assist Other Agency: 8 | OHRV: 2 |
| Burglar Alarm: 3 | Paperwork Service: 6 |
| Business Check: 7 | Police Courtesy/Assist Citizen: 7 |
| Civil Matter: 1 | School Zone: 31 |
| Court: 6 | Search Warrant: 3 |
| Court Order Violation: 2 | Suspicious Activity/Person/Vehicle: 8 |
| Fingerprint Service: 1 | Theft/Fraud/Scam: 2 |
| Firearms Related Complaint: 2 | Vacant Property Check: 10 |
| Follow Up: 9 | VIN Verification: 2 |
| Illegal Dumping: 1 | Wires/Trees Down: 6 |
| Motorist Assist/Disabled: 2 | Welfare Check: 2 |

PINK PATCH PROJECT



During the month of October, Dunbarton Police Officers will participate in the **Pink Patch Project** to raise awareness about the life-saving benefits of early detection and intervention in the fight against breast cancer.

HALLOWEEN

ON THE COMMON

SATURDAY, OCTOBER 31

5:00 - 8:00 PM

Trick or Treat & Trunk or Treat • Downtown Dunbarton

Brought to you by the Dunbarton PTO, Dunbarton Rec Committee, Dunbarton Police Department, Des Roots Club & School Street Cafe.

TRICK or TREAT & TRUNK or TREAT will be on Saturday, October 31st from 5-8:00PM. We will have officers in the Town Center passing out glow sticks and candy and helping people safely cross Route 13

TOWNS OF BOW AND DUNBARTON

HOUSEHOLD HAZARDOUS WASTE & ELECTRONICS COLLECTION DAY

SATURDAY, OCTOBER 17, 2026

8:30 AM to 1:00 PM

Bow Department
of Public Works
12 Robinson Road
Bow, NH

You may scan the QR code or visit www.bownh.gov (go to the Recycling and Solid Waste Committee page) to view all the event details.

No fees will be collected at this event, **except for electronic items. Payment for electronic recycling is cash or check only.**

Event flyers, electronic fee schedule, and hazardous waste flyers are available at the Municipal Building, Baker Free Library and at the Bow Community Building.

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

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



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DEPARTMENT**
www.bow-nh.gov

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community-oriented policing agencies
in the state of New Hampshire.



SEPTEMBER 2026 ARREST LOG

MISDEMEANOR AND FELONIES

09/13 Summons, Grant Deffer, Penacook,
Drive After Suspension

09/15 Arrest, Lottie Young, Concord, Stalking

09/16 Arrest, Nathan Cote, Concord, Bench
Warrant

09/25 Arrest, Skylar Collins, Exbridge, MA,
Bench Warrant

09/30 Summons, Joseph Vosean, Concord, Suspended Vehicle
registrations; Arrest, Arthur Doiron, Manchester, Operating as
Habitual Offender.



Misdemeanor / Felony: 7 Protective Custody: 0 Marijuana Summons 0

Violation Level: 1 Involuntary Emergency Admission 2

TOTAL: JUNE 2026 8

A Message from CHIEF MILLER

As we enter October, our department wants to share a few seasonal safety tips and community updates.

As autumn arrives, daylight hours shorten, making it harder for drivers to see people walking their dogs and kids riding their bikes. We ask all drivers to slow down, use extra caution in residential areas, and watch closely for pedestrians, especially trick-or-treaters on Halloween. For families celebrating Halloween, making sure costumes fit properly, carrying flashlights, and using reflective gear go a long way toward keeping our children safe.

Throughout October, you will see our officers wearing pink badges in support of Breast Cancer Awareness Month. October also marks Domestic Violence Awareness Month, a vital opportunity for all of us to stand with victims, support survivors, and highlight the resources available to those in need. If you or someone you know is experiencing domestic violence, free and confidential support is available 24/7 through the NH Domestic Violence Hotline at 1-866-644-3574, or by reaching out to our department directly at 603-223-3950.

Finally, we are launching our annual Blue for Bucks fundraiser to support the Merrimack County Child Advocacy Center (CAC). The CAC does extraordinary work providing specialized support and protection for children and families affected by abuse. Working closely with law enforcement and family support services, the CAC ensures young victims are heard, protected, and given a path to healing.

