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DUNBARTON NEWS ON PAGES 12-13

PINARD WASTE SALE COSTS BOW 42% MORE

After 10 years of handling Bow's waste and recycling, Pinard Waste has sold to Casella Waste Systems out of Vermont. Casella operates in seven northeastern states.

The impact on Bow is that the cost for solid waste and recycling will go up 42% from \$534,000 to \$760,000 a year. The other bid came from Waste Management.

Because Bow does not separate its recyclables at their sources, the contamination rate is between 10 and 30% while separables for paper, cans, plastic, etc. tend to be at a 5% rate of contamination.

Angela Brennan, Vice Chair of the Bow Selectmen said that: "Having the option to not co-mingle (recyclables) and to separate it out, I think that's something that the solid waste committee should really take a look at and see what options there are for us. If we could be prepared with some alternatives that provide us with some cost-saving opportunities, I think that would be ideal."

ERLE PIERCE OF BOW NAMED CHAIRMAN OF THE NH LOTTERY COMMISSION



Erle Pierce of Bow is the new Chairman of the New Hampshire Lottery Commission. The New Hampshire Lottery Commission voted to name Pierce, who has served on the Commission since 2021, as Chairman during the monthly Commission meeting Tuesday, June 24. He takes over for former Chairman Debra Douglas, who is retiring after more than 16 years on the New Hampshire Lottery Commission, including 15 years as Chairman.

"It is an honor to serve as the Chairman of the New Hampshire Lottery Commission," Pierce said. "I am eager to take on an expanded role, further leveraging my private sector, government and public affairs, and community leadership experience to keep the New Hampshire Lottery one of the fastest growing, most successful lotteries in the country."

ERLE PIERCE CONTINUES | Page 3

ARKER AT ROTARY PARK



HOPKINTON-CONTOOCOOK NEWS ON PAGES 14-15

XX ARMBAND PLAINTIFFS FILE APPEALS BRIEF IN FIRST AMENDMENT CASE

Attorneys representing the Bow parents in their appeal of Judge McAuliffe's order of April 14 denying them an injunction against the Bow school administrators, filed Itheir brief last month in Boston.

The lawsuit claimed the rights of the four plaintiffs were violated when they were barred from school grounds and events for wearing pink wristbands with "XX" symbols - a reference to the female chromosome structure - as a form of silent protest during a Bow High School girls soccer game against Plymouth on Sept. 17, 2024.

In their appeal, attorneys for the Bow parents point out the "cardinal rule of First Amendment doctrine is the government can't favor some viewpoints over others" in a forum open to public speech.

"Bow school officials violated this rule by banning adult spectators from silently protesting against biological males competing in girls' sports by wearing XX wristbands on the sidelines, or displaying signs in a parking lot, while allowing other spectators to display Pride Flags or inclusionary' sociopolitical messages at those same events and in the same places," the brief says. "In a limited public forum like a school sporting event, such restrictions amount to textbook viewpoint discrimination."

The appeal brief argues Bow officials "admitted" they censored the XX wristbands because they "disagreed with the message," associated with Riley Gaines — a former swimmer and activist — and perceived it to be "anti-trans," "trans-exclusionary," and "hateful."

"Finally, the court erred when it found that the XX message was psychologically harmful to transgender students, even though the record was devoid of such evidence," the Brief says.

The appeal claims McAuliffe suggested Bow officials "were duty-bound to censor the wristbands.

"It is rather the reverse: Bow officials had a duty to tolerate dissent and refrain from censoring a silent protest, one that few people probably would have even noticed if officials had not overreacted," the appeal brief says.

"There is no evidence any student or spectator even noticed the XX wristbands prior to officials intervening." "Put simply, it is not in the public interest to violate the First Amendment. Defendants have no legitimate government interest in suppressing plaintiffs' passively expressed XX message or the public's right to perceive that message."



THE BOW TIMES WINS TWO FIRST PLACE PRESS ASSOCIATION AWARDS!

From left: Gerry Carrier, President Bow Rotary Club, Rick Wombolt, Mike Hague, and Duane Resse of the Bow Department of Public Works. Photo | Eric Anderson

Twenty-seven years after volunteers from the Bow Rotary Club created the landscaping at the corner of Bow Center and White Rock Hill Road, a marker with the name Rotary Park has been installed. The stone from Bow, recognizes the Bow Garden Club for the endless hours of maintenance performed during the summer months. Bob Dawkins, long-time resident from Bow, was instrumental in creating the landscaping at the park in 1998. The New Hampshire Press Association announced its 2025 awards for various categories in print and electronic media based upon publications in 2024.

Chuck Douglas, publisher of The Bow Times, won 1st place for Editorial Writing for all daily and other frequency publications. The judges said the editorial "Banned in Bow," rose to the "top of this category for its clear and concise stand on a matter that should be important to all of us - the First Amendment rights of citizens."

The first and a second place First Amendment Awards also went to The Bow Times for the small paper category. The story about the armband controversy was described by the judges as a "very well-written, controversial story that was told in a fair, clear, measured way, not taking sides, a true journalistic way of presenting facts."

Judges were from the states of Maine, Vermont and Rhode Island. This is the second time the paper has placed first in those two categories and brings to 28 the number of awards in the past ten years.

WINNER OF 28 NH PRESS ASSOCIATION AWARDS THE BOW TIMES IS DELIVERED FREE TO 4,350 RESIDENCES & BUSINESSES IN BOW AND DUNBARTON



The Bow Times

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LETTERS TO THE EDITOR

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

EDITORIALS

IT'S TIME FOR DOT TO FIX EXIT 4 IN HOPKINTON

In 1959, the interstate came to Hopkinton as Exit 4 with a yield sign in the wrong place for the exiting cars to join Route 103 (the "old" Hop road). Rather than have the route 9 and 103 traffic yield to those exiting the interstate, the sign requires those continuing off I–89 to look to the right past passengers, seat rests, and the center pillar of a vehicle to try and see traffic coming from their right headed into Hopkinton Village.

I moved to Hopkinton in 1962 and by then there had been a fatal crash at that intersection but the yield sign was never changed. Those coming off of Route 9 should easily yield to see traffic exiting to their left and driver side. That's why all yield signs are located so you can yield to traffic on your driver's side.

When you do get back on I-89 coming from Hopkinton, the yield sign is correctly located to have you yield to traffic coming up on your left.

After all these years it is time for the State Department of Transportation to relocate the yield sign to where it should have been in 1959 in the interest of safety.

STANDING UP FOR THE BOYS IN BLUE?

When New York City Comptroller Brad Lander was detained by Homeland Security agents for escorting a defendant out of Immigration Court in New York City, he was accused of pushing an ICE agent. He was rebuked by the Department of Homeland Security's Assistant Secretary Tricia Mc Laughlin who said "if you lay a hand on a law enforcement officer, you will face consequences."

But when 140 police officers were actually injured on January 6, 2021, her boss, Donald Trump, pardoned the men who assaulted the officers. So much for the consequences?

COLLEGE GRADUATES SHOULD KNOW AMERICAN HISTORY AND OUR GOVERNING PRINCIPLES

In March, Ohio Governor Mike DeWine signed into law Senate Bill 1 entitled, The Advance Ohio Higher Education Act. In addition to requiring colleges and universities to rededicate themselves to free inquiry and intellectual diversity, it addresses a problem nationally that threatens the future of our democratic republic.

The new law requires that every state college student must read and understand the Declaration of Independence, the Constitution, some of the Federalist Papers, the Emancipation Proclamation and Martin Luther King, Jr.'s "Letter from the Birmingham Jail."

The American Council of Trustees and Alumni has reviewed curriculum requirements for 1,100 colleges and universities and found only 19% have even a single requirement to study American history and government. Obviously, only those students majoring in American History or Political Science are likely to be exposed to our founding principles.

