The Bow Times

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DUNBARTON NEWS ON PAGES 18-19

HOPKINTON-CONTOOCOOK NEWS ON PAGES 16-17



Photo | Eric Anderson

VOTERS BRAVE LONG LINES AT THE POLLS

The line at Bow Memorial School voting center extended across the parking lot and over toward the Elementary School. Knowing the importance of their vote, many came prepared to stand in line for hours.



BOW'S MEG HAGAMAN ELECTED AS COUNTY ATTORNEY

At the November 3 general election the Democrats won the races for United States Senator, Congress, State Senate and Executive Council, but Kelly Ayotte won reelection as governor carrying Dunbarton (1,039 to 688) and losing in Bow (2,020 to 2,226).

One of the few Republicans to survive the anti-Trump Blue Wave was Meg Hagaman who was elected County Attorney over Steve Endres 35,320 to 33,875. She carried Bow and Dunbarton.

Total ballots cast were 4,335 in Bow and 1,768 in Dunbarton.

BOW SCHOOLS TO PAY XX ARMBAND PARENTS' LAWYERS $275,000

The First Amendment case brought by some Bow parents is finally over. Judge Steven McAuliffe ruled that the district violated the parents' rights when they were expelled from a girls' soccer game in 2024 after they refused to remove their pink wristbands, which they wore in protest of transgender athletes playing female sports. The "XX" symbol represents the sex chromosomes assigned to females at birth.

Even though the opposing team had a transgender player, the "Bow School District violated Plaintiffs' First Amendment rights when it barred plaintiffs from wearing the wristbands at the girls' varsity soccer game on September 17, 2024," wrote U.S. District Judge Steven McAuliffe in his order.

"It took more than two years, but the court has recognized that what happened to us was wrong," parent Kyle Fellers said in a statement. "This was never just about sports. It's about every parent's right to peacefully express views without being punished for it."

"This judgment confirms that our clients had a First Amendment right to silently express their views on a major public issue even though school district officials disagreed with their views," said Endel Kolde, a senior attorney with the Institute for Free Speech. "We hope this victory will make other school officials think twice before silencing one side of a public debate."

The settlement agreement also provides $275,000 for the parents' attorneys' fees and costs. The school district's insurer will pay both parents $17.91.

Two years ago in The Bow Times editorial titled "Banned in Bow" the paper predicted a victory for the parents and a big check from Bow.

BOW MAN DIES IN NORTH COUNTRY FIRE

A Bow resident has been identified as the victim of a fire that tore through a house in Stark on October 18.

Michael Bussiere, 63, died of smoke inhalation and the Office of the Chief Medical Examiner ruled his death accidental.

Authorities said that before firefighters arrived, a neighbor tried to enter the burning home to reach Bussiere, but the rapidly growing flames prevented them.

When firefighters arrived, the house was fully engulfed, with flames pouring from the doors and windows. The intense conditions kept firefighters from going inside right away.

The fire was brought under control around 4:30 a.m. But when crews searched the home, Bussiere and two dogs were found dead.

The cause and origin of the fire remain under investigation. But authorities said the fire is not considered suspicious, and investigators believe a wood stove inside the home could have sparked the flames.

MANCHESTER MAN'S BODY FOUND UNDER POWER LINES IN BOW



The New Hampshire Attorney General's office identified human remains found in Bow on October 31.

Justin Travis, 31, of Manchester, was identified as the person whose body was discovered in a densely brushed area along South Bow Road.

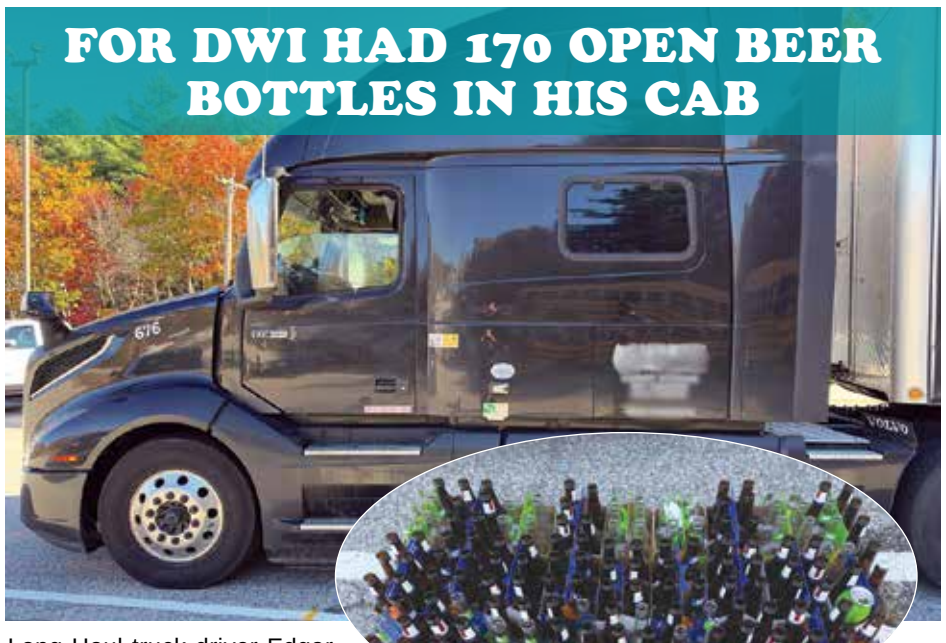
The Office of the Chief Medical Examiner has not yet determined the cause or manner of Travis's death, pending further study.

A hunter discovered Travis's body in an area crossed by overhead power lines and called 911. Bow Police Chief Ken Miller said there is no known threat to the public.

Social media posts show Travis was reported missing in early October.

The Attorney General's office asked anyone with information about the death or anyone who was walking near the area to contact investigators at 603-628-8477.

TEXAS TRUCKER ARRESTED FOR DWI HAD 170 OPEN BEER BOTTLES IN HIS CAB



Long Haul truck driver Edgar Ramirez was arrested for DWI and resisting arrest by the Bow Police. In the cab of his tractor-trailer, police found 170 Bud and Michelob Light beer bottles shown in the photo. All were empty. The Texas driver had to be pulled out of his cab to be arrested.

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GUEST EDITORIAL

TO RUSSIA WITH LOVE, SIGNED DONALD

President Trump's assistance to Vladimir Putin keeps growing by the day, and in the latest example he stuck a shiv in the back of the legacy of the late Sen. Lindsey Graham.

Mr. Trump waived tariffs for an indefinite period against the top buyers of Russian energy contained in the recent Graham bill passed with big majorities by the House and Senate. The Senate vote was 86-11. His executive order also waives new sanctions on Russian political and military officials, government entities, financial institutions, the energy industry and the shadow fleet Moscow uses for sanctions evasion and other nefarious purposes.

Mr. Trump offered no explanation beyond a statement that "the issuance of such a waiver at this time is in the national interests of the United States." The opposite is true, and Mr. Trump is now Mr. Putin's best friend in the world, after perhaps China's Xi Jinping.

Mr. Putin responded Friday night to Mr. Trump's latest gift with one of the largest attacks on Ukrainian energy infrastructure in the four-and-a-halfyear war. The assault included strikes on more than 15 power generation and transmission facilities.

This comes a week after Mr. Trump declared an "energy cease-fire" in the war. Ukraine honored it until it was clear Russia didn't. Yet the U.S. President blames Ukraine.

Amid bipartisan criticism from Members of Congress, Mr. Trump said Saturday that he hasn't made a final decision on the Graham sanctions, and Secretary of State Marco Rubio said he'll take 60 days to review the impact. On Sunday Mr. Trump said on social media that he is trying to negotiate a peace deal and doesn't "want to do anything that will drive, foolishly, Russia away from the bargaining table." But he's been courting Mr. Putin this way for two years, to no avail.

Meanwhile, the evidence compounds that Mr. Trump wants Ukraine to surrender on Mr. Putin's terms. He's dropped sanctions on Russian sales of diesel oil, a $4.5 billion windfall for Russian energy companies. He's threatened to cut off U.S. intelligence to Kyiv. And the Trump Administration still hasn't come clean on who ordered speed limits on SpaceX's Starshield satellite service that has compromised Ukraine air defenses and strikes on Russian positions in occupied Ukraine.

Reuters reported Friday that the order to throttle Starshield "came from inside the White House." Mr. Trump said Friday "I don't know if it was anybody because it wasn't me and I don't think it was Elon" Musk, the SpaceX CEO. Ukrainian President Volodymyr Zelensky said Saturday that some restrictions on Starshield were still in place, so someone is ordering it.

Congress is preoccupied with the Nov. 3 election, but Mr. Trump may not appreciate the anger he's courting if he keeps aiding Mr. Putin. When the election is over there needs to be a bipartisan reckoning for Mr Trump's budding alliance with the Kremlin against Ukraine, Europe and American interests.

The Wall Street Journal | Editorial Board | October 19, 2026

EDITORIALS

NATIONAL DEBT CANNOT GROW FOREVER

One record the President won't crow about is that our national debt now equals our country's annual gross domestic product or GDP at $32.2 trillion.

Total national debt (which includes intragovernmental holdings like the Social Security trust fund) surpassed $40.1 trillion to $40.5 trillion, putting the broader total debt-to-GDP ratio closer to 121% – 125% depending on the specific calculation metric used by the U.S. Treasury Fiscal Data or the Federal Reserve Bank of St. Louis.

Historical Comparison: The last time the public debt-to-GDP ratio crossed 100% at a fiscal year-end was in 1946 (peaking at 106% after World War Il) after years of a world war.

Why It Matters: Crossing 100% does not trigger an immediate automatic economic collapse, but it increases the cost of servicing the debt. Net interest payments on the U.S. national debt have now surpassed $1 trillion each year thus consuming a larger slice of federal spending and leaving less flexibility for other government priorities.

The annual overspending deficit in each year's federal budget also adds $2 trillion a year to the debt total.

Interest costs used to be a relatively insignificant part of the deficit. They aren't anymore. And in the 2030s, they will rise to stupefying levels.

Just four years ago, net interest payments sat at the bottom of the major spending categories of the federal government. Interest payments surpassed defense spending last year. By 2029, interest payments will cost more than Medicare. By 2038, interest payments will cost more than the entire discretionary budget.

That means the government will pay more to finance past spending than it will spend on the military, education, transportation, housing, law enforcement, regulatory agencies, courts, foreign aid, national parks and agriculture –combined.

Congress needs to face this looming problem now rather than keep on avoiding the ticking debt bomb. It will require a suicide pact by both parties to cut spending and raise taxes.

TECH GIANT SAYS NO TO TRUMP RE-NAMING OF THE ATLANTIC OCEAN

Thank God someone stood up to the Trump mania to rename things like the Kennedy Center (Trump-Kennedy Center) or even a State (New Mexico to New America). But President Donald Trump said he called Google's CEO Sundar Pichai to discuss renaming the Atlantic Ocean, but would "probably pass" after the chief executive told him: "Please don't ask us to do that."

Trump, who controversially renamed the Gulf of Mexico and Lake Ontario, floated the idea at a rally in South Carolina on October 25 saying: "We have a lake and we have a gulf, now we need a river and we need an ocean."

He said he "called Google Maps, who were really great," with the previous name changes, and asked Pichai if Google could "handle" a name change for the Atlantic.

Trump said Pichai responded: "No, no, no. This time, I'm not doing it," and "Oceans are different, Sir," as they border "a lot of countries."

