

# The Bow Times

"Of the People, By the People, For the People"

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# **DUNBARTON NEWS ON PAGES 16**

# DONNA DEOS SET TO SERVE AS BOW ROTARY DISTRICT GOVERNOR.



Donna Deos delivered an inspirational presentation to members of the Bow Rotary Club on July 13, when she was sworn in as District Governor by past District Governor, Christopher Parkinson.

In her role as District Governor, Donna will provide support for local clubs in District 7870 and represent the District at Rotary International. District 7870 includes 63 clubs in parts of New Hampshire and Vermont.

# BOW HERITAGE COMMISSION VIDEO SERIES INTERVIEWS LONGTIME BOW RESIDENTS



The Bow Heritage Commission conducted a video interview on July 1st, with Connie Ives now 93, who lived in Bow during the Depression and World War II as a youngster. The video series conducted over the past 30 years documents how Bow has changed in the minds of those who have lived here over the years. Heritage Commission member David Lindquist and Tom Ives, her son, conducted this particular interview. Heritage Commission Chair Eric Anderson manned both the video camera and the still camera on this assignment.

Photo | Eric Anderson

# **MASTER PLAN UPDATE FOR BOW'S FUTURE**

The July 2025, Bow Planning Board meeting included an initial discussion of a 10-year outlook for Bow. Bow's most recent master plan was eight years ago in 2017.

The master plan helps with zoning changes and the direction of residential and business projects in Bow. The Planning Board announced it will obtain input from Economic Development, the Conservation Commission and all other boards to revise and update the Master Plan.

From the second week of September through October citizen input will be sought by postcard mailings.

There were 250 responses for the 2017 update and the Planning Board hopes to increase that to 400 responses this fall.

# HOPKINTON-CONTOOCOOK NEWS ON PAGES 13

# HOPKINTON'S I-89 EXIT 4 TO BE REVIEWED BY D.O.T.

State sign section Chief Robert Hyslop of the State Department of Transportation has told The Bow Times his staff will take a look at the yield sign placement where Exit 4 traffic meets Route 9-202 traffic.

Hopkinton longtime resident Dave Gilligan told this paper: "I have been using Exit 4 since moving to Hopkinton in 1971. The yield sign is on the wrong road. I have had several close calls there. Especially when driving a truck.

I am sure someone at the NH DOT Sign Shop could remedy this problem in short order."

Police Chief Tom Hennessy echoed Mr. Gilligan's concern reporting he was aware of "many near misses there."

# **MORE BRIEFS FILED IN XX APPEAL**

A Philadelphia based free speech group and two more residents have filed a friend of the court legal brief in support of parents challenging a ruling that sided with the Bow School District after it barred parents from wearing pink wristbands to protest transgender athletes in girls' sports.

The Foundation for Individual Rights and Expression (FIRE), an advocacy group, filed a friend of the court brief on the lower court's ruling, while private citizens William Hamlen of New Hampshire and Robert Charles of Maine also filed a similar separate brief with the U.S. Court of Appeals for the First Circuit.

Both filings argue that the April 14 ruling by U.S. District Judge Steven McAuliffe poses a serious threat to First Amendment rights.

Hamlen and Charles said in their court filing that the lower court's decision "silences one viewpoint from an important public policy debate."

"This lopsided result perverts the public square from a deliberative forum seeking truth to an oppressive show trial," the document stated.

In its filing, the Foundation warned that the

ruling could have broader implications, writing that it "will encourage other schools with subjective fears of psychological injuries to violate adults' expressive rights."

ARTICLE | Continues on page 3



# PAGE BRIDGE PROJECT CONTINUES



The Page Road Bridge replacement project continues to make progress. The bridge has been undergoing crucial repairs due to structural damage. Photographer Eric Anderson will be documenting this project throughout the construction for Bow's Annual Town Report. Photo | Eric Anderson

# **WINNER OF 28 NH PRESS ASSOCIATION AWARDS**

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**DEADLINES:** 1st of each month; classifieds must be prepaid - cash or a check payable to The Bow Times.

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We will be responsible for errors in advertisements only to the extent of correcting the same in the next issue, using space equal to the items

#### 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.

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# **EDITORIALS**

# SECRETARY BURGUM TRIES TO WHITEWASH HISTORY

By Chuck Douglas

On May 20, Secretary of the Interior, Douglas Burgum issued Order no. 3431 from his department as part of an effort in "Restoring Truth and Sanity to American History." It requires federal parks and sites to be "uplifting" and to remind us "of our extraordinary heritage, consistent progress toward becoming a more perfect Union, and unmatched records of advancing liberty, prosperity, and human flourishing."

To carry out this goal of "truth," his employees are to make sure that National Park content must not "inappropriately disparage Americans past or living (including persons living in colonial times), and instead focus on the greatness of the achievements and progress of the American people."

By mid-July, Park Service employees flagged several books that their gift shops sell that refer to slavery or civil rights. A book was flagged at the Washington Monument that refers to George Washington as an "enslaver." He was one but pretend history may want to delete that unpleasant truth for "happy history."

Several national parks and monuments may have to be "scrubbed" to achieve this new "truth" of an "unmatched record of advancing liberty."

Exhibit #1 is the Fort Sumter National Monument. That is when white slave owners in South Carolina got their government to secede from the Union and open fire on a federal fort in Charleston. Signs could be rewritten to say the bombardment was meant to advance the liberty of white folk to continue to kidnap and ship black folk here to come see the charms of plantation life and working outdoors in the glorious Southern summer sun. Surely that monument reflects our "consistent progress toward "... advancing liberty?"

Exhibit #2 is, of course, Gettysburg National Military Park where Americans from the Confederacy's eleven states had a three-day battle to protect the "liberty" to own black people. The 50,000 men who were killed or wounded in July of 1863 were not all fighting on the side of liberty, but to try and cover up what was at stake would be the thickest coat of whitewash ever. Better to turn it over to Walmart and pave the fields than to pretend Robert E. Lee came to Gettysburg to advance liberty. Because he was an American, Order 3431 could be read not to disparage him or his fellow visitors to southern Pennsylvania during those three lovely sunny days.

Finally, exhibit #3 for absurdity of the Order is the Birmingham Civil Rights National Monument in Alabama. In 1963, Fred Shuttlesworth invited Dr. Martin Luther King, Jr. and the Southern Christian Leadership Conference to Birmingham. The civil rights leaders took up residence at the A.G. Gaston Motel in April and May of 1963 to confront "probably the most thoroughly segregated city in the United States."

As protests unfolded, images of snarling police dogs unleashed by Police Chief "Bull" Connor against nonviolent protestors and of children being knocked down by water from fire hoses appeared in print and television news across the world.

The Birmingham Civil Rights National Monument commemorates, preserves, and interprets to the public the dramatic events of the struggle for human and civil rights that played out in the 1950s and 1960s in Birmingham.

Not one sign should be changed there if truth, and nothing but the truth, about America is to be accurately told. The arc of America towards justice and liberty has not been uninterrupted nor smooth. But it has had a goal of equal justice even when not practiced.

The Order also calls on all citizens to complain about any "signs or other information that are negative about past...Americans." Let us thus pretend we have been flawless and delete from history any discordant notes about genocide against Native Americans by the unwanted "invaders" from Europe in the 1600s and 1700s. Surely, they meant no harm to the land or lives of those Americans who lived here for thousands of years before they came?

Mr. Secretary forget the feel-good whitewash and let truth prevail. Revoke this absurd Order now. Let the First Amendment prevail.

# **JOB AVAILABILITY!**

For Bow & Dunbarton Young People

Thousands of migrants are being deported opening up jobs for New Hampshire natives. U.S. Department of Agriculture Secretary Rollins said the goal is "100% American participation" for Agriculture workers.

Pickers in the fields of California and Florida get an average of \$17.70 an hour. Work starts at 4 or 5 am due to the heat. Most of the day picking fruit and vegetables requires being at a 90° angle. Get in on the ground floor to prove these are jobs real Americans want to do!!!

Now you know why illegal migrant pickers make up half of the farm labor picking fruit and vegetables when the crops are ready. In 2022, illegal working migrants paid \$59 billion in federal taxes and \$37 billion in state and local taxes.