But what of the students in STEM subjects or fields like architecture or psychology? They graduate without the knowledge needed to maintain a free society. The sponsor of Senate Bill 1, Senator Jerry Cirino said his goal was not a slanted view of our government and its history.

Rather he said, "I'm talking about knowledge about our country, the good, the bad, and the ugly. This is not a sterilized version of American history that we're talking about propagating. We're talking about everything that we've done right, everything we've done wrong, policies that worked, policies that didn't work, et cetera."

Further, his aim is to teach, "the skills of analysis, of how to do research, how to look at different sides of issues so that they can make up their own minds."

Our legislature should worry less about teaching firearms use in grade school and look to that part of Ohio's Senate Bill 1 for those at the college level who will be constitutional illiterates but likely to be the future leaders of our state.

> Chuck Douglas For a free press, je suis Charlie

BELL TO BELL CELL PHONE BAN IN SCHOOLS NOW THE LAW

Governor Ayotte will shortly sign Senate Bill 206 into law after strong support to reduce cell phone addiction during school hours.

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A proud member of the New Hampshire Press Association SB 206 requires schools to adopt policies that prohibit students from using "cell phones and other personal electronic communication devices" throughout the entire school day. The only exceptions are for student medical, disability or language proficiency needs.

The bill passed overwhelmingly, by a bipartisan vote of 314 - 42 in the New Hampshire House.

"Screens are a distraction for students and a barrier for teachers to do their jobs. A bell-to-bell band on cell phones in the classroom will help kids focus on learning and let teachers do what they do best without being the phone police," Ayotte said in a statement after the vote. "I'm glad to see the House pass this today and thank them for taking action to help deliver a best-in-class education for all of New Hampshire's students."

Cell phone ban receives wide support

The National Education Association, the largest teacher's union in New Hampshire, also supported the bill's passage. Megan Tuttle, President of NEANH, said in a statement that access to personal devices has correlated with an increase in student misbehavior and shorter attention spans.

"Students are at school for a limited amount of time during the day; as educators, we want to ensure they receive the maximum benefit during that time, both academically and socially," said Tuttle. "SB 206 is a critical component for our collective response to the increasingly negative impact cell phones have on student learning and mental health."

According to a poll from the University of New Hampshire Survey Center, 69% of Granite Staters support requiring NH school districts to ban cell phones in classrooms.

Twelve other states have enacted similar laws.

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ERLE PIERCE NH LOTTERY CHAIRMAN | Continued from page 1

"Erle is an extremely valuable member of our Commission and is well-suited to take on the critical role of Chairman," said Charlie McIntyre, Executive Director, New Hampshire Lottery. "Since his appointment in 2021, his insight has helped spur new innovation and exciting enhancements leading to record growth and incredible profit returned to New Hampshire public education. His business expertise and community involvement make him an invaluable asset to the New Hampshire Lottery and its players."

Erle Pierce worked for Verizon Communications for more than three decades, including as Public Affairs Director and Vice President of Government and Public Affairs.

Pierce has previously served Bow on the School Board and after briefly moving to Concord served on its City Council and Planning Board. He and his wife Linda live in Stone Sled Farm.

EUROPE BEHIND IN HIGH TECH RACE

America has brought the world Google, Amazon, Meta and Apple but Europe has no rival for them. In fact, Apple's market value is bigger than the entire German stock market.

The typical company in the top 10 publicly traded firms here was founded in 1985 while in Europe it was 1911, over a century ago.

Because Europe is so traditional it isn't creating innovators and disruptors like we do in Silicon Valley.

In the last 50 years, the United States created from scratch 241 companies with a market capitalization of more than \$10 billion. Europe created just 14 such companies.

The major reason Europe lags is lack of speed. Everything (according to the Wall Street Journal) "takes longer raising money, complying with local regulations, and hiring and firing workers."

With tech in a high-speed chase, Europe's leisurely stroll will slow its growth. The best and brightest from China, India and other developing countries want to come to America not Europe, and their skills help accelerate our tech industry growth.

BET YOU DON'T KNOW WHO OUR SECOND BIGGEST TRADING PARTNER IS AFTER CHINA?

It is a country of only 5.4 million people and last year it beat out Mexico for second place with an American trade deficit of over 60 billion dollars. The country makes peptide and protein-based hormones that go into a variety of popular weight loss drugs. The country also makes AbbVie's Botox and Merck's Keytruda cancer treatment. The answer? Ireland.



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WHY ARE FEWER KIDS KILLED BY CARS?

Michael Lewis in his recent book *"Who is Government?"* devotes a chapter to the collection and analysis of data by the federal government. One head scratcher was the statistical change for children under 13 killed as pedestrian by cars on the road.

In 1975, 1,632 pedestrians under age 13 were killed by motor vehicles. The population of the country was 216 million. By 2019, that population had grown to 334 million people yet only 138 kids were killed that year. Why the



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90% drop? Were the roads safer?

Lewis concludes that the opposite was the case: "The decline in deaths is because roads are now so dangerous that parents don't allow their kids to play in the street."

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HOW TO BUY A SECOND HOME

Buying a second home is a milestone that can offer financial benefits, personal enjoyment, and long-term investment value. Whether you're eyeing a vacation home, a future retirement spot, or a property to generate rental income, purchasing a second home requires careful planning. Here's a step-by-step guide to help you make informed decisions and navigate the process with confidence.

1. Define Your Purpose

Start by clarifying why you want a second home. Will it be for family getaways, a future retirement residence, or rental income? Your purpose will influence key decisions such as location, property type, financing, and tax implications. For example, if you're looking for rental income, consider areas with high tourist demand and favorable short-term rental regulations.

2. Assess Your Finances

Buying a second home involves significant financial responsibility. Beyond the purchase price, consider ongoing costs like property taxes, insurance, maintenance, and utilities. Review your current financial health, including income, credit score, debt-to-income ratio, and emergency savings. Most lenders require a larger down payment — typically 10-25% — and interest rates may be slightly higher than those for a primary residence.

Before moving forward, get pre-approved for a mortgage. This gives you a clear budget and strengthens your offer in competitive markets.

3. Explore Financing Options

There are several financing avenues for a second home:

Conventional Loans: These are the most common for second-home buyers. Lenders will require a strong credit score (typically 700+), low debt-to-income ratio, and substantial down payment.

Home Equity Loan or HELOC: If you have equity in your primary home, you might use it to finance the second. This can be a smart option, often with competitive interest rates.

Cash Purchase: If you can afford to pay upfront, you'll avoid interest payments and closing costs.

Each option comes with trade-offs, so speak with a financial advisor or mortgage specialist to find the best fit.

4. Choose the Right Location

Location is everything. Consider proximity to your primary residence, climate, local amenities, access to services, and property values. Visit several times during different seasons to ensure it meets your expectations yearround. If rental income is part of your plan, research demand, occupancy rates, and local regulations on short-term rentals.



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5. Understand Tax Implications

Second homes come with different tax rules than primary residences. Mortgage interest and property taxes may be deductible, but this depends on how you use the property. If you rent it out for more than 14 days a year, you'll need to report rental income and may qualify for additional deductions. You should consider consulting a tax professional to fully understand your obligations and opportunities.

6. Plan for Management and Maintenance

If your second home is far from your primary residence, consider hiring a local property manager to oversee maintenance and respond to emergencies. Factor this into your budget, especially if the property will be vacant part of the year.

Buying a second home is an exciting opportunity that can enhance your lifestyle and financial portfolio. With careful planning, sound financing, and expert guidance, you can turn your second-home dream into a rewarding reality. Speak with your bank or mortgage advisor today to begin exploring your options.