Thank God one tech bro said NO to the Emperor. But wait… because we have two more years for him to try and change the Pacific into the Great Ocean of Trump.

Chuck Douglas
For a free press, je suis Charlie

LETTER TO THE EDITOR

Dear Editor,

I'm sure by now the School Board is aware of the ruling concerning XX and the violation of a parent's civil rights by Superintendent Marcy Kelley, and the Bow School District.

As an attorney, constituent and resident of this community, I sincerely hope the School Board recognizes the seriousness of this ruling and takes meaningful action sooner rather than later. There must be accountability, and there must be consequences. Whether that comes in the form of a public apology, termination, an unpaid leave of absence, formal censure, or some combination of these, doing nothing is simply not an acceptable response.

There is an important lesson here for our students — ALL students — about the United States Constitution, the First Amendment, and the fundamental civil rights afforded to every American. We teach young people that these rights matter, that they are protected, and that no individual or institution is above the law. How do we reconcile those lessons when the very people entrusted with educating our children disregard those same constitutional protections? Particularly when it happens right here in our own backyard, at the hands of our own Superintendent?

Marcy and the Town of Bow should consider themselves fortunate that the families are not seeking a substantial financial recovery through litigation. The potential financial consequences to the taxpayers could have been significant. But let's be clear: the absence of a financial demand does not diminish the seriousness of what happened or eliminate the responsibility to address it.

And the buck does NOT stop with Marcy. That needs to be made abundantly clear. There is a larger question of oversight, responsibility, and accountability within the School District. Who knew? Who allowed it to happen? Who failed to intervene? Accountability cannot begin and end with one individual if the circumstances surrounding this egregious violation point to a broader failure of leadership and governance.

Thanks to the families' willingness to stand their ground and challenge what happened, this community has been reminded of something fundamental: Constitutional rights are not privileges granted by school officials. They are rights that belong to the people, and they do not disappear when those in power find them inconvenient.

Karolyn Domini, Bow

QUESTION #2 CAP ON SCHOOL SPENDING PASSED IN DUNBARTON, NOT IN BOW

The ballot question before the voters on November 3 did not attain 60% in Bow, but received it in Dunbarton. Sixteen school districts in Merrimack County approved the cost of living tax cap.

In school administrative unit 67, the Dunbarton School District adopted the tax cap by a vote of 1,093 to 639.

Clement Madden, chair of the Dunbarton School Board, said a complication of this outcome is in the district's Authorized Regional Enrollment Area (AREA tuition agreement with Bow, which allows middle and high school students to attend Bow schools.

"It's a contracted cost that we have to pay," Madden said. "They didn't pass any tax cap in their district, so they can budget how they like and as they see fit."

Bow had 2,095 yes votes and 2,120 no votes on Question # 2.

PROGRESS ON BOW'S SOLAR ARRAY



Photo | Eric Anderson

Bow is one step closer in the installation process of its solar array on on a portion of the closed landfill on Falcon Way. This project will result in reduced energy costs for municipal buildings.

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HEALTH WATCH

3 COMMON DRUGS OLDER ADULTS MAY BE OVERUSING

The following medications may be unnecessary or carry increased risks for seniors.

1. BENZODIAZEPINES: Scientists began raising alarms about benzodiazepines more than 20 years ago.

Prescribed for insomnia and anxiety, "they offer prompt relief," said Dr. Mark Olfson, a psychiatrist at Columbia University.

The problem? Benzodiazepines (including Valium, Xanax and Ativan) and the related "Z" drugs (Ambien, Lunesta) "may impair balance, coordination and cognition that can translate into falls and fractures and motor vehicle accidents," Dr. Olfson said. In patients also taking opioids for pain, benzodiazepines can cause overdoses.

"Moreover, once you've taken them for a period of time, you develop a dependence,"

Dr. Olfson added. "When you come off them, you may develop withdrawal symptoms."

2. ANTIBIOTICS FOR DIVERTICULITIS: For years, the standard treatment for diverticulitis, the inflammation of small pouches that form in the colon, was antibiotics, primarily fluoroquinolones (like Cipro and Levaquin) or amoxicillin-clavulanate (Augmentin).

"It was unquestioned," said Jesse Sutton, a pharmacist and researcher at VA Minneapolis Health Care. "Antibiotics are safe and effective, great, lifesaving drugs, so the mind-set was, when in doubt, use them."

But in 2015, the American Gastroenterological Association recommended against routinely prescribing antibiotics for "uncomplicated" diverticulitis, which represents a great majority of cases. Other medical groups followed suit.

Clinical trials had shown that for this condition, antibiotics had little or no effect on mortality, the need for surgery, complications or recurrences. "They hadn't improved anything," Dr. Sutton said.

And as with any drug, "there are downsides, unintended consequences," he said. "Side effects from antibiotics account for a substantial amount of emergency room visits" for symptoms like nausea, vomiting and diarrhea. Antibiotics heighten the risk of the virulent C. difficile infection, too.

Also, "the more you use antibiotics, the less they work in the future," Dr. Sutton said.

3. ASPRIN: Millions of older Americans take it, thinking it will help prevent cardiac problems. For people who have already had a heart attack, stroke or cardiac intervention like a stent or bypass surgery, daily low-dose aspirin for "secondary prevention" does lower the odds of another event, studies have demonstrated.

But for "primary prevention" in people who haven't had one, the guidelines changed in 2019, when the American College of Cardiology and the American Heart Association recommended ***against*** aspirin for this purpose in those 70 and older. The U.S. Preventive Services Task Force went further, warning against aspirin for primary prevention starting at age 60.

Clinical trials had shown scant benefit for aspirin as a primary prevention measure, but there were harms, notably gastrointestinal bleeding. "As we age, the risks of bleeding goes up," said Dr. Timothy Anderson, an internist at the University of Pittsburgh who directs its Prescribing Wisely Lab. More rarely, but more seriously, aspirin can cause bleeding in the brain.

Paula Span | The New York Times

EMPLOYEE HEALTH INSURANCE FOR AN AVERAGE FAMILY PLAN IS $28,000

Corporate America is getting hit by healthcare sticker shock and companies are passing a greater share of the cost on to workers.

The trend is accelerating. New data show that this year, the average cost of a family health plan crossed $28,000, rising by 5%, according to an annual survey from the nonprofit KFF, which provides the broadest picture of U.S. employer health coverage. The share coming out of employees' paychecks shot up even faster–to $7,471, an increase of 9% from 2025.

Next year is likely to be worse, according to health benefits consultants and actuaries.

The cost increases for 2027 follow two or three years of steep rises, and the drivers aren't going away. Hospitals have been able to raise some prices and use artificial-intelligence tools to boost billing.

High-cost drugs for an array of conditions, including cancer and weight loss, are driving up spending. Some employers are reacting by dropping coverage for popular GLP-1 weight loss drugs though some are now helping to fund pretax accounts that workers can use to buy them on their own.

Anna W. Matthews | Wall St. Journal | 10/23/26





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THE NATIONAL ANTHEM AT SPORTS EVENTS

The singing of the National Anthem at sporting events began in 1918 during WWI at the first game of the World Series between the Boston Red Sox and the Chicago Cubs. The fans showed their patriotism with thunderous applause, cheering, saluting and singing along, even though the mood was somber with loss of life from the war. Tens of thousands of fans united under the flag. Our country has continued this tradition by performing the National Anthem at virtually all professional, college and high school sporting events. The National Anthem has also been performed thousands of times at military ceremonies, national holidays, parades and inaugurations, but today we'll focus on some of the most memorable performances at a few major sporting events.

The first Super Bowl game was played on January 15, 1967. Since then, the National Anthem has been performed at all but one game, and that was in 1977, when Vikki Carr sang "America The Beautiful." Many believe that "America The Beautiful" should replace the National Anthem as America's theme song, but the history and tradition of our anthem has proven to be irreplaceable.

The Super Bowl performance that is considered to be one of the all-time best was sung by Whitney Houston in 1991. Whitney's spectacular, once-in-a-generation voice created a historic, cultural moment on the field at half-time. A recorded version of this performance was released in 2001 and reached the Billboard Hot 100, with all proceeds being donated to the American Red Cross.

There has only been one opera star who has sung the anthem at a Super Bowl game, and that was Renee Fleming in 2014. Renee honored the country with a memorable version of our national anthem that showcased her gorgeous operatic vibrato.

The ***worst*** performance of the anthem was performed by Rosanne Barr at a Major League Baseball game in 1990. She deliberately turned it into a disaster by singing it in a very high key in a piercing shrill. As she exited the field, she spat on the pitcher's mound and made obscene gestures.

A pivotal and influential rendition of the anthem was sung by Jose Feliciano at a World Series game in 1968. Jose sang it in his very interpretive, embellished, iconic, bluesy, folk style. This was very different from the traditional sound that many fans were expecting, and his performance was met with controversy from some of the older fans and Vietnam War veterans, who thought it was disrespectful and unpatriotic. Some fans cheered for his performance while others booed him. Jose suffered severe public backlash and thought his career was over. But he kept singing, and a year or two later he wrote and recorded "Feliz Navidad," and his stardom was restored. Years later, his 1968 anthem performance was remembered as ground-breaking and has since opened the door for hundreds of anthem singers to personalize and embellish their own, heart-felt renditions.

In recent years, the performance of the National Anthem has been a platform for political expression, protesting racial injustice. Some players have "taken a knee" on the fileld and some players have even walked off the basketball court during the National Anthem.

It's estimated that the National Anthem is played about 8,100-10,000 times per year at major professional sporting events, including the NFL, MLB, NBA, WNBA and NHL. That number does not include minor leagues, college and high school sports or amateur events.

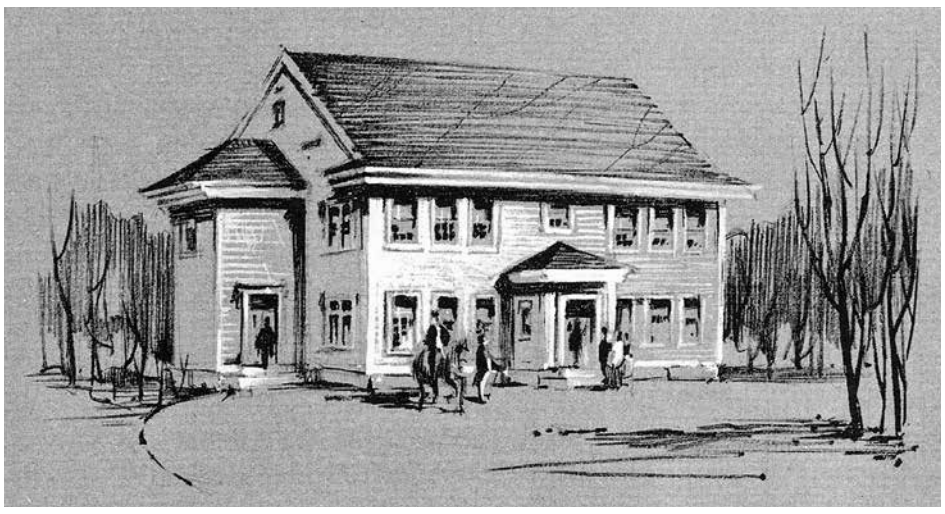
Despite controversies that have arisen over how the anthem is sometimes presented, it has remained as the gold standard of unity and patriotism that we celebrate at the opening of our nation's sporting events.