# LETTERS TO THE EDITOR

I am writing today to express my concern with the way The Bow Times article mirrors the recent article in the Concord Monitor and positions Casella and its operations inaccurately. Insinuating that the reason the cost is increasing is due to Casella's acquisition of Pinard is completely off base. The cost of the contract is in line with what is happening everywhere due to constricting disposal capacity, increases in equipment and labor costs, and general inflation throughout the economy. Which is punctuated by the fact that Casella was the low bid.

Also, presenting the information that source-separated recycling has contamination rates of 5%, while single-stream systems can have contamination rates of between 10% and 30% without presenting the fact that single stream systems see much higher participation rates and collect 25%-40% more recyclables than source-separated programs is completely misleading. Communities desire the convenience of single stream and communities that commit to education programs to drive out contamination achieve similar results to source-separated programs. We have several municipal programs throughout our operations that achieve less than 5% contamination. It's not about the method, it's about taking the time to educate and do it correctly. Jeff Weld, Casella Waste Systems, Inc. **Reader's Letters to the Editor** | Continues Page 3

**CONTINUED** | Reader's Letters to the Editor

# LETTERS TO THE EDITOR

I would like to thank The Bow Times for covering local issues concerning biological males competing in girls' sports. This issue is huge because it covers many different angles and perspectives from a broad range of Bow Voters. I would love to see The Bow Times expand on their coverage by obtaining a range of opinions from all elected officials, taxpayers, town and school employees, and most importantly students and their parents. The 6 weeks between elected office and town and school elections is too short for this important issue.

It has been many years since I've attended a school sporting event but I have fond memories of watching my children excel and the camaraderie of fellow parents cheering on the team, so I can see how devastating it could be to be banned from such a wonderful activity. Bow athletics are very competitive and I know how hard female athletes must work to just make the team. I'd like to know what these hard-working female students have to say. I find the one-sided view by school officials is very authoritarian, and I was wondering if Bow Female athletes are forced to self-censor or feel that their voice are being suppressed?

Van Mosher, Bow resident

#### MORE BRIEFS FILED IN XX APPEAL | Continued from page 2

Attorneys for the Bow School District filed their legal brief saying a group of parents appealing a federal judge's decision denying their demands for a preliminary injunction on free speech claims don't have an "unbounded right" to engage in speech at school-sponsored events, that in the eyes of school officials, amount to the "targeting and intimidation of students."

"The district's refusal to let plaintiffs protest at other school-sponsored events does not threaten a First Amendment violation," the 60-page brief, filed July 25th in the U.S. Court of Appeals for the First Circuit in Boston, argues. "The district is justified in treating plaintiffs' wristbands and signs when used at school-sponsored events as targeting the school's transgender student population generally for harassment and intimidation."

The case stems from a lawsuit brought last fall against Bow School District and Superintendent Marcy Kelley by parents Anthony Foote and Kyle Fellers, who said their rights were violated when the district issued no-trespass orders after they wore pink "XX" wristbands to a girls' soccer game at Bow High School. The wristbands were intended as a silent protest against the inclusion of transgender athletes on girls' teams. The "XX" symbol refers to the sex chromosomes assigned to females at birth.

#### **WELCOME HOME PAUL**

Almost a year ago, Paul Whelan was part of an American-Russian prisoner swap that brought him back to America after about six years in one of Putin's prisons.

In a recent interview he described his welcome: "For people like me who have come home after five-and-a-half years, we really don't have very much. House is gone. Cars are gone. Employment's gone. No health insurance," he said.

Whelan hasn't been able to get a new job. Some companies won't hire people who've been in prison, regardless of whether that imprisonment was wrongful, he explained, and he's competing with people who don't have a nearly six-year gap on their resume.

"Most people understand the wrongful detention issue," he told CNN. "They don't know what to do with it. It doesn't necessarily fit into their policies or procedures."

Russia claimed he was a spy. If he had been one he would be back at work. Sad he was just an ordinary citizen.



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Just like every summer bucket list is unique, so are your retirement goals. Whether it's traveling the world, pursuing new hobbies, or relaxing by the beach, your dreams for the future deserve a personalized financial plan. An experienced financial planner can help create a strategy tailored to your goals and aspirations, ensuring you have the resources to make your long-term retirement as fulfilling as your ideal summer.

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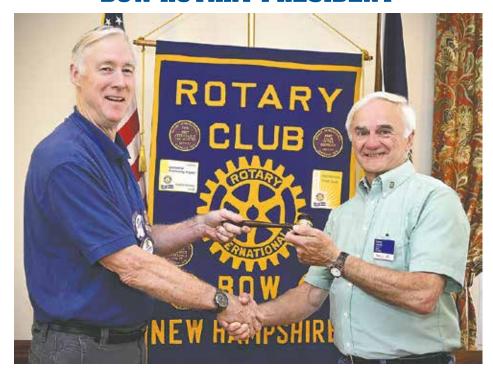
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# DICK SWETT SWORN IN AS



Bow Rotary's annual changing of the gavel ceremony took place on June 27. Outgoing President Gerry Carrier presented a detailed view of the past year's accomplishments thanking members along the way. Carrier then handed the gavel off to incoming President Dick Swett, who thanked Carrier and presented him with his past president badge and gavel plaque to a standing ovation by the club members. Photo | Eric Anderson



# NH ARMY NATIONAL GUARD RETIREE LUNCHEON SEPTEMBER 18

Retirees of the New Hampshire Army National Guard are cordially invited to attend the 16th annual NHARNG Retiree Day Luncheon, which will be

held Thursday, September 18, at Joint Force Headquarters in Concord.

This year's gathering starts at 10:00 a.m. and will feature a briefing from the Adjutant General on the status of the New Hampshire National Guard. A variety of vehicles and equipment will be on display. A group photo is also planned. The luncheon fee is \$5.

Retirees who plan on attending the luncheon for the first time are asked to register with Chief Warrant Officer 5 (Retired) Rick Plante at 603-657-0345 or via email at rfplante 1@gmail.com.

# 845,000 DEAD ON U.S. HIGHWAYS. WHY?

by: Josh Max

I've been an auto journalist for 25 years. In that time, I've test-driven more than 1,400 cars, trucks, SUVs and exotics, the classics and the clunkers, the sublime and the absurd. It's a great job, of course, one I'm still grateful for every day.

But as I reflect on this milestone in my career, something bothers me now as much as it bothered me then.

Since 2000, when I started writing about cars, approximately 845,000 human beings have died on U.S. highways. Stop and think about that for a second: 845,000 dead is equal to about 280 attacks on the World Trade Center. The total number of American deaths in the 20 years of the Vietnam War was approximately 58,000.

These death statistics are horrifying. How many people will kiss their partner goodbye today, step into their car, and never come home? How many children will grow up without their parents, and how many families will lose their breadwinner? These aren't hypothetical scenarios.

Approximately 94 percent of car crashes involve some form of driver behavior like speeding, distraction, failing to yield or DUl identified as a contributing factor, although this doesn't mean the driver is always solely responsible.

While our automobiles are safer we are not. I've seen my fellow drivers on the road eating, drinking, shaving, and brushing their teeth, putting on makeup, playing air guitar, fighting, making out and, of course, texting. Despite laws prohibiting that last act while behind the wheel, one sees drivers on the phone every day on the highways.

The way we train drivers is part of the problem. All that's required is passing a written test, followed by a 15-minute road test that involves parallel parking, executing K-turns, signaling properly, obeying all signs and so forth.

You're not required to make split-second decisions at high speeds, to steer out of a sudden skid, to safely drive in fog and snow, to maintain safe driving when you have a loudmouth — or a bee — in the car. Instead, the approach to safe driving is purely reactive instead of preventive.

That needs to change.





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# Feeling Overwhelmed by Medicare Mail? Let a Woodpecker Help You Peck Through It.

by Christian Troy

As you approach your 64th birthday, your mailbox will likely start filling up with what we call the "Medicare Mail Mountain." Our clients often tell us they receive stacks of brochures and letters—sometimes inches thick—every week. These mailers are filled with references to Medicare Parts A, B, C, and D, as well as Plans A, F, G, N, and more. They'll warn you about penalties for missing enrollment deadlines and mention terms like IEP (Initial Enrollment Period) and AEP (Annual Enrollment Period). It's enough to make your head spin faster than a woodpecker on espresso.

If all of this feels confusing—or even frustrating—that's completely understandable. All you really want is clear, honest information so you can make the right decision. That's where we come in. We peck thru it

all for you.