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Original Medicare (Parts A & B) covers hospitals and doctor visits, but it does leave some gaps. It doesn't include prescription drug coverage or extras like dental, vision, or hearing-and it doesn't cap what you might spend if something serious comes up.



That's why many folks in the Granite State choose Medicare Advantage (Part C). These plans are offered by private companies and combine hospital, doctor, and drug coverage. Plus, they include a limit on out-of-pocket costs, which can offer some real peace of woodpeckermedicare.com. mind.

As we approach the Fall, there is the possibility that some Medicare Advantage plans may

by Christian Troy

be leaving New Hampshire. This can happen for a variety of reasons-like company changes or shifts in the market. If your plan is one of them, don't worry—you'll have a 60-day

window to choose a new plan and keep your coverage on track.

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Photo | Lauren Porte

When he was a student at Yale in 1965, Fred Smith wrote an economics paper that spelled out his idea for a nationwide overnight delivery ystem. His professor gave him a C. Smith didn't give up. He went on to Little Rock, Arkansas, to launch a business at the age of 26 with a handful of small planes. It was a simple concept: People would pay up "when it absolutely, positively has to be there over-night," which would eventually become the Federal Express advertising slogan.

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AVOIDING THE DREADED MIDDLE-AGE SPREAD!

by Jim Olson

TIPS FOR STAYING FIT & HEALTHY

It's no secret that as we age, it becomes harder to stay fit and healthy. One of the most common problems people face in their 40s and 50s is weight gain, especially around the middle. The "middle-age spread" is caused by a combination of factors, including hormonal changes, a decline in physical activity, and changes in the way the body stores and uses energy. This can lead to a number of health problems down the road, so it's important to take steps now to avoid it.



STAY ACTIVE: Exercise is one of the best ways to prevent weight gain. It helps to burn calories and keep your metabolism going. Try to get at least 30 minutes of moderate exercise most days of the week. Walking, biking, swimming, and gardening are all great ways to stay active.

EAT A HEALTHY DIET: Eating a healthy diet is important for keeping your weight in check. Make sure to eat plenty of fruits, vegetables, and whole grains. Avoid processed foods, sugary drinks, and excessive amounts of saturated and unhealthy fats.

GET ENOUGH SLEEP: Getting enough sleep is crucial for maintaining your health. Lack of sleep can lead to weight gain and other health problems. aim for seven to eight hours of sleep each night.

MANAGE STRESS: Stress can lead to weight gain, so it's important to find ways to manage it effectively. Try exercise, meditation, or deep breathing exercises to help you relax.

What are some other ways to stay fit and healthy as you age? Here are a few other things you can do to stay fit and healthy as you age:

LIMIT ALCOHOL: Drinking alcohol in moderation is generally safe, but excessive drinking can lead to a number of health problems, including weight gain. If you drink alcohol, aim for no more than one drink per day for women and two drinks per day for men.



Jim Olson

DON'T SMOKE: Smoking is a major risk factor for a number of diseases, including heart disease, stroke, and cancer. If you smoke, quitting is the best thing you can do for your health.

GET REGULAR CHECKUPS: Regular checkups with your doctor can help catch potential health problems before they become serious. Be sure to schedule a checkup at least once every year.

Look towards midlife with excitement, not dread.

It's important to remember that not everyone will experience weight gain in middle age. If you are at a healthy weight, you can still follow these tips to help you stay fit and healthy. And if you do start to gain weight, don't de-

spair. With a little effort, you can get back on track and avoid the health problems that come with being overweight.

AVOIDING THE MIDDLE-AGE SPREAD!



It does not have to be hard. Just get up and get moving. You don't have to go crazy – 30 minutes a day is enough. And you can break it up if you need to – 10 minutes, three times a day – just enough to get your heart racing.

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SEASONS OF READING, a year-long reading challenge for teens and adults!Seasons of Reading is a Year-Long Reading Challenge for Teens and Adults, hosted by Baker Free Library. Sign up at the library to receive your list, and work your way through a new set of reading prompts each season.

Your task is simple: over the course of one calendar year, complete as many individual reading prompts as you can. There are 40 prompts in total, each designed to help you explore new titles, authors and genres. You'll have three months to complete each season's challenge, based on the following schedule:

WINTER: January 1 - March 31	SPRING: April 1 - June 30
SUMMER: July 1 - September 30	FALL: October 1 - December 31

At the end of each season, check in with a library staff member. Every reader who completes 8 or more prompts in that season's challenge will receive a small prize. Any reading completed in 2025 can be applied toward any prompt, but only one prize can be earned per season. (This means you can read ahead if you'd like, but won't be able to claim prizes ahead of time!) Readers who complete all four seasonal challenges by the end of 2025 will win an additional prize.

YOUTH PROGRAMMING

Money Smart Mondays: Financial Literacy for Students Mondays, July 7th – August 4th | 4:00pm

Is your child starting their first job or showing interest in how money works? Join us for Money Smart Mondays, a 5-week interactive financial literacy program designed just for students ages 9 to 13!

Presented by Merrimack County Savings Bank (The Merrimack), this free series will help students gain confidence with everyday money skills through fun, hands-on activities. Whether your child is earning an allowance, babysitting, mowing lawns, or just curious about how banks and money work, this class will provide practical tools and foundational financial knowledge in a fun and engaging way.

Night of the Arts: Summer Reading Finale!

Children's Theater Play Rehearsals Every Tuesday through August 5th | 3:00pm

This summer, you're invited to participate in the library's production of The Wizard of Oz! Join BFL's Children's Theater, with roles available to accommodate all comfort levels, as well as opportunities for prop and set design. Join us each week as we rehearse and create, all ahead of our performance at the library's Summer Reading Finale.

Please register to reserve your child's space, and join us for rehearsals as often you can! Recommended for Ages 7 and Up. Every Tuesday afternoon from 3:00 - 4:15pm.

Create in Color: Children's Craft

Every Wednesday through August 6th | 10:30am

Throughout the summer, join us for a drop-in craft every Wednesday afternoon from 3:00-4:00pm. Make a new project each week, led by one of our librarians! Various materials available while supplies last. Recommended for Ages 6-12. Younger children may need assistance from a caregiver and should be accompanied for the duration of the program.

Art Start Storytime | Every Thursday through August 7th | 10:30am

A weekly storytime for our littlest readers. Join us each week for stories, songs and rhymes, designed to form a foundation for life-long reading! Each storytime will end with sensory explorations, process art activities, or a simple craft, providing opportunities to create and explore. Recommended for ages 2-5, in the company of a parent or caregiver. Registration is not required.

ADULT PROGRAMMING

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

Tech Time with Liesl! Get help with: Libby/Overdrive, Hoopla, Kanopy, EBSCOhost, HeritageQuest, Ancestry.com, Kindle, email, Google Drive, Microsoft Office, using our library catalog, and more! Walk-ins are welcome but appointments are strongly encouraged! To make an appointment please email liesl@bakerfreelib.org or give us a call!

Board Game Night | Wednesday, August 6th | 5:30pm

Join us in celebrating the library's assortment of board games! Drop by for some snacks and socializing while exploring the library's new collection. Feel free to bring your own favorites or check out one of ours!

Chair Yoga with Sara! | Thursday, August 14th | 8:30am

Chair yoga is held the first Thursday of every month, at 8:30 AM! You must register to attend, as space is limited. Please dress comfortably and bring water with you to class! **August's session will be held on August 14th

Craft Club | Tuesday, August 19th | 6pm

Craft Club meetings will be held every third Tuesday of the month, downstairs in the Merrimack County Savings Bank Room. You must be registered ahead of time to attend, as space and supplies are limited. Registration for this session will open on Wednesday, July 16th at 10am.

BOOK CLUBS

Whodunits | Tuesday, August 5th | 1:00pm

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.