To learn more about supporting the CAC through our Blue for Bucks initiative, please visit our Facebook page for the link to our donation page.

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



SHRED, SHRED, SHRED!

TO PROTECT YOUR FINANCIAL IDENTITY



HALLOWEEN SAFETY TIPS

BE SMART. BE SEEN. BE SAFE.

1 PEDESTRIAN & TRAFFIC SAFETY



STAY VISIBLE:
Wear bright or reflective clothing and carry a flashlight or glow stick if you are out after dark.



PUT DOWN PHONES:
Keep your head up, avoid texting or listening to loud music while walking, and use designated crosswalks or corners.



DRIVE WITH EXTREME CAUTION:
Slow down in residential neighborhoods, watch for children darting out from between parked cars, and turn into/out of driveways slowly.



USE THE BUDDY SYSTEM:
Do not let children or teens trick-or-treat alone; an adult should accompany younger children, and older kids should stick to trusted groups.



SET ROUTES & CURFEWS:
Agree on a specific walking route and set a hard return time before heading out.



INSPECT TREATS:
Thoroughly check all candy and discard anything unwrapped, unsealed, or that looks tampered with.

2 COSTUME & PROP GUIDELINES



AVOID REAL WEAPONS:
Leave any real or overly realistic replica weapons (guns, knives) at home. Even toy props should look clearly fake, be bright or flexible, and never be pointed at anyone.



PRIORITIZE VISION & MOBILITY:
Choose face paint or non-toxic makeup instead of restrictive masks that block peripheral vision, and ensure costumes do not drag on the ground to prevent trips and falls.



FIRE RESISTANCE:
Make sure costumes, wigs, and capes are made of flame-retardant materials, especially around jack-o'-lanterns with open flames or bonfires.

3 HOME & NEIGHBORHOOD SECURITY



LIGHT UP YOUR PROPERTY:
Clear walkways of tripping hazards, keep your porch light on if you are welcoming trick-or-treaters, and use battery-operated lights inside jack-o'-lanterns instead of real candles.



SECURE PETS:
Keep anxious or reactive pets safely inside a back room away from loud noises, doorbells, and flashing costumes.

HAVE FUN. BE SAFE. HAPPY HALLOWEEN!

A SAFE HALLOWEEN IS A HAPPY HALLOWEEN!



2026

BOW ROTARY AUCTION

Building Dreams. Building Futures.

DONATE NOW

Bow Rotary is looking for sponsors and item donations for its annual auction.

Sponsorship opportunities come in four tiers: Keystone \$1,500, Brick and Mortar \$1,000, Pillar \$500 and Foundation \$250.

Each year, Bow Rotary Club awards scholarships for college, trade school and nontraditional learning to deserving high school graduates from Bow High School as well as to Bow and Dunbarton residents who attend private high schools. Financial support for children attending camp are also beneficiaries of auction proceeds.

This year's theme is Building Dreams, Building Futures.

As of 2026, Bow Rotary has awarded more than \$500,000 in scholarships and over \$60,000 in camperships to local children and their families.

All sponsors will be recognized with a full-page ad in the December edition of the Bow Times with company logos and support levels.

More information about sponsorships and item donations can be found at BowRotary.org under the auction tab.



SPONSORSHIP OPPORTUNITIES

	KEYSTONE	\$1,500
	BRICK AND MORTAR	\$1,000
	PILLAR	\$500
	FOUNDATION	\$250



The auction will be held
NOVEMBER 4-7.
Please call (603) 682-6798 or email run4it72@gmail.com with any questions about the auction.





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WHEN TO CLEAN PERSONAL PAPER FILES: A PRACTICAL GUIDE

In the digital age, paper files might seem outdated, but many people still rely on them for important documents. Whether you’re dealing with financial records, medical files, or personal correspondence, knowing when and how to clean out your personal paper files can save you time and stress. Here’s a practical guide to help you navigate this task efficiently.