At Woodpecker Medicare, we specialize in helping people navigate this transition with confidence. Here's what to expect when you meet with us:

1. We Listen First.

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#### 2. We Educate Clearly.

We walk you through the Medicare basics and explain your two main coverage paths. We'll go over the pros and cons of each, including how much flexibility you'll have in each option.

#### 3. We Compare Options.

Once we understand your health needs, we compare Medicare plan options from both paths—alongside your existing employer coverage—so you can make a well-informed decision.

#### 4. We Build a Timeline.

We'll help you schedule when to enroll in Part A, Part B, and your Medicare health plan, and we'll set reminders to keep you on track.

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4 Longview Drive
25 Merrill Crossing
82 Sawmill Road
7 Sawmill Road
72 Sawmill Road

ometown

BEDROOMS / BATHS
2 Bedrooms   2 Baths
3 Bedrooms   2 Baths
4 Bedrooms   2 Baths
4 Bedrooms   4 Baths
5 Bedrooms   5 Baths
4 Bedrooms   4 Baths
4 Bedrooms   3 Baths
3 Bedrooms   2 Baths
3 Bedrooms   2 Baths
3 Bedrooms   2 Baths

SQUA	RE FOOTAGE	ACRE	AGE	PRICE
1056	Square feet	1.01	Acres	\$445,000
1517	Square feet	3.18	Acres	\$490,000
1268	Square feet	CON	NDO	\$498,500
1482	Square feet	.76	Acre	\$510,000
1680	Square feet	2.05	Acres	\$527,500
2205	Square feet	1.12	Acre	\$625,000
2250	Square feet	1.10	Acres	\$710,000
4901	Square feet	2.22	Acres	\$800,000
4644	Square feet	2.36	Acres	\$814,900
2716	Square feet	2.42	Acres	\$865,000
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3657	Square Feet	1.20	Acres	\$595,000
3018	Square Feet	3.76	Acres	\$640,000
3618	Square Feet	3.24	Acres	\$810,000
2751	Square Feet	2.24	Acres	\$850,000

# THE KEY TO UNLOCKING YOUR SUCCESS

by Jim Olson

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

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

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

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

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

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

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

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



Jim Olson

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

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

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

build those healthy, new habits.

#### Helping you take your next step — Jim



IN THE STUDIO Work with your IF trainer privately in

one of our studios.



AT HOME Work out at home or office with your trainer via Zoom.



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- 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





# **TOP 10 PERSONAL FINANCE TIPS FOR COLLEGE STUDENTS**

Check out the ten tips below from the ABA Foundation to help college students work on mastering personal finance.

- 1. **You are in charge.** You are responsible for your finances and you should act accordingly by creating a realistic budget or plan and sticking to it.
- 2. **Watch Spending.** You control your money, determining how you spend or save it. Pace spending and increase saving by cutting unnecessary expenses like eating out or shopping so that your money can last throughout the semester.
- 3. **Use Credit Wisely.** Understand the responsibilities and benefits of credit. How you handle your credit in college could affect you well after graduation. Shop around for a card that best suits your needs.
- 4. **Utilize Your Bank Account.** Banks are more than money in a vault. They offer valuable services that students can benefit from like check cashing, debit cards, online banking, balance alerts, personal loans, direct deposit, financial education and some offer identity theft protection.
- 5. **Lookout for Money.** There's a lot of money available for students, you just have to look for it. Apply for scholarships and look for student discounts.
- 6. **New is Out.** Consider buying used books or ordering them online. Buying books can become expensive and often used books are in as good of shape as new ones.
- 7. **Entertain on a Budget.** Limit your hanging out fund. There are lots of fun activities to keep you busy in college and most are free to students. Use your meal plan or sample new recipes instead of eating out.
- 8. **Be particular when it comes to money.** Don't just trust anyone with your money. Be skeptical of classmates, friends or salespeople that have ideas for your money.
- 9. **Save.** Things happen, and it's important that you are financially prepared when your car or computer breaks down or when you have to buy that unexpected bus ticket home. No matter how small the amount you should start putting some money away immediately.
- 10. **Ask.** This is a learning experience, so if you need help don't hesitate to ask! Your parents or your

banker are a good place to start and

remember the sooner the better. Source American Bankers Association

www.sugarriverbank.com **Member FDIC** 





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#### MIDSUMMER OFFERINGS

by Bow Resident Bonnie Allen

A strong chirp signals Big Red to the step of our old deck. He has spied the flat glass dish filled with sunflower seeds. He flies in from the trees on the side and tentatively hops about Easing closer and closer for assurance of safety perhaps Or a closer look, can it really be seed for me?

Mister Squirrel happily discovered and greedily consumed the contents this morning.

No such reticence from him!

He broached quickly and consumed the seeds, his bushy tail draped over the side of the step.

I refill the clear feeder when I hear the chirps and see birds wing to the deep lilac bush.

Well trained, they see the dish and shells left by Squirrel and hope there is some easy nourishment still there for them.

Alas, Greedy Squirrel has eaten the lot!

No matter, the mistress of the house is home for the summer and attentive to sounds and sights outside her window. She tiptoes out with a cup of seed and retreats quietly.

And now enjoys the sounds of winged tenants to her makeshift feeder.

**CALL FOR POETRY!** The Poetry Place, is a forum for local poets. We invite writers to send works to be considered for publication in The Bow Times. Email your poem to: nmannion1@comcast.net. Be sure to include your name and your resident town.

# **READ ALL EDITIONS OF THE BOW TIMES ONLINE!** www.thebowtimes.com



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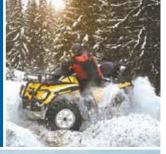
















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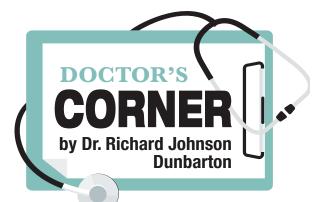








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# **LISTEN**

When medical students rotated through my office, I gave them the opportunity, with the patient's permission, to speak with the patient before I did. The assignment was to listen to the patient because the patient will tell you what their problem is. Ask questions thoughtfully and listen carefully. When ready the student presented to me their differential diagnosis and together we would again listen to the patient. When we felt that we knew what the patient's issue was, we would then examine the patient to try to affirm our 'working diagnosis.' If needed, we would then discuss what laboratory exams might be helpful in proving the diagnosis or in planning treatment. I wanted the student to understand and experience the art of listening, and it was very rewarding to see their excitement when they understood that they could come to a working diagnosis without the aid of technology.

What a difference from most of our conversation, be it between individuals, governments, or ideologies. Our first move seems to be to state our opinion, which interpreted means our opinion is correct, and any other opinion is therefore incorrect. We so easily forget that our opinion is derived from the place we stand (our own personal history, beliefs, and injuries), and we often do not give the same validity or permission to the other person. No matter the issue, you might say we have therefore become the autocrat that we are supposedly against. This happens because we speak and pronounce (or pontificate) before we ever listen.

There are many ways to define listening. A simple guide is to think of these three: 1. Competitive Listening. This is when you are simply listening to find areas of "attack;" areas where you can criticize the speaker and then push your agenda. 2. Attentive Listening. Here you show the speaker genuine interest by paying close attention. 3. Active Listening. After listening, you then reflect to the speaker what you understood was said; a clearer understanding can thus be achieved. It is important to recognize if you have any negative opinion of the speaker. Are you stereotyping, or do you use selective listening? Ask yourself: Why am I in this conversation? Do I really care about the other person and their perspective, or am I simply trying to assert my position, belief, or rights?

I encourage everyone to read the short book by members of the Harvard Negotiation Project titled *Difficult Conversations*. To entice you, here are three quotes from the book.

"Tomatoes aren't vegetables. And attributions, judgments, and accusations aren't feelings."

"We assume we know the intentions of others when we don't. Worse still when we are unsure about someone's intentions, we too often decide they are bad."

"It is the story you tell yourself about what's happening. In any given situation our feelings follow our thoughts."

Let us all, health care professionals, parents, teachers, kids, civil servants, and government leaders, become better listeners for a better world.