August Book Discussion: Holmes, *Marple, and Poe* by James Patterson.

Book Talk at BFL | Tuesday, August 12th | 12:30pm & 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!

August Book Discussion: The Measure by Nikki Erlick

Thursday, August 7th | 4:30pm

Celebrate the end of our Summer Reading Program with a showcase of your work! Anyone who submitted artwork to the library's Art Gallery is invited to this special exhibit to share your work with the Bow community. Afterwards, stick around to watch the BFL Children's Theater performance of "The Wizard of Oz," beginning at 5:30! Yummy treats will be available for all participants.

Mr. Aaron: Bow Rotary Summer Concert Series Thursday, August 14th | 6:30pm

This summer, the library and the Baker Free Library Foundation are proud to sponsor a special concert at the Bow Town Gazebo, as part of the Bow Rotary Summer Concert Series! Join us for an action-packed, interactive performance from beloved children's musician, Mr. Aaron.

Weekly Programs: Move & Groove Dance Class Every Tuesday through August 5th | 10:30am

Explore the art of dance with Miss Sarah, a dance instructor with Creative Dance Workshop of Bow! Every week, we'll move our bodies and explore new dance techniques from around the world. This weekly workshop is designed for children aged 2-5, in the company of a parent or caregiver. Older siblings are also welcome to participate. Registration is not required.

White Rock Book Group | Tuesday, August 19th | 1:00pm 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! August Book Discussion: *The Measure* by Nikki Erlick

IN THE GALLERY

July & August Exhibit – Submit YOUR Artwork!

Throughout the summer, you can share your creations with the community by submitting you own art to the library's Art Gallery! At our Summer Reading Finale, artists will be invited to talk about their art at a special gallery exhibit. Visit the Circulation Desk to fill out an Art Submission Form! This activity is for all ages!

Those interested in exhibiting, should email Christina directly at Christina@bakerfreelib.org. Baker Free Library will extend preference to Bow residents or employees, organizations serving the Bow Community, and former residents of Bow. For neighboring communities, we will extend a subsequent preference to exhibitors who live in town geographically contiguous to Bow. NOTE: Exhibitors are responsible for installing and uninstalling the exhibit on schedule. Full policy can be viewed on our website.

vith The Bow Times



Dunbarton resident Brenna Novakoski traveled to the Emerald Isle last month. Here she is aboard a water taxi making its way to Ireland's Eye, off the coast of Howth Village in County Dublin. Eye is home to thousands of birds during breeding season, including puffins, and there is a resident seal population as well.

FUN TRIVIA – FOR YOUR INFO! It is illegal to own just one

guinea pig in Switzerland!



WONDER WHY? It's considered animal abuse, because they are social beings and get lonely!











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CALVIN HERST C. 603.717.6013 ROLF GESEN C. 603.856.4117 FTFE

JUST SOLD: DEERING

HUGH DURACK C. 603.305.0310

SCAN TO VIEW ALL



CONCORD OFFICE: 603.226.2100





JUNE MONTHLY ARREST LOG

6/4 Robert Hague Jr., 32, Boscowen, was arrested for possession of a controlled drug, transporting drugs in a motor vehicle, open container, "hands free" violation, endangering the welfare of a child, and possession of controlled drugs; acts prohibited.

6/10 Zachary Sandborn, 33, Boscawen, was arrested for driving after suspension, a subsequent offense, and misuse of plates.

6/11 Dezirae Decato, 35, Loudon, was arrested on a Concord Police Department warrant for possession of controlled drugs, a subsequent

offense, and transporting drugs in a motor vehicle; Jennifer Boudle, 37, was summonsed for suspended vehicle registrations.

6/12 James Michel, 39, Bow, was arrested for driving under the influence, resisting arrest, five counts of simple assault, and harassment.

6/14 Mary Leblanc, 59, Bow, was arrested for driving under the influence, criminal mischief, a vellow line violation, and a stop sign violation.

6/18 Jared Matti, 33, Fall River, MA, was summoned for driving after suspension or revocation.

6/19 Elder Antonio Lopez-Fletes, 31, Bow, was arrested on five counts of possession of child abuse images.

6/22 Tabitha Johnson, 44, Rochester, was arrested for theft of mislaid property, credit card fraud, receiving stolen property, and driving after suspension, a subsequent offense; Joshua Davis, 44, Concord, was arrested on four counts of possession of controlled drugs, transporting drugs in a motor vehicle, two counts of deal/possession of prescription drugs, and operating after being certified a habitual offender; Galen P. Dively III, 60, Danville, VT, possession of a controlled drug, and transporting drugs in a motor vehicle.

6/25 Joshua Davis, 44, Concord, was arrested on four counts of possession of a controlled drug, two counts of possession with intent to sell, felonious use of a firearm, two counts of felon in possession of a dangerous weapon, handgun armed career criminal, transport drugs in a motor vehicle, deal/ possess prescription drugs, and receiving stolen property- firearm.

6/27 John Zidor, 32, Manchester, was summoned for suspension of vehicle registrations.

6/28 Kristin Graham, 49, Bow, was arrested for aggravated driving under the influence, open container, conduct after an accident, "hands free" violation, criminal mischief, failure to use required turn signal, improper turning, and yellow line violation

6/30 Rebecca Fraser, 30, Dracut, MA, was arrested for simple assault and domestic-related simple assault.



BOW FIRE DEPARTMENT



JUNE RESPONSE ACTIVITY LOG

Basic Life Support Transports: 20 Advanced Life Support Transports: 34 Non-Transports Lift Assists 6 Fires /Hazardous Conditions 18 Service Calls: 5 Good Intent Call: 8 Total Activity: 91 **Overlapping Incidents: 26**



KIDS CORNER

what's **HOT**? what's **NOT**?

There are things inside and outside your home that are hot or can get hot.



Directions: Look at the pictures above. Circle the items that are HOT or can get HOT. Things that are HOT can burn and hurt you. Remember to stay away from anything that is HOT or could be HOT.



Bow Young at Heart Club

K-9 HUNTER ALERTS TO DRUGS



Just two weeks out of drug detection training, Officer Seth Guilmette and K9 Hunter made their first drug arrest. Following a motor vehicle stop, K9 Hunter alerted to drugs in the vehicle which led to the successful execution of a search warrant, uncovering a substantial amount of illegal drugs, a stolen firearm, and a large amount of cash.

The performance of K9 Hunter and Officer Guilemtte exemplify the critical role of trained K9 units in enhancing community safety and combating crime. The department recognizes the continued dedication of this special team as they

progress in their careers. Great job Officer Guilmette and K9 Hunter. Keep up the great work!

UPCOMING EVENTS

AUGUST 13, 2025 11:30 AM - 2:30 PM

Dr. Robert Goodby will tell the story of the paleolithic people who lived in New Hampshire 12,000 years ago based on evidence obtained from an archeological dig near Keene. The early Native American group was part of an extensive social network throughout the northeast. The dig revealed information about gender roles, the economy, and household organization.

All meetings are held at Old Town Hall, 91 Bow Center Road.

Bring your own lunch at 11:30, desert is provided. Presentations begin at 12:30.

The public is always welcome to attend meetings. Membership is open to all residents 55 and older.

