

The Bow Times

“Of the People, By the People, For the People”

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DUNBARTON NEWS ON PAGES 8-9

MILO COCOLA RECEIVES STATE AWARD FOR HISTORY PROJECT

Milo Cocola, a sophomore at Bow High School, spent hours researching NH's history at the State Archives to put together his photo collage celebrating America's 250th birthday.

He pieced together stories spanning centuries of the state's history by searching through boxes of photos, records, and newspaper articles, with no search bars or shortcuts.

“I made a rule for myself that I had to take everything from the archives,” he said. “When I found the different images, I would just go down the rabbit holes and I found everything super interesting.”

All his hard work paid off when he received the “History in the 603 Award” from New Hampshire Secretary of State David Scanlan.



Milo Cocola accepts the 'History in the 603' award from NH Secretary of State David Scanlan in his office at the State House on Wednesday, June 3, 2026.

BOW 300TH ANNIVERSARY COIN TO BE SOLD

On April 14, the Board of Selectmen in Bow approved the sale of a pewter and silver commemorative coin for the 300th anniversary of the incorporation of the Town of Bow in April 1727.

The price for a silver coin was set at \$90.00 and the pewter coin set at \$15.00. They will be available at the Baker Free Library, but no date for availability has been announced yet. The proceeds from the sale of the coins will be deposited in the 300th Anniversary Fund.



HOME OF THE FREE, BECAUSE OF THE BRAVE

The Bow community gathered to honor the ultimate sacrifice of fallen service members with its annual Memorial Day ceremony. The event featured a formal laying of the wreath memorial ceremony, followed by a community picnic.

The Bow Community Men's Club is due a special thanks for its continued efforts to coordinate this special event each year!

HOPKINTON-CONTOOCOOK NEWS ON PAGES 17-18

HOPKINTON RANKS HIGH ON LIST OF NEW HAMPSHIRE'S SAFEST CITIES



New data from SafeWise shows that Hopkinton, ranks #4 among the safest cities in NH. Recent Hopkinton Statistics: Violent crime: 0 per 1,000 residents Property crime: 2.4 per 1,000 residents

FUNDING FOR BOW ROAD & ROUTE 3-A INTERSECTION IMPROVEMENTS SET AT \$300,000

The Granite State Industrial Center located at 75 Dow Road requested \$510,000 for the Dow Road intersection improvements from TIF district funds. By a 3 to 2 vote the Selectmen approved the sum of \$300,000 for the project. Selectwomen Colby And Brennan voted against the improvements.



TWO ALTERNATES NAMED AS LIBRARY TRUSTEES

At the request of Library Director Kaitlin Camidge, two alternatives were named to the Library Board of Trustees for a one year term. The Selectmen named Margaret Byrnes and Shanka Rice.

BOW UPGRADES LIGHTING & PHONE SYSTEMS

Town manager David Stack reported that conversion to LED lighting contracts have been signed for the Recreation Center, Library and Municipal Building. Unutil is funding 90% of the costs.

A new phone system is also scheduled this month.

BOWTEACHER, AMY SEIDENBERG PUBLISHES HER FIRST CHILDREN'S BOOK, *LOST*.



Amy Seidenberg, teacher at Joyful Noise Learning Center in Bow, steps onto the literary scene with the release of her first book, *Lost*, a debut that signals the arrival of a thoughtful new voice as she takes you inside the heart of a foster child.

One mother after reading *Lost* exclaimed, “I can feel how the child felt,” which is Amy's goal for writing. First-time author, Amy writes with confidence, offering a children's book that feels both intimate and far-reaching.

Lost introduces readers to an author with a keen eye for detail and a gift for drawing out the quiet complexities of human experience. Amy wrote *Lost* for a little girl she observed struggling to adjust in a new foster home.

Amy's first published work, marks an impressive beginning and sets high expectations for what may come next. For readers eager to discover emerging talent, *Lost* is a compelling place to start.

Copies can be obtained at barnesandnobles.com

WINNER OF 28 NH PRESS ASSOCIATION AWARDS

THE BOW TIMES IS DELIVERED FREE TO 4,350 RESIDENCES & BUSINESSES IN BOW AND DUNBARTON

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EDITORIALS

BOW TIMES LIGHTS A FIRE

In March a State Representative from Weare, Travis Corcoran, called for a "final solution" for a Jewish colleague and deportation for a naturalized colleague. The Deputy Speaker of the House said there is "nothing we can do about it."

Having served as Legal Counsel to the Speaker I knew that was not the case and my April editorial that The House was sending the wrong message was reprinted in the Union Leader, Concord Monitor and most of the daily papers. The House Committee on Legislative Administration heard 2 1/2 hours of testimony and recommended censure of Representative Corcoran. The house on May 21 voted 288-54 to censure Corcoran.

Like this paper, a mosquito may be small but can still get your attention.

FROM THE TEAPOT DOME TO THE PLUNDER DOME

What a way to cut a deal on tax audits by suing your own government as President and negotiating with your former personal lawyer who is now Acting Attorney General on the other side of the table. And Todd or Toad Blanche is panting to be Attorney General as Trump well knows so he has to play the game. Money is going into a special fund from the pockets of the taxpayers to a tune of 1,776 billion dollars for a vague antiweaponization fund.

All of the antiweaponization fund was because some of Mr. Trump's tax returns were leaked by a private contractor working for the IRS. The penalty under law is set forth in the United States code in IRC section 7213 which calls for fines of up to \$5000 and five years in prison. Under section 7431 of the law civil damages are \$10,000 per disclosure or actual damages a far cry from \$1.8 billion.

So what was in those returns? The House Ways and Means Committee published six years of his returns in 2022, using a legal process in the tax code. Those returns from 2015 to 2020 showed that Trump and his wife, Melania, reported substantial losses in four years and paid a total of \$1.8 million in federal income tax over six years. In three of the years, they paid \$750 or less in income taxes.

These are the same returns Trump promised to release during the 2016 presidential campaign and then didn't. So he sued his government for \$10 billion and got two things from his government he wanted. The first was the \$1.8 billion slush fund he controls to pay the "patriots" who tried to change the election results by force on January 6, 2021.

Money for the fund will come from a special unlimited account available to the Justice Department for settling lawsuits. That pool of money gives the department the authority to make monetary settlements without needing approval from Congress. A group of five people, selected by Mr. Blanche, will oversee the operations of the fund, though Mr. Trump can fire its members at will. It will stop processing claims on December 15, 2028, weeks before Mr. Trump leaves office.

The terms of the settlement say it's to be run by five members who are appointed by the Attorney General - but only one in consultation with congressional leaders. Acting Attorney General Todd Blanche is Trump's former defense lawyer, and he gets to unilaterally appoint four out of five members.

What's more, Trump can remove any member "without cause" at any point. That means these people will be answerable to Trump, who has in many ways made Blanche's DOJ an arm of his own political operation.

The reports about whos being compensated are also set to be "confidential," effectively giving the administration cover from public scrutiny. And the settlement allows "no appeal, arbitration, or judicial review of claims, offers, or other determinations made" by the fund's members.

It's an immense amount of control, centralized under Trump, that sounds quite a bit like a slush fund.

When grilled by a Senate Committee last week Blanche would not commit to having no funds paid over to rioters convicted of assaulting police officers on January 6.

The day after the assault on the Capital Building that embarrassed our nation, Trump said that those who engaged in "acts of violence... do not represent our country" and "will pay."

It wasn't long before Donald Trump switched gears and the rioters became "patriots and hostages." By October 16, 2024, at a Univision forum, he described January 6 as "a day of love."

But was it a day of love for the men and women in blue? "They almost "loved" me to death," said former Capitol Police Sgt. Aquilino Gonell, whom Trump supporters repeatedly assaulted on January 6, told NBC News on October 17, 2024, "I guess a lot of people were hugging and kissing me. I should be thankful, I guess, according to him, because I lost my career, because I lost my health, I lost my financial stability, and my mental health paid a price."

"Are you serious? A day of love when more than 140 officers were injured, people lost their career, people lost their lives?" Gonell asked.

But even better than the writer payment fund is what Trump got for his hundreds of companies and his family: A lifetime get out of jail free card signed by Toad Blanche for any past fraud or improprieties in the family tax returns. A 2020 analysis of Trump's tax returns by the New York Times concluded he might owe \$100 million in taxes and penalties.

The ever so obedient Toad Blanche released an addendum that says the government is "FOREVER BARRED and PRECLUDED" from bringing claims against Trump, his family or his businesses for past tax issues, up to the date of the settlement this week."

If the terms are allowed to stand, Trump, his family and his businesses would effectively be immune from "claims" or "examinations" related to matters pending before the IRS, including in previously filed tax returns.

Is this sweetheart deal with Trump's own government unusual?

"I am unaware of a single precedent where the IRS has agreed in advance to permanently forgo examination of previously filed tax returns for a specific person or business," said Danny Werfel, who was IRS commissioner under former President Joe Biden. "People expect the same tax rules and enforcement framework to apply to everybody."

Because of the power of Presidents an IRS program was instituted in 1977 as a post Watergate measure that has for 49 years dictated that individual tax returns for both the President and Vice President are subject to mandatory examination each year.