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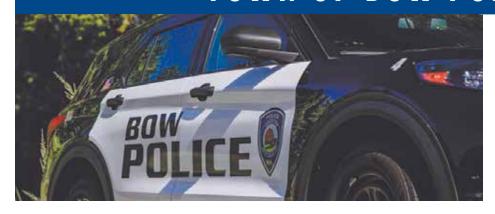
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# TOWN OF BOW POLICE DEPARTMENT



# **JULY MONTHLY ARREST LOG**

July 1 Kevin Lumbert, Franklin, Aggravated DWI

July 2 Richard Pulomena, Manchester, DUI -Impairment; Hector G. Galvan, Bow, Negligent Discharge of a Firearm (summoned)

**July 3** Richard Armstrong, Pembroke, Negligent Discharge of a Firearm (summoned); Ryan Kiley, Bow, Possession of a Controlled Drug

July 4 Courtney Round, Gansevoort, NY, DV; Simple Assault

**July 5** James Logan, Bow, Criminal Threatening

July 8 Humberto Esquivel Salas, Manchester, Negligent Discharge of a Firearm (summoned); Santiago Esquivel, Manchester, Negligent Discharge of a Firearm (summoned)

July 11 Richard Tischofe, Bow, Laconia Police Warrant for Disorderly Conduct; Hector H. Galva, Bow, Negligent Discharge of a Firearm (summoned)

July 12 Thomas Meade, Newport, Felon in Possession of a Deadly Weapon; Andrew Beck, Bennington, Possession of a Controlled Drug

July 20 Jose Rodrigues, New Bedford, MA, Possession of a Controlled Drug; Michelle Abdeljalil, New Bedford, MA, Transport Drugs in a Motor Vehicle

July 21 Lincoln Haughton, Manchester, Suspended

July 27 James Ahorukomeye Concord, DUI - Second Offense; Annabelle Loconte, Manchester, Criminal Trespass; Keyanna Martel, Manchester, Criminal Trespass; Matthew Veillette, Manchester, Criminal Trespass.

In addition: 3 Marijuana Citations were issued, 1 Juvenile was summonsed for speeding: enhanced penalty hands-free and 1 Adult male was taken into protective custody for drunkenness.

# A Message from CHIEF MILLER



While we are enjoying the weeks of summer, I'd like to focus on the upcoming school year. With students returning to classrooms, our roads will see increased vehicle, pedestrian, and bicycle traffic, especially during morning and afternoon commutes. We urge drivers to slow down, to be extra vigilant, and to watch carefully for children walking or biking to school and waiting at bus stops. Officers will be proactively patrolling bus routes for violations under NH RSA 265:54 - Overtaking and Passing School

Bus. Please allow extra time for your commutes and be patient.

Additionally, construction season is in full swing with several projects occurring on the various roadways throughout town. When you see those orange cones and warning signs, please reduce your speed, stay alert, and obey all posted signage and flagger instructions. These measures are in place not only to protect the dedicated workers improving our infrastructure but also to ensure your safety and the safety of other motorists.

Traffic enforcement continues to be a priority for our department, directly addressing the significant community concerns regarding speeding. Our approach is comprehensive: officers conduct random traffic enforcement daily, supplement patrols through Office of Highway Safety grants, deploy digital speed notification signs, and provide regular public safety messages. This commitment to traffic safety is unwavering, and we greatly appreciate the community's ongoing cooperation.

Finally, August is a great time to embrace the remaining summer weather. Whether attending local events, exploring our outdoor spaces, or supporting local businesses, there is a lot to appreciate and enjoy.

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

# **WELCOME OFFICER MARIA BIBAUD**



Officer Maria Bibaud joins the Bow Police Department after having served with the NH Department of Corrections as a corrections officer at the NH State Prison.

Maria was officially sworn in on July 28, 2025, by Town Manager David Stack. She will be ceremonially sworn in on August 19, at the Bow Police Department's annual awards ceremony.

Officer Bibaud, a resident of Concord, is thrilled to be serving the community of Bow. Currently pursuing a degree in criminal justice, she cherishes time with her husband and daughter.

Officer Bibaud will be attending the 201 NH Police Academy with a graduation date in December 2025. After the completion of the academy, Officer Bibaud will begin her field training.

We wish her well as she starts her new career as a police officer!

# **CIVILIAN RESPONSE TO ACTIVE** SHOOTER EVENTS PRESENTATION

A big thank you to the New Hampshire Automobile Dealers Association of Bow for allowing Dunbarton Police Chief Chris Remillard and Bow Police Chief Ken Miller to talk to their employees about Civilian Response to Active Shooter Events (CRASE) on July 26th.

The Bow and Dunbarton Police Department's believe in empowering our communities, and one key strategy we often share is "Avoid, Deny, Defend" (also known as "Run, Hide, Fight").

- **AVOID** (Run): If there's a safe way out, get out! Leave your belongings, move quickly, and call 911once you're safe.
- **DENY** (Hide): If you can't run, hide! Find a secure spot, lock and barricade doors, silence your phone, and stay quiet.
- **DEFEND** (Fight): As a last resort, if your life is in imminent danger, fight with everything you've got to disrupt or incapacitate the threat. Be aggressive and commit to your actions. Situational awareness is your first line of defense regardless of where you are to protect yourselves and your families from becoming a victim to a crime. We encourage people to remain vigilant, be aware of their surroundings — having a plan can make all the difference.



# COLDWELL BANKER LIFESTYLES



574 Main Street, Hopkinton 3 beds | 2 baths | \$479,000

This charming New Englander welcomes you at the gateway to Contoocook Village, just steps from the park, gazebo, covered bridge, shops, restaurants, library, and river access. Inside, enjoy a cozy library, fireplaced living and dining room, screened porch, and updated baths. Outside, relax in a backyard oasis with a custom cedar sauna, above ground pool with deck, and beautifully landscaped side yards.

Rachel de Thomas c: 603.748.1800 MLS# 5048885



246 Windsor Road, Hillsborough 3 beds | 2.5 baths | \$695,000 | MLS# 5044225 Rachel de Thomas c: 603.748.1800 Hugh Durack c: 603.305.0310





175 Sawmill Road, Hillsborough 3 beds | 2 baths | \$489,900

Welcome to 175 Sawmill Road, a warm and inviting country home with exposed beams, hardwood floors, and a classic wood stove. The spacious kitchen opens to a dining area and screened porch, perfect for relaxing. The primary bedroom features vaulted ceilings, and the finished lower level offers flexible living space. Enjoy gardens, fruit trees, and a two-car garage, all just minutes from downtown Hillsborough.

Hugh Durack c: 603.305.0310 MLS# 5050359





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# CHILDREN AND PORN

A generation ago, the Supreme Court struck down efforts to age-limit access to porn websites. The technology was too primitive, and besides, aren't there other ways to limit kids' access to pornography?

Can't parents supervise their children? Can blocking technology not protect young eyes?

Columnist David French on July 7 wrote that after more than two decades of effort, the answer is clear: no. Parents can't protect their kids on their own. Blocking software is laughably inadequate. A 2023 study found that the average age of first exposure to pornography is 12, and 15 percent of teenagers reported first seeing pornography when they were 10 years old or younger.

Exposure to pornography at that young an age has a powerful effect on developing minds. A 2017 study, for example, found that early exposure

to pornography caused young men to desire power over women. As we know, power is a poor substitute for intimacy and connection.

Fortunately, last month, the United States Supreme Court gave the porn industry a surprise when it upheld a Texas law that requires pornographic websites to "use reasonable age verification methods" to make sure that their customers are at least 18 years old.

"In 2019," Justice Clarence Thomas wrote, "Pornhub, one of the websites involved in this case, published 1.36 million hours — or over 150 years— of new content." But the problem extends well beyond the sheer volume of pornography. Citing a 2020 report " The Children of Pornhub," Thomas explained that "many of these readily accessible videos portray men raping and physically assaulting women — a far cry from the still images that made up the bulk of online pornography in the 1990s." It is a grotesque industry that produces content like this. An even worse industry makes it available to children.