For more information contact Peter Cherici at (603) 774-7682 or email at fairfield a@hotmail.com

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626 Main Street Hopkinton Sold for \$565,000 Ann Dippold 603-491-7753



NEW LISTING

40 Winchester Drive, Barnstead Offered at \$469,9006 Heather Mann 603-344-1401

Melissa Richards 603-724-9186



SOLD

27 Winter Road, Hillsborough Sold for \$300,000 Bianca Contreas 603-491-8849

REAL ESTATE SALES IN BOW – JUNE 2025

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
31 Jewett Road	2 Bedrooms 1 Baths	1440 Square Feet	14 Acres	\$470,000
21 Old Fort Lane	4 Bedrooms 3 Baths	2747 Square Feet	5.77 Acres	\$616,000
	ES IN DUNBARTON — JUNE 2025We are ready to help you on your next journey.			
2 Shaw Divide	4 Bedrooms 5 Baths	4417 Square Feet	2.61 Acres	\$900,000
5 Sundance Lane	4 Bedrooms 4 Baths	3000 Square Feet	2.54 Acres	\$1,030,758
54 Sawmill Road	4 Bedrooms 3 Baths	3193 Square Feet	1.27 Acres	\$1,079,900
19 Van Ger Drive	3 Bedrooms 2 Baths	1859 Square Feet	2.18 Acres	\$635,000
14 Whittier Drive	4 Bedrooms 3 Baths	3632 Square Feet	1.28 Acres	\$820,000
562 Page Road	3 Bedrooms 2 Baths	2038 Square Feet	1 Acres	\$585,000
18 Evergreen Drive	4 Bedrooms 3 Baths	2665 Square Feet	1 Acre	\$607,000
6 Clearview Drive	4 Bedrooms 2 Baths	1887 Square Feet	1 Acres	\$530,000
23 Stone Sled Lane	2 Bedrooms 2 Baths	1823 Square Feet	CONDO	\$585,000
32 South Bow Road	3 Bedrooms 2 Baths	2154 Square Feet	1.3 Acres	

4 NE Avenue, Bow New Hampshire 03304 603-333-0070 www.hometown603.com

DUNBARTON NEWS



DUNBARTON FARMERS' MARKET at Stark Farm, 30 Stark Lane, is open on Fridays July 11 until August 29, 3pm to 7pm. Offering: Fruit, Vegetables, Donuts, Cheese, Artisan Breads, Flowers, Jam, Freshly made Coffee and Lemonade Drinks, Beef Jerky, Jewelry, Honey, Maple Syrup, Dog Treats and Accessories, Spice Blends and more. Questions? Contact: starkfarmnh@gmail.com.

GOOD NEWS FOR KIDS! Reading to Dogs at the library returns this fall. After an extensive search, a new and perfect reading therapy dog team has been found! Welcome, Harry and Peg. Harry is a four-year-old miniature poodle. His handler Peggy and Harry have just completed training and certification by the Alliance of Therapy Dogs. Harry has made a few visits to the library, and he loved visiting with the patrons he met. Come meet them when the Dunbarton library's Reading to Dogs Program returns. For information about the program, please call 603-774-3546.

THE LIBRARY SUMMER READING PROGRAM, "Color Our



World," presents Mr. Aaron in Concert on the Town Common Bandstand, on Wednesday, July 23, 10 AM to noon. On Tuesday, July 29, at 1:00 PM: The Raptor Rapture Animal Outreach with the Audubon is appropriate for the whole family. And don't forget Family Story times under the shade trees is scheduled for Wednesdays, July 30, August 6, and 23 at 10:20 am. On Saturday August 16 come march in the Old Home Day Parade at 9:15 am. Check the library website or Facebook pages to confirm times and dates.

CHAIR YOGA with Sherry Gamble will be held the following Thursdays at 11:00 am: July 24, August 14, and 28 on the second floor of the Town Hall/Library. Dress cool, bring water. Check the library website or Facebook pages to confirm times and dates.

KINDERLAUNCH Attention all Dunbarton incoming kindergarten families. Kinderlaunch is scheduled for Tuesday July 29 through Thursday July31. Incoming kindergarten students will participate in evaluations and work with fellow classmates and teachers Tuesday, Wednesday and Thursday from 8-11am. On Thursday at 11, all incoming Kindergarten families are invited to join for an info session with DES teachers and administrators, free lunch and cool treats, plus a chance to meet other families. Questions contact: dunbarton@pto.com.



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BEYOND THE BOOK: Hosted by Dunbarton Congregational Church will meet on Zoom onAugust 7 at 7:15 pm. They will discuss The Ministry of the Future by Kim Stanley Robinson. At this time, all meetings will be on video chat from the warmth of your own home. For a link or questions, contact: barbbennett51@gmail.com.



DUNBARTON GARDEN CLUB will meet Monday, August 11th at 6:30 pm on the second floor of the town hall in the Dunbarton Center. The meeting agenda will start at 6:45pm to discuss what's happening.

The Garden Club welcomes members of the public to join in. Contact info: DGC03046@ gmail.com.

Maid For You It's all in the details 603.574.4878 www.maidforyounh.com

DUNBARTON POLICE

JUNE 2025 ARREST/CHARGE LOG

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

06/02: Darel Demers, 36, Weare, was taken into custody for driving or operating under the influence of drugs or liquor - 2nd offense, resisting arrest or detention, following too close, and yellow line.

06/05: Perry Filkins Jr., 37, Weare, was taken into custody for operating while a habitual offender, driving after revocation/suspension - DWI conviction, and uninspected vehicle.

06/07: Gary Gil, 20, Lawrence, MA, was taken into custody for operating an OHRV under the

influence of alcohol or drugs, operating an unregistered OHRV, operating an OHRV on a public way, and disobeying a police officer; Juan Serrano, 36, Lowell, MA, was taken into custody for resisting arrest or detention, obstructing government administration, and disorderly conduct; Nayla Cortes Santos, 39, Lowell, MA was taken into custody for simple assault, resisting arrest or detention, and obstructing government administration.

06/20: Ryan Tacy, 41, Dunbarton, was indicted on nine (9) counts of registration of online identifiers; failure to comply.

06/23: Elijah Caraballo, 19, Manchester, was charged with speeding, yellow line (unlawful passing), directional signals required, and an equipment violation.

06/27: Andrew Comeau, 20, Campton, was taken into custody for driving or operating under the influence of drugs or liquor, transporting alcoholic beverages by a minor, and uninspected vehicle.

06/29: Christopher Blanks, 30, Bow, was taken into custody for driving or operating under the influence of drugs or liquor and speeding.

06/30: Arthur Chalmers Jr., 44, Dunbarton, was taken into custody on an electronic bench warrant for non-appearance in court on an original charge of DWI and an electronic bench warrant for non-appearance in court on the original charges of DWI, transporting alcoholic beverages, and reckless operation.

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

Animal Complaint: 3 Assist Dunbarton Fire/EMS: 10 Assist Other Agency: 13 **Burglar Alarm: 4 Civil Matter: 3** Court: 4 **Criminal Trespassing: 2 Disorderly Conduct/Disturbance: 2 Domestic Disturbance: 2** Illegal Dumping: 1 Mental Health: 1 Motorist Assist/Disabled: 2

Motor Vehicle Collision: 3 Motor Vehicle Complaint: 9 Motor Vehicle Stop: 169 **OHRV Complaint: 4** Police Courtesy/Assist Citizen: 2 School Zone/Patrol: 10 Suspicious Activity/Person/Vehicle: 2 Theft/Fraud/Scam: 7 **Unattended/Untimely Death: 1** Vacant Property Check: 7 Wires/Trees Down: 3 Welfare Check: 4

6TH GRADE GIVE BACK DAY



You may request to be fingerprinted for employment, licensing, etc. or or for VIN verification. Please call dispatch at (603) 224-1232.

Dunbarton Elementary School PTO & Dunbarton Police Department present the Mid-Summer Soiree & FREE EVENT at **Dunbarton Elementary** School for all ages! Saturday, August 2 10am to 12pm Free bicycle helmets and bicycle safety equipment on a first-come, first-served basis, through a grant from the Children's Hospital at Dartmouth (CHaD) Free bicycle safety inspections from S&W Sports Smokin' Trolley Catering - \$10 voucher for each child! Music from DJ Giggy **Proud Sponsors:** Dunbarton Elementary School





During the Dunbarton Elementary School's 6th Grade Give Back Day, students stopped by and washed a few of our cruisers. We really appreciate it and hope that you all have a fun and safe summer. Go Eagles!