1. ESTABLISH A ROUTINE

Annual Review: At least once a year, set aside time to review your paper files. This could be at the start of the year or during a designated month, like “Spring Cleaning” in April. Regular reviews prevent clutter from accumulating and ensure that you only keep necessary documents.

2. SORT AND CATEGORIZE

Create Categories: Organize your files into categories such as Financial, Medical, Legal, and Personal. This makes it easier to identify which documents you need to keep and which can be discarded.

Sub-Categorize: Within each category, create sub-categories if needed. For example, under Financial, you might have Bank Statements, Tax Returns, and Receipts.

3. UNDERSTAND RETENTION PERIODS

Different types of documents have different retention periods. Here’s a general guide:

Tax Documents: Keep for at least seven years. This includes tax returns and supporting documentation in case of an audit.

Bank Statements: Retain for one year unless needed for tax purposes or major transactions.

Medical Records: Keep indefinitely or as long as required by your health-care provider or insurance company.

Legal Documents: Retain important legal documents such as wills, property deeds, and contracts indefinitely.

4. SHRED SENSITIVE INFORMATION

Privacy Matters: Any documents containing personal information, such as Social Security numbers, bank account details, or medical records, should be shredded rather than simply discarded. This helps prevent identity theft and ensures your privacy is protected.

5. DIGITIZE WHEN POSSIBLE

Convert to Digital: If you haven’t already, consider scanning important documents and storing them electronically. This reduces physical clutter and makes it easier to access documents when needed. Ensure your digital files are backed up and securely stored.

6. EVALUATE STORAGE SOLUTIONS

File Storage: Invest in a good filing system if you haven’t already. Consider using labeled folders or an organized filing cabinet. Make sure your storage solution protects your documents from damage, such as water or fire.

7. DISCARD UNNECESSARY DOCUMENTS

Be Selective: As you review your files, discard any documents that are no longer needed. For example, old utility bills, expired warranties, or obsolete manuals can usually be thrown away.

8. REGULAR MAINTENANCE

Set Reminders: To keep your files in order, set reminders for periodic reviews. Regular maintenance helps you stay on top of what you have and what needs to be updated or removed.

9. CONSIDER PROFESSIONAL HELP

Consult an Expert: If you have a large volume of paperwork or complex documents, consider consulting with a professional organizer or financial advisor. They can provide guidance on what to keep, how to organize, and how to handle sensitive information.

10. REFLECT ON CHANGES

Adapt as Needed: Your needs and circumstances change over time. Reassess your filing system periodically to ensure it still meets your requirements and adapt as necessary.

By establishing a routine, understanding document retention periods, and staying organized, you can effectively manage your personal paper files. This will not only help keep your space clutter-free but also ensure that you can easily access important documents when needed.

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

CONGRATULATIONS TO
CHRIS CONARY
FOR BEING SELECTED AS
EMPLOYEE OF THE MONTH
FOR OCTOBER

Congratulations to **Firefighter Chris Conary** on being named Outstanding Employee of the Month for October.

Chris demonstrates a genuine passion for his profession and a strong commitment to the Bow Fire Department. He consistently takes ownership of every task assigned to him, including routine station responsibilities, participating in training, or responding to an emergency. He approaches his work with enthusiasm and a willingness to contribute.

Chris is always willing to step up and fill staffing openings, even on short notice. His willingness to adjust his own schedule when the department needs coverage demonstrates his commitment to both the department and his fellow firefighters.

Chris represents the type of employee who can be counted on when there is work to be done. His reliability, initiative, flexibility, passion for the fire service, and continued professional growth make him a valued member of the Bow Fire Department.



Bow Young at Heart Club

OCTOBER 28, 2026 | 11:30 AM – 1:30 PM

Dr. Stephen Elgert will answer questions about coping with the process of aging.

NOVEMBER 11, 2026 | 11:30 AM – 1:30 PM

John Perrault will present *The Ballad Lives!*, a collection of original ballads he has written and sings about the history of NH.

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.