One hundred years ago this was a pay to play scheme of the Harding administration arising out of oil leases at Teapot Dome in Wyoming present dollars worth about \$7,290,000 a \$1.8 billion dollar slush fund sure beats those deals to award friends by a magnitude of 249%.

Welcome to the Imperial Presidency.



IS THE J. IN DONALD J. TRUMP JESUS?

The delusions of grandeur for Donald Trump never fail to amaze.

He went over the top with his posting of himself as Jesus and 87% of Americans said it was offensive.

The blow back caused him to claim he meant to show himself as a doctor. Has anyone seen a doctor dressed like that? And if so, is that his friend Jeffrey Epstein he is healing with a left hand holding kryptonite? How dumb does he think we are Trumpers?

*Chuck Douglas
 For a free press, je suis Charlie*



NH ARMY NATIONAL GUARD RETIREE LUNCHEON SEPTEMBER 17, 2026

Retirees of the New Hampshire Army National Guard are cordially invited to attend the 17th Annual NHARNG Retiree Day Luncheon, which will be held on Thursday, September 17, at 10:00 AM in the Joint Force Headquarters Building 1, Concord, NH. The luncheon fee is \$5.00, and as customary, a Retiree group photo will be taken.

Retirees who are 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 rfplante1@gmail.com.

SARAH ROGERS RUNS FOR MERRIMACK COUNTY ATTORNEY



Sarah Rogers, a Merrimack County resident, and experienced prosecutor for three different counties in our state, officially announced her candidacy for Merrimack County Attorney on May 27th. Rogers is running on a platform of strong leadership, transparency, and a deep, firsthand commitment to the safety of local families.

“Merrimack County is my home—it’s where I was raised, where my friends and family live, where I went to school, and where I’ve dedicated my career to public safety,” said Rogers. “Having already served in the County At-torney’s

office, I know exactly what it takes to make it operate efficiently. I believe in Actions, Not Words, so I encourage voters to review my record to see the impact I have made on the communities I have served.”

Her platform focuses on core commitments to the county’s taxpayers and families, bringing:

End the Revolving Door of Repeat Offenders: Under Sarah’s leadership, the office will work with Governor Ayotte to enforce the new bail law to end the revolving door of repeat offenders in Merrimack County.

Protect the Vulnerable: As a former CASA attorney, Sarah will fight to ensure those who harm children face the maximum penalty under the law.

Cleaning up Concord: Sarah recognizes that public safety is a community issue that needs a community approach. As the law enforcer for the county, Sarah will commit to working with lawmakers to address Concord’s homeless crisis.



Bow Young at Heart Club

JUNE 24, 2026. 11:30 AM – 1:30 PM

Mary Kroenenwetter will use an illustrated slide show to discuss **Corbin’s Animal Garden**, a hunting club and game preserve in NH founded in the late 1800s by the banking, railroad, and real estate mogul Augst Corbin. The club welcomes visitors for the talk.

JULY 8, 2026. 11:30 AM – 1:30 PM

The club will hold its **ANNUAL ICE CREAM SOCIAL** followed by games. You don’t have to be a member to join us for interesting conversation and fun.

Meetings are at Old Town Hall, 91 Bow Center Road. Bring your own lunch at 11:30, dessert is provided. The public is welcome! Membership is open to all residents 55 and older.

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

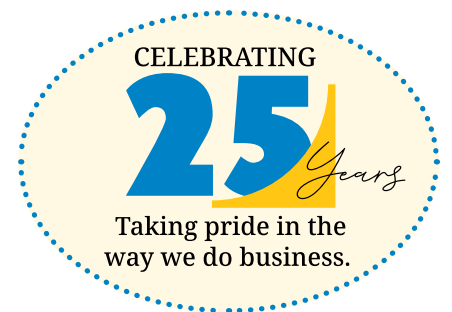


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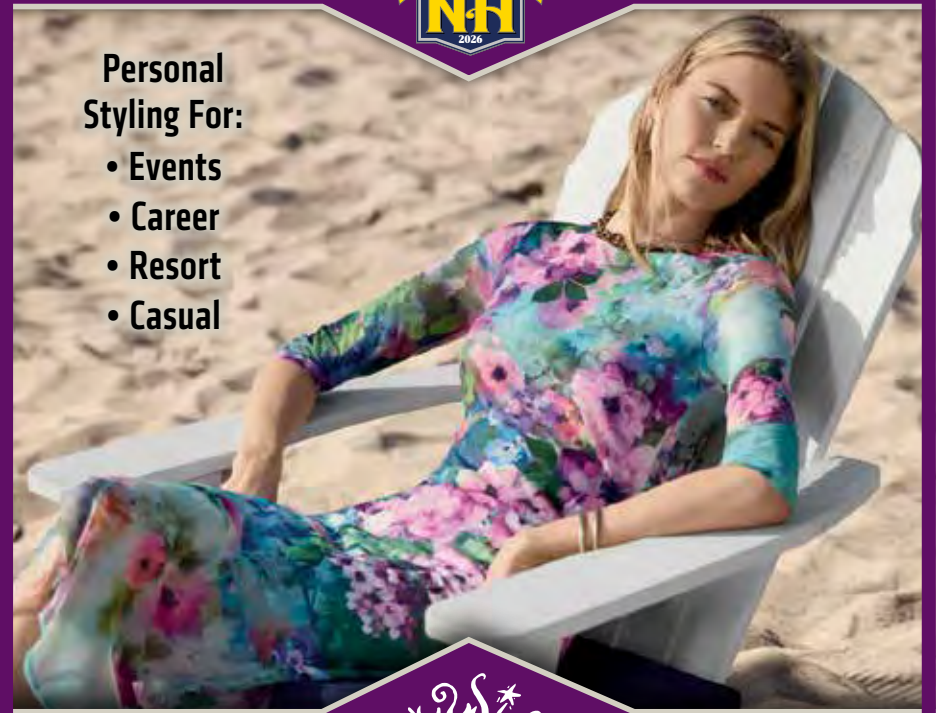
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Bow’s Katie Semeraro on Dean’s List

Katie Semeraro of Bow was named to the Spring Semester Dean’s List at the University of Connecticut.

DOCTOR'S
CORNER

by Dr. Richard Johnson
Dunbarton



RED BLOOD CELLS

Remember last month we learned that the red blood cell (RBC) is the only cell in our body that does not have mitochondria.

What are mitochondria? If you missed it, check out the May issue. I thought it a good idea to take a closer look at the red blood cell. Of course, you could simply 'google it' and learn a lot, probably more than you want or need! Let me in this short article, just hit the highlights of this very important cell in our bodies. We cannot live without the RBC. In the medical world the red blood cells are called erythrocytes. That word comes from the Greek erythros meaning 'red' and kytos meaning a hollow vessel. Bottom line, the most important function of the RBC is to carry oxygen to every cell in your body.

The RBCs are produced in our bone marrow, and as they mature, they move into the blood stream. Their lifespan is approximately 120 days. The biconcave red blood cell is 7-8 micrometers in diameter. It is packed with hemoglobin which makes up 33% of its weight; water makes up the rest of the cell's weight. Each RBC contains about 300 million hemoglobin molecules. Each hemoglobin molecule is made up of four globular proteins, each a polypeptide chain folded onto itself. Within each chain is heme, a flat organic ring which holds an iron atom in its center, and it is onto these iron atoms that oxygen molecules bind and are carried throughout the body. Hence each hemoglobin molecule can carry four oxygen molecules, and there are 300 million hemoglobin molecules in each RBC... you do the math.

Remember, since the RBC does not have mitochondria, it is not making energy and therefore not using up the oxygen that it is carrying. (1) When oxygen combines with the iron in hemoglobin it absorbs blue-green light and reflects red light... hence the name red blood cell and the resulting red color of blood itself.

When you are examined by a health care professional you may have your blood analyzed for the hematocrit which is the percentage of RBCs in the blood (N for women: 37%-47% and N for men: 42%-50%). Also, the amount of hemoglobin can be measured (N for women: 11.6-15 grams per deciliter and N for men: 13.2 - 16.6 grams per deciliter). A deciliter is one-tenth of a liter, or 100 ml. Finally, these remarkable biconcave cells are extremely flexible and can move through 2-3 micrometer capillaries even though they themselves are 7-8 micrometers in diameter. A micrometer is one-millionth of a meter or 0.001 millimeter. Old (120 days) and damaged red blood cells are totally recycled by the liver and spleen where hemoglobin is broken down: the iron is saved and sent to the bone marrow where new RBCs are being made, the globin is broken down into amino acids to be used in making new protein, and the heme (the organic ring in each globin molecule that holds the iron) is made into bilirubin which has antioxidant and anti-inflammatory properties. Some bilirubin is excreted in bile which aids the breakdown of fatty acids in the small intestine.

There you have it; the design of the RBC is simply remarkable; we cannot survive without them. When their life is over, they are essentially totally recycled; nothing is wasted. Those of you who design things can appreciate that complex entities and systems that function with a purpose and then recycle themselves don't happen by chance.....you design them!