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JUNIOR RANGER PROGRAM

Registration for the summer 2025 Junior Ranger Program is now open! This year two 3-day sessions and one 1-day program will be offered. Session 1 (July 14-16) topics include birding, tree ID, and hiking safety. Session 2 (August 12-14) topics include animal adaptations, wetlands, and pollinators. The 1-day

(August 16) program will focus on our flood risk management mission and include a tour of the Hopkinton Dam Gatehouse! Sign up for a single session or all of them! The Junior Ranger program is open to all children age 6-12 from 10-11am. A parent or guardian must accompany their child each day. Space is limited. To register give Ranger Sam a call (978) 318-8735 or Samantha.N.Schupp@usace.army.mil

SPECIAL THANKS On behalf of the Hopkinton Recreation Committee volunteers, we want to thank the community for coming out and celebrating July 4th with us! It was a gorgeous day to celebrate. We would like to extend a special thank you to the American Legion, 4H Easy Riders, 4H Livestock Club, Hopkinton PTA, Hopkinton Woman's Cub, OZ Ram Robotics Team, and to all the many community volunteers. Know that we truly appreciate your participation to make the Family Fun Day event fun for all. The music by Brad Myrick Band, ice cream by the Frozen Flamingo and face painting artist Linda were a wonderful addition to the event. We also want to acknowledge and thank the very generous sponsors, we are so grateful for their support as they provide the means for us to offer this free celebration to our community. In addition, the Hopkinton Police, Fire, and Highway Departments are key to making this event happen and we appreciate all that they do to make the 4th of July special for the community!



ADVANCED HEALTH CARE DIRECTIVE Come to the library on July 17 to learn about and create an Advanced Health Care Directive. This is an important document for anyone 18+ that ensures someone can help manage your health care if you are unable to do so. A representative from Granite Visiting Nurse Association and a notary public will be here to explain the process and guide you through the materials so you can leave the event with your directive - all at no cost to you.

This is an important health care step that many people don't know about, especially young adults who might assume their parents will have a legal right to help them, but this is not always the case. To register go to www. hopkintontownlibrary.org and scroll down to the purple box It's All About the Conversation on the right hand side of the screen.

HOPKINTON HISTORICAL SOCIETY'S 2025 EXHIBIT is now on display. Curated by Hopkinton Historical Society board member Sienna Larson, the exhibit features more than 100 stories submitted by community members. We live in an amazing town; we hope you'll come in and check out all the many acts of kindness that make our community so special. Hopkinton Historical Society is open Thursday and Friday 9:00-4:00 and Saturday 9:00-1:00

SHARED HARVEST OF HOPKINTON Please donate your excess fresh garden produce and local eggs. All donations go directly to food pantry clients. Thank you for helping our neighbors in need. Our 2025 fresh vegetable and egg donation dates are: July 23, Aug 6, Aug 20, Sept 3. Drop off outside of the food pantry from 3-530pm. Please also share our Shared Harvest of Hopkinton Facebook posts and spread the word. If you would like to volunteer and help us, please let us know. Thanks!



THE FARMERS' MARKET is outside at Riverway Park on Saturdays from 9am-12pm. Ongoing updates are available at Contoocook Farmers' Market on Facebook.



JUNE 2025 ARREST LOG 6 Arrests • 7 Accidents • 214 Traffic Stops

06/12 Roman Finlayson, 18, of 204 Kast Hill Road, Hopkinton was charged with Criminal Trespass; Joseph Simpson, 18, of 1153 Bound Tree Road, Hopkinton was charged with Criminal Trespass.

06/18 Tylor Soukone, 39, of 16 Hemp Hill Road, Bristol, has been directly Indicted for Disobeying an Officer, Reckless Operation and Operate After Certified as Habitual Offender.

06/22 Caitlyn Warguska, 42, of 241 Tucker Drive, Hopkinton, was ar-



Bartholomew, is a mixed media artist, illustrator, and cartoonist with a focus on creativity and mental health. She embraces an unconventional approach to art, transforming discarded materials and everyday curiosities into vibrant, mischievous beings.



Besides working as a free-lance illustrator, exhibit designer, and Zentangle instructor, Bartholomew has authored and illustrated numerous books.

Whether on paper or in sculpture, her creations reveal a world where imperfection is celebrated, imagination runs wild, and nothing is ever quite what it seems.

TVAS gallery is open to the public free of charge, Thursday– Sunday from 12:00 – 4:00 PM. 846 Main Street, in Hopkinton's Contoocook Village rested for Domestic Violence; Simple Assault – Bodily Injury.

06/25 Isaiah Willett, 20, of 677 Clement Hill Road H10, Hopkinton, was Arrested on Warrant; Louis Turner, 75, of 25 Sunset Drive, Hopkinton, NH was charged with Reckless Conduct – Deadly Weapon, Reckless Operation and Criminal Mischief.

YOU CAN TEXT 911 IN NH!

- Text if you are hearing impaired, or have a speech disability.
- Text if you are in a dangerous situation and it's unsafe to call.
- Text if you have poor cellular service or your battery is low.

Be sure to type in a short description of the emergency, type in the exact location of the emergency, answer the 911 call taker's questions, be brief and follow instructions!





GOOD NEWS

Some good news for a change. Yesterday in this country, 45,000 commercial airplane flights took off and landed without a crash. Network news understandably covers the crashes when they occur, but that does not tell you how many flights took off without a hitch. We just did.

Second, there were 30,000 fewer drug overdose deaths in 2024 than the year before in our country. That is the largest one-year decline ever recorded. The over-the-counter availability of Naloxone is part of the story. Overdoses are still the leading cause of death for people 18 to 44 years old. But cutting deaths from 110,000 to 80,000 is good news.







LET'S LOOK AT MARIJUANA...

First a simple definition. Some types of cannabis plants produce cannabidiol (CBD). Products containing CBD are being used to treat a variety of medical conditions. Other cannabis plants produce more of the mind-altering chemical tetrahydrocannabinol (THC). This has been used for pain relief. In our culture, the word marijuana generally refers to cannabis that contains THC and is generally used to get "high." According to AI it took several decades, epidemiological studies, and animal experiments to definitively establish the link between smoking and lung cancer. It may well take that amount of time and effort to "prove" any link between marijuana and adverse health effects. In addition, the public has become used to thinking there are (and there are) helpful medicinal uses for CBD products. Also, using THC products (although not everywhere legal) has become part of normal recreational use. So, what do we know?

A paper published in the journal *Heart* found that cannabis use is associated with a significantly increased risk of major cardiovascular events including myocardial infarction, stroke, and increase in cardiovascular death. These findings, based on health data from 200 million people worldwide, showed that cannabis users had a 20% higher risk of stroke and twice the risk of death from cardiovascular disease compared to non-users. Researchers have found that the chemistry of marijuana smoke is not much different from tobacco smoke.... instead of nicotine, you have THC. Smoke inhalation from any source, be it cigarettes, marijuana, secondhand, or wildfires results in increased cardiovascular disease. What if you eat the cannabis products? The science is not yet in.

People have been using marijuana as a psychoactive agent for at least 2,500 years and if you ask the "person on the street" you will be told it is a safe, "natural" alternative to pharmaceuticals for treating several symptoms. The current research suggests two things: It may not be as effective as we think. There is the possibility of a real placebo effect. Secondly, marijuana is not harmless. (I hear you, neither are pharmaceuticals!) Some 62 million Americans are using cannabis, and 17% of 10th graders report using cannabis even though no state has legalized the drug for anyone under 21.