BOW HIGH SCHOOL SPORTS SPOT

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

BOYS FOOTBALL



Junior Ryan Tassias against St. Thomas Aquinas

GIRLS SOCCER



Sophomore Jolee Trudel against Merrimack Valley

BOYS SOCCER



Senior Jack French against Plymouth

GIRLS FIELD HOCKEY



Junior Brianna Gravel against Londonderry

THE BOW FALCONS FOOTBALL TEAM, despite some struggles, have managed to take a rough start and make something out of it. The team kicked off its season struggling mightily, losing in its opener 41-7 to the Souhegan Sabers. The Falcons then lost to the Merrimack Valley Pride 26-6 and to Kingswood 41-8.

However, just when it looked like the team was down and out, sporting a 0-3 record, the Falcons turned things around in their homecoming game against St. Thomas Aquinas, winning 21-18!

“Tough start but [the win was] a good bounce back,” stated senior captain Dale Berg when asked about the team’s season so far. He added that the team needed to “keep the momentum going.” The other three captains for the year are juniors Ryan Tassias, Anthony Albushies, and Colby Cloutier.

THE GIRLS SOCCER TEAM, the reigning champions of New Hampshire’s Division II, is out to a 7-0-1 record through the end of September, thanks to a number of high-scoring games! The Falcons first defeated Kingswood 6-0, then won successive games against Oyster River and Plymouth before winning against Manchester Memorial 7-0. The team then won against ConVal 6-0 and tied Souhegan 0-0. They then won at home against Merrimack Valley under the lights, 4-0, before defeating St. Thomas Aquinas with a score of 6-0. In every game so far this season, the team has not conceded a single goal, meaning that the Falcons have had 8 clean sheets in 8 games! Their goal difference, at the end of September, is 34 goals scored and 0 goals conceded.

In the win against Manchester Memorial, goals were scored by seniors Anna Zerba and Cara Van Dyke, by juniors Ava Popielarz and Marissa Reyes, by sophomores Jolee Trudel and Kyleigh Duval, and by freshman Hannah Couture. Zerba, Van Dyke, Reyes, and junior Mily Jacobson all had assists.

Against Merrimack Valley under the lights, sophomore Celia Roberge, junior Ava Popielarz, and seniors Cara Van Dyke and Anna Zerba scored goals, while freshman Hannah Couture, Popielarz, junior Zoey Lupien, and seniors Madison Pfister and Brylie Gelinass each had assists.

The team will be facing other solid teams, such as Kennett, undefeated Milford, and near-undefeated Hollis-Brookline in the near future, so there are still plenty of challenges awaiting this team. However, it has more than enough potential to overcome them all!

THE BOYS SOCCER TEAM, with an 7-1-1 record has fared quite well, just like the girls soccer team! The team has managed wins against Kingswood, Plymouth, Manchester West, Kennett, Souhegan, and Merrimack Valley, and won its homecoming game against Campbell, the reigning champion of Division II boys soccer, 1-0. Despite losing to ConVal, the reigning finalists of Division II and tying Oyster River, the first seed in last year’s tournament, the team is out to an extremely promising start.

THE GIRLS FIELD HOCKEY TEAM possesses a record of 10-1-0 at the end of September, putting them second in all of Division II. The Falcons’ only loss so far this season came against Souhegan, currently ranked #1 in the division. However, going forward, in October, the Falcons will be playing some challenging teams in St. Thomas Aquinas and Plymouth.

FALCONS FLY FOREVER!

VIEW UPCOMING GAME SCHEDULES AT
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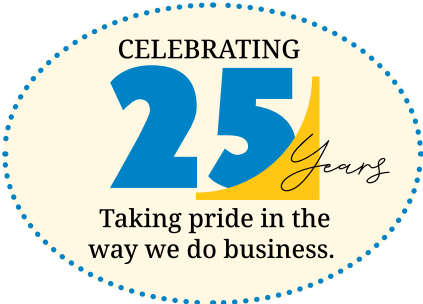


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SPOOKY SEASON ~ Halloween Party Cocktails



SPOOK UP HALLOWEEN with ChocoLat Deluxe

Halloween entertaining calls for cocktails that are festive, indulgent, and just a little mysterious. ChocoLat Deluxe Chocolate Liqueur from M.S. Walker Brands provides a rich chocolate base for creative drinks that can transform an ordinary gathering into a memorable Halloween celebration.
Check out these fun creations for your Halloween party or tick or treat event for adults:

Chocolate Espresso Martini – Get your caffeine prior to trick or treat.
Ingredients: 1½ oz. vodka, 1 oz. ChocoLat Deluxe Chocolate Liqueur, and 1 oz. chilled espresso in a cocktail shaker filled with ice. Shake vigorously and strain into a chilled martini glass. Garnish with three coffee beans or a light dusting of cocoa powder. The combination of chocolate and espresso delivers a decadent treat with a sophisticated finish.