(1) A 1-minute video is here: <https://www.britannica.com/video/Learn-how-hemoglobin-proteins-blood-transport-oxygen-lungs-to-tissues/-246612>

KIDS
FUN FRIDAY NIGHTS
GRADES K-3

WITH: CREATIVE KIDS CLUBHOUSE

KIDS CAMPING & PIZZA PARTY

Get ready for a magical kids night out with Camping & Game Night! Students grades K-3 are invited for an evening of cozy, camp-style fun, games, and crafts. We'll transform the space into a mini-campsite filled with imagination, laughter, and adventure.

As the night winds down, kids will snuggle in for special games. It's a safe, supervised night of fun while parents enjoy a well earned evening off.

What to bring: Wear PJ's, a sleeping bag or blanket, a pillow, and a favorite stuffy.

Date: Friday, August 14 – **Time:** 5:30 – 8:30 PM
Fee: \$55 Bow Residents / \$60 Non-Residents

UNDER THE SEA BEACH PARTY

Dive into an evening of ocean-themed fun! Kids will become sea creatures and beach explorers in this under the sea beach party designed just for grades K-3. We'll play ocean-inspired games like shark tag, take crab walks, create colorful fish & jellyfish crafts, and enjoy a beach-style snack break. To wrap up the night, kids will relax on their beach towels for a calming ocean story - bringing the beach indoors for a night of imagination and underwater adventure.

Date: Friday, July 17 – **Time:** 5:30 – 8:30 PM
Fee: \$40 Bow Residents / \$45 Non-Residents

Location: Bow Community Building
3 Bow Center Road



www.BowHh.myrec.com



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WEDNESDAY, JULY 15, 2026 10 A.M. – 4 P.M.




Summer is just around the corner, and that means one of the Lakes Region's most beloved traditions is back. Tickets are now on sale for the Granite VNA Hospice Home & Garden Tour, and we'd love for you to join us.

This self-guided tour features a wonderful mix of properties on or near the waterfront of Lake Winnepesaukee. From sprawling estates to charming cottages, open-air retreats to rustic getaways, each is welcoming and rich with family history, that reflects the unique character of the homeowners, and the Lakes Region.

It's a great way to spend a summer day while supporting Granite VNA Hospice care for patients and families right here in Central New Hampshire. To purchase your tickets by credit card, visit the Granite VNA website at www.granitevna.org



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80 South Bow Road	3 Bedrooms 1 Baths	1120 Square Feet	1 Acre	\$375,000
30 Bow Bog Road	2 Bedrooms 1 Baths	1296 Square Feet	.92 Acres	\$475,000
59 White Rock Hill Road	3 Bedrooms 2 Baths	1944 Square Feet	1 Acre	\$480,000
21 Hooksett Turnpike	3 Bedrooms 3 Baths	2492 Square Feet	.97 Acres	\$610,000
1 Kelso Drive	3 Bedrooms 3 Baths	2146 Square Feet	1.20 Acres	\$650,000
99 Brown Hill Road	3 Bedrooms 3 Baths	3112 Square Feet	1.6 Acres	\$680,000
7 Morgan Drive	5 Bedrooms 5 Baths	6932 Square Feet	2.61 Acres	\$1,170,000

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ADDRESS	BEDROOMS / BATHS	SQUARE FOOTAGE	ACREAGE	PRICE
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71 Overlook Drive	4 Bedrooms 3 Baths	3446 Square Feet	2.08 Acres	\$845,000

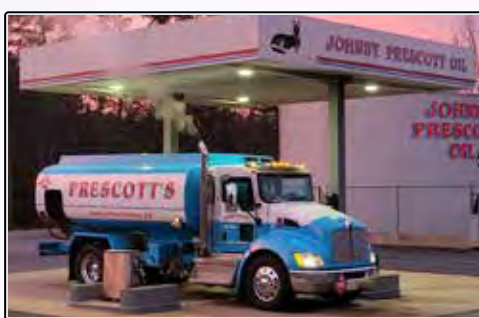


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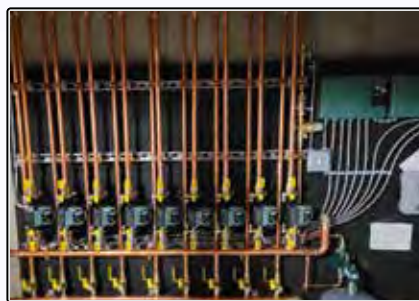
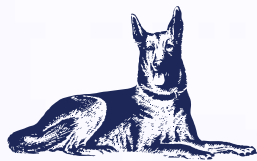
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THE *Music* LADY

FOR THE LOVE OF MUSIC

Is beauty in the eye (or ear) of the beholder?

Occasionally, some world-class musicians choose to disguise themselves to perform in ordinary places, for ordinary people, who have no idea they are listening to a celebrity. From time to time, these musicians yearn to get away from the stress of performing on huge stages in arenas, opera houses, amphitheatres and auditoriums in front of sold-out crowds who paid enormous ticket prices. Maybe they just want to get out of the limelight and compare the reactions of unsuspecting passersby on the street to the standing ovations they receive on their concert tours. However, sometimes this undercover busking can lead to surprising results.

A notable example is when world-renowned violinist Joshua Bell performed an undercover solo concert in a Washington, DC subway station in 2007. Joshua had skyrocketed to fame with his Carnegie Hall solo violin performance in 1985 at age 17. By the year 2000, he had performed with many of the world's major orchestras and was recognized as a virtuoso on par with Itzhak Perlman, although Perlman's is more of a household name. In 2000, Bell bought a 1713 Stradivarius at an auction for 4 million dollars. In 2007, he accepted a challenge from Washington Post writer, Gene Weingarten, to play a 45-minute solo concert in a DC subway station during the morning rush-hour. Joshua applied heavy makeup and wore jeans, sneakers and a baseball cap while he played a 45-minute program on his 4 million-dollar Strad, as over a thousand commuters walked past him on their way to work. 7 people stopped for at least a minute while he played 6 complex classical masterpieces (mostly by Bach.) 27 people left a tip in his tin cup that totaled \$32.17. Just two days before this social experiment, Joshua had performed to a sold-out house at Boston Symphony Hall, where the average ticket price was \$100, and Joshua was paid literally thousands of dollars per minute. Gene Weingarten documented the experiment in an article for the Washington Post entitled, *"Pearls Before Breakfast,"* for which he won a Pulitzer Prize. As a side note, Joshua's Stradivarius is estimated to be worth 14-15 million dollars today.

Paul McCartney performed undercover in a London tube station in 1984 as part of the filming for the Beatles movie, *"Give My Regards to Broad Street."* He too, wore heavy makeup and messy clothes while he sang "Yesterday." No one recognized him. Most passersby simply ignored him.

Who knows what these social experiments prove. After all, it was the *same talent* that was ignored when performed for free in these ordinary places, for which others paid huge ticket prices to experience at sold-out concert venues. Why did it require the magic of all the lights, costumes, sound systems, orchestrations and expensive tickets at live concerts to thrill the fans, while the *same talent* that performed incognito and for free in the corner of a subway station left so many passersby totally non-plussed?

"Ah, sweet mystery of life."

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BELIEVING IN LIMITS OR LIMITLESS

by Jim Olson

In all our I.F. studios we have sign, or a copy of the sign, on the wall that states, **You Are Your Only Limit**. Yeah, once in a while, when the client begins, they often don't get it. After a while, those same clients that didn't and eventually did, have made fun of the sign only because they once didn't believe in it that it is true. In fact, even though I am the owner and founder of I.F., I am no exception to the sign on the wall. I love when a client asks me, did I hang that sign for me or them. My response is always, with my Jimmy O grin, "Hmmm maybe both."

#1: I don't have enough time to _____! (may be for you, i.e., exercise)

The truth or fact, I have the same 24 hours in a day as you or anyone else on this side of the dirt.

The strategic action to rid myself of my limit or lie? Start with the time I do have that is unused and use it.

- Squeeze in a few 10-minute walks throughout the day. If you don't have time for a full workout, don't sweat it. Shorter spurts of exercise spaced throughout the day offer benefits, too.
- Get up earlier. If your days are packed and the evening hours are just as hectic, get up 30 minutes earlier twice a week to exercise. Once you've adjusted to early morning workouts, add another day or two to the routine.
- Claim the back row of the parking lot as your own. Or park a few blocks away and walk quickly to your destination.
- Rethink your rituals. Your weekly Saturday matinee with the kids or with your best friend could be reborn as your weekly Saturday bike ride, rock-climbing lesson or trip to the pool.

#2: I can't afford to _____! (for you, i.e., buy latest and greatest piece of home exercise equipment or even afford the lowest a health club membership around)

The strategic action to overcome my limit/lie? I don't need to buy another shiny object that will only work if I work it or buy another \$2.99 subscription



Jim Olson

that I never to use, yet hope I will one day, I do You don't need to buy the greatest piece or another membership to pay for another membership fee to go unused. Your already own the greatest piece of exercise equipment that is free to use anywhere, anytime which is, your own body.

- You can do strengthening exercises at home. Use inexpensive resistance bands—lengths of elastic tubing available in varying strengths—in place of weights. Lift plastic milk jugs partially filled with water or sand. Do push-ups or squats using your body weight.
- You can queue up an exercise video/DVD or try an on-demand videos on dance aerobics, cardio-kick-boxing, yoga or tai chi. There are limitless options for you to choose from and I bet you already know which will work for you that are not listed.