We all take 'risks' every day and most of the time we are fine. We have a great day riding our motorcycle without a helmet. We smoke and drink alcohol (two of the 'riskiest' things you can do) and nothing happens... until it does. Now our risky behavior has become 100%, and we want and need help. It is much easier to stop a fire from happening than to put it out. My recommendation: don't take the risk... avoid marijuana.

Information for this article was gleaned from:

- 1. Al & Google search
- 2. Journal of the American Heart Association Vol 13, No 5, 2024
- 3. Medscape Medical News June 2025
- 4. National Geographic 19 December 2024 & 17 June 2025



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THE BELL CURVE by Bow Resident Paul Pomeroy

As I continue to age, I have concluded that my understanding of life's rules and regulations has truly been a bell curve. I didn't know a lot when I was a "kid." And despite what I thought as a "young man," not much more then either. But as I searched for employment, started paying taxes, and began raising a family, my understanding began to rise on the curve.

I was omniscient in "middle age." I was sitting right at the top of the curve! I had the answers to pretty much everything. Or so I thought. Politics, Religion, Foreign Policy, The Designated Hitter... I had it all covered.

However, as I began my slide down the back side of the curve into "old age" I found that my understanding of life's mysteries began to slip. (Well actually everything began to slip. But that's a story for another time.) Where once there was confidence and even complacency there is now a growing sense of confusion.

Lots of things now that I don't get.

LOTS, like...

... I don't get the whole tattoo thing. Well, a little one maybe. "Mom" High on the chest. Or "USMC,"after boot camp. But the tats that cover one's whole body confuse me to no end. Haven't they seen what happens to your body when you age? That graceful stallion will eventually morph into a sickly-looking camel! Not to mention the cost and the pain. Fads come and go. But that ink is permanent and the skin sags and wrinkles. For heavens sake. Think ahead!

... I don't get nose rings at all. Eventually you get a cold or the flu. With all that gooey, sticky, green stuff oozing out. Yech. How do you blow that nose?

... I really don't get my car's dashboard display. I figured out the radio. But the 400 other Aps and choices go unused. In fact, they scare me a little.

... I don't get much of most of today's technology. We can send people into outer space. We have cars that can drive themselves. We have cell phones that can do everything except make lunch. Why then can't we stop all those computer scams trying to cheat us poor senior citizens out of our money!?

... and mostly I don't get our senators. I remember watching the last supreme court nominations. Every Democrat voted "no." Every Republican voted "yes." You mean not even ONE senator out of 100 thought that there was enough (or not enough) information available to vote away from the party line. If this is the plan going forward don't waste our time and have these meetings. Majority determines the outcome and go play golf!

... Oh, and I don't get the allure of jazz music either. Or the obscene sports contracts. Or how "Forest Gump" beat out "The Shawshank Redemption" for best picture. Or how I can watch two different news channels and hear complete polar opposite FACTS as to the health and welfare of our country. Or how Curt Shilling is not in the hall of fame. Or how the heck "Break Dancing" made it into the Olympics. Or how Tom Brady got all the athletic talent AND the looks and I got none. And a whole bunch of other stuff. But...

I'm getting a headache. More later.

I don't believe I can fall any lower on the curve.



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ANGELYN M. D'AMBRUOSO

Angelyn D'Ambruoso of Hopkinton, died peacefully on June 25th, surrounded by her children; Kristen Scappaticci and her husband Mike, Mark D'Ambroso and his wife Tami, and Lisa Demers and her husband Joe, and her six adored grandchildren.

Throughout her life, Ann was someone you could count on. She listened without judgment, nurtured those around her, and brought a quiet strength to her family and friends. She cared for her husband Dom in his later years during his illness, showing a devotion expressed more through daily acts than through words.

Though she settled in New Hampshire, Ann never lost her bond with her home state of Rhode Island, especially its beaches, which brought her peace and joy. She is survived by her brothers, Donald and Christopher Horn, as well as many nieces, nephews, and cousins who were an important part of her life. Ann and Dom loved the community they found in New Hampshire and the opportunities it offered for new experiences. Wherever she lived, Ann built lasting friendships and kept those connections strong across years and miles.

RUTH ELAINE DOBSON

Ruth Elaine (White) Dobson, 95, of Hopkinton passed away peacefully on June 5, 2025, at Pine Rock Manor in Warner with her beloved family by her side. She was born in Portland Maine on November 11, 1929, to her late parents Winfield Stanley and Edith Maude (Smith) White. After high school, Ruth continued her education and received her degree in nursing. She worked for several years as a registered nurse at Maine Medical Center in Portland before moving to Hopkinton.

On February 29, 1952, Ruth married the love of her life Ernest Dobson. Instead of having an anniversary once every four years, they celebrated their marriage on February 28th.

Ruth was many things to many different people, she was a daughter, a nurse, a wife, but her most cherished role was being a mother. She devoted her life to her family and her values were passed down through her children and grandchildren. As the cherished matriarch of her family, Ruth is survived by her four children; her daughter Elaine Dobson Collins of Warner, her daughter Debra Jean Fournier of Salisbury, her son David Winfield Dobson of Gilmanton, and her son Brian Joseph Dobson and his wife Donna of Washington.

BARRY JAMES GRUTTEMEYER

Barry James Gruttemeyer, 73, longtime resident of Hopkinton, passed away on June 15, 2025, at Concord Hospital with his wife and daughter by his side. He was born in Brooklyn, NY, on January 30, 1952, to his late parents Richard G. and Mary (Wetland) Gruttemeyer.

Barry graduated from Colgate in 1974 with a bachelor's degree in sociology. He was a proud member of the Alpha Tau Omega fraternity; his "brothers" became lifelong friends. It was at ATO that he met the love of his life, wife Pat.

He worked at the Concord Monitor for 30 years. He volunteered to be a basketball coach, first for the Hopkinton Youth Sports Assoc. and then in the Hopkinton Middle/High School. This led to a 20-year "career" in

SOCIAL ISOLATION IS TOUGH ON 25% OF OUR SENIOR CITIZENS

In May a report by the Point 23 Health Foundation showed that 25.5% of New Hampshire's older population lives alone mainly in rural areas of the State. Aging in place while giving seniors independence also leads to social isolation which has negative impacts on mental and physical health.

The second oldest State is evidenced by the fact that between 2019 and this year New Hampshire's older population grew by 66,000 people. The Point 23 report said that getting seniors into town and city activities and boards can help with their mental health. Community gardens when in season are another way to interact with each other. Surprisingly, Concord has a senior depression rate of 38% which is the highest in the state. Concord residents over age 65 have a chronic illness rate of 56%.





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Barry is survived by his wife, Patricia H. Gruttemeyer of Hopkinton, his daughter, Meghan E. Mangelsdorf and her husband Zach of Edwards, CO.

SHIRLEY MAY NEMICCOLO

Shirley May (Headberg) Nemiccolo, (94) a long time resident of Bow, passed away peacefully surrounded by her family. Shirley was predeceased by her loving husband Edward (Ebby) Nemiccolo.

Shirley was born on September 15,1930, in Concord. She graduated from Concord High school in 1947 and married her one true love Ebby on July 28, 1952.

Shirley was a longtime employee of Blue Cross and Blue Shield of NH, where she had many good friends. She loved to tell stories of her days working at Blue Cross. She was also a life long member of the Advent Christian Church in Concord, and the Family Bible Church of Loudon.

Shirley is survived by her daughter and son-in-law, Holly and Lenny Charron of Contoocook, daughter and son-in-law, Cathy and Dave Wheeler of Bow, son and daughter-in-law, Gary and Lynn Nemiccolo of Loudon; daughter and son-in-law, Becky and Warren Simonds of Barre VT, and daughter Jodi and the late Jeff Cadorette of Penacook.