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BOW HERITAGE COMMISSION

WHITE ROCK HILL ROAD MEETINGHOUSES

Article by Cheryl Mortimer | Photos Eric Anderson



Rendering of the 1801 Old Bow Meeting House from David A. Bundy's book, ***"100 Acres More or Less: The history of the land and people of Bow, New Hampshire"***

Meetinghouses in colonial times were believed to be so essential that towns were required to build one within four years of their founding. Bow's non-resident proprietors, granted a town charter in 1727, erected a structure amid land ownership disputes with settlers heralding from Massachusetts. Embroiled in conflict, the meetinghouse was destroyed by fire, and a second was built soon after.

One purpose of meetinghouses was for townspeople to convene regarding civic duties, yet on this topic, Bow inhabitants were voiceless because the proprietors met instead at their headquarters in Stratham. Still, the hearty homesteaders refused to give up building a life for themselves. In time, with mounting court expenses battling Massachusetts, proprietors sold off or surrendered their land. Bow's final push for autonomy was in 1766, breaking free from Concord and becoming a self-governing town.

Victoriously, the community held its first town meeting, at a resident's home, in March of 1767. A few years later, they began meeting in a crude log structure on top of White Rock Hill. Deteriorating beyond use in about a dozen years, a committee of townspeople was tasked with determining the "center" of Bow so a meetinghouse could be built in an equally accessible location. This job proved daunting.

Seven years later, with the locale still undetermined, voters agreed to select a committee of impartial out-of-towners; however, the committee's site identification was rejected. Another committee of non-residents was formed and when their report corroborated the previous committee's decision that the White Rock Hill location is the center, voters accepted it and the meetinghouse was erected in 1801. It remained in use until 1847 when the Old Town Hall on Bow Center Road, was built on land donated by Colonel James Green.

That same year, the 1801 Meetinghouse was moved across the street to Perley Clough Farm where it was used as a barn until the subsequent owner tore it down in the mid-1950s to make room for a new barn. Recognizing its historical value, he used some of the wood in the new construction as well as building a desk for his daughter. Today, records indicate the 1950s barn was torn down; however, there has been no mention since as to what happened to the desk. It has left me wondering if wood from the 1801 meetinghouse survives today.

Preserving our history is the focus of the Bow Heritage Commission. Come see the many artifacts on display at the Heritage Room in the Municipal Building. Join us on November 21st from 11:00 AM to1:00 PM, at the Bow Bog Meetinghouse to take a tour and watch as the winter shutters are installed to protect the original 1835 bubble glass windows — there will even be an opportunity to ring the bell!



Eagle Scout, Terry Trow, made this sign in 1974 marking the site where the community members gathered for church services and town meetings in a log structure beginning in 1771 followed by a larger building constructed in 1801. Visit 73 White Rock Hill Road to see the remaining stone foundation.



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

300th ANNIVERSARY?

BOW HERITAGE COMMISSION

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

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

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

STAYING ON TRACK DURING THE HOLIDAY SEASON

by Jim Olson

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

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



Jim Olson

SET REALISTIC GOALS

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

STICK TO A ROUTINE

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

MAKE HEALTHY HOLIDAY CHOICES

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

KEEP A FOOD JOURNAL

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

DRINK PLENTY OF WATER

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

FIND A WORKOUT BUDDY

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

YOU GOT THIS

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

STAY ACTIVE

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

TAKE BREAKS

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

GET ENOUGH SLEEP

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

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Take your next step, achieve increased strength, energy, and mobility to live an active lifestyle with confidence.

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- 12 private personalized training sessions moving at your pace so that your so you don't "overdo it"
- Your own Individual meal plan that is sustainable while producing results
- Fitness assessment
- A personalized cardio program prescribed how you need it to be
- A personalized mobility and stretching program to help you move easier
- The whole organization of IF's dedicated team to support you every step of the way!

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IndividualFitnessllc.com/30

DOCTOR'S CORNER
by Dr. Richard Johnson
Dunbarton



MEASLES NOVEMBER 2026

Seven years ago, I wrote an article on measles… things have gotten worse! In 2019 there were 700 cases reported in the U.S. An AI Overview states that as of late September 2026 the US has reached 3,659 confirmed measles cases surpassing the highest annual total seen in 35 years. In October the CDC documented there were 4,588 cases of measles, more than doubling the total from last year. 95% of infected individuals are unvaccinated or have an unknown vaccination status. Casses have been reported in 47 states including Maine, Vermont and Massachusetts. So far, there have been no 'outbreak' cases in NH. Any NH cases have been linked to international travel. Measles was officially eliminated from the US in 2000 (the vaccine was licensed in 1963) which was a dramatic drop from the early 1960's when there were close to 500,000 cases per year. There once was a time when measles infected nearly every child in the U.S.

Measles is caused by a virus (rubeola virus) that is transmitted from person to person by infected respiratory droplets. It is a highly contagious disease. Symptoms include fever, cough, coryza (inflammation of the nasal cavity and sinuses) and conjunctivitis (the three "Cs"). Dr. Henry Koplik (1858-1927) a NYC pediatrician identified the small white spots inside the cheeks that now bear his name and are pathognomonic (meaning their presence leaves no doubt as to the diagnosis). A rash begins on the face and spreads over the trunk and extremities. A person is considered contagious from 4 days before the rash appears until 4 days after the rash is gone.

The 'at risk' populations are children younger than 5, adults older than 20, pregnant women, and individuals with weakened immune systems from systemic illnesses like leukemia or HIV infection. Severe complications can occur:

1 in 20 children with measles gets pneumonia which is the most common cause of death in children

1 out of 1,000 children with measles will develop encephalitis with potential intellectual disability and/or convulsions

1 to 3 children out of every 1,000 with measles will die from respiratory and neurologic complications.

On 17 October 26 Reuters reported, that after years of success, the vaccination programs in Bangladesh faltered in 2025, and so far in 2026 there have been over 200 thousand cases of measles and over a thousand deaths. 94% of these deaths are in children under five years of age.

Getting the measles vaccine is much "safer" than getting the measles infection. Children should get two doses of the MMR vaccine which protects against measles, mumps and rubella. The first dose is usually given between 12-15 months of age and the second dose at 4-6 years of age. As I understand it, NH law requires immunization against polio, tetanus, hepatitis B, mumps, pertussis, rubella (German measles), rubeola, varicella, diphtheria, and Hib (Haemophilus influenzae type b) before entering public school or childcare. There are rare "medical exemptions" when a physician certifies that a specific vaccine would be detrimental to a child's health, and there is a "religious exemption." NH law does not recognize exemptions based on personal, moral or philosophical objections to vaccines. The NH Dept of Health & Human Services, the CDC, The American Academy of Pediatrics and Dartmouth Health all recommend children receive the MMR vaccine. Yet, there are many parents who are skeptical or even fearful of giving their children any vaccine. If you are such a parent, seek out competent medical advice that you can trust and hopefully have your questions answered in a caring and compassionate environment.

Information gleaned from:

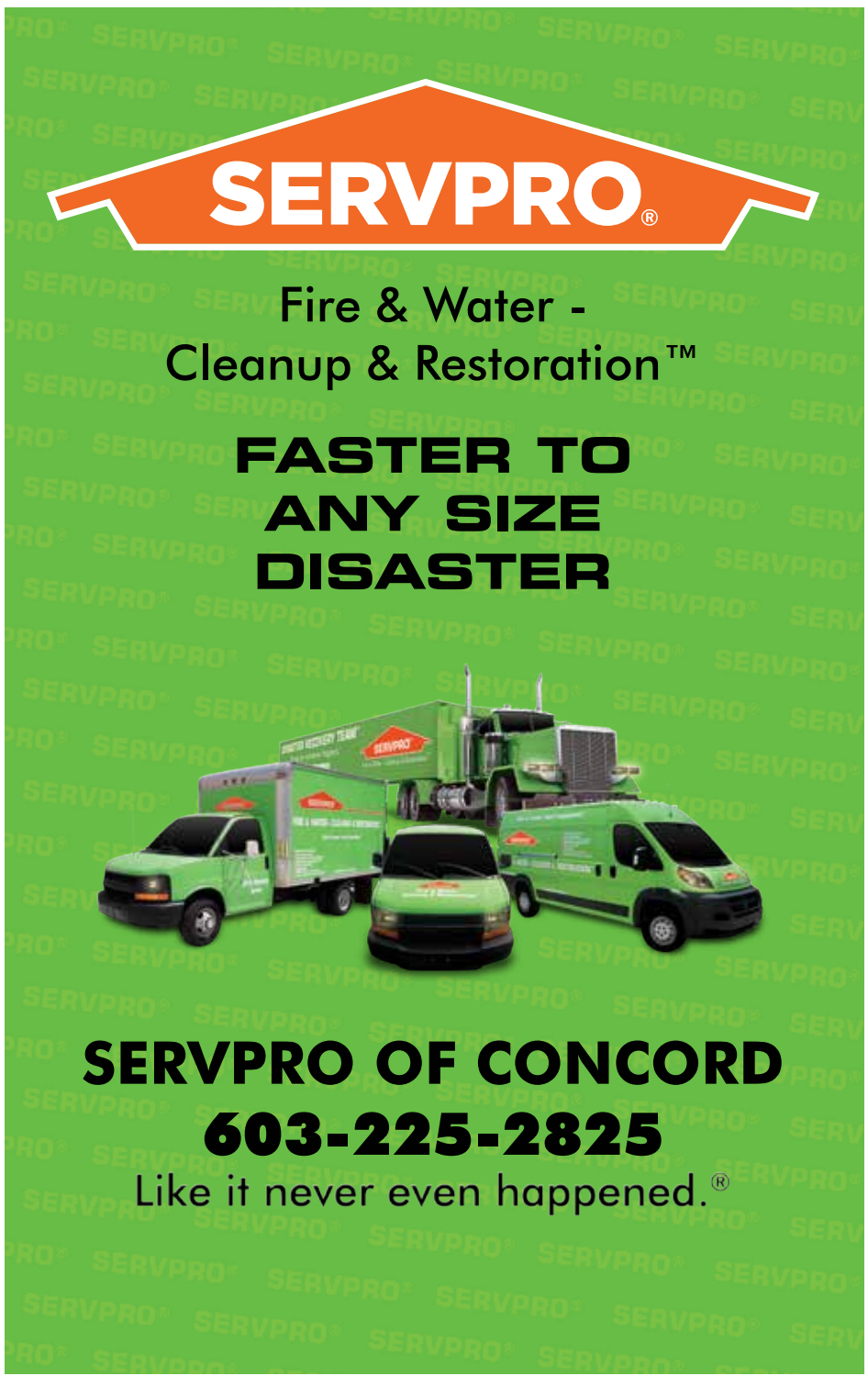
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www.dhhs.nh.gov/programs-services/disease-prevention/nh-immunization-program/immunization-guidance-parents

https://childrens.dartmouth-health.org/kids-health/protecting-your-child-against-rise-measles-cases







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REAL ESTATE SALES IN BOW — OCTOBER 2026

Serving the areas in and around Merrimack County.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
4 Old Woodhill Road	2 Bedrooms | 1 Baths	161 Square Feet	.32 Acres	$295,000
6 Ridgewood Drive	3 Bedrooms | 2 Baths	2148 Square Feet	1.25 Acres	$555,000
14 Brown Hill Road	4 Bedrooms | 5 Baths	3864 Square Feet	2.03 Acres	$615,000
21 Stoney Brook Road	3 Bedrooms | 3 Baths	2228 Square Feet	2.04 Acres	$655,000
10 Tonga Drive	5 Bedrooms | 3 Baths	3009 Square Feet	1.08 Acres	$685,000
2 Hampshire Hills Drive	3 Bedrooms | 3 Baths	2572 Square Feet	8.2 Acres	$722,000
4 Hampshire Hills Drive	4 Bedrooms | 4 Baths	3544 Square Feet	3.66 Acres	$775,000
8 West Gate Drive	3 Bedrooms | 4 Baths	4014 Square Feet	2.82 Acres	$874,717

REAL ESTATE SALES IN DUNBARTON — OCTOBER 2026

We are ready to help you on your next journey.

ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
6 Holiday Shore Drive	3 Bedrooms | 1 Baths	1048 Square Feet	.21 Acres	$320,000
78 Rangeway Road	3 Bedrooms | 2 Baths	1860 Square Feet	6.68 Acres	$560,000
56 Old Fort Lane	3 Bedrooms | 3 Baths	2356 Square Feet	2.77 Acres	$635,000
197 Grapevine Road	4 Bedrooms | 3 Baths	3414 Square Feet	5.10 Acres	$656,500

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

DR. ZAFFINI EARNS DISTINCTION
as KSC Outstanding Music Alumnus



The Keene State College Music Department is pleased to announce the 2026-2027 Keene State College Music Department Outstanding Alumnus Recognition Award to Dr. Erin Zaffini, Class of 2003.

Dr. Zaffini serves as the Assistant Dean of Teacher Education at the Longy School of Music of Bard College. Erin earned a B.M. in Music Education from Keene State College, an M.M. in Music Education from Temple University, and a D.M.A. in Music Education from Boston University. Dr. Zaffini's dissertation is titled, ***"Communities of Practice in Music Education: A Self-Study."***

Prior to her work at Longy, Dr. Zaffini served as a music adjunct faculty member at Keene State College and has served as an adjunct instructor for Kent State University. As a graduate Teaching Assistant at Temple University she led seminars at the University of New Hampshire's Department of Professional Development and Training. Dr. Zaffini's leadership in higher education is also informed by her work as a music educator at the elementary and middle school levels in the Merrimack Valley, Bedford School Districts and Philadelphia.

Dr. Zaffini is an active keynote speaker, conference clinician, and mentor leader across the United States. She serves as a consultant on best practices in music education for school districts and music organizations.

Dr. Zaffini previously held leadership roles within the New Hampshire Music Educators Association, and the National Association for Music Education. She currently serves as the Mentor Program Developer and Coordinator for the Massachusetts Music Educators Association and supports early career teacher induction at the national level through her leadership roles in the National Association for Music Education and the Society for Music Teacher Induction.

Dr. Zaffini resides in Bow with her husband and two sons.

Rotary Club of Bow

Rotarians fill 45 bags of trash during cleanup on Route 3A

More than a dozen Rotarians from Bow Rotary cleaned up the Route 3A roadside Saturday, October 3, filling 45 bags of trash.
Bow Rotary participates in the roadside cleanup twice a year .

Bow Rotary to sell Christmas trees starting November 27

The Bow Rotary will be selling Christmas trees & wreaths in the Community Center parking lot starting November 27.

Trees will cost $75.
Wreaths will be sold for $35.

Rotarians will be selling the trees Monday—Friday from 4-7 p.m. and Saturday & Sunday from 10 a.m. – 7 p.m.
Sales continue until the trees are gone.

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



BOW HIGH SCHOOL SPORTS SPOT

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

GIRLS SOCCER REPEATS AS DIVISION II STATE CHAMPIONS!





Senior goalie Gwen Barrieau after making the game-winning save.

For the second year in a row, the girls soccer team has won the championship, yet again against Hollis-Brookline in the finals! The Falcons followed a 8-0-1 start through September up with a 4-1-2 run through October, with wins against Oyster River, Kennett, Coe-Brown, and John Stark, ties against Lebanon and Milford, and a loss against Hollis-Brookline.

Then came the playoffs, where, with a record of 12-1-3, the Falcons took the No. 2 seed and a first round bye. In the quarter-finals, they played Kennett again and won again, this time by a score of 1-0 thanks to an overtime goal scored by sophomore Celia Roberge. The team progressed to the semi-finals against Milford, where it won by a score of 2-1, thanks to another goal from Roberge and one from freshman Addison Young.

The final came against Hollis-Brookline. A tight game, with neither team scored in regulation or overtime. It then went to penalty kicks. Each team made its first 4 goals, and junior Zoey Lupien made Bow's fifth goal, giving the Falcons a slight 5-4 lead. On the final penalty kick, senior Gwen Barrieau made the save to give Bow the title!

"We work well as a team and we're a special group of players," said junior Ava Popielarz. This observation is definitely reflected in the commitment that the members of BHS' girls soccer team have made, more than meriting a championship!

BOYS SOCCER

After notching a record of 8-1-1 through September, the boys soccer team went 2-3-1 through the month of October due to a couple tough games against Milford and John Stark and a rematch against Oyster River. Although Bow and Oyster River had tied 2-2 in their initial meeting, the second time over, the Falcons sadly lost, 0-3.

With a regular season record of 10-4-2, the team was still able to comfortably make the playoffs as the No. 5 seed. This gave them a first round bye, and they played none other than No. 4 ranked Oyster River in the following round, the quarter-finals. However, this time the Falcons of Bow High School won, defeating Oyster River High School in shootouts after a 1-1 tie thanks to a goal from senior Carter Hall. While Oyster River made 4 out of 5 penalty kicks in the shootouts, Bow made every single one, capped off with a winning 5th penalty shot by senior captain Milo Cocola.

Then, the team proceeded to the semi-finals, where it played No. 1 seed ConVal. Sadly, though the team played an excellent game and only allowed one goal, the Falcons lost 0-1. This team, however, has played its heart out and deserves to be celebrated for its achievements throughout the season.

On the season, Cocola said, "Despite our loss to ConVal in the semi-finals, we have a lot to be proud of." He explained, "We achieved our goal of making the semis and getting 11 wins." Additionally, Cocola mentioned that he noticed a lot of team cohesion during the season. "Special shoutout to [team manager Cyril] Wakim," he remarked.



Senior captain Milo Cocola against ConVal

FALCONS FLY FOREVER!

PLEASE VISIT OUR WEBSITE AT
BHS.SAU67NH.GOV/EN-US/GAMES
TO VIEW UPCOMING GAME SCHEDULES

BOW HIGH SCHOOL SPORTS SPOT

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

GIRLS FIELD HOCKEY



Junior Peyton Vaughn against Souhegan

The Falcons Girls Field Hockey team continued their 10-1-0 record through September with a 4-0 record and the No. 2 seed in the Division II girls field hockey tournament. In the quarter-final round of the playoffs, the team defeated #10 seeded Oyster River with a 5-0 win. Junior Peyton Vaughn scored two goals in the victory along with senior Gianna Trott and sophomores Chloe Nowakowski and Ainsley Trott each scoring one.

The team then progressed to the semi-finals, facing off against No. 3 ranked Hanover. In the win, senior Shire Kelley scored one goal and Vaughn scored two goals! After the 3-1 win came the finals, where the Bow Falcons faced off against the Souhegan Sabers. Although the game ended in a 2-1 loss, with Bow's only goal getting scored by sophomore Ainsley Herrick, the effort of this team to make it back to the championship game after losing last year is unequalled!

FALCON'S GOLF TEAM



Photo Credit: Alexander Rapp | Concord Monitor

Bow Golf Team wins Inaugural Capital Cup at Pembroke Pines Sept. 23, 2026

The Bow Golf Team, coached by Matt Davis, won the Inaugural Capital Cub at Pemborke in September. The team pictured above, are left to right: Erik Hall, Jacob Gancarz, Brady Anderson, Sean Walton, Bryce Nichols, Adam Lafferty and Alex Perry.

As senior captain Gancarz put it, "The 2026 season was summarized into one word... **success**. There is not a single player on this team that didn't improve, not a single player that didn't get to feel how it feels to win." At the Division 2 State Championship, the team took second place! With a total of 31 over par, the Falcons were only bested by St. Thomas Aquinas (+9) and ranked above 3rd place Oyster River (+35), 4th place Lebanon (+42), and Hollis Brookline and Souhegan (+43), tied for fifth place, among others. "This is the strongest team I've been a part of. I'm beyond proud of this team," Gancarz noted.

Wobble with us before you gobble!

18TH ANNUAL TURKEY TROT

Thursday, November 26 • 55 Falcon Way • Bow NH

REGISTER FOR EVENTS @ https://runsignup.com/Race/Register/?raceId=120620

5K – Adult
Open to ages 20-99
$40
Price increases after November 25, 2025 at 11:59 PM

5K – Youth
Open to ages 13-19
$35
Price increases after November 25, 2025 at 11:59 PM

5K – Kids
Open to ages 1-12
$30
Price increases after November 25, 2025 at 11:59 PM

START TIME: 8:00 a.m. start for all • **EVENT LOCATION:** 55 Falcon Way, Bow, NH

DAY BEFORE RACE PACKET PICK-UP: 55 Falcon Way, Bow HS from 5:00 PM - 7:00 PM

RACE DAY PACKET PICK-UP: Race day packet pickup starts at 6:30 a.m. at the race site.

SAME-DAY REGISTRATION: Will be available beginning at 6:30 a.m. at the race site.

INCLUDED WITH YOUR REGISTRATION: BAC-Bow PD Turkey Trot tee shirt for adults, youths, and kids registered before 11/15. Race Bib and Free Finish-line Photos

TIMING & AWARDS: This will be a chip-timed event. Check online for medals & award catagories

Event takes place rain, snow, or shine!

Presented by Bow Athletic Club & the Bow Police Department



BOW PLANNING BOARD TO CONSIDER DATA CENTER MORATORIUM IN DECEMBER

The newly formed Bow citizens group, Protect New Hampshire from Data Centers, presented the Bow Planning Board with a request for a town vote on a one-year moratorium on data center development. Bow residents from Protect New Hampshire presented that request at the November 5 Planning Board Meeting.

826 registered voters from the Town of Bow signed a petition requesting that the Board of Selectmen hold a special meeting of the town to vote on the moratorium to allow the town time to research the impacts, true costs, and realistic benefits of hyperscale data centers for the town.

The request in Bow follows Tuesday's election results in which at least 38 municipalities across the country voted in favor of data center moratoria or restrictions. It is part of a growing regional and national movement among citizens concerned about the impacts of data centers on local health, climate, infrastructure, and resources.

A public hearing required for this zoning amendment will take place at the Bow Planning Board's December 3 meeting. Residents would then vote on this ordinance during the March 2027 town election.

Citizen-petitioned warrant articles cannot establish moratoriums, Planning Board members said, but they agreed to propose an ordinance due to the high interest.

Karri Makinen, the town's community development director, said town attorneys are still reviewing the final language for the ordinance as of Friday, but shared a draft copy.

As proposed, the ordinance would prohibit applications and permits for data centers in Bow for one year from adoption.

The pause would "allow the town adequate time to study potential land use, environmental, infrastructure, and fiscal impacts associated with data centers" and "develop thoughtful and appropriate zoning regulations," the draft ordinance says.