- You can start a walking group. Round up friends, neighbors or co-workers for regular group walks. Plan routes through your neighborhood or near your workplace, along local parks and trails, or in a nearby shopping mall.

- You can take the stairs versus the elevator when you can. Better yet, make climbing stairs a workout in itself.

#3: I'm afraid of the pain of _____! (for you i.e., I'll hurt myself or again)

- You can take it slow. Start with a simple step that leads you into your own walking program. As you become more confident in your abilities, add new activities to your routine.
- Try allowing yourself to be a beginner. We all learn the basics by starting from scratch.

I'll end with this, If I can believe my limits, I can believe I am limitless. The only thing I must do is take action on choosing which to believe because to believe in both leaves me with wasted time, money and health and dizzy from going in circles.

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DUNBARTON NEWS



THE SECOND ANNUAL DUNBARTON FARMERS' MARKET

at Stark Farm Organic Blueberries on 30 Stark Lane, Dunbarton will be held every Friday starting July 10 to August 28, 3pm to 7pm.

This year they will have 18 vendors that will be selling: Vegetables, Fruit, Children's books, Artisan breads, Bagels, Treats, Gluten free items, Dried herbs, Crafts, Cotton candy, Chicken eggs, Homemade soaps, Isopods, Flowers, Treats and accessories for your fur babies, Certified organic salad greens and micro-greens, Glass infused jewelry, Crocheted items, Homemade bracelets, Hand turned wooden lamps, Soft felted alpaca products, Locally raised beef, Handcrafted artisan cheese, Lemonade, Affordable healthcare plans, home & business services, Organic blueberries, Honey, Homemade Jams, Blueberry cake donuts, Blueberry cake donut whoopie pies, local maple syrup, and Amish popcorn.

Vendor List: Bizzy Bee Books, Blakeney's Bread, Log Home Herbs and Crafts, Bunny Bee Cotton Candy, Clapp Family Farm, Clayton Soaps, Theresa M. Cromwell products, Matt Forrest Esenwine children's books, Four-Legged World, Generation Farm, Jacqui's Glassicles, Maeve & Enya homemade items, Old Kemp Farm, Bela Brook Farm, Southern Charm Cheese, Niambe's Lemonade, Trusted Essential Services, and Stark Farm Organic Blueberries.

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COME TO CHAIR YOGA 11 am to noon, second floor of the Town Hall, on Thursdays: June 18, June 25, July 9 and July 16. PLEASE look at the library's Facebook page or website for any updates. Dress comfortably. Bring water!

SUMMER READING PROGRAM

Unearth a Good Story, runs from Tuesday, June 23rd to Friday, August 7th. Contact the library for the schedule and/or visit: <https://www.dunbartonnh.org/dunbarton-public-library/pages/childrens-programs-and-summer-reading-program>.

REMINDER!

THE LIBRARY BOOK GROUP will not meet in July or August. The next meeting will be on Wednesday, September 16 at noon, in the library. The group will discuss *Psalm of the Wild-Built* by bestselling author Becky Chambers, winner of the Hugo Award! A *Psalm for the Wild-Built* is Chambers's delightful new Monk and Robot series, that gives us hope for the future. Check the library's website and FB page for any date and time changes."

KNITTING FOR ADULTS The group will hold their final meeting before summer on Friday, June 19. See you in September when meetings resume the third Friday of each month, 6:30 to 8:30 pm, in the vestry next door to the Dunbarton Congregational Church (in the town center.) Everyone and all levels of knitting are welcome to join. Please contact Tammy572003@gsinet.net.

OPEN MIC NIGHT The Congregational Church's SpireSide Open Mic is scheduled for Saturday, June 20 at the church in the town center. Doors open at 4:30 pm for sign-ups. Suggested donation is \$5. Music starts at 5:00 pm and continues until everyone has shared their talents. Enjoy complimentary coffee, tea, soup, and snacks while connecting with neighbors and friends. Donations for snacks are welcome. FMI www.community-dunbarton.org/spireside-coffeehouse. The SpireSide will be on hiatus July and August. They'll be back in September.

READING TO DOGS Harry, from the Library's Reading to Dogs program will be visiting during the Summer Reading Program. He will be at the library Tuesday June 30, July 7 and July 21 at 1:00 pm. Please call to reserve your 15-minute reading slot. Check the library's website and Facebook page to confirm dates and times.

BEYOND THE BOOK book club sponsored by the Congregational Church will be reading *Orbital: A Novel* by Samantha Harvey. This book is "A New York Times Bestseller and Winner of the Booker Prize 2024, and many other awards. Discussion will be Thursday, July 2, 7pm to 8pm. Contact for link and/or more info: info@dunbartonucc.org.

TOWN OFFICES WILL BE CLOSED ALL DAY ON FRIDAY, JULY 3, 2026, IN OBSERVANCE OF INDEPENDENCE DAY.

DUNBARTON FIREFIGHTERS ASSOCIATION

ANNUAL CHICKEN BBQ

JUNE 28TH, 2026

DUNBARTON FIRE DEPARTMENT

SERVING TIMES:

- 12PM-2PM
- 3PM-5PM

TICKET PRICE:

- ADULT \$15
- CHILD 12 AND UNDER \$10

MENU:

- CHICKEN
- COLE SLAW
- POTATO CHIPS
- ROLL
- CRANBERRY SAUCE
- ICE CREAM SUNDAE



PURCHASE ONLINE OR FROM ANY FIRE ASSOCIATION MEMBER
← SCAN TO PURCHASE

ADVANCED TICKETS ONLY

DUNBARTON POLICE

MAY 2026

ARREST/CHARGE LOG

05/05: William Scholtz, 21, Nottingham, was taken into custody for driving while a habitual offender (felony).

05/10: Jacob Callahan, 25, Haverhill, MA, was charged with driving after revocation/suspension and misuse or failure to display plates.

05/14: Robert Bzdula III, 23, Seagrove, NC, was indicted by a Merrimack County Grand Jury for attempted aggravated felonious sexual assault; Tanja Nicolo, 50, Londonderry, was taken into custody for violation of a protection order - penalty and stalking.

05/30: Male, 17, Manchester, was charged with driving after revocation/suspension - subsequent offense, driver's license prohibitions, unregistered vehicle, driving without giving proof, and fishing without a license.

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

Police also issued 13 traffic citations for various offenses including, but not limited to: speeding, expired license, unregistered vehicle, and failure to yield, as well as 3 Fish and Game citations for unregistered OHRV, cocked crossbow in motor vehicle, and fishing without a license, and 1 possession of marijuana (less than 3/4 ounce) citation. Please note that some citations may have been issued in conjunction with an arrest.

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

911 Hang Up: 1	Motor Vehicle Complaint: 6
Animal Complaint: 11	Motor Vehicle Lockout: 1
Assist Dunbarton Fire/EMS: 9	Motor Vehicle Stop: 95
Assist Other Agency: 14	OHRV: 2
Burglar Alarm: 2	Paperwork Service: 5
Civil Matter: 2	Police Courtesy/Assist Citizen: 6
Court: 2	School Zone/Patrol: 22
Criminal Trespassing: 1	Suspicious Activity/Person/Vehicle: 5
Death Notification: 1	Theft/Fraud/Scam: 2
Disorderly Conduct: 1	Traffic Hazard: 4
Domestic Disturbance: 1	Vacant Property Check: 10
Follow Up: 6	VIN Verification: 5
Illegal Dumping: 1	Wires/Trees Down: 5
Motorist Assist/Disabled: 4	Welfare Check: 4
Motor Vehicle Collision: 3	



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JUNE IS NATIONAL HOMEOWNERSHIP MONTH

June is National Homeownership Month, a time to celebrate the value and benefits of owning a home while recognizing the important role homeownership plays in building stronger communities. For many families, purchasing a home is one of the most significant financial decisions they will make.

Homeownership offers more than just a place to live. It can provide stability, a sense of pride, and an opportunity to build equity over time.

At our bank, we are committed to helping customers navigate every stage of the homebuying journey. Our experienced mortgage team is here to support and guide customers every step of the way. From preparing for homeownership and exploring financing options to closing on a home and beyond. Whether you are purchasing your first home, upgrading to meet changing family needs, or refinancing an existing mortgage, we are dedicated to providing personalized service and trusted expertise.

We are proud to support homeowners, and future homeowners, as they work toward achieving the dream of homeownership and building a strong financial future.