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BOW HIGH SCHOOL SPORTS SPOT

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



SOFTBALL

The girls softball team reached a regular season record of 10-6 throughout the regular season. Winning games against teams the Falcons needed to beat to move on to the playoffs and receive a decent ranking was a common occurrence this season. They received the No. 8 seed in the playoffs, and defeated No. 9 ranked Lebanon in the first round 1-0. This was apparently the seventh girls softball game between Bow and Lebanon in a row where Bow beat Lebanon. The team then went up against the No. 1 seed Coe-Brown Northwood Academy and unfortunately lost 18-9.

GIRLS LACROSSE

Going into the playoffs, high expectations were set for this team, being as competitive as any of the top teams in the division. Being the No. 5 seed, the team did receive a first-round bye and went straight into the first round against No. 12 ranked Kearsarge. The Falcons defeated Kearsarge 18-3, and proceeded to the quarter-final round where they upset No. 4 John Stark 16-8. They then went to the semi-final round, where they faced St. Thomas Aquinas. Although the Falcons ended their game in a 17-6 loss, it takes away nothing from their prior accomplishments, which they achieved all throughout the season.

BOYS LACROSSE

The boys lacrosse team lost in similar fashion, but did so honorably as well. After receiving the No. 3 seed in the playoffs and receiving a first round bye, the Falcons jumped into their lacrosse game against No. 6 ranked Campbell, where they lost a close game 8-7. Despite this loss, which, to an outsider may seem discouraging for a team with such potential, the boys lacrosse team only graduates 4 seniors and is filled to the brim with underclassmen ready to make an impact next season.

BASEBALL

able to accomplish is remarkable in a pretty short amount of time. From team championships to individual titles, the wrestling program is in a great spot!" The wrestling team has grown tremendously ever since team coach Bill Chavanelle took the head coaching position some years back.

Another point to make is the number of teams with great outlooks for the future! Mr. Desilets highlighted a couple of teams who looked to be trending upward. "Well, wrestling will be in the mix for sure... I'm excited to see what Coach Saucier can do [for the boys basketball team] in year two with a crop of returners that have bought into his systems. The girls have graduated some important leadership but some promising returners and underclassmen will keep them in games. The lacrosse teams are graduating big numbers, but the expectation is always to be in the mix in the end for each of them. Track can sometimes be the wildcard, but they have also established a culture that is favorable to success, as evidenced with this year's results and the number of athletes moving on to compete in [the New England Championships]. We certainly can't count anybody out. We have veteran coaches in our programs that are good at getting the most out of our student-athletes. I am fully planning on busy postseasons in all three seasons."



Bow High School's Athletic Director, Mr. Mike Desilets on right.

When asked about anybody he would like to give a shoutout to, Mr. Desilets said, "We just have a terrific staff, from coaches and teachers to front office staff to our administration. This has been a long year for a number of reasons and it was evident that it truly does take a village. And we all benefit from a great group of student-athletes. We will lose a lot of senior leadership this year, I am looking forward to seeing who steps up next. I also want to thank the unsung heroes, our transportation department. We have lots of trips to cover each season, and it requires lots of flexibility with changing dates and times constantly. We

Unfortunately, despite also being the No. 3 seed like the boys lacrosse team, and being the reigning champions of Division II, the baseball team, fresh off of a first-round bye, was upset by No. 6 ranked Hanover in the quarterfinals in a heartbreaking 6-5 loss. It was not all in vain, however, as many team members received awards for helping the team acquire an impressive 14-2 regular season record!

2024-25 ATHLETIC YEAR IN REVIEW

This school year, Bow High School (unfortunately) only had one team win a state championship – its wrestling team! Bow High School's Athletic Director, Mr. Mike Desilets, had some thoughts on the wrestling team's performance. "Winning a championship is hard, and we have established a culture where we expect to at least compete at a high level in every season. What Coach Chavanelle and his staff has been had a great year on the bussing end, so thank you to all of our drivers. And our 2-man field crew does a remarkable job. Our fields have been great all year thanks to their efforts."

Finally, when asked about special moments during the season, Mr. Desilets noted the school spirit, and the student engagement in football games. "I think we had some great student body involvement this year - as evidenced by the 'Falcon Lounge' set up outside of the end zone at football games, couches and all. It also made an appearance for a basketball game! Hopefully that trend will continue and our sidelines will continue to be a positive experience for everybody. We also had many individual milestones this year, for coaches and players, some of them pretty rare. So that is always cool to see."

Good work this year, Falcons! On to next season!

FALCONS FLY FOREVER!



ANNUAL AWARDS NIGHT

The 37th annual Recognition & Community Service Awards Night was hosted at the Baker Free Library on June 12. Nine recipients were recognized and received awards for their dedication and service to our community and the Rotary Club. Recipients are as follows:

COMMUNITY SERVICE AWARD - The Bow Garden Club for donating many hours to the beautification of Bow, including decorating town buildings for Memorial Day and Christmas holidays, planting and maintaining several gardens, including Rotary Park, and the Gazebo Garden, gardens at The Community Building and Town Office. They have held fundraisers to provide scholarships, donated to Bow's Human Services Department, and supported the Bow Rotary Auction.

CLUB SERVICE AWARD - Ryan Anastasi for being the first to volunteer to fill vacant roles, and Bill Ames, who plays an active role on many committees and projects, including the merger of the Hooksett Area Rotary Club as a satellite club of Bow Rotary.

VOCATIONAL SERVICE AWARD - Kaitlin Camidge. Camidge "hit the ground running" as the new director of the Baker Free Library in 2024. In just 7 months on the job, she has made a "great impression" on library patrons.

NEW GENERATIONS SERVICE AWARD - David Farr for the many hours spent as a coach and mentor to youths in the community.

INTERNATIONAL SERVICE AWARD - Dick Swett, who has worked extensively with multiple Rotary clubs to improve health care, economics and productivity to impoverished communities in Africa.

PAUL HARRIS FELLOW - Cheryl Lindler for contributing \$2,000 to the Rotary Foundation; Tamar Roberts for her long history of immeasurable contributions of time and effort to Bow Rotary; and Matt Dodge as a Past Bow Rotary Club President.



Pictured from left: Gerry Carrier, President Bow Rotary Club, and 2025 Award Recipients. Cheryl Lindner (Paul Harris Fellow), Joyce Kimball – Bow Garden Club (Community Service Award), Kaitlin Camidge (Vocational Service Award), Erika Flewelling - Bow Garden Club (Community Service Award), David Farr (New Generations Service Award), Dick Swett (International Service Award), Ryan Anastasi and Bill Ames (Club Service Awards), Tamar Roberts (Paul Harris Fellow) and David Scanlan (Rotary Club's 2025 Awards emcee). Photo | ERIC ANDERSON





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BOW ROTARY SUMMER CONCERT SERIES

The 2025 Bow Rotary Summer Concert Series continues through August 14. Concerts are free on Thursday nights from 6:30-8 p.m. at the town gazebo, across from the Community Center. If it rains, the concerts are held inside the Community Center. The concerts raise money through 50/50 raffles and snack sales with proceeds going to support projects in the Bow community.

The lineup for this year's concerts are as follows.

- July 17: Jordan Tyrell-Wysocki Trio
- July 24: Nick's Other Band
- July 31: Howie Newman/Knock on Wood
- August 7: Freese Brothers Big Band

August 14: Mr. Aaron

The concerts are made possible due to generous sponsors: Platinum, Peter Imse, Allied Insurance, Bow Auto Parts, Bow Plumbing and Heating, Cobb Hill Construction, Twin Oaks Inspection, Gold, Century 21, Jack Crisp, Matt Dodge and Paul Mercier.

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