# **OUOTE OF THE MONTH**

DONALD TRUMP: "I never wrote a picture." **BUT HAS HE DRAWN A LETTER?** 



# **BOW MEMORIAL SCHOOL HONOR ROLL** Second Semester 2024-2025



### GRADE $7 \sim HIGH HONORS$

Isabella Archer, Evan Baier, Willow Berube, Joseph Bezeredi, Jaxon Blomgren, Makenzie Bose, Layla Breaud, Joshua Burns, Lillian Christensen, Hayley Corkum, Mackenzie Coulombe, Hannah Couture, Essex Curry, Katelyn Deckelbaum, Thomas Duffy, Lexi Emerson, Luciana Hendershot, Jonathan Ketcham, Alise Klingerman, Owen Kostko, Lucy Lange, Tyler Levesque, Emily Longley, Nora Malilay, Emma Marshall, Ethan Murphy, Elizabeth Nesbitt, Max Pavoll, Justin Pfister, Abigail Rae, Kinsey Roberge, Avery Samsel, Piper St. Pierre, Raphael Viana, Alexander Waggett, James Waggett, Kai Zahn.

# **GRADE** $7 \sim \text{HONORS}$

Zander Aldous, Nathan Bardwell, Brody Beach, Meldin Becirovic, Owen Cloutier, Sofia Cole, Blake Croft, Amelia Ferland, Molly Foote, Liam Hutson, Carter Laguna, Andre Molloy, Sadie Monahan, Oliver Ordway, Jax Ottolini, Benjamin Parichand, Lincoln Pelletier, Jacob Perkins, Ty Price, Elias Rowley, Conor Slevin, Ava Smith, Giacomo Sullivan, Charlotte Thompson, Carrie Welch, Abigail Wurster.

# GRADE 8 $\sim$ HIGH HONORS

Abdullah Alwrekat, Avery Ayers, Elijah Bellerose, Bella Berg, Ashlyn Blethen, Emma Bryant, Aurora Clark, Makenzie Curtis, Benjamin Delude, Zoie Duverger, Claire Faro, Quintin Filkins, Tulla Flanagan, Elizabeth Folsom, Tai Gagnon, Marliese Geiben Lynn, Nora Glennon, Ainsley Herrick, Audrey Huckins, Madeline Kenney, Maeve LaMarque-Malay, Madelyn Ledbetter, Hannah Long, Aiden Madden-Fuentes, Samuel Martin, Charlotte Martineau, Elijah McArdle, Evelyn Mears, Ryder Michaud, Nora Olson, Niaa Patel, Joseph Paquette, Kathryn Parichand, Erika Penney, Bridget Pinard, Jack Puro, Paige Rabalais, Celia Roberge, Hannah Roy, Ella Royal, Drew Tilbury, Isabella Tsiopras, Jocelyn Weiss, Oliver White, Sawyer Whiting, Natalie Wood, Brecken Wurster.

### GRADE 8 $\sim$ HONORS

Ava Alexakos, Michael Baldassarre, Greyson Bechtold, Eliot Boullion, Tai Chang, Landon Coache, Britain Fischer, Natalie Fontaine, Meghan Fossum, Jiana Hittle, Jesse Hopps, Lucy Huckins, Aldin Jarebica, Alicia Johnson, Ashlyn Livingstone, Morgan Lozeau, Alexis Matheis, Haydn Mills, Maxwell Moody, Dzevad Muminovic, Cole Noce, Ryan Pawlowski, Ryan Puro, Olivia Roy, Olivia Rozumek, Logan Smith, Benjamin Valence.



#### MAY 2025 RESPONSE ACTIVITY LOG

**Basic Life Support Transports: 27 Advanced Life Support Transports: 29 Non-Transports Lift Assists 1** Fires /Hazardous Conditions/Alarms 13 **Service Calls: 8 Good Intent Call: 10 Total Activity: 88 Overlapping Incidents: 11** 



Captain Steve Shirk and Firefighter Derek Waldron offered some much needed relieve from soaring July temperatures. Here they are hosing down the campers at Camp BOWGEE at Bow High School.



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



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

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: 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!

**BEECH HILL CORN MAZES** It's that time of year! The corn mazes at Beech Hill Farm are open! This year's themes are Where In the World Maze and Yellowstone: A National Park Scavenger Hunt. Mazes are open daily from noon until dusk, through October 31. Please be sure to stop in the ice cream barn to purchase tickets and pick up activity sheets! Beech Hill Farm is open daily from Noon to 8:00.



THE SOUND OF AMERICA The Great American Melting Pot with music by Foster, Joplin, Gershwin, Copland, Bernstein, and more. Join Classicopia for a wonderful program highlighting the incredible diversity and energy of American music. Violinist Tim Schwarz and pianist/Artistic Director Daniel Weiser, formerly known as the Upper Valley Duo, will take audiences on a wonderful historical journey from the folk music of Stephen Foster to the African-American Spirituals; from the Ragtime of Scott Joplin to the Blues of W.C. Handy; from the Native-American work of Charles Cadman to the Jewish-American inspired Ernest Bloch and George Gershwin; and from the Hoe-Down of Aaron Copland to the Latin-inspired music of Leonard Bernstein's West Side Story. This concert will reveal the power of the great American melting pot, highlighting the incredible variety of musical influences from around the world that have helped to shape our true American Sound. Friday, Aug 15, 2025 @ 6:00pm at the home of Kristie and Douglas Doll. Our newest venue in a beautifully renovated Church in Contoocook, NH. Admission is only \$40pp for adults and half price for children. The doors will open at 6:00 with concert beginning closer to 7:00. Hors d'oeuvres and drinks (wine/water) will be served. Seating is limited. Please purchase tickets at https://classicopia.org/ concert/the-sound-of-america/ or call Daniel Weiser at 802-369-0856.

**HOPKINTON'S DIAL-A-RIDE** offers free transportation services for



50+ seniors in the Hopkinton community who have difficulties arranging for transportation to appointments. We need your volunteer help. Contact Cettie Conolly at bassettmill@tds.net or call Tina Hoyt at 603-746-5576.

MEMORIAL BRICK WALKWAY SALE The Contoocook Riverway Association is offering custom-named bricks for the memorial brick walkway and patio between the Depot parking lot and Riverway Park. Put a personal message on your brick - honor a loved one, a remembrance to a family, a secret signal, or simply leave a quote for all time. With two sizes of bricks available (4" x 8" and 8" x 8") you can fit any memorial or message. Your purchase of a brick will help us continue the restoration of the Contoocook Depot and Passenger Car. The LAST opportunity to purchase memorial bricks will be August 31, 2025! Once all orders are received, we will submit the final order for engraved bricks. Thank you all for your patience as we finish this final phase. To purchase bricks - https:// www.contoocookdepot.com/bricks.html.







SEAN MICHAEL POWERS MARCH 29, 1984 — AUGUST 14, 2008

Today we pay tribute to the memory of Officer Sean Michael Powers, who died seventeen years ago on this date.

A car struck Officer Powers while he was riding his motorcycle home after his shift, resulting in his death.

Powers began his job with the Hopkinton Police Department in April, following his field training program. He was scheduled to go to the police academy at the end of August.

Powers, a Hillsboro-Deering High School graduate, enlisted with the Marines after graduation and served two combat tours in Iraq. Friends and family recall that he always planned on becoming a police officer when he left the service.

> OFFICER SEAN MICHAEL POWERS WE THANK YOU FOR YOUR SERVICE!





Aaron Phinney, Kayla Phinney & Andrew Phinney

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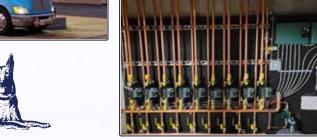
**& ACCESSORIES** 



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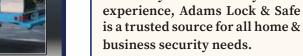




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by Bow Resident Paul Pomeroy



Before moving to New Hampshire, my wife and I spent many summer days at the Delaware shore. We had the chance to visit friends this past weekend in Bethany. So naturally we made a trip to their beach. Nothing much seemed to change. And that included the annual invasion of the Severely Entitled. Please don't confuse these individuals with the *Maddeningly Inconsiderate* those who take up two parking spaces instead of one, or put their chairs and blankets two inches from yours on the beach, or let their kids run around unsupervised kicking sand everywhere. No, the Maddeningly Inconsiderate are merely a nuisance. I am talking about the most vile yearly plague.

Locals and regular visitors to the Delaware shores know the proper beach etiquette. Get to the beach when you can. Find parking. Locate a spot on the beach taking into consideration those fellow beach goers who have preceded you. Fair practice laws closely adhered to by the pure of heart and spirit. Ah but these rules don't hold for the Severely Entitled. For you see, their vacation is more important than anyone else's. They are entitled to the best and they are determined to get it! They arrive at the beach at sunrise, set up camp in a prime location, then drive home to do whatever it is they want to do and return to the beach whenever the mood moves them. This practice started simply enough.