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DUNBARTON ANNUAL

bicycle rodeo

FREE EVENT at Dunbarton Elementary School INCLUDES

Saturday, August 8 10am to 12pm

- Bicycle helmets & bicycle safety equipment on a first-served basis, through a grant from the **Children's Hospital at Dartmouth (CHaD)**
- Treats from **Creative Kones**
- Music from **DJ Jiggy**



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MAY 2026 ARREST LOG

05/03 Summons, Eric Beaulieu, Londonderry, Criminal Trespass; Summons; Stephanie Joaquin, Londonderry, Criminal Trespass

05/11 Arrest, Nicholas Fuchs, Warner, Habitual Offender Conduct After an Accident

05/16 Summons, Chelsie Henderson, Derry, Negligent Driving

05/24 Arrest, Joshua Williams, Canaan, Habitual Offender, DUI 2nd, Disobeying an Officer, Interlock MV not equipped

05/25 Arrest, Shawn McComiskey, Goffstown, Driving After Suspension, Conduct After an Accident, False Report to Law Enforcement

05/27 Arrest, David Melanson, Manchester, Forgery, Theft by Deception

05/28 Arrest, Trevor Johnson, White River Junction, VT Issuing Bad Checks

05/29 Arrest, Joseph Perkins, Bow, Arrested on an in-state warrant for Conduct After an Accident

Misdemeanors and Felonies 9, Violation Level 2, Marijuana Summons 0, Involuntary Emergency Admission 1, Protective Custody 2.

Total in April 2026 of 14.



MAY 2026 CALL DATA

Primary Incident Group	Count	Percent of Total
Fire	7	9.72%
Hazardous Situation	5	6.94%
Medical	34	47.22%
Public Service	12	16.67%
No Emergency	13	18.06%
Law Enforcement Support	1	1.39%
TOTAL	72	100.00%

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110 School Street, Concord
6 beds | 3.5 baths | 0.31 acres | \$939,900

Located within walking distance to downtown Concord, this spacious and beautifully maintained 6-bedroom, 3.5-bathroom home offers the perfect combination of classic New England charm, flexible living space, and an exceptional location. Filled with natural light, the home features expansive living and dining areas designed for both everyday comfort and entertaining. The large kitchen offers abundant cabinetry, generous counter space, and plenty of room to gather with family and friends.

Rolf Gesen c: 603.856.4117
MLS# 5086851



8 Longview Drive, Bow
4 beds | 6 baths | 2.44 acres | \$999,900
Rolf Gesen c: 603.856.4117
MLS# 5068911



183 Waterloo Street, Warner
5 beds | 3.5 baths | 5.5 acres | \$949,000
Rachel de Thomas c: 603.748.1800
MLS# 5084840

NEW LISTING

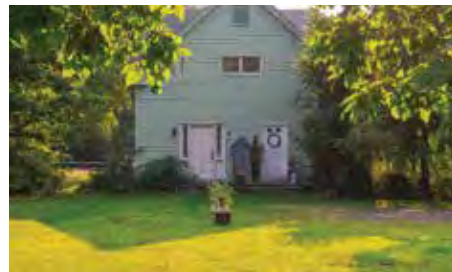


5 Windchime Drive, Bow
3 beds | 3 baths | \$599,900
Rolf Gesen c: 603.856.4117
MLS# 5078335

NEW LISTING



55 Bible Hill Road, Warner
3 beds | 1 bath | 0.8 acres | \$449,000
Rachel de Thomas c: 603.748.1800
MLS# 5090320



29 River Street, Charlestown
Multi-family | 2 units | \$349,900
Ashley Feleen c: 603.477.2995
MLS# 5084305



Waldron Hill Road, Warner
3.78 acres | \$109,000
Rachel de Thomas c: 603.748.1800
MLS# 5041012

CONCORD OFFICE: 603.525.7123

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2026 MEMBERSHIP

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Application Forms available at www.bowgardenclub.org or scan the QR code below

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Baker Free Library
May/June News

509 South Street
Bow, NH 03304

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



**Baker Free Library will be closed on Saturday, July 4th
in observance of Independence Day.**

ADULT PROGRAMMING

Paint Along! | Thursdays, June 25th & July 2nd | 5pm

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

There are TWO sessions - on June 25th and July 2nd. Please only sign up for ONE session - it will be the same class/painting so you won't miss anything!



Outdoor Concert with NHSCOT | Monday, June 29th | 6pm

Join us for a family music night in our outdoor space, with a performance by the Pipes and Drums of NHSCOT! Try some Scottish snacks and drinks while listening to beautiful Highland tunes. After the band performs, audience members will get a chance to try their hand at an instrument.

Music starts promptly at 6:30pm; we advise folks to arrive around 6 to claim a spot! Please bring your own lawn chairs/blanket if you are able. The library will provide chairs as needed!

Chair Yoga! | Thursday July 2nd | 8:30am

Chair yoga will be held the first Thursday of every month, at 8:30 AM! You must be registered to attend, as space is limited. Please dress comfortably and bring water with you to class!

You can enjoy the benefits of yoga while sitting in a chair or standing, using a chair for balance. Guided yoga postures and breath-work, will help to increase strength and range of motion, improve circulation, and deepen mental and physical relaxation. No experience needed!



Everyone's Trash: One Man Against 1.6 Billion Pounds Wednesday, July 8th | 6pm

Join Duncan Watson, New Hampshire author, of *Everyone's Trash*. To hear his insights and vision for the future of waste management, with selected reading from his debut book, *Everyone's Trash*

"It's about way more than recycling and trash. It's a poignant x-ray of a small city's soul, a testament to the power of connection, compassion, and community."

NY Times bestselling author, Sy Montgomery.

Craft Swap | Monday, July 13th | 4pm

Trying to get rid of craft supplies? Looking for new ones? Drop in any time Monday starting at 4pm to check out the library's first ever Craft Swap! Please bring your new or gently used supplies to share, and a tote of your own to carry your items home.

YOUTH PROGRAMMING



Summer Reading Kickoff Party & Petting Zoo Friday, June 19th | 4pm

Stop by the library for our Summer Reading Kick-Off Party on Friday, June 19! From 4:00-5:30pm, activities will be available throughout the library to celebrate this year's theme: Plant A Seed, Read, including a Farm Animal Petting Zoo! Visitors will have the chance to meet with chickens, ducklings, guinea pigs, rabbits, goats and lambs, right in front of the library.

All ages welcome. Registration for Summer Reading begins at this event, but will be open all summer long.

WEEKLY PROGRAMS

Wiggle Worms: Music & Movement Every Monday, June 22nd – August 3rd | 10:30am

Get ready to wiggle, giggle and groove! Through music, instrument play, dancing and playful movement activities, this interactive storytime encourages children and their caregivers to move their bodies together.

Each session ends with a family dance party, so bring your energy and your dancing shoes! Recommended for ages 3-6, in the company of a parent or caregiver. Grown-ups: please plan to participate! One-time registration required to reserve your child's space. Group size is limited.

Register only if you can attend most or all of the offered sessions.

Children's Theater Play Rehearsals Every Tuesday | June 23rd – August 4th | 3pm

BFL's Children's Theater is back! Children and teens aged 8-14 are invited to participate in this year's production of *Winnie the Pooh*, in celebration of the beloved book's 100th anniversary. Roles are available for all comfort levels, as well as opportunities for prop and set design. Join us each week as we rehearse, design and create, all ahead of our performance at the library's Summer Reading Finale! Registration is required to reserve your child's space. Please register only if your child can attend most or all of our rehearsal dates. Every Tuesday afternoon from 3:00 - 4:15pm. Ages 8 and up.

Green Thumbs: Children's Craft Every Wednesday, June 24th – August 5th | 3pm

Throughout the summer, join us for a children's craft project every Wednesday afternoon at 3pm. 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.

Ruff Readers | Every Thursday, June 25th – August 6th | 3pm

Children can gain confidence and improve their literacy skills by reading aloud to a one-of-a-kind audience! Reserve a 15 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 15 minute time slot. Please call the library at (603) 224-7113 to sign up! Online registration is not available for this program.

BOOK CLUBS

Whodunits | Tuesday, July 7th | 1pm

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

July Book Discussion: *With a Vengeance* by Riley Sager

Adult Book Talk at BFL | Tuesday, July 14th | 12:30 & 6:30pm

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

July Book Discussion: *Madame Fourcade's Secret War* by Lynne Olson

White Rock Book Group | Tuesday, July 21st | 1pm

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

July Book Discussion: *Madame Fourcade's Secret War* by Lynne Olson



Bedtime Stories by Martha Sawyer' as the caption.

IN THE GALLERY JUNE 2026

To Live in Bow ~ Martha Sawyer

- To Live in Bow is a body of work centered on the sweet spots of Bow.
- Aren't we so lucky as residents to have flowers at our gazebo?
- To have a place for our children to sled and skate?
- To enjoy a peaceful sunset at Turee pond?
- To catch a glimpse of the Whites from Woodhill Road?
- To enjoy a great book from Baker Free?

Although there are so many more highlights in Bow I have yet to capture, I find the subjects in this collection to be some of my favorites. What are your favorites?

The paintings in this exhibition are all original acrylics on panel created by artist, Martha Sawyer, in the alla prima style. Each work includes a handmade floater-frame made by Daniel Bourquard, who is also a Bow resident and a member of the Guild of New Hampshire Woodworkers. All paintings are \$75.00 and for every painting sold, \$5 will be donated to Baker Free Library towards books on the arts for the Youth Collection.

Many thanks to Christina Landry-Boullion and the Baker Free Library for inviting me to exhibit my work and for supporting local artists!

www.bowbakerfreelibrary.org

Town of Bow
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- OF THE -
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CONGRATULATIONS TO
DUANE RESSE
FOR BEING SELECTED AS
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FOR JUNE

Duane Resse, a highly dedicated and resourceful individual, is known for his analytical skills and hands-on approach as a Mr. Fix It. He consistently works on projects aimed at saving money, including fabricating frames for the "Welcome to Bow," machining specialty parts for equipment repairs and modifying equipment for increased productivity.