Bow's neighbors in Hooksett could also have an opportunity to vote on a similar moratorium next year. At the Hooksett Planning Board's meeting on November 2 Town Planner Avery Opland said they are reviewing a potential data center moratorium for a public hearing in December.

In September, Gov. Kelly Ayotte said she'd support adding a multi-year statewide data center moratorium to the next state budget. Ayotte said these facilities' high energy consumption could drive costs up for all Granite Staters.



"A pause would allow the town to develop thoughtful and appropriate zoning regulations. "



TEN TRILLION DOLLAR AI DATA CENTER BOOM IS STARTING TO FRAY

Cracks are appearing in America's debt-laden, $10 trillion, AI infrastructure boom as project delays, public backlash and shaky investor confidence bring a reckoning for the data centre build-out underpinning the US economy.

A rush for computing power in recent years created what multiple people involved characterised as a "Wild West" market. They said money flooded into brand-new companies and due diligence for new projects has been expedited, with AI labs such as Anthropic and OpenAI accepting higher short-term costs to move as fast as possible.

More than three years into the AI boom these ambitious data centre plans are running into reality. At least 47 large projects have been delayed, withdrawn or blocked in 2026, according to data shared by RegLayer, a regulatory intelligence company, which described it as a "conservative estimate" focused on the largest sites.

The resulting outlay on Al infrastructure is unprecedented: US spending is projected to surpass $10tn between 2025 and 2032, according to estimates by Stijn van Nieuwerburgh, an economist at Columbia Business School.

That equates to about 3.6 per cent of US GDP a year, a far higher proportion than previous infrastructure waves including railways, highways and electrification.

But investors this week have increased their scrutiny of the immense capital needs of America's AI build-out and have driven stocks down.

Higher interest rates and a souring bond market are now threatening their ambitions, and with them the Al build-out, said a number of people involved in the market.

George Hammond | Financial Times | 10/18/26

HOW META USES A.I. DATA CENTERS TO AVOID BILLIONS IN FEDERAL TAXES

Mark Zuckerberg says Meta's A.l. push is a tremendous success. "Our investments in A.l. are accelerating every major part of our core business,"he has told investors. "Every sign that we're seeing in our own work and across the industry gives us confidence in this investment."

But when Meta files its taxes, it tells the Internal Revenue Service a different story. It claims that its A.I. data centers are a giant experiment that could fail, according to four people with knowledge of the company's operations.

It does this so it can tap into a tax credit intended for research and experimentation. It's an aggressive interpretation of the tax break, which Meta embraced to claim billions of dollars in tax credits for data center expansion.

Characterizing its A.I. data centers as experimental is "kind of wild and out there," said Andre Shevchuck, a partner at the advisory firm BPM who specializes in the research and experimentation tax credit.

Indeed, Meta's own accountants recognize that the strategy is on shaky legal ground. In disclosures buried in securities filings, the tech giant warns that billions in tax savings are vulnerable to being overturned by the I.R.S., in large part because of "uncertainties with our research tax credits."

New York Times | 9/30/26



AI Costs Hit Microsoft As It Seeks To Cut 60,000 Workers

Microsoft said on October 26 it is offering voluntary buyouts to about 60,000 employees, or more than a quarter of its global workforce, as the technology giant looks to contain costs and help fund its massive AI investments.

Staffers across the Windows maker would be eligible for the offers, including those working in Al experiences, Copilot, finance, human resources, Xbox and Windows + Devices, a source familiar with the matter told Reuters.

Like other tech giants, Microsoft is spending hundreds of billions of dollars on Al data centers and chips, drawing scrutiny from investors over whether the returns will justify the staggering cost.

The company, slated to report first-quarter results after markets close on Oct. 28, has forecast $175 billion in capital expenditures for the 2026 calendar year. Previously the company shed 13,800 jobs.

Jaspreet Singh | Reuters 10/28/26

ANTHROPIC SAYS A KEY AI SAFETY ALARM HAS BEEN TRIGGERED

A week ago, Anthropic told would-be investors that Al speeding up its own research might "imminently" trigger one of the company's key safety alarms. On Tuesday, in the same filing that set a price range for its record-setting PO, it said that has now happened.

"We made a determination that we have met this threshold," the company wrote in its amended prospectus. It based the call on what we expect from future models and our overall rate of progress, rather than on what we have observed from current models."

The safety threshold sits in Anthropic's Responsible Scaling Policy— the company rulebook for adding tougher safety measures as its Al gets more powerful. This one is triggered when Al is doing enough of Anthropic's research to roughly double how fast its models improve. The policy says that pace would pack two years' worth of Al progress, at its 2018-2024 rate, into a single year. The filing says Al "has already been accelerating our research and development." Crossing the line means more safeguards, not a shutdown.

The fear is Al will improve itself faster than people can check it. Anthropic CEO Dario Amodei joined other Al leaders in warning that the "risk of extinction from Al" should be a global priority alongside pandemics and nuclear war.

Anthropic says humans stay in charge. It doesn't expect to safely use Claude "to fully autonomously design and build successive generations of frontier models without meaningful human supervision or understanding," the filing says, and it is weighing policy changes "to keep humans in control."

Jared Blikre| Yahoo Finance | 11/10/26

AI POWERED CRIMINAL HACKS LED TO "BLACK OCTOBER"

The $6.3 billion hack of Binance by North Korea is just one of many AI assisted country and criminal tools putting us at risk.

Incident responders such as Adair say that Al tools are now being used by nation-state hackers from China and Russia as well as criminals looking to steal data and install ransomware.

One of the tools they are using is a Chinese open-source hacking tool called Artex, which uses artificial intelligence to automate the process of breaking into a computer network.

This week Microsoft said that "threat actors across multiple geographic regions were using Artex to speed up attacks on hundreds of companies.

Earlier this month, a cyberattack used Artex to steal data on about 68,000 people from South Korean banks.

The sharp increase in hacks is part of a dizzying Al-driven acceleration of cybersecurity threats that is rippling around the world. At the same time as new tools speed up hackers, cyber defenders are also racing to fix the fast-growing volume of security bugs discovered by Al, before hackers can exploit the new flaws.

On October 28, organizations scrambled to patch newly uncovered bugs that could allow takeover of as many as 70% of the world's websites.

Hackers are now actively trying to break into websites by leveraging these flaws, Amazon.com says.

The National Security Agency and Federal Bureau of Investigation have told companies that couldn't immediately patch the web bugs to simply pull the plug on their websites. Government-run sites in countries such as Canada, Belgium, France, the Netherlands did just that. The image -posting message board 4chan suspended comments on its site ahead of the patches.

The pace and volume of the Al-powered attacks are starting to overwhelm the incident-response firms that respond to cyber breaches. Pundits are referring to the month as ***"Black October,"*** and many in the field are predicting more to come. ROBERT MCMILLAN | Wall Street Journal

OpenAI CEO SAM ALTMAN ON AI: "WE COULD LOSE CONTROL"

OpenAI CEO, Sam Altman, suddenly seems so disturbed by the nightmare-inducing AI monster he has helped create that he is having a hard time sleeping.

"There are two ways AI progress could go very badly, and that we must avoid," Altman said in an X post at around 12:57 a.m. ET. "First, we could lose control of the future to AI. This is unacceptable; we are unapologetically on Team Humanity, and AI must always serve people. To ensure that, we need ways to ensure that alignment and safety techniques stay ahead of progress in model capabilities."

He continued, "Second, we could end up in a world with too much concentration of power. If an extraordinarily powerful AI is used by one person or company to impress their worldview onto everyone else, the results could be extremely dystopian. Avoiding these two threats requires walking a narrow middle path; for example, one country could gain too much power. Another example is one lab ending up with too much power."

Within the course of two days, AI titans at Anthropic and Altman, have managed to scare the hell out of the human race with the powerful technology they created and pushed their teams full of pioneering supercoders to supercharge.

"Over the last few months, I have become convinced that fully addressing the risks requires even more prudence – not just investing in risk prevention, but pacing the rate of capabilities advancement so that risk prevention has time to keep up," Dario Amodei stated in a 3,800-word essay, on Saturday. "We must slow the pace at which we improve the capabilities of A.I. models." Brian Sozzi | Yahoo Finance | 9/14/26

ANTHROPIC FILES FOR IPO DESPITE LOSING $80 BILLION

Anthropic filed paperwork with the Securities and Exchange Commission to become a publicly traded company with a value up to two trillion dollars.

The five-year-old company behind Claude took in $16 billion and lost $80 billion. Dario Amodei left OpenAI and founded the company in 2021.

META & GOOGLE'S NEED FOR AI CASH SENDS STOCKS FALLING BY OVER $600 BILLION

On October 23, signals from Meta Platforms it would soon go on a cash raising spree triggered a loss of share value of $124 billion.

The vast amount of capital needed to fund the artificial-intelligence buildout is forcing technology giants to hunt for ever-larger sums of cash – and Wall Street is raising a bright red flag.

A week later on October 29, Google's stock suffered its worst day on record as investors confronted the reality that a company that has long been a dynamo of growth and profits faces painful tradeoffs from the artificial-intelligence transition.

The slide erased about $500 billion from Alphabet's market value, the second-biggest drop for any U.S. company on record. Google's 12% decline also weighed on major U.S. stock indexes, fueling a 1.4% decline in the Nasdaq composite and amplifying fears that the costs of the global Al build-out might be outrunning the returns.

Google also reported greater-than-expected operating expenses and negative free cash flow, highlighting the costs the company is incurring as it races to secure data center capacity and develop new Al models.

Googie search has generated hundreds of billions of dollars annually by showing a list of links and charging advertisers every time a user clicks on one that is sponsored. However, AI-powered search is able to bypass that process and give a single direct answer, diminishing the need for lucrative links.

Google has been moving carefully to figure out how to take advantage of demand for chatbot-style answers without hurting its biggest business.

THE MARKET'S RUDE REMINDER ON AI

AI will have a profound effect on the global economy. It remains impossible to say what those effects might be or who will profit from them, and how.

Estimates of global AI-related investments regularly top $1 trillion per year and probably are undercounts after including other forms of investment such as the companies that adopt AI in their own businesses.

This implies that AI would need to substantially boost business productivity and generate unprecedented returns eventually.

One recent academic study calculated that American data-center hyperscalers alone would need to earn revenue equal to roughly 9% of gross domestic product per year by 2032 to break even on their investments.

Wall St. Journal | 10/16/26

BOW POLICE DEPARTMENT
www.bow-nh.gov
One of the foremost professional, community-oriented policing agencies in the state of New Hampshire.



OCTOBER 2026 ARREST LOG

MISDEMEANORS AND FELONIES

10/03 Arrest, Amber Domnitanu, Manchester, Possession of a Controlled Drug

10/04 Arrest, Zachary Duarte, Pelham, Aggravated DUI – Subsequent Offense

10/16 Arrrest, Aaron Whisman, Bow DUI – Impairment

10/21 Arrest, Jason Hodgon, Danbury, Possession of a Controlled Drug, Transporting Drugs in a Motor Vehicle, Resisting Arrest

10/23 Arrest, Edgar Ramirez, Odessa, DUI – Subsequent Offense, Resisting Arrest

10/26 Arrest, Wilser Montoya-Sandoval, Manchester, Breach of Bail

10/30 Arrest, Nathan Cote, Condord, Drive After Suspension, Subsequent Offense

Misdemeanors and Felonies 7, Protective Custody 0, Marijuana Summons 1, Violation Level 3, Involuntary Emergency Admission 2.