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A couple of chairs at water's edge – a small footprint on a rather large, moderately populated beach. But as is true with all entitlement programs that go unchecked, it has grown into something obscene and inappropriate.

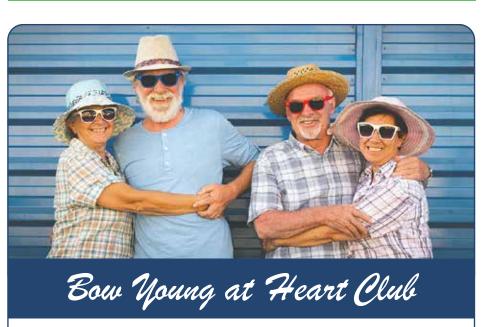
As a scientist I became fascinated by this facet of human behavior. And purely out of curiosity I began doing some research. I arrived at the beach at around 8AM so I could document certain happenings. This weekend for example two young men set up two huge tents at water's edge at 8:15AM then left. The tents took up approximately 594 square feet of prime space- I paced it off. The men returned with their families at around 1:15 PM – five hours later. And they were, by no means, the only culprits.

Again, purely out of curiosity and in the spirit of scientific research, I began engaging these people, and those surrounding them, in conversation. I have drawn some interesting conclusions: Locals and most Delaware residents abide by the rules. Pennsylvanians for the most part do so also. Must be their Quaker background. Peace and love and all of that. Surprisingly so do most visitors from our nation's capitol. DCers don't expect a reserved beach spot (but they do expect the water to part for them when they go into the ocean). Marylanders are tougher to read. They seem to split right down the middle. In my limited study it seems that the worst offenders are from Virginia, I think they are still mad at all Delawareans for not declaring for their side during the War of Northern Aggression.

It also seems that frustration is growing among the average beach goers. They seem more resentful towards the usurpers. This weekend morning a woman came to the beach with her two grandchildren at around 9AM. Faced with a series of unattended groupings she decided to rearrange a few to make room for her own. The few people on the beach at that time applauded. Now I know that this doesn't quite equate with tossing all that tea into the Boston harbor; but it does represent a bold step toward independence. (After all, the Entitled are nasty, hardened veterans in the war against civility—think Hessians!) Perhaps Bethany Beach will be our Lexington and Concord. Maybe the revolution has started. Beach Patriots arise! Stand up to the usurpers! If they want a guaranteed spot let them go to one of the gated communities and pay those condo fees!

All across the country citizens are becoming more and more disenchanted with the Severely Entitled. Feeling like Paul Revere, I couldn't wait to get to Rye, Hampton, Ogunquit...! New Hampshire!!! Let us join our brothers and sisters and continue the fight in the name of those freedom pioneers of Bethany Beach! What better time than now to perpetuate the spirit of beach side revolution and independence!

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



# **UPCOMING EVENTS**

AUGUST 27, 2025 11:30 AM - 2:30 PM

Hunter, the Bow police K9 & Officer Seth Guilmette, will visit for a demonstration of techniques dogs use in law enforcement.

SEPTEMBER 10, 2025 11:30 AM - 2:30 PM The club will host the **Bow Men's Club Annual BBQ!** 

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

# **NORA'S DUNBARTON NEWS**



#### **FARMER'S MARKET**

Don't forget to visit Dunbarton's Farmer's Market at Stark Farm at 30 Mansion Road, Dunbarton, each Friday from 3 pm to 7pm through August 29th. Shop for Vegetables, fruits, flowers/plants, dairy, maple, meat, baked goods, crafts.

Current vendors are: **Apple Twist** Farm, Chanticleer Gardens, Clapp Family Farm, It's A Four-Legged World, Jacqui's Glassicles, Holy Moly Snacks, Eden's Table Farm, **Abbot Creamery, Stark Farm Organic Blueberries.** 

For more information or questions pleaser visit starkfarmnh@gmail.com, www.starkfarmorganicblueberries.com or call 603-854-2677.

**SCHOOL NEWS:** The Dunbarton Elementary School **Open House** is scheduled for Tuesday, August 26, 5pm to 7pm on 20 Robert Rogers Road, Dunbarton. Families and students can meet with teachers and staff, tour classrooms and get ready for the school year. Wednesday, August 27 is the First Day of School. The elementary school will have its traditional first day of school "parade of classes" as each teacher leads their class into the building.

**BEYOND THE BOOK** Dunbarton Congregational Church's Beyond the Book members are reading Anchors and Flares: A Memoir of Motherhood, Hope, and Service, by Kate Braestrup. Kate Braestrup is a Unitarian-Universalist chaplain to the Forest Service who works with the Maine search and rescue teams. Discussion will be Thursday, September 4 at 7 pm. For location or questions, contact barbbennett51@gmail.com.

#### **DUNBARTON GARDEN CLUB**

Annual Mum Sale is right around the corner! Visit to purchase your fall mums, pumpkins, corn stalks, and more. The mum sale is the largest fundraiser of the year, and your support is appreciated in helping to maintain activities to support our community. Dates and hours: Thursday, September 11: 12 to 5pm Friday, September 12: 9 am to 5 pm Saturday, September 13: 9am to 5pm Sunday, September 14: 9am to 3pm or while supplies last. The mum sale is located at Pages Corner, 15 Concord Stage Road in Dunbarton. Contact: DGC03046@gmail.com.

**LIBRARY ADULT PROGRAMS** resume in September at the library. Save the dates for the following events: Tuesday, September 9, 6:30 pm, NH Humanities presents Adair Mulligan's "Cellar Holes of New England." On Tuesday, September 16 at 6:30pm, come for "Peregrine Falcons" with Chris Martin of New Hampshire Audubon. Confirm dates and times on the library's FB page and/or website. Attend a "Meet and Greet" with Harry, a four-year-old miniature poodle, and his handler/owner Peggy at the Dunbarton Library. Introductions will be on Thursday, September 11, 2:30 pm to 4 pm. Harry and Peggy have just completed training and certification by the Alliance of Therapy Dogs. Harry made a few visits to the library, and he loved visiting with the patrons he met.

**BOOK DISCUSSION** group will meet at the library on Wednesday, September 17 at Noon in the library to discuss *True Biz* by Sara Novic. **Books** are available now in the library. Confirm date and time of discussion with the library's FB page or website

THE SPIRESIDE COFFEE HOUSE returns to the Congregational Church on Saturday, September 20, 6 Stark Highway North, Dunbarton Center. Doors open at 4:30pm for sign-ups. Programs begins at 5pm. A five dollar donation accepted for the entertainment and snacks. Check their FB page for updates or cancellation in case of heat – the building has no AC. https://www.facebook.com/SpiresideCoffeehouse or contact Lizz@ dunbartonucc.org.



# **DUNBARTON POLICE DEPARTMENT**

# **JUNE 2025 ARREST/CHARGE LOG**

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

**07/02:** An individual was taken into protective custody.

07/06: Alan Albright, 29, Manchester, was charged with driving after revocation/suspension, operating without a valid license, and non-inspection.

07/15: Isho Mahamed, 43, Keene, was charged with driving after revocation/suspension, operating without a valid license, and non-inspection.

**07/18:** Lydia Mullins, 29, Weare, was charged with driving after revocation/ suspension, operating without a valid license, driving without giving proof, and speeding.

07/18: Robert Hathcoat, 46, Dunbarton, was charged with driving after revocation/suspension - subsequent offense and speeding.

07/19: Natasha Noterman, 44, Windham, ME, was charged with driving after revocation/suspension and operating without a valid license.

07/24: Charlotte Fulk, 34, Dunbarton, was charged with driving after revocation/suspension and operating without a valid license.

**07/25:** Andrew Leduc, 46, Dunbarton, was processed on an electronic bench warrant for non-appearance in court on several violation-level offenses.