Duane's expertise and his willingness to share knowledge make him a valuable team member, one who is always ready to troubleshoot and provide practical solutions. He is perpetually positive and committed to continuous improvement.

**6TH ANNUAL BOW
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**SATURDAY
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OVER 55 HOMES PARTICIPATING

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Disneyland ticket prices are over \$200 a person. Maybe now they'll buy Donald Duck some pants.

Be careful what you say, because the corn has ears!

Paws on the Green
GOLF TOURNAMENT
AUGUST 24, 2026
CONCORD COUNTRY CLUB
Benefiting Homeless Pets
in Our Community

Paws on the Green

**Presenting Sponsor Bow Auto Parts
Concord Country Club | Monday, August 24, 2026**

Join us for Paws on the Green, an 18-hole scramble charity golf tournament supporting the homeless pets at Pope Memorial SPCA.

Spend the day enjoying 18-holes of golf with a 9:00 AM shotgun start, along with on-course contests, prizes, and a raffle— all while making a meaningful impact for animals in our community.

EVENT DETAILS

Date: August 24, 2026 **Time:** 9:00 AM shotgun start

Location: Concord Country Club, 22 Country Club Lane, Concord

Registration: \$800 per foursome with cart and lunch is included

Corporate Team: \$1,200 for a foursome with cart and Tee Sponsorship

For registration & information please visit our website at:
www.pmspca.org

All proceeds support second chances for animals in need.

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Concord-Merrimack County



BOW HIGH SCHOOL SPORTS SPOT

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



Senior Cameron Czarnosz against ConVal

BOYS LACROSSE

The boys lacrosse team has a record of 12-2, ranking it second in Division III for lacrosse. The team's only losses came against undefeated Coe-Brown Northwood and competitive Lebanon. The Falcons will take the No. 2 seed in the upcoming playoff tournament.



Junior Taylor Ouellette against Coe-Brown

GIRLS SOFTBALL

The girls softball team has demonstrated a pretty strong performance throughout this regular season! With a record of 10-6, the Falcons girls have the No. 7 seed going into the postseason. They have beaten strong teams in ConVal and John Stark, and have hopes of winning many more in the tournament.



Junior Clayton Nadzan against John Stark

BOYS BASEBALL

The boys baseball team has the 12th seed in the upcoming baseball playoffs. With a record of 6-11, the team managed to just qualify for the playoffs. For perspective, there were 13 teams that qualified. During the regular season, the team managed an upset against No. 4 St. Thomas Aquinas, so there is certainly a capability on this team for making a run in the playoffs!



Sophomore Jules Cusson against Gilford

GIRLS LACROSSE

The girls lacrosse team has had a very strong season this year, with a record of 14-1. The Falcons, featuring seniors such as Josie Johnson, Casey Totten, and Audrey Glennon, have had an excellent season, and will hold the No. 1 seed in the playoffs. Their only loss in the regular season came when they visited Hopkinton. They lost 11-17.

The team has plenty of underclassman athletes as well, and a strong goalie in junior Gianna Trott! The Falcons are coached by seasoned coach Chris Raabe.

BOYS TENNIS

The boys tennis team, after a great second half to the season, reached a strong regular season of 11-3. The Falcons lost games against Hollis-Brookline 1-8, Goffstown 3-6, and Winnacunnet 3-6. However, they managed strong wins against Portsmouth, a challenging team that they weren't sure they could win against.

These wins helped them reach the No. 3 seed in the playoffs, where they had a rematch against No. 6 Winnacunnet, where they won in a convincing 7-2 win. The team then faced Hollis-Brookline, and, despite losing 1-8 in the two teams' previous matchup, the Falcons nearly won! The game ended in a close 4-5 loss.

Thankfully, however, despite having such a competitive team, the boys tennis team has no seniors this year, meaning that it is going to be very competitive next year!



GIRLS TENNIS

The girls tennis team, after a strong regular season in which the team went 8-6, reached the quarter-final round this year. The Falcons, seeded eighth, won their first round match against No. 9 Alvirne 7-2, but proceeded to lose 0-9 against No. 1 Souhegan. The team, however, is a young team filled with underclassmen, meaning that the Falcons are in a very good position for next year!

FALCONS FLY FOREVER!

Rotary Club of Bow



The 15th Annual Bow Rotary Car Show on May 16. Photo | Eric Anderson

15TH ANNUAL CAR SHOW DRAWS CROWD

Bow Rotary's 15th annual car show was held Saturday, May 16. Registrants totaled 161 vehicles and more than 500 spectators attended the show.

Winners are as follows.

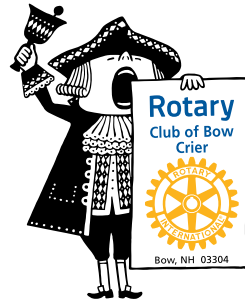
- Class A - Early to 1930's: Chris Rapp, 1939 Cadillac Series 61 Coupe
- Class B - 1940's: Raymond Poulin, 1949 Mercury Custom
- Class C - 1950's: Rich Philibert, 1955 Chevy Del Ray
- Class D - 1960's: Ray Weatherbee, 1968 Pontiac Firebird
- Class E - 1970's: Nick Palangas, 1970 Chevy Chevelle SS 396
- Class F - 1980's: Kenneth Graham, 1987 Buick Grand National
- Class G - 1990's: Penelope Boston, 1991 Mitsubishi 3000GT
- Class H - 2000's and Newer: Tony DeRouin, 2017 Corvette Z06 Convertible
- Class I - Camaro: Darren Nielsen, 1970 Chevy Camaro
- Class J - Corvette: Bob Demers, 1961 Chevy Corvette
- Class K - Imports: William Dryoff, 1972 Datsun 240Z
- Class L - Mopar: Katherine Cramer, 1969 Plymouth Road Runner
- Class M - Mustang: Dave and Dolly Dion, 1966 Ford Mustang Fastback
- Class O - Survivor: Geordon Rule, 1962 Pontiac Grand Prix
- Class P - Truck: Wooly Wuellenweber, 1950 Ford F150
- Class R - Motorcycle: Ian Bowker, 1965 BMW R27
- Class S - British: Steve and Bill Rule, 1958 Bear Taxi
- Class - People's Choice: Allan & Judy Jones, 1967 UltraVan Motorhome
- Class - Best In Show: John Baird, 1976 Dodge Tradesman Van



BOW ROTARIANS READ TO FIRST GRADERS

Rotarians read customized books to first-graders at Bow and Dunbarton elementary schools on Friday, May 15. The books feature the child's name, names of people they know and of pets. At the end of the day, the children get to take the book home. The annual event is fun and uplifting for everyone.

Dunbarton Elementary School first graders hold up books they received from Bow Rotary. Rotarian Peter Imse, read the books to the kids on May 15.



BOW ROTARY SUMMER CONCERT SERIES KICKS OFF ON THURSDAY, JULY 16

The 2026 Bow Rotary Summer Concert Series starts Thursday, July 16, and continues through August 13. Concerts are free and are held 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 summer concert series raises money through 50/50 raffles and snack sales. Proceeds go to support projects in the Bow community.

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

- July 16 Mr. Aaron
- July 23 Freese Brothers Big Band
- July 30 Jordan Tirrell-Wysocki Trio
- August 6 Knock on Wood
- August 13 No Copay

Visit www.BowRotary.org for more information.



ROTARY CORNHOLE TOURNAMENT RAISES MONEY FOR CHARITY

The Hopkinton, Concord, Sunrise Capital and Bow Rotary clubs competed in a cornhole tournament on Tuesday, May 19, to raise money for charity.

Concord finished in first place, Hopkinton second, Bow third and Capital Sunrise fourth.

More than 40 people participated in the tournament, which was held at Alan's of Boscawen.



Bow Rotarian Barb Griffin tosses a bag during a cornhole tournament at Alan's of Boscawen on May 19. Photo | Eric Anderson

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All We Do is New Hampshire Medicare

Enough of this Medicare mail! Who should I trust?

by Christian Troy

If you've felt overwhelmed by the amount of Medicare mail arriving in your mailbox, you're not alone. For many people entering Medicare, this season can feel less like a welcome and more like a flood. The good news is that there are clear rules designed to protect you—and once you understand them, things start to feel a lot more manageable.

When you become eligible for Medicare, insurance companies are allowed to send you information about their plans. That's why your mailbox fills up. But not every message requires your attention, and not every voice deserves your trust.

At its best, navigating Medicare should feel less like sorting through noise—and more like being guided with care.

What Medicare Requires (and What It Protects)

The Centers for Medicare & Medicaid Services (CMS) sets strict rules for how Medicare plans can be marketed and discussed.

Licensed insurance agents who offer Medicare-related plans are required to:

- Hold a valid New Hampshire health insurance license.
 - Be appointed by the insurance carriers they represent.
 - Complete annual certification requirements, including those related to Medicare plans.
- Just as important are the protections in place for you:
- Licensed Insurance Agents **are generally not allowed to contact you unsolicited** (for example, cold-calling or showing up at your home without permission).
 - **You must initiate contact** before a licensed insurance agent can discuss plan details with you.