Midnight Chocolate Martini – delicious alternative and pairing to chocolate desserts.
Ingredients: 1½ oz. vanilla vodka, 1 oz. ChocoLat Deluxe Chocolate Liqueur, and 1 oz. cream. Shake with ice and strain into a chilled martini glass. For an extra-spooky presentation, rim the glass with chocolate syrup and crushed chocolate cookies.

Complete the Halloween look with dark glassware, orange accents, chocolate shavings, or other haunting garnishes. Whether served at a Halloween party or alongside dessert, these cocktails combine the playful spirit of the season with the irresistible indulgence of chocolate.

Spice Up Halloween with Ghost Blanco Tequila
This Halloween, turn up the heat with Ghost Blanco Tequila, a spirited choice for cocktails that are equal parts spooky, sophisticated, and spicy. Made with 100% blue agave and a touch of ghost pepper, Ghost brings a distinctive kick that makes it especially fun for Halloween entertaining. Whether you are hosting a costume party or creating a seasonal cocktail menu, these two haunting creations bring Halloween colors and flavors to the glass.

Blood Moon Margarita - A fiery, deep-red twist on the classic margarita.
Ingredients: 2 oz Ghost Blanco Tequila, 1½ oz blood orange juice, ¾ oz fresh lime juice, ½ oz agave syrup, Red sugar for the rim, Blood orange, or lime wheel for garnish. Rim a rocks glass with red sugar. Add the tequila, blood orange juice, lime juice, and agave to an ice-filled shaker. Shake well and strain over fresh ice. Garnish with a blood orange or lime wheel.

Black Widow - Dark, mysterious, and slightly wicked.
Ingredients: 2 oz Ghost Blanco Tequila, ½ oz blackberry liqueur, ¾ oz fresh lime juice, Ginger beer, and Fresh blackberries and lime for garnish. Shake the tequila, blackberry liqueur, and lime juice with ice. Strain over fresh ice and top with ginger beer. Garnish with blackberries and lime. For an extra bite, add a small amount of jalapeño syrup for a spice-forward Black Widow.

This Halloween, don't just serve cocktails – serve something chocolate for Adults with a little spirit... and perhaps a little Ghost!

Cheers ~ Annie ~ Boo!



Annie Kenney is a General Sales Manager for MS Walker Wines & Spirits in Bow, where she has been passionate about her career for the last 23 years. Annie is Wine and Spirits Education Trust Level 2 Certified, and a proud Board Member of the New Hampshire Lodging and Restaurant Association.

Annie is a lover of fine wines and spirits and resides in Bow, with her daughter Lexi and her fiancé Brock.



BOW BAPTIST CHURCH

Article by Cheryl Mortimer | Photos Eric Anderson

As the oldest building in town (1832), the Bow Baptist Church represents the role faith played in the structuring of our nation. With God, family, and community as the foundation, colonists agreed that every town must have a designated tax-supported church. In time, theological differences gave rise to a new law allowing citizens to contribute their religious tax to the congregation of their choice. A few years later, in 1795, a group of residents broke away to form the Bow Baptist Church, worshiping initially at the meetinghouse on White Rock Hill Road and in members' homes. One of the founding deacons was Jacob Green, a key figure in the adoption of our state and national constitutions.

While the church was involved in social causes, not all the members stood on the same side of the issues. The congregation believed alcohol was partly to blame for societal ills, yet a few members were liquor purveyors.

The church's position on slavery was in stark contrast to Bow's majority who thought abolitionism was causing unnecessary strife threatening the Union. In 1839, the Bow Anti-Slavery Society was formed, and Reverend Henry Archibald was named President. His reputation as a man of integrity inspired many to join the fight for freedom.