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

Animal Complaint: 5 Assist Dunbarton Fire/EMS: 11 Assist Other Agency: 14 Burglar Alarm: 4 Civil Matter: 3 Court: 4 Criminal Trespassing: 3 Domestic Disturbance: 3 Fingerprint Service: 2 Hit & Run: 2 Mental Health: 3 Motorist Assist/Disabled: 2 Motor Vehicle Collision: 2

Motor Vehicle Complaint: 9 Motor Vehicle Stop: 125 **OHRV Complaint: 5** OHRV Crash: 3 Paperwork Service: 6 Pistol Permit Application: 2 Police Courtesy/Assist Citizen: 14 Sex Offense: 1 Suspicious Activity/Person/Vehicle: 5 Theft/Fraud/Scam: 1 Vacant Property Check: 18 VIN Verification: 7 Welfare Check: 2



As a proud partner of Project ChildSafe, the Dunbarton Police department distributes free gun locks to the community. Safe storage can prevent your gun from being stolen, misused by a criminal — or picked up by a child!

Gun locks are available in our lobby during regular business hours or by calling (603) 224-1232. Visit ProjectChildSafe.org to learn more about firearms safety



# OBITUARIES

# JUDITH AVRON

Judith Louise Avron (Lupo), of Contoocook, passed away on July 29, 2025, at the age of 78, remembered for a life filled with love, devotion, and service to others. Born on July 25, 1947, in Waltham, Massachusetts, to John Lupo and Bertha (Breault) Lupo, Judy's life was a testament to her unwavering commitment to her family, faith, and community.

Judy continues to be cherished by her beloved husband of 63 years, Gordon H. Avron, and their three children: Chip Gordon W. Avron and his wife Kate; Mark J. Avron and his wife Gretta Kristine Costello-Avron; and DeAnna Dawn "DeeDee" (Avron) Rice and her husband Chuck.

Judy's family was her greatest joy, known to all as "Nani" and she was blessed with eight grandchildren.

Judy was educated at Ecole Saint-Pierre French Catholic School, Waltham High School, and City College of San Francisco. She was proud to have supported her husband's active-duty Army career for nearly 30 years, embracing the challenges and opportunities that came with military life.

After her husband retired from the Army, Judy began working at the local telephone and cable company, TDS Telecommunications. She dedicated 22 years to the company, retiring in 2017.

Judy was a tireless advocate for children, dedicating her time and energy to various youth associations, including CCD, Cub Scouts, Girl Scouts, CYO, AYA, and DYA. Her daily prayers always included children around the world, reflecting her deep compassion and concern for the well-being of all young people.

# **DEBORAH SCOTT BYER**

Deborah "Deb" Scott Byer of Bow passed away at home on Thursday, July 17, 2025, surrounded by her loving family after a two-year battle with cancer.

She was born in Hanover, NH to her parents, Reginald and Gylda (Brown) Scott. She grew up in Bow, attended Bow Elementary School and graduated from Concord High School. She went on to receive her bachelor's degree in elementary education from Plymouth State. After graduation, she moved to Jamacia and then to St. Croix to teach the second grade. In St. Croix she met Larry, and they were married in 1986. From there they moved to Houston, TX and their sons were born a short time afterwards. In 1990, they all moved to Concord, NH to be close to Deb's family. After their children started school, Deb returned to work as a special education teacher in Concord and then Bow before retiring in 2014. She was an avid reader and enjoyed gardening, crafting, and watching the Boston Red Sox.

She was predeceased by her mother, Glyda (Brown) Scott, her father, Reginald R. Scott, and her brother, William R. Scott. She is survived by her husband, Lawrence D. Byer, and her two sons, Jonathan S. Byer, and his wife Megan (Bedford, NH), and Christopher G. Byer, and his wife Lacey (Lexington, SC). Deb was a proud grandmother to Madison, Cora, Aubrey, Alexis, Brea, and Aidan. In addition to her immediate family, Deb has multiple generations of aunts, cousins, nieces, nephews and sisters and

At the request of Deb, there will be no funeral service. In lieu of flowers, donations can be made to Granite VNA.

# RAYMOND K. DUNHAM

Raymond K. Dunham, of Hopkinton died on July 18. Ray was born in Bangor, Maine in 1940 to Dorothy Foster and Knowlton Dunham.

Upon graduation from Bangor High School in 1959, he enrolled at NH Technical Institute in Portsmouth, earning a degree in electronic engineering. He then began his career working for GTE Sylvania in Hillsborough, producing semiconductors. Here he met many lifelong friends, the most important of all being the love of his life and closest friend, Julie Seymour.

Ray and Julie married in 1963 and raised two children, Shannon and Brandon. They loved traveling and enjoyed many vacations to Mexico, the Caribbean, and the unique Out Islands of the Bahamas where they met and made friends with many interesting people.

Ray was predeceased by his mother, sisters Vivian, Madalene, and Shirley. He leaves his wife Julie, his daughter Shannon Knight (Julian Knight) of London, UK, his son Brandon Dunham (Richard Johnson) of Loudon, NH, and his beloved Aunt Marlene of Daytona Beach, Florida.

Donations may be made in his memory to Hospice House in Concord, NH at: https://www.granitevna.org/services-programs/hospice-house/

# E. SHIRLEY GEORGE

E. Shirley (Woodard) George, 88, of Contoocook, died peacefully July 25, 2025, at Hillsboro House in Hillsboro after a long illness. She was born on November 4, 1936, in Franklin, the daughter of John and Eva (Tilton) Woodard and was the wife of Bruce C. George, predeceased in December 2011. They were married in November 1957.

Shirley attended Tilton-Northfield High School and went on to study at Plymouth Teachers College. Her profession as a substitute teacher at Maple Street Elementary School and devoted Teaching Aid at Harold Martin Elementary School encompassed over 25 years for the Hopkinton School District. She lived in Contoocook for most of her life and was a member of Contoocook United Methodist Church.

A devoted wife and mother, she was a kind and empathetic person, eventually fully dedicating herself to the extraordinary in-home care of her husband during the long-time illness preceding his passing. She was also predeceased by her firstborn child: son, Carleton George of NH. Shirley is survived by her three sons: Brian George of Concord; Dana George of San Francisco; and Kevin George and his wife, Kristie, of Manchester.

# NEIL RICHARD HURD

Neil Richard Hurd, 83, of Bow, died July 19, 2025.

When he was 17, he started an ambulance service and had a career that lasted more than six and a half decades. He and his wife Beverly introduced non-emergency wheelchair transportation in the state. He received commendations from two governors, the State Police Award of Merit, and was named the runner-up for National EMT/Paramedic of the Year in 1987.

Neil proudly served as a medic in the U.S. Army veteran and was post commander of the Loudon American Legion. He was president of the NH Ambulance Association.

# JOHN H. KING JR.



John H. King Jr. of Bow, passed away on June 19, 2025, after nearly 3 years of waging war with cancer.

John was born on March 21, 1956, in York, Maine, to John H. King Senior and Ernestine (Smith) King. After his father passed just as he was turning 7, the family moved to Manchester. John got his GED after attending Memorial High School. He married young and had 2 children, John Joseph and Mandy Lynn.

He worked for Overnite Transportation, later becoming UPS Freight, and retired after 25 years. He continued to drive part time, first with EJ Prescott, then Winwars Express until his diagnosis.

John was well known for his particular laugh and sense of humor. To John, a stranger was just a friend he hadn't chatted up yet. He always tried to make people's day by sharing a joke or bringing them into a conversation. If he didn't know your name you were "kid," which was much appreciated by non-kids! Even though he was having a rough day he would still joke

with the many medical staff he encountered over the past few years

John married Kerry Davin in 1997 and together they had one son, Alexander John. John truly enjoyed this second chance at parenting. He continued to be active in all his children's lives and was their beloved hero. John loved participating in all kinds of activities with Alex, as well as building lasting memories with the family on their many vacations.

John's other passion was his pets, particularly his German Shepherds Haley and Juno. He was the center of their universe. Juno will miss him terribly, but Haley will be waiting at the Rainbow Bridge.

John had 3 siblings; his sister Karen Lawrence and her husband Gary, and his brothers Raymond King (and Janet), and Samuel King (and Gloria) of Orlando, FL; he also leaves behind his children; John J. (and Meghan Hanifinand), Alex (and Michaela Linnehan), and Mandy Lynn.

In Lieu of flowers, we kindly ask that a donation be made in honor of John to the Solinsky Center for Cancer Care at The Elliot, or the Manchester Animal Shelter.





**Baker Free Library** July/August News

509 South Street Bow, NH 03304 See our online Calendar at bowbakerfreelibrary.org

to sign up for upcoming programs and events.