Total in October 2026 of 13.

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

WE'RE HIRING! APPLY TODAY!
WE'RE CURRENTLY HIRING FOR:
PATROL OFFICER
Eleven (11) Paid Holidays
Medical Insurance (w/Buy-out option)
Dental and Life Insurance
Accrual of annual, sick, and comp time leave
Officers work 4/3 schedule with rotation every 3 months
Participation in Group II NH Retirement System
Full Uniform & Equipment Provided
EMAIL RESUME & COVER LETTER TO:
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Mpratte@bownhpd.gov



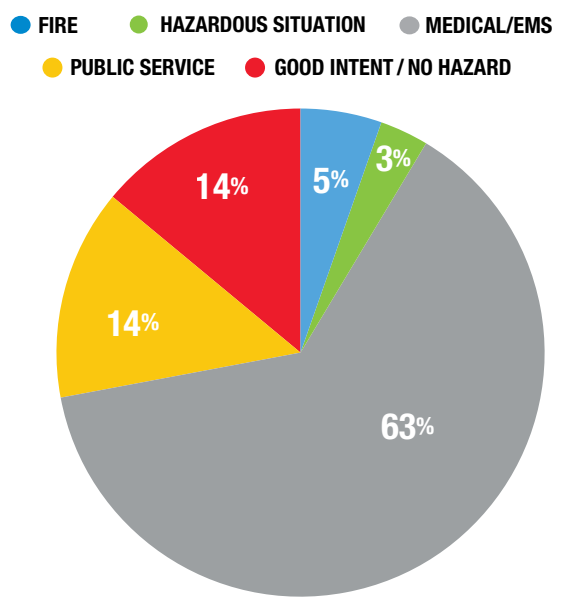
BOW FIRE DEPARTMENT
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Protecting lives, property, and the environment, with effective and safe responses to all emergencies and calls to service.



DEPARTMENT OCTOBER 2026 CALL DATA

OCTOBER 2026 CALL DATA

Primary Incident Group	Count	Percent of Total
Fire	5	5.38%
Hazardous Situation	3	3.23%
Medical/EMS	59	63.44%
Public Service	13	13.98%
Good Intent | No Hazard	13	13.98%
TOTAL	93	100.00%





Thanks go out to the Bow Fire Department for their help in providing water for the Gazebo Gardens this past summer (2026).

The **Bow Garden Club** would like to extend our sincere thankfor filling the water collection buckets at the Gazebo this summer. When mother nature didn't cooperate, Chief Dennis Comeau and his team, were available to fill the buckets to provide the water we needed to keep the gardens looking great.

Anyone driving by the Gazebo garden and those who attended the summer concerts were treated to a particularly lovely display of flowers this summer. We could not have done it without the support of the Bow Fire Department.

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Baker Free LIBRARY

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 close early on Wednesday, November 25th at 2pm, and will remain closed Thursday the 26th and Friday the 27th for Thanksgiving.

ADULT PROGRAMMING

Recipe for a Resilient Brain Tuesday, November 17th | 1pm

Join Granite VNA Community Health Educator, Kelli Anaya, as we explore the research based essential ingredients for maintaining a healthy brain as we age. Learn practical tips and evidence-informed approaches to help keep your mind sharp and resilient.

Paint Along! | Thursdays, December 3rd & 10th | 5pm

Join Liesl for a relaxing paint along! In the spirit of Bob Ross, stop in for an evening of painting landscapes. No experience necessary! The library will provide all supplies needed, but feel free to bring your own acrylic paint brushes or pallets. **Registration is required to secure your spot and supplies!** 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!



Celtic Flutes Holiday Concert | Tuesday, December 15th | 6pm

Come enjoy a festive evening of Celtic Flutes and cozy treats in our historic 1914 room!

YOUTH PROGRAMMING

Books on the Big Screen | Saturday, November 21st | 1pm

Join us for Books on the Big Screen, a seasonal movie series celebrating films adapted from beloved children's books! Selected movies correspond to books read with our Connections Family Book Club, but screenings are open to all of our patrons. Popcorn and refreshments will be provided by the library, and movie-goers are welcome to bring their own snacks from home.

Registration is appreciated but not required. In November, we will watch ***Paddington 2*** (2018). This movie is rated PG, with a runtime of 1 hour and 43 minutes.

Polar Express Holiday Party! | Wednesday, December 16th | 4pm

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



FUN FOR EVERYONE

Nightmare Before Christmas!
Thursday, December 17th
at 6:00 PM

Join us for a festive movie screening of Tim Burton's 1993 ***The Nightmare Before Christmas!***

The movie has a runtime of 76 minutes and is rated PG.

Popcorn & themed crafts included!

BOOK CLUBS

Whodunits | Tuesday, December 1st | 1pm

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

December Book Discussion: ***We Live Here Now*** by Sarah Pinborough

Adult Book Talk at BFL

Tuesday, December 8th | 12:30 & 6:30pm

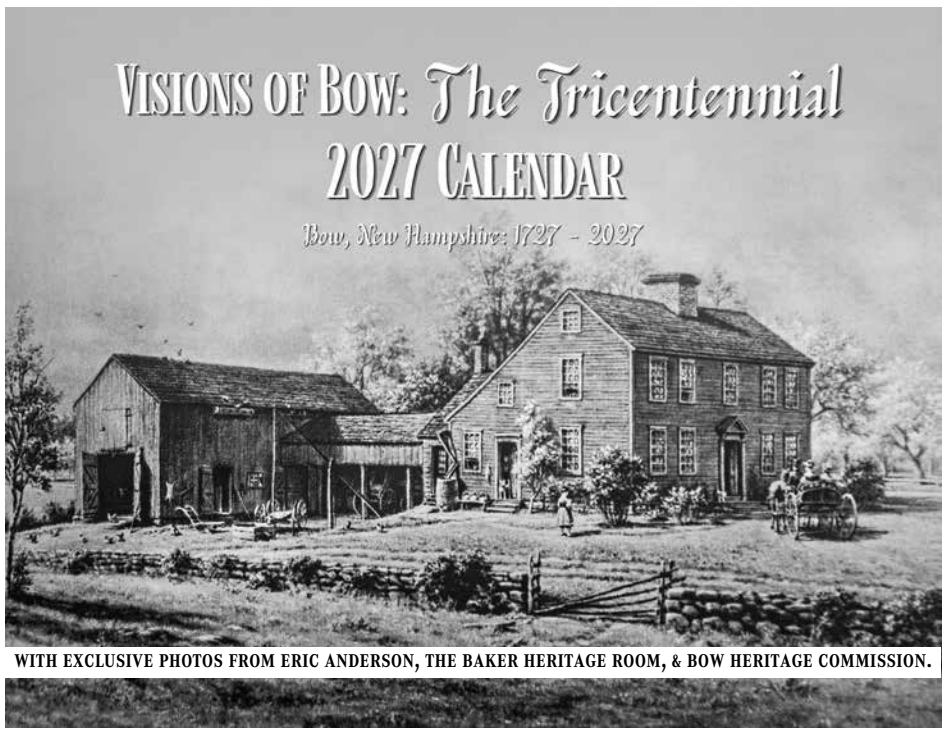
Do you love to read? Are you willing to try books outside your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Group is for you!

December Book Discussion: ***A Marriage at Sea*** by Sophie Elmhirst

White Rock Book Group | Tuesday, December 15th | 1pm

Do you want to read outside of your comfort zone? Do you enjoy talking about books with others? Then our monthly Book Talk at White Rock Senior Center is for you!

December Book Discussion: ***A Marriage at Sea*** by Sophie Elmhirst



Baker Free Library is excited to announce the return of the Calendar Fundraiser!
This year, we have VISIONS OF BOW, THE 300TH ANNIVERSARY EDITION!
Calendars are available to purchase for a suggested donation of $15.



The Library was one of the winners of this year's Trunk or Treat!!

HOPKINTON Town Crier

two villages ♥ one heart

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



Photo Eric Anderson

HOLIDAY CRAFT FAIR The Annual Contoocook Artisans Holiday Craft Fair will be held Dec 4 – Dec 6 at the American Legion Post #81 in the E.R. Montgomery Event Center, located at 169 Bound Tree Road in Contoocook. This juried fine arts and crafts fair features 30+ artisans with locally made items, including: Holiday décor & gifts, wooden toys, puzzles and other items, pottery & stoneware, mixed media art, baked goods, sweets & treats, maple sugar products, fresh wreaths, baskets, sewn & quilted items, knitted and crochet items, soap, herbal bath & body items, jewelry, handwoven scarves, leather items, tole and decorative painted items, specialty paper & books, photography, oilcloth cosmetic & tote bags, handmade ornaments and much more! Dates & Times: Fri., Dec 4 from 10am-7pm, Sat., Dec 5 from 10am-5pm, Sun., Dec 6 from 10am-2pm. For more information, please email: ContoocookArtisansNH@Gmail.com

STARRY STARRY WEEKEND is a community holiday event. It is schedule for Friday Dec 4th from 10am to 8pm, Saturday Dec 5th from 10am to 8pm and Sunday Dec 6th from 10am to 5pm. The weekend includes festive markets, handmade gifts, kids' crafts, live music, holiday brunches, food trucks, and farmers markets across both villages. The event is organized by local groups like Discover Contoocook and the Town of Hopkinton.

TWO VILLAGES ART SOCIETY The Annual Winter Members Show & Sale arrives in time for the holidays and Hopkinton's festive Starry, Starry Weekend. Featuring oil, acrylic, pastel, and watercolor paintings; ceramics, fiber art, glass, wood, prints, jewelry, mixed media, and more, this show has something for everyone. Dozens of artist members share their popular creations, many suitable for gift giving. Don't miss it! There will be extended hours for this show. Check the website for when details are posted. The gallery is free and open to the public at 846 Main Street in Contoocook. Regular gallery hours during exhibits are 12-4 pm Thursday-Sunday. Up-to-date information about the schedule, artists, and events at the gallery: https://www.twovillagesart.org/

TONY GILMORE'S WILDLIFE New at the Hopkinton Town Library's Gallery - Tony Gilmore's wildlife photographs from India, Botswana, and Tanzana. The show will be in the gallery through the end of February. On January 21st from 6:00-7:00 in the Library's Community Room Tony will talk about his travels and present a slideshow.

HOPKINTON COMMUNITY FOOD PANTRY (new non profit, same mission) is accepting donations to help families in need. Donations needed: Canned meats, tuna, chicken, canned stews, soups, hash, chili, and 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.

CONTOOCOOK FARMERS MARKET has moved back to Maple Street School through the end of May. Join us every Saturday. Over a dozen vendors featuring local growers, bakers and makers. Updates on Facebook.

KNITTERS! Bring your own project and supplies to knit alongside others at the Hopkinton Town Library at the fireplace. Find inspiration, camaraderie and ask or answer knitting questions. Second Sundays by the fireplace. 2pm on Dec 13 and Jan 10.

THE CONTOOKULELES, a ukulele meetup group, includes both experienced players and beginners. We are all about learning, making music, and most of all, having fun! New members are always welcome. We typically meet the first and third Tuesdays of the month from 6:00-8:00 in the Community Room at the Hopkinton Town Library. More information at: meetup.com/contookuleles.