- If someone reaches out without your permission, you are always within your rights to decline and disengage. These guardrails exist for a reason: to ensure that your choices are made on your terms.

Choosing Someone to Help You

If you decide you'd like help reviewing your options, it can make all the difference to work with someone who approaches the process with clarity and respect.

Many people find value in working with a licensed insurance agent who is:

- Local and available for conversations—whether in person or by phone.
- Able to discuss a range of plan options from multiple insurance companies.
- Transparent about their role as a licensed insurance agent.

Before any specific plans are discussed, you'll be asked to sign a **Scope of Appointment (SOA)** form. This is a required step that simply documents what you've agreed to talk about. It's one of the ways Medicare ensures conversations stay clear and appropriate.

And one important note: You should **not be charged a fee** by a licensed insurance agent for Medicare plan guidance. If someone asks for direct payment for this, it's a signal to pause and ask more questions.

A More Comfortable Way to Navigate Medicare

The Medicare process doesn't have to feel transactional. At its best, it can feel like sitting down with someone who takes the time to understand what matters to you—your doctors, your prescriptions, your preferences—

and helps you make sense of your options without pressure. That kind of experience is less about choosing a plan quickly, and more about choosing thoughtfully.

At Woodpecker Medicare, we believe this process should feel less like a transaction and more like a relationship—one built on trust, clarity, and genuine care. The right guide is someone local, someone you can sit down with, who listens first, follows the rules set by the Centers for Medicare & Medicaid Services, and takes the time to make sure you feel confident—not rushed—in every decision.

Our commitment is simple: thoughtful, personal service centered on helping you understand your Medicare options in a way that feels clear and comfortable. If you'd like to learn more, visit www.woodpeckermedicare.com. We're here to walk alongside you, every step of the way—carefully, transparently, and always by the book.

We look forward to working with you!

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HOPKINTON Town Crier

two villages ♥ one heart

by Kathleen Butcher

kathb123@comcast.net 603-724-3452



Photo Eric Anderson

JUNE IS NATIONAL DAIRY MONTH! What started in 2011 has grown more than we could have imagined. At Contoocook Creamery, we built our own processing plant in 2019 right here on the farm, allowing us to bottle and process our milk.



Today, 100% of our milk is delivered within a three-hour radius, bringing fresh, local dairy directly from our family farm to our communities. Thank you for continued support and helping us celebrate the hardworking farmers, cows, and families behind all your favorite dairy products!

Stop on by our farm store (“sun up to sun down”) for dairy products

which includes milk in returnable glass bottles, assorted meats, and baked goods. We’re located at 945 Penacook Road in Contoocook. Take the dirt road in and drive all the way to the back.

GIRLS LACROSSE SUMMER CLINIC Join us for some skills, drills, and fun with friends and teammates this summer! New players are encouraged to come out and try lacrosse! Equipment will be available to borrow. Each date is priced individually and families can choose the dates that work for them. Wednesdays, July 15, 22, 29 (weather make-up day will be on Aug 5). Houston Field 2. 5:15-7:15 pm (8U- 14U entering grades 1st through 8th). \$30/resident (\$35/non-resident) per session. Choose the dates that work for you! Hopkinton Lacrosse Club coaches (all SafeSport and USA Lacrosse certified) will be coordinating each evening session.

Hopkinton High School Girls Lacrosse players will be volunteering to share their knowledge and love for the game.

Registration proceeds to benefit the Varsity Girls LAX Team to purchase new team equipment. Register at: <https://hopkintonnh.myrec.com/>

VARSITY BOYS LAX PLAYERS! Come have fun this summer with the Hopkinton High School Varsity LAX players! Boys ages 6 to 14 are invited to participate in this fun opportunity to develop lacrosse skills by learning from and playing with the Hopkinton Varsity LAX team.

The clinic dates will focus on stick work, positioning, and lacrosse techniques during various drills, games, and “chalk talk.” Each date is priced individually and families can choose the dates that work for them. Rain or extreme heat cancellations will be made up on the following Monday (as July 6, 13, 20, respectively). Dates: June 30, July 7, and July 14 (sign up for as many as you’d like) 5:30-7:30 pm Houston Field 2.

All participants need to supply and bring their own equipment (cleats, pads, sticks, cups, mouth guards, helmets) as well as lots of water. Register by June 26! Registration proceeds will benefit the Varsity Boys LAX Team so they can purchase new team equipment. Thanks for supporting our High School LAX team!

KINDERGARTEN REGISTRATION If your child is 5 or turning 5 before September 30th, it's time to register for kindergarten! Screening appointments are being set up now! Contact Jean Eaton at jeaton@sau66.org

SWIM LESSONS registrations are open for Hopkinton residents. www.HopkintonRec.com

NH STATE PRIMARY will be held September 8th from 7am-7pm at the Hopkinton Middle High School.

WRITING CAMP June 29-July 3 or August 3-7. Half days 9am-12noon \$225. Full days 9am – 3pm \$300. Before/after care available for \$5/hr per child. Contact Trish Walton at trishwalton65@gmail.com .

CONTOOCCOOK FARMERS MARKET Thanks Maple St. School for hosting our indoor market! And thanks to the community for your support year round! We know everyone is super excited to be moving outdoors to our summer home at Riverway Park around the gazebo, June-October. Join us every Saturday, 9-12, rain or shine.



FOURTH of JULY

PARADE & FAMILY FUN CELEBRATION!

9 am-1:30 pm Contoocook Farmer’s Market at Riverway Park

9:30-11 am Drop off Tooky Cookie Entries at the Cookie Tent at the Contoocook Riverway Park

10 am-1:30 pm Brad Myrick Band

11 am Kids Parade starting at the Contoocook Riverway Park
Pre-registration at 10 am at the Registration Tent. Decorate your bike, scooter, wagon, or yourself! Prizes for the best decorations!

11:30 am Independence Day Parade. View from anywhere on Park Avenue Route 103 in Contoocook Village.

If you would like to have your antique car, float, or any car be part of the parade, line up before 11 am at the Hopkinton High School. There are rules about people on floats and in the back of open cars while traveling down the road. Parade travels through Fountain Square towards Contoocook Village Cemetery.

12 pm Family Fun Day at Riverway Park

Live Music by Brad Myrick ~ Face Painting by artist Linda Weiser

Kaleidoscope Balloon Artist ~ Lawn Games & Activities for kids

Burgers & Dogs: American Legion ~ Sweet treats

Contests: Pudding Eating and Root Beer Chugging

1 pm Winner Announcements Winners of the Tooky Cookie Contest

Family Fun Day events will be held rain or shine

For Parade, Tooky Cookie Bake-Off information and forms go to:

<https://hopkintonnh.myrec.com/>



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“Summer Members Show and Sale Exhibit”

Runs June 13 – July 11

More than 30 NH artists will display their work in the 2026 Summer Members Show & Sale. The show opens Saturday, June 13, with a reception from 12-2 p.m. and runs through July 11.

Artwork includes acrylic, oil, watercolor, ceramics, graphite, ceramics, fiber, pyrography, wood, and mixed media. The Summer Members exhibit is juried by a prominent member of the New Hampshire art community. “Best in Show” and “Artist Merit” awards will be presented during the opening reception.

Exhibitors are artists from Amherst, Canterbury, Concord, Henniker, Hopkinton, North Sutton, Pembroke, Warner, Weare, and other area towns.



TVAS Gallery is open Free of charge

Thursday – Sunday from 12:00 – 4:00 PM

846 Main Street in the village of Contoocook. www.twovillagesart.org



A FATHER'S LESSON

by Bow Resident Paul Pomeroy

Another Father's Day is upon us. If we put our minds to it, I imagine many of us could probably come up with an anecdote or two, or ten, about our old dads. I have a bushel of them myself.

The interesting thing is that those anecdotes usually included a lesson in there somewhere. I must admit that I frequently missed those lessons. Once as I grew older, had my own kids, and became the star of my own anecdotes did I appreciate these lessons.

For example, it was a Friday afternoon in the late spring of 1959. When I got home from school, I called my dad to confirm what we were having for dinner. He told me he would be late for dinner, and that my younger brother Dennis and I should eat at our regular time and put his aside for when he got home. Then he said to go into the drawer, take a dollar, and go to the bakery and purchase three eclairs for desert (can you believe it!? you could honestly, I cannot explain to you how extravagant this was for us. A true treat.

“Save me one.” he said.

When my dad got home, I had his dinner ready. Dennis and I were watching TV when my dad called us into the kitchen.

“Did you buy three eclairs?” he asked. I assured him I did and that I put the extra one in the fridge.

“It's not there.” he said. I looked myself to no avail.

“I guess someone ate the extra éclair. Who was it?” he asked.

Silence. I looked at my brother. I mean we all knew who ate the stupid thing. But one does not rat out one's brother.

Dad asked again. Alright then the both of you go up to your room until one of you can remember who ate the éclair.