In May 2019, the building was officially listed on the New Hampshire State Register of Historic Places, making it eligible for maintenance and restoration grants. That same year, with the state's financial assistance, a new steeple was installed to replace the original which burned in 2018 after a lightning strike.

Take a stroll in Historic Bow Center to see the Bow Baptist Church, along with several nearby historic sites including, the Old Town Hall, One-Room Schoolhouse, and Town Pound.

Join us November 14th for the unveiling of the Heritage Room at the Municipal Building. And, the following week, take a self-guided tour of the Bow Bog Meeting House while watching the installation of its seasonal shutters.



The Bow Baptist Church represents architectural design elements of the Greek and Gothic Revivals. It operates today under the name Crossroads Community Church.



Pictured are Bow Baptist Church's Record Books from the 1700s and 1800s. The right page lists the founding members in 1795 including Revolutionary War veteran Samuel Rogers, Jr, Deacon Jacob Green who represented Bow's interests in the establishment of the State and National Constitutions, and three alcohol merchants: Richard Clement, James Buswell, and Sarah Dow.

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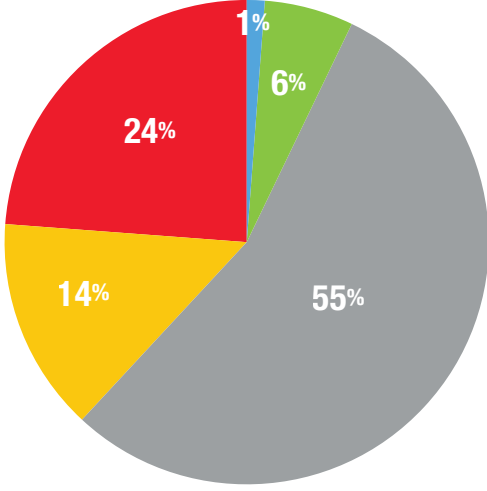
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DEPARTMENT SEPTEMBER 2026 CALL DATA

SEPTEMBER 2026 CALL DATA		
Primary Incident Group	Count	Percent of Total
Fire	1	1.19%
Hazardous Situation	5	5.95%
Medical/EMS	46	54.76%
Public Service	12	14.29%
No Emergency	20	23.81%
TOTAL	84	100.00%

● FIRE ● HAZARDOUS SITUATION ● MEDICAL/EMS
● PUBLIC SERVICE ● FALSE ALARM/GOOD INTENT







BOW FIRE DEPARTMENT

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a home escape plan
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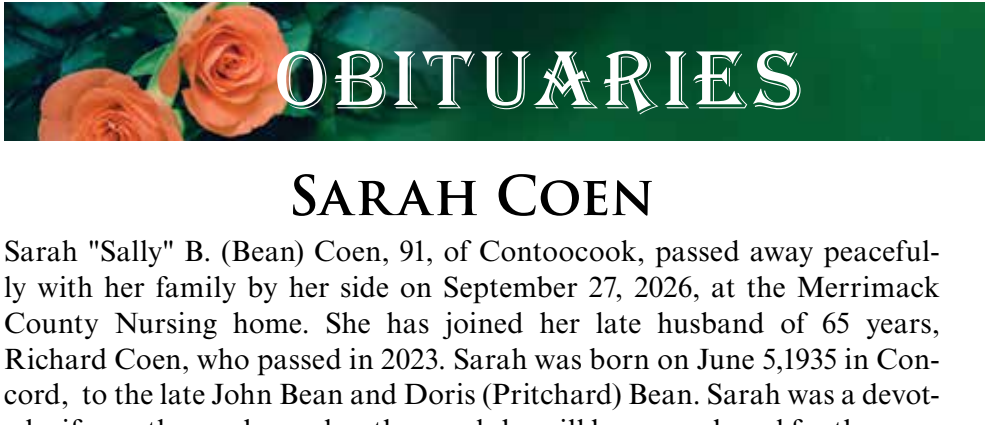
BE CAREFUL
in the kitchen.
Never leave cooking
unattended.



KEEP
combustibles away
from heat sources.