FRIENDS OF THE HOPKINTON Town Library is a nonprofit group that is dedicated to supporting and enriching the services and facilities of the Library through its volunteer efforts. The Friends provide the framework and coordination for much of the volunteer activities. Membership fees are minimal and go directly to library programs and services. Membership included access to our library e-news, early book sale shopping, and a free members dinner. The group supports programming, sponsors and organizes the annual book sale, and more. Annual membership opportunity arrived in your mail box a few weeks ago. Additional information can be found at: https://www.hopkintontownlibrary.org/friends-of-the-library.html or by contacting libraryfriends03229@gmail.com.

WHO'S IN FOR A LITTLE Wolfshäger Hexenbrut?



With gasoline prices soaring, Kath had to become very creative with her transportation costs! Just kidding – Katy belongs to ***Witches & Whimsy,*** a fledgling broom dancing team inspired by Wolfshäger Hexenbrut from Germany (in English: The Wolf Hunter's Coven).

Watch for broom dancers there're everywhere! Kath's group is based out of Antrim NH, and new members are always welcome.

This photo was taken at ***Silver Scone Teas*** in New Ipswich. You should visit there — it's magical!



NHIAA



MADDY LANE LEADS HOPKINTON TO DIVISION III CROSS COUNTRY CHAMPIONSHIP

In Manchester, October 31, Maddy Lane jumped out to an early lead and cruised to her fourth NHIAA Division III cross country title at Derryfield Park running a personal-best time of 18 minutes, 9.5 seconds for that course.

Lane became just the fourth runner in NHIAA history to win a fourth title and the first to do so since Gretchen Wernig won five titles for Gilford in 1991-95.

Lane's win also helped secure Hopkinton's third straight D-III team championship, the Hawks' seventh in the last nine years.

"Honestly, I think coming into today I was a little emotional because I was really sad that it's my last state meet," Lane said. "My goal was to go out and have fun with it. I tried to do it as a workout, run the first two miles controlled and rip the last mile."

"This is the fastest that I've run on this course by a pretty good margin, so I'm super excited about that. I wasn't expecting that. I'm really happy with how things went. I just wanted to run well for the team."

Lane won the race by 1:40, with Profile eighth grader Sylvie Brown finishing second in 19:40 and Hopkinton junior Maisie Emerson placing third in 19:46.

While the girls' team score of 27 was not overtaken by the boys' 44, the boys won as well.

Maddy went on to win the NHIAA Meet of Champions on November 7 at the Hopkinton Fairgrounds.

A four-time NHIAA Division III champion and the defending New England champion, Lane won in a course- and meet-record time of 16 minutes, 48.2 seconds.

This year marked the first time in recent years that the Meet of Champions was held at the Hopkinton Fairgrounds. It traditionally has been held at Mine Falls in Nashua or Alvirne High School.

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Local businesses are often the first to support community organizations, youth programs, and charitable initiatives. In fact, research shows that small businesses donate 250% more to local nonprofits and community causes than larger businesses. When residents shop local, they help create a cycle of reinvestment that benefits families, schools, and neighborhoods.

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Community banks continue to play a critical role in small business success, providing nearly 60% of all small business loans under $1 million. By shopping local and banking local, consumers help ensure that local businesses have the support they need to grow, create jobs, and keep our communities thriving for generations to come.

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THE BOW TIMES TaleSpinner

SIGNS PART 2: THE EXPERIMENT

by Bow Resident Paul Pomeroy

The first person who explained to me the trouble caused by signs and banners was a gentleman I met up with at the Philadelphia Airport. His name was Frank and he was from Southern New Jersey. By his own accounts, he was very friendly with all his neighbors and engaged with them regularly. But he never expressed his opinions or feelings on controversial topics. Actually, he was frequently taken aback by the way others would freely express their views to anyone nearby. He decided one day that he wanted to test their fervor. So, Frank set up an experiment.

Early one morning he put a small sign on his lawn that read: "Black Lives Matter." Over the next few days, he was honestly surprised at the reaction of many of his neighbors. Some went out of their way to talk with him. While others either ignored him, or gave him a scornful look.

Three days later he replaced the first sign with a sign that read: "Brown Lives Matter."

He was again surprised at the reaction of many of his neighbors. Strong positive and negative views were shared with him in varying degrees of intensity.

He then replaced his latest sign with: "Yellow Lives Matter," and then "Red Lives Matter."

Then he placed his last sign: "Blue Lives Matter." This had the greatest response. Neighbors who ignored him before, began to exchange pleasantries. While others would not communicate with him in any way.

Finally, Frank put out all the signs together on his lawn. His hope was that all his neighbors would understand that he was just trying to make a point. Like putting all the signs together to emphasize that, in the end, we are all one family. He found out that instead of drawing everyone together, he ended up offending everyone.

It was then that he concluded, that signs of such nature never unify. The main purpose of most signs was to stir up others with opposing views.

I left Frank at the airport. I told him that he had a convert to the anti-sign movement. And, in the spirit of my new conversion, I removed my "Reagan-Bush 84" sticker and my "MAKE LOVE NOT WAR" button from my suitcase.

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Nora's DUNBARTON News



SCHOLARSHIP OPPORTUNITY The Dunbarton Garden Club will offer two $1,500 scholarships to graduating Dunbarton seniors who attend Bow High School with good academic standing.

This scholarship is open to applicants who will be attending an institute of higher learning to study study one of the following: horticulture, agriculture, floriculture, botany, environmental sciences, forestry, plant sciences, garden history and design, landscape architecture, pollinator research, conservation, ecological restoration or other field related to environmental improvements, biology, ecology, earth science, oceanography, geology, chemistry, astronomy, meteorology and climate change.

More information and scholarship applications may be found at
www.dunbartongardenclub.org/scholarship
The deadline for applications is April 5, 2027.

DROP-IN DEVICE TECH HELP is offered on Tuesdays, 11:00 am to Noon. Bring in your device (smartphone, laptop and so on) that you have questions about. Shannon will lend a hand. Solutions are not guaranteed, but we can help you figure out the next step. We do not fix computers. Please call the library to set aside a session! Thank you!

CRIBBAGE ANYONE? Meeting every Tuesday at 1:00 pm in the Upper Town Hall (2nd floor of the library). All are welcome to join the cribbage group. Newcomers are welcomed to join in to learn the game. Cribbage boards and cards will be provided. Drop in!

Anyone interested in playing Euchre? Someone has volunteered to teach Euchre, and you can play during the cribbage hour. For More information, contact the library.

LIBRARY'S BOOK DISCUSSION GROUP will meet Wednesday, November 18, at noon in the library to discuss ***Frozen River*** by Ariel Lawhon. "NEW YORK TIMES BESTSELLER • GMA BOOK CLUB PICK • AN NPR BOOK OF THE YEAR.

From the New York Times bestselling author of ***I Was Anastasia*** and ***Code Name Hélène*** comes a gripping historical mystery inspired by the life and diary of Martha Ballard, a renowned 18th-century midwife who defied the legal system and wrote herself into American history."

December 16 will be the NO BOOK BOOK PARTY. Come together to share some refreshments and have the chance to pick selections for the coming year.

CHAIR YOGA WITH SHERRY UPSTAIRS at the library on Thursday, November 19, December 10 and 17 at 11 am. Please check the library's FB page or website for update. Dress comfortably. Bring water!

KNITTING FOR ADULTS will hold their next meeting on the third Friday, November 20 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.**

SPIRESIDE OPEN MIC The Congregational Church's Open Mic is scheduled for Saturday, November 21 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. For more information **www.community-dunbarton.org/spireside-coffeehouse.**

TEACHER/PARENT CONFERENCES EARLY RELEASE The conferences are on Monday, November 23. No School and Parent/Teacher Conferences continue on Tuesday, November 24. Thanksgiving Break Wednesday through Friday, November 25 through November 27. Please check the School Calendar.

BEYOND THE BOOK sponsored by the Congregational Church, will meet on Thursday, December 3, 7pm to 8pm. Contact Barbara for more information **bbennett98@comcast.net.** The Google Meet link is sent the week of discussion.

CHRISTMAS CONCERT The Dunbarton Congregational Church's **Annual Christmas Concert** will be held Sunday, December 6, at 4pm. Seating starts at 3:30 pm. Tickets are $10 each, $25 per family and are available at the door or at the **Curios on the Common**, 2 Stark Highway South, Dunbarton. The Curios is open on Wednesdays, 10 am to 4pm and Saturdays, 9am to 4pm.

The show features Danny Van Kalken on piano, the Eagle Chorus from the Dunbarton Elementary School, and the Just in Time Singers. Refreshments will be served, and raffle tickets for the gift baskets will be on sale.

KIDS READ TO HARRY THE DOG at the library. 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. He also does some cool tricks! Harry will visit the library on Thursday, December 10. We start at 2:30 pm. Please call the library for more information, or to reserve your spot.

SANTA & TOWN TREE LIGHTING The Dunbarton PTO **Cookies with Santa & Town Tree Lighting** for 2026 is scheduled for Saturday, December 12, from 3:00pm to 5:30pm at the Elementary School, 20 Robert Rogers Road, Dunbarton.

Activities include games, crafts, cookie decorating and free photos with Santa for kids of all Cost: Free admission. Santa will lead a carriage ride from the school to the town common for the town tree lighting, hosted by the Garden Club and Recreation Committee. For more info or to volunteer check the Dunbarton PTO Events Page.

CONCORD COACHMEN HOLIDAY CONCERT is scheduled on Tuesday, December 15 come enjoy the Library's Annual Concord Coachmen Holiday Concert at 6:30pm Upstairs in the Town Hall.

Wear your holiday sweater and get into the holiday spirit. Please check the library's FB page or website for updates.



DUNBARTON TRACTOR PULL

The **12TH ANNUAL DUNBARTON TRACTOR PULL** took place on Saturday, October 24. The parade started at **NICHOLS GARAGE** in Dunbarton ending at **BELA BROOK FARM** on Grapevine Road, where participants and spectators enjoyed some fine ice cream. In past years there have been 12 to 24 Massey Harris tractors.

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DUNBARTON POLICE DEPARTMENT

OCTOBER 2026 DPD ARREST LOG

10/12: Thomas Bourk, 35, Nashua, was charged with negligent discharge of a firearm from a Dunbarton PD arrest warrant; Eli Bourk, 31, Manchester, was charged with negligent discharge of a firearm from a Dunbarton PD arrest warrant.

10/13: Stephanie Garcia, 38, Woburn, MA, was charged with driving after revocation/suspension and operating without a valid license - subsequent offense.

10/14: Anthony Finelli, 45, Plymouth, was taken into custody and charged as a fugitive from justice (felony) related to a fully extraditable warrant for burglary resulting in physical injury (felony) out of the State of New York.

10/19: Owen Thomas, 23, Franklin, was taken into custody on an Allenstown PD arrest warrant for disobeying an officer, resisting arrest or detention, reckless operation, operating a motorcycle without a motorcycle endorsement, and speeding 26+ over limit of 55 or less.

10/20: An individual was taken into protective custody; Andrew Leduc, 47, Dunbarton, was charged with 2 counts receiving stolen property (felony), theft of services (felony), common nuisance - controlled drug act (felony), tampering with witnesses or informants (felony), receiving stolen property, theft of utility services, and possession of property without serial number from a Dunbarton PD arrest warrant.