### The library will be closed Monday, September 1st for Labor Day.

Seasons of Reading | year-long reading challenge for teens& 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: 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 - 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**

#### **Ruff Readers**

#### Every other Wednesday, beginning September 10th | 3pm

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

#### Little Makers | Thursday, September 11th | 3pm

Take part in sensory and process art activities designed to inspire your little one's creativity and curiosity. Activities may include mixed media projects and painting, so come prepared to get messy. Recommended for children ages 4-7, in the company of a parent or caregiver. Registration is required to reserve your child's place.

# **Preschool Storytime**

# **Every Tuesday beginning September 16th | 10:30am**

Encourage school readiness with a storytime for active bodies and minds! Explore interactive stories, songs, and activities that help to promote early literacy learning while addressing attention, coordination and motor development. Each storytime includes stories, songs and movement activities and ends with open play time, allowing children and their families to socialize. Recommended for Ages 3 - 5. \*One-time registration is required to reserve your child's space. The fall session will run from September 16 - December 16, 2025 (no meetings on November 11 or 25 due to holidays).

#### **Toddler Storytime**

#### Every Thursday beginning September 18th | 10:30am

Explore a new topic each week with stories, songs and rhymes designed to spark your child's imagination and create the foundations for early literacy. Each storytime ends with open play time, allowing families to meet, play and socialize. Select sessions will include craft and/or sensory activities. Recommended for Ages 18 Months - 3 Years; siblings welcome. \*One-time registration is required to reserve your child's space. The fall session will run from September 18 - December 18, 2025 (no meeting on November 27 due to Thanksgiving).

#### Touch-A-Truck! | Saturday, September 20th | 10am – 12pm

Meet with members of the Bow Police, Fire, and Public Works departments, and explore a police cruiser, a dump truck, a backhoe, and the fire department's newest engine! Breakfast treats and activities will be available inside the library. Registration is not required. All ages welcome!

### 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!

### **Canterbury Baroque Quartet Concert** Monday, August 25th | 6:30pm

Stop in for an evening of classical music, performed by a quartet of talented musicians from the Concord Community Music School!

Canterbury Baroque will be performing music by English and German composers for recorders, viola da gamba and keyboard in various combinations. A set of music by English composers that were inspired by birds will open the program followed by music by German composers Quantz

Performers include Jane Hershey, viola da gamba, Steven Lundahl, recorders, Christine Rua, recorders and Kathryn Southworth Lundahl, keyboard.

#### Pop-Up Craft | Monday, September 1st | 10am

This month's pop-up craft will be Butterfly Bookmarks!! Stop by any time the library is open. Craft available while supplies last.

#### Board Game Night | Wednesday, September 3rd | 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, September 4th | 8:30am

Chair yoga will be 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! This gentle Chair Yoga class allows you to receive the benefits of practicing yoga while sitting in a chair or standing using the chair for balance. Through guided yoga postures and breathwork, you will increase strength and range of motion, improve circulation, and deepen mental and physical relaxation. No experience needed! Sara Withers has practiced yoga for almost twenty years. She became a 200 RYT through Sharing Yoga in Concord, in the spring of 2024, and is also trained in Yin and Restorative Yoga/Yoga Nidra.



Harnessing History: On the Trail of New Hampshire's State Dog, the Chinhook | Friday, September 5th | 5pm



This program looks at how dog sledding was developed in NH and how the Chinook played a major role in this story. Explaining how man and his relationship with dogs won out over machines on several famous polar expeditions, Bob Cottrell covers the history. Bob Cottrell holds an MA from the Winterthur Program in Early American Culture in Delaware.

The founding director of the Remick Country Doctor Museum in Tamworth, he is now the curator of the Henney History Room at the Conway Public Library, a board member at the Conway Historical Society, and

president ex-officio of the Tamworth Historical Society. He serves as an independent history and museum consultant.

This program is graciously made possible by NH Humanities. Visit www. nhhumanities.org to learn more! Registration is required.

#### Gardening As We Age | Monday, September 8th | 6pm

Gardeners are a hardy bunch. Data reveals that they live longer! They are also healthier and happier than non-gardeners. Fresh air, sunshine and lots of exercise most likely assist with these advantages. But inevitably, as we age, we realize our gardens have become overwhelming. Lisa Colburn will discuss how to make gardening easier, strategies for downsizing, modification, and now to create an exit strategy.

Lisa Colburn is the author of the Maine Garden Journal. She often speaks about a variety of horticultural topics. She is an enthusiastic ornamental and food gardener. Lisa is the recipient of the 2017 Garden Club Federation of Maine Stella Dearborn Garden Award and the New England Garden Clubs Lisa Wagner Perennial Garden Award. Her garden was featured in Downeast Magazine in 2022. She currently edits for the Garden Club Federation of Maine.

This program is co-sponsored by the *Bow Garden Club* and the Baker Free Library. Registration is required.

#### Craft Club | Tuesday, September 16th | 6pm

Craft Club meetings will be held the third Tuesday of the each month, downstairs in the Merrimack County Savings Bank Room. You must be registered to attend, as space and supplies are limited. Registration for this session will open on Wednesday, August 20th at 10am.

### NH Driving Toward Zero | Wednesday, September 17th | 6pm

Learn about the importance of road safety from the NH Department of Transportation - and get some cool free NH DOT swag!

Eliminating deaths on New Hampshire's roadways is an important vision and the driving force behind the work of the New Hampshire "Driving Toward Zero" (NHDTZD) campaign, it is also an important vision for all who travel New Hampshire's roadways – by motor vehicle, truck, bicycle or even by foot day and night under all types of weather conditions. The NHDTZ's mission is to create a safety culture where even one roadway fatality is one too many. Zero fatalities are the only acceptable number and of course, the only number we can all live with.

The New Hampshire "Driving Toward Zero" campaign aligns with the US-DOT "Vision Zero" campaign as a data driven effort focusing on identifying and creating opportunities for changing American culture as it relates to highway safety.



#### Whodunits | Tuesday, September 2nd | 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.

September Book Discussion: A Great Deliverance by Elizabeth George

# Book Talk at BFL | Tuesday, September 9th | 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!

September Book Discussion: The Ride of Her Life by Elizabeth Letts

#### White Rock Book Group | Tuesday, September 16th | 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!

September Book Discussion: *The Ride of Her* Life by Elizabeth Letts



A place to learn. A place to gather. A place for contemplation and serenity. Over the past 111 years, Baker Free Library has preserved its architectural heritage while expanding its horizons. Photo | ERIC ANDERSON



# Pick up a copy of The Bow Times

at one these 28 locations!

**Baker Free Library Blue Seal Feeds Bow Mobil Bow Recreation Building Bow Town Offices** Chen Yang Li **Colonial Village Supermarket Curios on the Common Concord Chamber of Commerce** Concord Food Co-Op **Crust and Crumb Dunbarton Town Office Everyday Café** 

Flanagan's South Ender Deli

Hampton Inn **Hopkinton Village Store Individual Fitness Irvings Circle K** Johnson Golden Harvest Lakehouse Tavern Merrimack Co. Savings Bank Nina's Bistro, Hall St., Concord **Pages Corner Store** Riverside Pizza School Street Café South Street Market Sugar River Bank, Concord Hts. **Tucker's Restaurant** 



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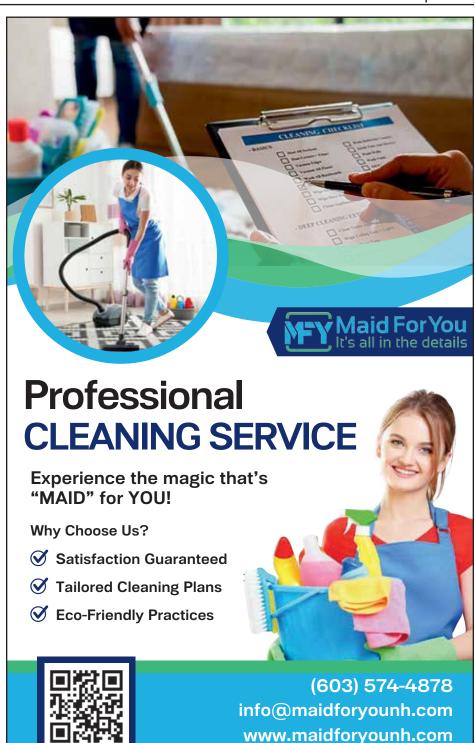
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