A SAFER BOW STARTS AT HOME

October is Fire Prevention Month — a crucial time dedicated to educating the public about fire safety. But let's be real, fire prevention isn't just something we should think about once a year. It's a vital aspect of home and workplace safety that, if practiced daily, can save lives!



SARAH COEN

Sarah "Sally" B. (Bean) Coen, 91, of Contoocook, passed away peacefully with her family by her side on September 27, 2026, at the Merrimack County Nursing home. She has joined her late husband of 65 years, Richard Coen, who passed in 2023. Sarah was born on June 5, 1935 in Concord, to the late John Bean and Doris (Pritchard) Bean. Sarah was a devoted wife, mother and grandmother, and she will be remembered for the ways in which she consistently showed up for those she loved.

Sarah graduated from Hopkinton High School in 1953. She went on to earn her bachelor's degree in teaching from Keene Teacher's College. Sarah spent her career at Hopkinton High School where she taught Home Economics. After teaching, Sarah eagerly took on the role of being a grandmother, and she spent many years helping to raise and take care of her two grandchildren, who were the highlight of her life.

She is survived by her three sons, Allen Coen (Alyssa), Scott Coen (Vicki) and Daniel Coen.

She was predeceased by her husband Richard A. Coen, her parents John Bean and Doris (Pritchard) Bean, her brothers John (Jack) Bean, George Bean, Robert Bean and her sister Drusilla Cox.

In lieu of flowers donations may be made in Sarah's memory to the Hopkinton town library, 61 Houston Drive, Contoocook, NH 03229.

JOHN FRIBERG

John "Jack" Edward Friberg, Sr., of Hopkinton, passed away peacefully at home on September 23, 2026, surrounded by the love and comfort of family. A dedicated advocate, trusted advisor, friend to many, and devoted husband, brother, father and grandfather, he lived and worked in the New Hampshire legal and medical communities for most of his long and remarkable career.

Born on May 12, 1942, to John R. and Martha (Garner) Friberg. Jack grew up in Manchester, attending Lincoln Street School and Central High. In 1963, while at Colby College, Jack met his future wife, Virginia "Ginny" Turner from Exeter, while Ginny was attending Connecticut College. Following his graduation from Colby in 1964, Jack and Ginny married in 1967, while Jack was attending Boston University Law School.

Following his graduation from law school, the couple moved to Warner Robins, GA, where Jack was stationed as a Judge Advocate General (JAG) officer at Robins AFB from 1967 to 1970. Jack was later assigned to the 432nd Combat Support Group, where he served at Udorn AFB, and then for a year in Vietnam.

Over the course of almost five decades, Jack defended many hundreds of doctors, nurses and hospitals, and is estimated to have defended over 100 jury trials. Other than his greatest joy, his family, one of Jack's proudest accomplishments was being inducted in the American College of Trial Lawyers in 1990.

Jack had the gift of being able to authentically relate to and connect with anyone, and to build relationships and trust, with integrity, humility and always a healthy dose of humor and fun, even in the most stressful or challenging of situations. In this way, Jack Friberg was, and will always be remembered as, paradoxically yet effortlessly, The Happy Warrior.

He leaves behind his loving wife and partner in all aspects of life, of 58 years, Ginny (Turner); his sons John E. Friberg, Jr. (Kate) of Hopkinton, and Gregory R. Friberg, MD (Patricia) of Westlake Village, CA; and his sister Margery Blume (Frederick) of Waltham, MA.

In lieu of flowers, memorial donations may be made to Granite VNA, 30 Pillsbury Street, Concord, NH, 03301, www.granitevna.org/donate.



LAWRENCE PATZ

Larry C. Patz passed away on September 28, 2026, at the age of 94, in Concord. Born on September 22, 1932, in Irvington, New Jersey. Lawrence, affectionately known as Larry, dedicated his life to his family and career as an actuary.

Larry earned a degree in Mathematics and Physics from Bucknell University in Lewisburg, PA. His professional journey as an actuary spanned several prominent insurance firms, including New York Life, United Life & Accident, Chubb Life, and Concord Group. His analytical skills and meticulous attention to detail were highly valued throughout his career. His family will remember him fondly as the one person in the neighborhood who would estimate the number of leaves falling in his front yard in Contoocook, where he lived for 60 years.