10/22: Arthur Chalmers Jr., 45, Dunbarton, was processed on an electronic bench warrant for non-appearance in court on an original charge of driving while intoxicated - 2nd offense. He was also served a summons to appear on behalf of Concord PD for resisting arrest or detention.

10/24: Arthur Chalmers Jr., 45, Dunbarton, was taken into custody for second degree assault - strangulation (felony), simple assault - domestic violence, simple assault, and default or breach of bail conditions.

10/31: Steven Tarr, 43, Beverly, MA, was charged with operating an OHRV with a suspended driver's license and unregistered OHRV.

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

Police also issued 3 traffic citations for various offenses including, but not limited to: speeding, unregistered vehicle, and operating without a valid license. 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: 5
Animal Complaint: 4
Assist Dunbarton Fire/EMS: 14
Assist Other Agency: 15
Burglar Alarm: 1
Business Check: 5
Car Seat Check: 1
Civil Matter: 3
Court: 2
Criminal Threatening: 1
Criminal Trespassing: 1
Domestic Disturbance: 2
Follow Up: 11
Found/Lost Property: 3
Harassment/Stalking: 1
Hit and Run: 1
Illegal Dumping: 1
Mental Health: 2
Motorist Assist/Disabled: 4
Motor Vehicle Collision: 3
Motor Vehicle Complaint: 8
Motor Vehicle Stop: 70
Neighbor Dispute: 2
Paperwork Service: 5
Police Courtesy/Assist Citizen: 7
School Zone: 31
Suspicious Activity/Person/Vehicle: 4
Theft/Fraud/Scam: 4
Vacant Property Check: 10
VIN Verification: 2
Welfare Check: 1

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CONTACT PERSON NOTIFICATION

Contact Person Notification Program, can assist our officers in communicating with persons with cognitive impairment or other disabilities. Voluntarily submitting your loved one's information will give responders knowledge on how to best interact with them and allow you, the caregiver to be contacted directly and in a timely manner. Please visit **nhsp.dos.nh.gov** for more information.



CHILD SAFETY SEAT SERVICE

Dunbarton Police Sergeant Brian Tyler is a certified **Child Passenger Safety (CPS) Technician.** Sergeant Tyler conducts free child safety seat checks for Dunbarton residents at no cost, giving parents and caregivers hands-on assistance to ensure that their child's car seat is properly and safely installed. To schedule a mutually convenient appointment, please call Sergeant Tyler at **603-774-5500.**



OfferUp SAFE LOCATION

The Dunbarton Police Department has partnered with **OfferUp!** We have installed this sign in our parking lot at 18 Robert Rogers Road to encourage residents to use this location for internet purchase exchanges. A highly visible and public location for these exchanges eliminates the need to meet at a private residence and reduces the risk of victimization and crime.

WE'RE A PART OF THE *Community* WE LOVE TO SERVE!



Officer Avedisian stopped by the Dunbarton Garden Club's Annual Mum Sale!



Officers passed out candy and glowsticks during Halloween on the Common!



We hosted National Coffee with a Cop Day at the School Street Café in October.



Dunbarton Police Department is always happy to support our young up - and - coming entrepreneurs!



Rocky, the Aussie shepherd

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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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Photo | Eric Anderson

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Photo | ERIC ANDERSON

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Reliable Insurance Solutions is growing, and we're excited to welcome the clients of Amadio Insurance from Hillsborough, NH to Reliable.

As part of this next chapter, Julie Boggess is joining our team as a Producer, bringing continuity for the clients she already knows and serves, all while David Poulin is also returning to the business. We're proud to be growing our team and list of carriers while continuing to provide the personal, responsive service our clients count on.

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OBITUARIES

Robert W. Burke

Robert "Bob" Burke, 92, of Contoocook, passed away peacefully in his home on October 20, 2026. Born in Hyannis, Massachusetts on March 6, 1934, Robert lived a full and meaningful life defined by service, adventure, and an unwavering love for his family and country.

A decorated veteran, Robert proudly served in the United States Navy for 22 years. Following his military service, he worked for Blue Seal and RIVCO Windows and Doors before retiring. He enjoyed snowmobiling, hot air ballooning, traveling, and spending time working on projects and watching the wildlife around his home.

A devoted father and partner, Robert was someone his family could always count on, offering thoughtful advice, a listening ear, and a forgiving heart. He understood human weakness and met it with compassion rather than judgment. He knew how to laugh, and his warmth and humor were gifts to all who knew him.

Robert is survived by his daughter, Betti Burke; stepdaughter, Michelle Korbet; seven grandchildren: Adam, Jonathan, John, Rachel, Sister Bernadette, Tara, and Zachary, and 18 great-grandchildren.

In lieu of flowers, donations may be made to the New Hampshire Audubon, Attn: Development, 84 Silk Farm Road, Concord, NH 03301.

Donna Jean Florence

Donna Jean Florence (née Peterson), 92, passed away peacefully on November 2, 2026. She was born on July 15, 1934, in Davenport, Iowa, to Lester Peterson and Mina Dunn.

Donna spent much of her life caring for others, both in her career and in her personal life. She worked for many years as a registered nurse in the operating room, a profession that suited her caring nature, attention to detail, and ability to remain calm when others needed her most. She took pride in her work and the people she helped along the way.

Family was an important part of Donna's life. She enjoyed keeping up with her children, grandchildren, and great-grandchildren and treasured the time she spent with them.

Donna was predeceased by her husband, Earle Florence; her parents, Lester Peterson and Mina Dunn; and her three sisters, Shirley Peterson, Marilyn Metzger, and Jan Duncan.

She is survived by her son, David Florence, and his partner, Cyndi Crisanz; her daughter, Amy Hooper, and her husband, Joe Hooper; her grandsons, Matthew Hooper and Collin Hooper, and Collin's wife, Jennifer (Lehrman) Hooper; and her great-grandchildren, Payson and Ariah Hooper. She also leaves behind several nieces and nephews.

Donna will be remembered for her love of reading, her sharp mind, her kindness, and the many friendships she maintained throughout her life. She lived a full 92 years and will be greatly missed by her family and all who knew her.

A private family service will be held at a later date.

In lieu of flowers, donations may be made in Donna's memory to the Baker Free Library in Bow, New Hampshire.

OBITUARY SUBMISSIONS

- Funeral homes and cremation service providers should handle submission and payment for obituaries.
- If a family is not using a funeral home or cremation service provider, they can email the obituary text and photo to info@thebowtimes.com.
- Payment must be submitted before print date.

DEADLINES: The obituary deadline for monthy editions is indicated on The Bow Times Media Calendar available upon request.

OBITUARY COST:

Standard $50 Text not exceed 250 words.

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Make check payable to The Bow Times.
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United States flag icons are available at no cost for obituaries of veterans.

The Bow Times reserves the right to edit for accuracy and adherence to newspaper standards.

Granite VNA | GRIEF SUPPORT GROUP FOR CHILD LOSS

HEALING HEARTS – BOW

Tuesday, November 24 | 5:30 to 7:00 PM
Tuesday, December 8 | 5:30 to 7:00 PM
Bow Mills United Methodist Church, 505 South St.

This monthly grief support group for child loss takes place on the fourth Tuesday of each month.

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

Registration & a brief screening is required. All community members are welcome to attend. This program is offered at no charge.

To register, please call **(603) 224-4093**, ext. 82828
or visit **www.granitevna.org**.



Bow Young at Heart Club

DECEMBER 9, 2026 | 11:30 AM – 1:30 PM

The club will hold its **ANNUAL HOLIDAY POTLUCK LUNCHEON.** Everyone is welcome to join us for holiday fun.

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.

THE FIRST SIDEWALK CLEARED IS NOT ALWAYS OUR OWN

After a heavy snow, the first instinct is to find the shovel and make a safe path to our own door. That is sensible. But the lesson can reach beyond our property line. Somewhere nearby, a neighbor may face the same snow with less strength, less time, or fewer people who can help.

Bow has families whose days begin early and older residents who have weathered many winters. We do not need to assume that someone needs rescuing simply because they are older or live alone. We can ask what would be useful and respect the answer. Good intentions should never become an excuse to take away another person's dignity.

Jesus taught the importance of loving our neighbors through actions. In the Good Samaritan story, the traveler did not wait for the wounded man to explain why he deserved help. He saw an immediate need and responded with practical care. It is a lesson that belongs on our streets as well as in our churches.

Helping a neighbor may mean clearing a small safe path, arranging help from someone who can work safely, or simply offering to pick up essentials while already going out. It should never mean placing ourselves or anyone else in danger. The faithful act is not the most dramatic one. It is the one that genuinely helps.

When spring comes, the snow will disappear. The memory of being noticed may last longer. If our homes are warmer and our streets are safer, let us also make room for the kindness that travels across a driveway. That is how a neighborhood becomes more than houses standing side by side.

Douglas Vandergraph | Speaker & Creator of Christian Content Library

LEARN!

APPRENTICESHIPNH

BOW EMPLOYERS CAN GIVE YOUNG WORKERS A PAID FIRST STEP

By Gleb Tsipursky



Bow's next skilled employees need an opportunity to practice judgment at work.

New Hampshire's apprenticeship grant gives community colleges new funding to expand paid career pathways. Bow employers have a chance to make that investment practical for local graduates.

A small manufacturer or service business can start with one supervised assignment: compare a digital work order against an actual measurement, check whether an automated summary matches a source record, or explain a discrepancy before acting. A beginner learns more from doing this under an experienced worker's guidance than from watching a software demonstration.

The state's work-based learning guidance emphasizes earning while learning. Local employers should identify which entry-level tasks they can teach safely and how apprentices will advance toward regular paid positions.

Measure how many young workers enter those positions, stay employed, and learn to catch errors. That is a stronger test than counting certificates.

The local college is Concord Community College, at 603-230-4000. For employers interested in setting up paid registered apprenticeships, the most direct contact is ApprenticeshipNH, the Community College System of New Hampshire's employer-support program. They can email apprenticeshipusanh@ccsnh.edu or use https://apprenticeshipnh.com/request-info/ to describe the positions they want to create and get connected with the appropriate college partner.

Bow employers should go to ApprenticeshipNH first, since that team works directly with businesses on apprenticeship arrangements.



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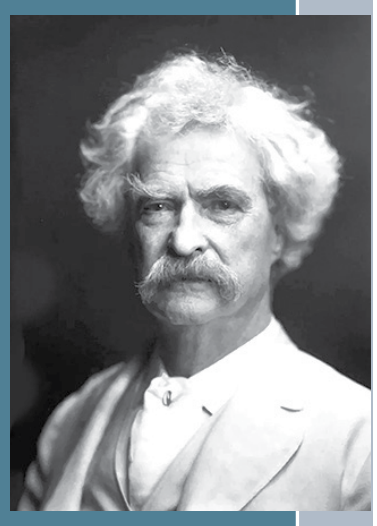
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QUOTE

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– Mark Twain



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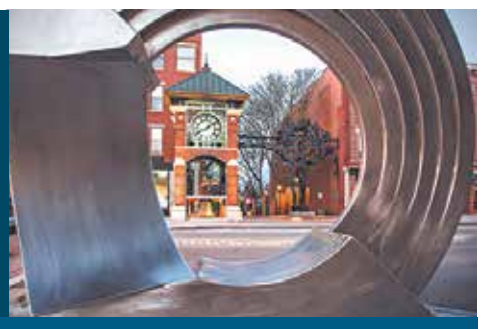
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