Wait – What! Me too?! We all knew who the guilty party was! I started shooting daggers at my brother but remained honest to the brother's code of silence. Once we got upstairs, I started yelling at Dennis. It was easy. We slept in the same room. Hell, we slept in the same bed.

I threatened him with bodily harm, moral disgrace, and even eternal damnation. He just lay there.

The next morning started the same way. After breakfast, and our usual Saturday morning, house cleaning chores, we went back to our room. More stares, threats, and even a few nasty words. Finally, after a couple hours, Dennis realized that our father would not back down. So he called dad upstairs and confessed. Finally. I hope dad throws the book at him. I'm proud of you for telling the truth. AND DAD GAVE HIM A HUG! What about my lost time? Dennis just gave me a little smile. All three of us knew that it would not have transpired in this manner if I had been the guilty party.

It wasn't until much later when I had my own children the I realized what the lesson was.

I will love my children equally but not the same.

When I finally realized what this meant, I embraced it for my children, my students, and my athletes. My dad loved us equally, but certainly not with the same methods. Which was fine I guess. But I'm never going to get back those lost hours.

The Bow Times *TaleSpinner*, is a forum for local authors to submit anecdotal short stories and poetry. We invite writers of tales and yarn to send in narratives (fictional and nonfictional) to be featured in our newspaper. Please limit your content to 500 words or less, and email your story to: nmannon1@comcast.net.



Oscar Wilde: Upon his deathbed in a Parisian hotel, the famous wit reportedly took one look at the drab wallpaper and delivered his legendary last words:

“My wallpaper and I are fighting a duel to the death. One or the other of us has to go.”

Lady Astor: When Winston Churchill allegedly told her that if she were his wife, he would put poison in her tea, she fired back: “Winston, if you were my husband, I'd drink it.”

Voltaire: When the dying philosopher was asked by a priest to renounce Satan, he famously replied: "Now is not the time for making new enemies."

SISTERS EARN BSN DEGREES TOGETHER



Hopkinton's Town Crier, Kath Butcher, and her sister Laura Moran of New Ipswich, graduated together with a Bachelor of Science in Nursing (BSN) from Southern NH University, on May 3, 2026. Kath and Laura have walked as sisters their whole lives but only recently pursued a career in nursing together.

Kath graduated from New Hampshire Technical Institute (NHTI) as a registered nurse (RN) in 1994. Working as a nurse allowed her to support her family while raising two daughters.

After raising her 9 children, Laura with the support of her family, went on to graduate in 2022 from Mount Wachusett Community College as a RN.



OBITUARIES

THOMAS EARLE ALLEN

Thomas Earle Allen of Hopkinton, died peacefully on April 19, 2026. Beloved husband and life partner to Nini, father to Leeland (Francesco Barbara) and Joselyn and PaPa to Esme, Tommy was his family's North Star. He was a master builder, inventor, mechanic, musician and star-gazer. He knew almost everything about everything, and if he didn't know it he would search for the answer until he did. Always there to lend a hand to neighbors and friends, typically shirtless in warmer weather and oftentimes just a tad bit grumpy, Tom was a true original, rarely doing things in a conventional way.

Born and raised in Newport Vermont, Tom is also survived by his younger brother Barry (Anita) Allen as well as many cousins, nieces and nephews. He was predeceased by his parents, David and Wilma (Wallace) Allen; his brother, Michael Allen; and his sister, Winsome (Allen) Hamilton.

In lieu of a traditional memorial service, Tom's family will be celebrating him later this Summer with "Tommy Allen Day", welcoming neighbors, friends and family to the home and land that he worked and loved to remember his incomparable spirit.

RAMONA KEAN LANE

Ramona Kean Lane of Hopkinton passed away on May 6, 2026, after a lengthy battle with Parkinson's Disease. Her loving family was by her side.

Ramona (Mona) was born in Nashua on October 10, 1937, to Thelma (Hart) and Randall Kean. She was the oldest of three girls. Mona grew up in MA, graduating from Newton High School, Newton, MA in 1955 and then went on to earn an associate's degree from Lasell College in 1957.

In 1959, Mona married her high school sweetheart, Don, and they moved to Hopkinton. Mona and Don raised their four children in Hopkinton and remained active residents there for 62 years.

Mona received her real estate license in 1975 and enjoyed a very successful and rewarding career selling homes in the greater Concord area for 45 years.

In addition to her chosen work, Mona was very involved in her church participating on various committees including the Church Building Committee, Liturgy Committee, Decorations Committee, Martha's Ministry and Family Promise. She was also a long-time member of the Hopkinton Women's Club and a volunteer with Dial-A-Ride.

Mona was predeceased by her beloved husband, Donald Kerivan Lane. She is survived by her four children and eleven grandchildren: daughter Jennifer (Lane) Pope and her husband Sandy of South Yarmouth, MA and their four children, Matthew and his wife Sarah (Battista), Christopher and his wife Emily (Worcester), Katherine and her fiancé Chris Solis, and Julia and her husband Jay McDermott; son Donald, Jr. of Newfields, and his two children, Mark and Maria; son Mark and his wife Anne (Swenson) of Hampton Falls, NH and their three children, Abigail and her husband Nick Smith, Eric and Emma; son David and his two children, Rachel and David.

Visitation will be held on Tuesday, June 16, 2026, at St. Theresa's Church, 158 Old West Hopkinton Rd., Henniker, NH from 9:30am to 11:00am with a funeral mass at 11:00am. Following the mass, a luncheon will be served.

In lieu of flowers, the family welcomes donations to the Hopkinton Historical Society, 300 Main St., Hopkinton, NH 03229.

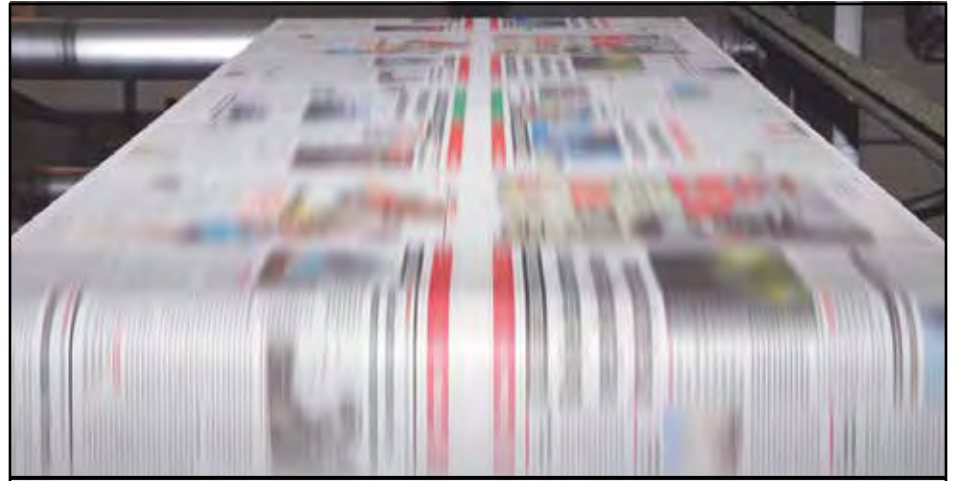
MARIE R. MCMILLEN

Marie R. (McIntyre) McMillen, 75, formerly of Bow, and most recently of Center Barnstead, passed away peacefully on June 5, 2026, at Mountain View Community in Ossipee. Born on March 27, 1951, in Boston, Massachusetts, she was the daughter of William and Rosalyn McIntyre.

Marie shared more than 52 years of marriage with her beloved husband, Roger Burr McMillen. Together they built a life centered on family, faith, friendship, and service, raising their family in Bow, where they became deeply rooted in the schools, community, and countless activities that helped shape the town they loved.

She is survived by her husband, Roger McMillen; her children, Timothy McMillen and his partner, Karen Bergquist, of Bow; Liz McMillen and her wife, Tracey Crane, of Windham, Maine; and Catherine (Catie) Chapman and her husband, Evan Chapman, of Canton, Massachusetts. She is also survived by her siblings Margaret Lahar and Deborah Rice, both of Quincy, Massachusetts; William McIntyre and his wife, Susan, of Abington, Massachusetts; Daniel McIntyre and his wife, Patricia, of Abington, Massachusetts; and Virginia McIntyre.

A graduate of Boston College, Marie devoted her professional life to education. She began her career in the Merrimack Valley School District before joining the Bow School District, where she worked in Special Education and later taught seventh grade at Bow Memorial School. Her commitment extended well beyond the classroom. She served on the Bow School Board for a decade, including as chairwoman, and played a key role on the Bow High School Building Committee from 1993 to 1997.



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| Bow Recreation Building | Irvings Circle K |
| Bow Town Offices | Johnson Golden Harvest |
| Chen Yang Li | Lakehouse Tavern |
| Colonial Village Supermarket | Merrimack Co. Savings Bank |
| Curios on the Common | Nina's Bistro, Hall St., Concord |
| Concord Chamber of Commerce | Pages Corner Store |
| Concord Food Co-Op | Riverside Pizza |
| Crust and Crumb | School Street Café |
| Dunbarton Town Office | South Street Market |
| Everyday Café | Sugar River Bank, Concord Hts. |
| Flanagan's South Ender Deli | Tucker's Restaurant |



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