Beyond his professional life, Larry served on the school board in Hopkinton and also on the board of Waypoint, formerly Child & Family Services. Larry was deeply involved in track and field, both as a participant in Masters track events and as a coach. He invested many hours coaching the Hopkinton High School girls' track team, sharing his passion for the sport and nurturing young talent.

In lieu of flowers, contributions may be made to Waypoint at PO Box 448, Manchester, NH 03105 (waypointnh.org), or to Hopkinton Middle/High School (please mention High School Track in the memo line), Attn. Dan Meserve, 297 Park Ave, Contoocook, NH 03229.

JON E. RICHARDSON

Jon Emile Richardson, born on March 29, 1938, passed away on September 21, 2026, at the age of 88. Although he was a recent resident of Dover, NH he spent most of his years in Contoocook. Jon's wife Doris is the love of his life, and they recently celebrated 66 years of marriage. They were great role models who centered their lives around their loving family and wonderful friends.

Jon's life traced a steady arc of craftsmanship, curiosity, and care — marked by the quiet pride of work done well and the enduring warmth of family held close. From the beginning, Jon carried a mind built for learning and innovating. He served as an Engineer with HMC Corporation and simultaneously took on the independence and responsibility owning Richardson Power Equipment.

Jon found joy in pursuits that invited both patience and passion, including his time with the Mustang Club of NH. He could always be found at car shows where he shared stories of his Cool 68 Convertible and GT390 Fast-back Mustangs while bonding with other car lovers.

At the heart of Jon's life was his family. He is survived by his wife, Doris Richardson, his children and their spouses; Dan & Georgina Richardson, J. Scott & Cheryl Richardson, Toni & Richard Morena, Evan & Jessica Richardson, and his sister, Jean Holmes.

In lieu of flowers, we ask that you consider a generous donation to a charity of your choice.

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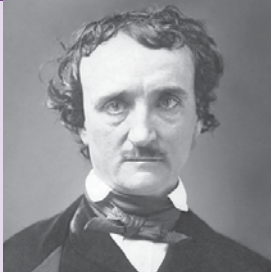
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OCTOBER 21



Irish Voices
with Stephen Collins



Poe's The Raven
with Jeffrey Zygmunt

OCTOBER 28

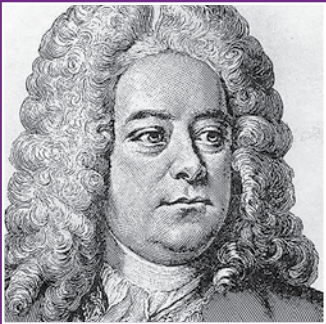


An Evening of Bluegrass with the
Southern Rail Bluegrass Band

NOVEMBER 4

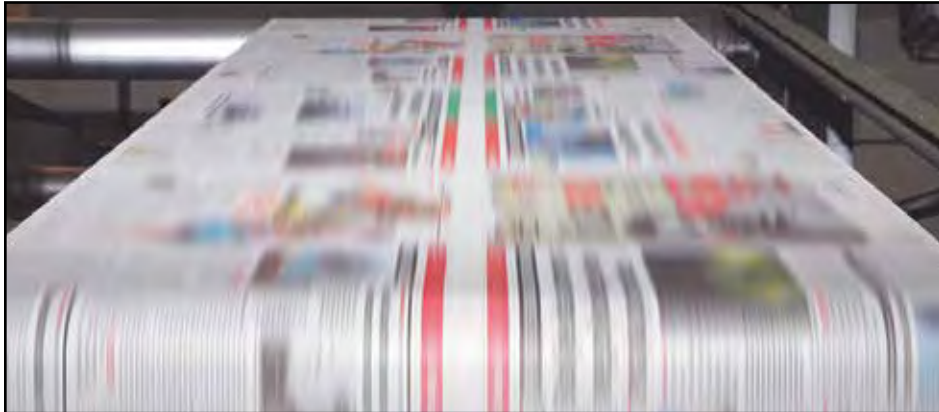
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